

EISENHOWER

HEALTHY PANTHER

VOLUME 6, NUMBER 3

SPRING 2014

Lunch program gets good reviews

Students are giving the new Thursday lunch program good marks.

They seem to find most of the food tasty and they like the family-style eating arrangement. However, they also have some suggestions about how the lunch program can be improved.

Lalo Prado, a fifth grader, said he wasn't impressed with the new foods at first. He didn't find the samples particularly tasty. However, some of the meals appeal to him. For instance, he likes the cous-cous and chicken curry. The salad is not his favorite. He suggests serving more varieties of salad dressings.

Lalo said he gives high marks to the way the tables are set and how the food is served. He said he prefers the new lunch look more than the regular school lunches. He said it feels as though you are having lunch with your family and you get to know your classmates better.

Lalo's opinion that the more varieties of salad would improve lunch is shared by other students. They also said they would like more milk choices.

The new lunch look has been developed by the Vetri Foundation. The foundation calls its program Eatiquette. Eatiquette changes the traditional school

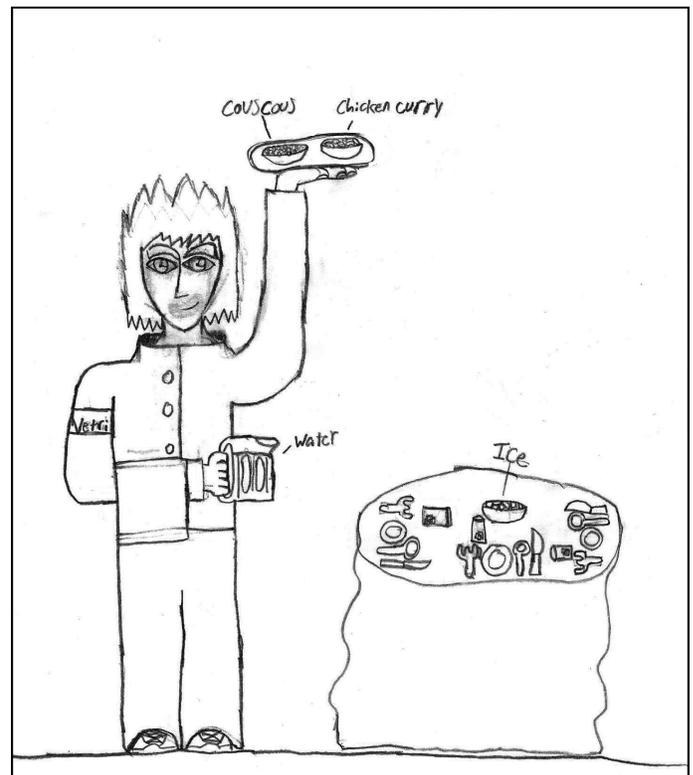


Illustration by John Trujillo

(Please see *Lunch* on Page 2)

Finding ways to relax and relieve stress

Stress can come from many sources—the weather, parents, tests, friends, and more.

When stress occurs, many people grab their ear-plugs and listen to music.

"I listen to music because it helps me relieve stress by relaxing me," said Mr. Keagy, an eighth grade social studies teacher.

His mind can ramble to different thoughts and ideas, he said. He likes all kinds of music from rock to rap and country. He even plays in a band called Fish Out of Water.

"The way music makes me feel would be energetic, relaxed and it gives me an emotional connection," he said.

According to the nationally recognized Mayo Clinic, "listening to or playing music is a good stress reliever." It can distract you from what is bothering you and it can help your muscles to relax.

There are good kinds of stresses and bad ones, according to KidsHealth.org. The good kinds help you focus on a test or in a game. Bad stress is something that doesn't go away and can cause other problems and even make you ill.

People reduce stress in different ways. In recent interviews, the *Healthy Panther* learned that music helps a lot of people feel better.

(Please see *Music* Page 2)

Music can help reduce stress

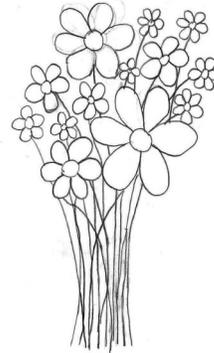
(Continued from Page 1)

“Some things that stress me out are people, school, work, and problems,” said Kyeija Davis, a seventh grader. “I do listen to music to relieve stress but I don’t just listen to music. I also like to sleep to relieve my stress. ... I also walk around, scream, and hang out with friends.”

She said music calms her down, zones her out, and helps her clear her mind.

Mr. Panzullo, a special area teacher, said his stress levels can rise when traffic is bad, his daughter doesn't listen, or he has a poor golf game. He tunes into Biggie Smalls, Frank Sinatra, and other artists. Music generally calms him down, he said.

Karen Rivera, an eighth grader, has a lot of stress triggers, from homework to the weather. She listens to all types of music because "it makes me feel ready to dance and party."



"It helps me keep my mind off of things because it makes me concentrate on the music not my problems around me," she said.

Zaria Willis-Boggs, an eighth grader, said tests are stressful. She also wonders what high school will be like next year.

“What I do to relieve stress is I play softball after school, listen to music, and read," she said. "The reason I listen to

music is because it gets me in my own world and it gives me a chance to wander off for awhile.”

—*Story by Kenya Prado, Xavier Robinson-Puleo, and Rocio Alvarez; Illustration by Amaya Bankowski*

Limit your time in front of screens

Several Eisenhower students said they spend hours each day texting and catching up with friends on social media. Video games and TV are also popular activities that park students in front of screens.

All this time glued to electronic devices has plusses and minuses for people's health according to KidsHealth.org. On the plus side, "video games may improve hand-eye coordination, problem-solving skills, and the mind's ability to process information."

On the minus side, health experts say spending too much time with electronics can lead to such problems as overweight and sleep disorders.

Juniya Thomas, a fifth grader, said she spends about 2 hours a day using screens.

“It makes me feel happy and I love texting people and going on [social media],” Juniya said. “A way to reduce this would be to go outside and play.”

Juan Romero, an eighth grader, said he spends about 4 hours a day using electronics with screens. He enjoys it. "But after a while I get bored," he said.

—*By Xavier Robinson-Puleo, Kenya Prado, and Rocio Alvarez*

Editor's Note: We wish you a happy, healthy, and safe summer. We look forward to providing you with more health information in 2014-15.

Lunch reviews positive

(Continued from Page 1)

cafeteria into a dining experience, says the Vetri Foundation’s website. By sitting at round tables, students interact more and learn communication skills.

Talayah Smith, a sixth grader, said she liked the lunch a lot because it is healthy. She wasn’t impressed with the music that is played during the lunch. She would prefer music like hip hop.

Krystieanna Westlove, a fifth grader said, she likes the Vetri program because she can try different kinds of foods. "It feels like you are at home, she said. "What I didn’t like was the salad because they didn’t have different choices of dressings.”

Brandon Figueroa, a fifth grader, said he likes the home-style cooking, but sometimes the recipes are "too exotic. ... Some of the food has too much flavor," he said. —*Rocio Alvarez and Kenya Prado*

Eisenhower Healthy Panther

A publication of Eisenhower Science and Technology Leadership Academy in the Norristown Area School District in Norristown, Pa. This special edition has been reported and written by seventh graders Kenya Prado, Rocio Alvarez, and Xavier Robinson-Puleo. The faculty advisors are Mr. Smoyer and Mrs. Shallow.

*A Healthy NewsWorks® project
www.HealthyNewsWorks.org*

Healthy NewsWorks is a member of New Beginnings Non-profit Incubator at Resources for Human Development. Funders include individuals, corporate, and foundations, including the Claneil Foundation and First Hospital Foundation. This document is protected by applicable law. All rights reserved.