

HEALTHY PANTHER

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Keep smile bright Students need more dental care

Teeth are much more than meet the eye.

Many Eisenhower students don't get proper dental care to keep their teeth healthy and pearly white, said Mrs. Messmer, school nurse.

The biggest problem is that they don't go to the dentist every six months as they should, she said. If people don't get the right care for their teeth, she said, they can develop various problems such as gum disease and infections. They can get bad breath.

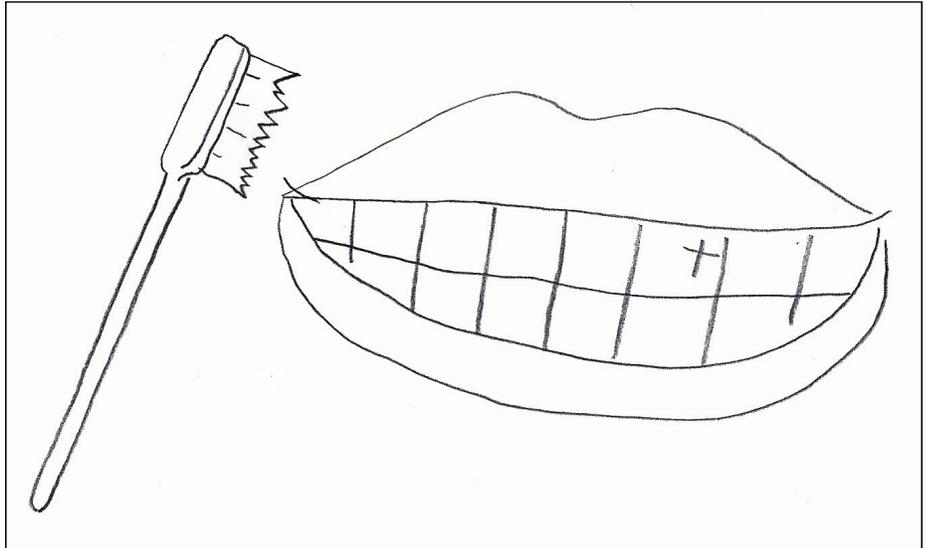


Illustration by Jorge Sanchez

Students play an important role in looking after their teeth. They should brush their teeth twice a day with toothpaste with fluoride. They should also floss their teeth and drink plenty of water, the nurse said.

She said students should stay away from chewy candy and un-

healthy snacks. Students should check with their dentist before they start using a mouthwash.

Students who need a dentist can ask their doctor to recommend one. They can also visit the nurse's office for suggestions.

—By Jada Browne

Eisenhower staff gets in shape

Eisenhower is launching its own version of the Biggest Loser competition for school staff.

On TV, the goal of the competition is to crown the person who loses the most weight. At Eisenhower, the goal is to encourage school staff to be healthy, according to Ms. Taylor, school principal.

Exercising and eating nutritiously are important ways to stay healthy. Mrs. Lees, a school nurse, created the contest.

Competition is a "friendly" way to help people achieve their goal, said Ms. Taylor. "Exercise fuels the body and mind, strengthening the whole person."

The competition is open to all adults in the school. Some participants started their exercise rou-

tine by walking in the halls early in the morning before school. Some follow a nutrition guide. Ms. Taylor anticipates that some ways they will exercise is by playing Wii Fit and working out in the gym.

Mr. Siuta, a physical education teacher, is trying to set up a workout room for staff and students to use before, during, and after school. Ms. Lees plans to send health and recipe tips to staff participants.

The winner will be determined based on the percent of body fat they lose, according to Ms. Lees.

Although students can't participate in the competition, Ms. Taylor said she plans to encourage them to lead a healthy lifestyle through other activities.

—By Josie Dillard and Jazminh Snowden

Radiation has pros and cons

Editor's note: The following health briefs are from information published in the October 2011 issue of *Current Health Kids* magazine.

It is understandable that some people find radiation scary and dangerous.

Health in brief

Last year's earthquake and tsunami that damaged a nuclear reactor in Japan created anxiety worldwide.

After the incident in Japan, scientists found slightly higher levels of radiation on the West Coast of the United States. However, the range was lower than danger levels.

On the bright side, radiation has been used to treat cancer and detect broken bones. It is also used to kill bacteria in some meats, fruits, and vegetables.

Radiation is everywhere. It comes from the sun.

—By *Aiyanna Parrish*

Milk makes people's bones strong because it contains calcium and vitamin D.

It also has potassium and vitamin B12 which is good for the nervous system and protein which



Illustration by Brandi Bitting

strengthens muscles. Skim milk has the same health benefits as whole milk.

—By *Emily Spottiswood*

Before 1997, cigarette companies advertised to children. Their sales fell by 21 percent when the ads stopped.

However, the companies have found other ways to market to children. One way is through making candy cigarettes and toy lighters.

A group of teens in St. Paul, Minn., recognized the problem. They worked with a city councilman to help pass a law to ban candy cigarettes and toy lighters.

—By *Brandi Bitting*

Your bones have a big job to do. They hold your body straight and protect your organs such as your heart and lungs. Without them, we would be "as wiggly as a jellyfish."

Bones don't only give your body structure. They also make blood cells. Don't take your bones for granted or just think of them in terms of a Halloween costume.

—By *Healthy Panther staff*

Nutrition Mission: Black rice gets top reviews

Healthy Panther staff members recently sampled stir-fried rice. Most of them recommended it.

"The stir-fry made my mouth so tingly," said Dulce Gonzalez. "The black rice was delicious, scrumptious, and delectable. I bet you will fall in love with it."

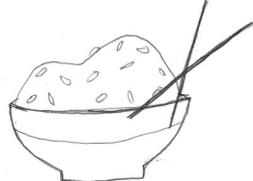


Illustration by Jorge Sanchez

Matthew Hoy suggested black rice as a "great side dish." Shianna Randolph learned that it is healthy. It "tastes amazing," she said.

"It smells like Chinese food and it tastes like regular

white rice," said Priscilla Ajala. She learned that it is "full of fiber."

Mrs. Petro, the family and consumer science teacher, created the stir-fry with black rice for the *Healthy Panther* staff.

Stir-fry black rice looks like a mixed salad because it has peas, chicken, carrots, and broccoli. The

dish has a rainbow of colors with its black rice and orange, yellow, green, and brown vegetables.

Black rice came from ancient China, according to Blackrice.com. It was considered so valuable that only the king could eat it.

Research from Louisiana State University suggests that black rice contains the type of antioxidants of blueberries and blackberries, according to WebMD.com. Antioxidants are substances that may help protect cells from heart disease, cancer, and other diseases, says MedlinePlus.gov

Black rice is becoming popular and some people call it a "super food" because it provided "many more health benefits than other types of similar foods," says the Blackrice website.

Mrs. Petro's black rice recipe.

1) Follow the package directions for cooking 1 cup of black rice. 2) Melt 1 tsp. of butter in a frying pan. Beat and then scramble an egg. 3) Saute a green onion with 1 T. of sesame oil. 4) Add rice; 1 T. light soy sauce; egg; and 1/2 cup each chopped yellow pepper, thinly sliced carrots, and cut broccoli. 5) Toss with two turners.

Swimming pushes students to achieve

Mrs. O'Neil has been a demanding swim coach at Norristown Area High School for more than 15 years. She pushes her swim team to higher standards in and out of the water.

The team swims between 8,000-10,000 yards a day. That is about five or six miles a day. They also work out in the weight room two days a week.

"Swimming is a great cardiovascular exercise," Mrs. O'Neil said. She says it strengthens the heart. The heart rate goes up and down as the swimmers plow through the water. It is great exercise even if you don't compete, she said.

Mrs. O'Neil said she was a swimmer and so were her daughters. "I was at the pool all the time so it was just a natural thing to work while they were at practice."

Norristown swimmers can eat a lot because their exercise is so strenuous. They are encouraged to bring a water bottle to practice. It is important to stay hydrated, Mrs. O'Neil said.

"Swimmers have a tough daily routine," she said. "You have to love the sport to do it day after day."

Swimming is a skill that once you learn it, you never forget it. It can save your life, too, she said.

Participating in a sport can make you a better student, Mrs. O'Neil said. Her swimmers report for mandatory homework help after school three days a week. Swimmers are academic athletes. Academics always come first.

"Swimming can make you a better student," Mrs. O'Neil said. She believes that student athletes are particularly good at balancing academics and athletics. —*By Healthy Panther staff*

Eisenhower Healthy Panther

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Student staff members include Priscilla Ajala, Brandi Bitting, Jada Browne, Naseem Claiborne, Roman Davis, Josie Dillard, Joselyne Escamilla, John Felkey, Shianna Giddens, Dulce Gonzalez, Cassandra Gonzales, Trevor Henderson, Matthew Hoy, Chyelle Lyons, Jaelen Parker, Aiyanna Parrish, Patricia Poley, Carla Ramirez, Shianna Randolph, Katie Redcay, Charity Richardson, Jazminh Snowden, Emily Spottiswood, Keiyann'ta Whittington, and Kailee Yzzi. The faculty advisers are Mrs. Kathleen Shallow and Mrs. Sue Petro.

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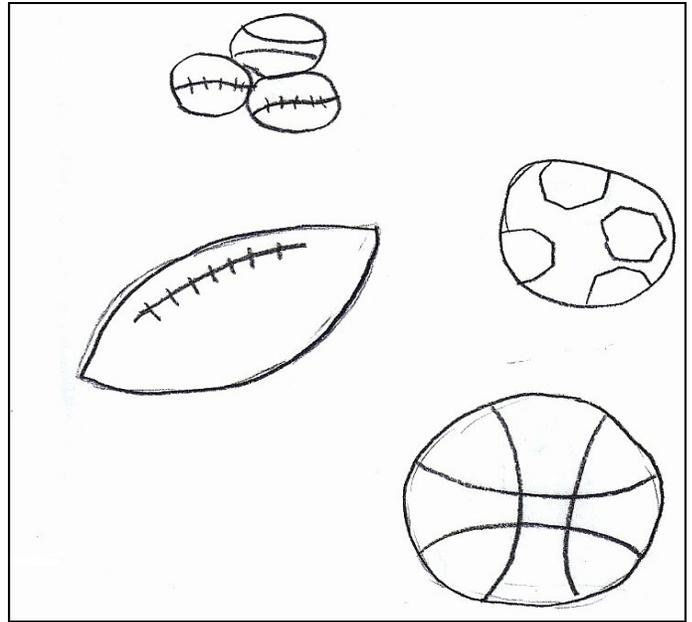


Illustration by Brandi Bitting

Panther recognizes academic athletes

Omar Ayala is the first male student athlete to be spotlighted as a *Healthy Panther* Academic Athlete.

Mr. Siuta, a physical education teacher, said Omar, a seventh grader, exhibits strong athletic and academic skills. Omar's favorite sport is soccer.

Omar does not play for Eisenhower because he plays for different teams outside of school. He plays midfield and striker on his soccer team, FC Delco based in Delaware County. It's a club soccer team that nurtures young players.

"To be an athlete you need to have good grades first," said Omar. "You also need to keep a positive attitude and not get frustrated."

Omar stays in shape by eating fruits and vegetables and exercising every day.—*By Trevor Henderson*

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The *Healthy Panther's* first female Academic Athlete is Sydni Middleton, an eighth grader, who plays soccer, basketball, and softball.

In soccer, she said she plays goalie and likes blocking balls. In softball, she likes hitting homeruns and running around the bases. In basketball, she uses her eight to dunk balls.

Sydni said she has played soccer since third grade and started basketball and softball last year. Her goals are to be the best athlete she can be and to help her teams win.

She stays healthy by playing Wii, going to basketball camp, and walking her dog.—*By Patricia Poley*

Letters to the editor

Health tips resonate in readers' feedback

Editor's note: Eisenhower students and faculty members sent more than 100 letters to the Healthy Panther after reading the January issue during a special Friday morning Drop Everything Else and Read. Everyone was encouraged to read the Healthy Panther. Here is a sample of the letters.

I enjoyed reading your article titled "Panther Reporters Share Healthy Tips." I like reading how other people beside myself feel about being healthy. Another thing I like is how reporters such as yourselves sit down and listen to what other people say.

Brianny Blackwell, Eighth grade student

I really enjoy your article about Healthy Tips. I agree with Joselyn Escamilla that everybody needs to be healthy. ... Sometimes a walk in the park is very good and I like it.

Juan Luis Jimenez-Ramirez, Sixth grade student

I agree that it is very important to stay healthy during the winter months. Unlike when the weather is nice, it is often difficult to get outside and do something active when it is cold and even snowy.

Your suggestions offered some great ideas that almost everyone can use to stay active during the winter. I especially like Mr. Siuta's suggestion to walk. ... It is something you can do with friends, or in

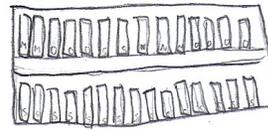


Illustration by Chyelle Lyons

my case, with my children and dogs. I also think that joining a sports team is a great idea because it not only keeps you active, it is a lot of fun, too.

—Mr. Smoyer, Seventh grade literacy teacher

I agree with the fact that you should still stay active even though it is cold outside.

—Nia Smith, Eighth grade student

I loved all of the healthy lifestyle articles, especially "Watch Portion Sizes." I'm trying to do that right now! Did you know that some famous people, such as Raven Simone and Jordan Sparks lost weight and got fit and healthy with this method? Great advice!

"Winter is No Time to Sit on the Couch" is also a great article. During the winter months, I go up and down the stairs in my home multiple times, play Dance 2 on the Wii, and speed walk around ESTLA when I escort my classes to specials and lunch. The students are always saying, "Slow down, Mrs. Gaskin! You walk too fast!"

I think THEY need to KEEP UP! In the meantime, all of you please keep up the good job you're doing! *—Mrs. Gaskin, Eighth grade literacy teacher*

What to do if you are put down

Editor's note: Tackling the Issues is a new feature of the Healthy Panther focused on problem-solving common concerns. Please let us know if there is a topic you would like us to cover in a future edition.

Putdowns are a common type of bullying that students face at Eisenhower, according to Mrs. Novick, the fifth and sixth grade guidance counselor.

To help students, she said she makes them think about a traffic light. When an issue crops up, she suggests they think about a red light. The light tells them to stop what they are planning to say or do. Then, they need to problem-solve.

Tackling the Issues To compose themselves, they should take deep breaths and visualize their future goals, Mrs. Novick said.

Mrs. Novick also teaches kids to work out their problems. If they can't work it out, she says, they should go seek a teacher, counselor, or parent whom they trust. If they don't want to talk about the problem, they should write about it in a journal.

Bullying can be stressful which isn't healthy.

"If you have a healthy mind, you have less stress and eat healthier," Mrs. Novick said. "You are emotionally healthier, feel better about yourself, want to exercise more, and do better in school."

—By Patricia Poley, Chyelle Lyons, and Shianna Randolph