

HEALTHY PRESS

Uniforms encourage teamwork

The new student uniforms are popular at Gotwals.

Students and staff say the uniforms help reduce bullying and teasing. They make students look like a team, and they make it easier to get dressed in the morning.

In a recent press conference, Gotwals Principal Ms. Fernandez said parents asked for the new uniform policy. "People in the community really like our uniforms," said Ms. Fernandez.

Ms. Fernandez said she likes the new uniforms. She chose the red tops and black pants. The tops remind her of her old school where students also wore uniforms. She said community members now recognize Gotwals' students because of their red and black uniforms. That identification will help keep students safe, Ms. Fernandez said.

Other Gotwals staff members also said they like the uniforms. Mrs. Smith, a kindergarten teacher, said the new uniform policy means kids don't need to worry about what to wear to school.

Ms. Januszkeski, also known as Ms. J., a fourth grade teacher, said uniforms have reduced teasing in the school. Miss Ruggiano, school counselor, said she likes the uniforms because it "makes

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Illustration by Amayrami Lopez-Noya

Some teachers enjoy running to stay in shape.

Teachers are active in fall

Editor's note: Fall is a great time to be active. The Healthy Press reporters recently interviewed Gotwals staff members to see how they stay active.

Exercise is good for you because it builds muscles and keeps them strong, says KidsHealth.org. It also can put you in a better mood and gives your heart a workout. You can become more flexible, too, according to KidsHealth.

Ms. Fernandez, school principal, said that when she was child, her favorite fall activity was collecting leaves in her backyard and then classifying them. She put them in a book. She recommends this fall activity because children can play and learn about leaves.

Ms. Shollenberger, school librarian, said she rides her bike.

She has participated in this activity for many years. She likes this activity because she likes fresh air and she enjoys seeing the leaves change color.

Mrs. Rafferty, a third grade teacher, said she has run in the park for four years. She likes this activity because it makes her feel healthy.

Ms. McGinley, a kindergarten teacher, said her favorite fall activity is going to the farm to pick pumpkins. She has participated in this activity for nine years. "I love this activity when it is sunny," she said. She said she would love for children to pick their own pumpkins.

Mrs. Mangan, a third and fourth grade teacher, said her fa-

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Students tackle health in science fair projects

When picking topics for the school science fair, several Gotwals students focused their projects on fruits and vegetables.

Jimmietra Brooks handed out two fruits and two vegetables to her third-grade class. She said she wanted to find out what tastes students preferred. She learned that more third graders like bananas better than snap peas, grapes, or carrots.

Mrs. Smith's kindergarten class wanted to know the number of seeds in different fruits. They cut open five fruits: apples, peppers, cucumbers, lemons, and cantaloupe. The class learned that the pepper had 467 seeds and cantaloupe had 365 seeds.

Shakur Williams, a fourth grader, asked 12 first and fourth graders which tasted better: freeze-dried fruit chips or fresh fruit. He prepared a taste test to compare freeze-dried fruit chips and fresh fruit. Students tasted both freeze-dried and fresh apples, pears and pineapples. Shakur learned that more students liked the chips better.—*By Healthy Press staff*

Nutrition mission

Fruit chips are yummy

The *Healthy Press* staff members give "thumbs up" to fruit chips made by Mrs. May's Naturals.

"It smelled like a tropical vacation breeze," wrote Rachel about pineapple fruit chips.

We also tasted freeze-dried apple and pear. By looking at the back of the package, we learned that the only ingredient in the chips was fruit. All the water from the fruit had been removed. That's how it became freeze-dried.

Ms. Sortino, a third grade teacher, said the chips "looked like astronaut food."

Maria said the chips were "yummy" and "excellent." Perla said they tasted like candy. "I liked it because I love to taste something new," said Azaria.

Sixteen members of our staff tasted the chips. Twelve said they liked them and would recommend them to other people. Three said they did not like the chips. One reporter was undecided.

Zavier said his apple-flavored chips smelled "sweet" and "sugary." "I like it because it is so, so, so, so good," wrote Carlos.

One serving was 38 to 40 calories, depending on the fruit. "It is a great healthy snack," said Ms. Sortino, the *Healthy Press* editor.



Illustration by Andy Reyes-Morales

Raking leaves is a good way to exercise.

Teachers enjoy fall days

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Favorite activity is carving pumpkins. She has done this activity for 10 years. Carving pumpkins with her children makes her happy. Mrs. Jarmon, a first grade teacher, said she picks pumpkins and takes walks in the fall. She loves seeing the fall colors and smelling the fresh air.

Mr. Stansbery, the lead teacher, said he likes to run outside. He said it makes him feel good and he has been doing this exercise for three years.

Ms. Barba, a second grade teacher, said she played in the leaves when she was young. Now, she rakes them.

—*By Healthy Press staff*

Uniforms promote safety

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the students look like a team."

Jennifer, a first grader, said she likes the uniforms because it makes dressing easier in the morning. Taliyaha, a fourth grader, said she likes them because children don't make fun of other children for their clothing. Cristian, a third grader, said he likes the uniform because red and black are his favorite colors.—*By Healthy Press staff*

Gotwals Healthy Press

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