

GOTWALS

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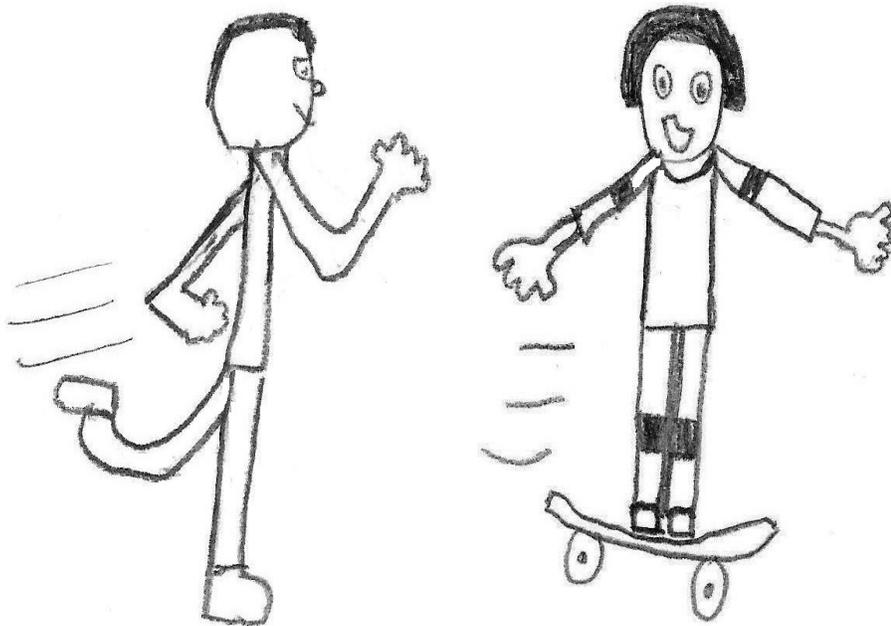


Illustration by Oscar Guzman-Silverio

Teachers share ideas for relief of stress

Lead teacher Mr. Stansbery tries to relax when he feels stressed.

He said he wants to have a balanced life.

It's normal for people to feel stressed sometimes. Gotwals staff members also have to deal with it. For instance, Mrs. Kroll, a third grade teacher, said she feels stress when her class doesn't follow directions. She also gets an anxious feeling when she does too many things at once.

Practicing yoga, reading a book under a tree, and taking a hot bath are three ways she can reduce stress, she said. To manage stress, she advises children to take deep breaths and remember to put the important tasks first.

Stress can be good when it helps people focus to get a job done, according to KidsHealth.org. But too much stress can be unhealthy.

Government health experts say stress can make people sad, angry, and worried. It can make it

*(Please see **Walking** on Page 2)*

Special heart-health report

Students get moving

Most Gotwals students take brain breaks at least once a day to stay healthy.

Brain breaks are short exercise routines that can help students refocus on their schoolwork and get their hearts pumping faster. "We do brain breaks because we are stressed or bored," said Steven, a fourth grader.

Health experts recommend that children get 60 minutes of exercise a day. But they don't need to do it all at once. Brain breaks, recess, walking to and

from school, and gym class all count toward the 60-minute-a-day goal.

Children should include a lot of aerobic activity in their daily exercise. Aerobic exercises strengthen the heart, according to KidsHealth.org.

When participating in an aerobic exercise, a person breathes harder and sweats. Running and playing soccer are examples of aerobic exercise.

*(Please see **Exercise** on Page 3)*

Enter "Acts of Kindness" poster contest. See Page 2.

We want your letters and artwork!

Welcome back to the *Gotwals Healthy Press!*

We are marking our fifth birthday this year.

You can help us celebrate by participating in some of our newspaper activities. Here are three ways you can get involved:

1. Acts of Kindness Poster Contest

You are invited to create a poster that illustrates a child being kind to another person. It could be a picture of someone sharing a book or keeping the classroom tidy. Think of a way to show how children help other people and turn it into a poster.

The poster is part of our new project, *Think, Don't Fight*. In the project, we will be reporting and writing about bullying prevention in the year ahead.

Posters should be illustrated on white paper that is 8 1/2 by 11 inches. Please turn in your poster by **December 12** to your homeroom teacher. For more information, ask your teacher or Mrs. Ogussan.

2. Letter to a Leader

We want you to write a letter to one of the leaders

who have been featured in a Healthy NewsWorks book, *Leading Healthy Change In Our Communities*. Your letter may appear in the *Healthy Press*. Or, Healthy NewsWorks may publish it on its website, www.HealthyNewsWorks.org.

Gotwals has classroom sets of all three leaders' books published between 2012 and 2014. Teachers can ask Mrs. Ogussan for copies of the books.

3. Letters to the Editor

We want to hear from you. Did you read an article in the paper that you liked? If so, why did you like it? Did an article inspire you to think about your health habits? If so, what healthy habit would you like to adopt?

Maybe you have an idea about what children could do to encourage everyone to be healthier. Or, maybe you would like to suggest an article we could write in a future newspaper edition.

Please send your letters to the *Healthy Press*. We would love to hear from you.

—The Editors

Walking, music can help reduce stress

(Continued from Page 1)

hard for people to sleep, eat, or concentrate. The American Heart Association says stress can cause people to overeat, smoke cigarettes, and make poor food choices. These activities can raise people's risk of heart attacks, strokes, and high blood pressure.

Walking outside and exercising help Ms. Waibel, a third grade teacher, keep stress in check. She also

suggests that children play outside and eat fruits and vegetables when they feel tense.

Two second grade teachers—Ms. Redington and Mrs. Dougherty—said they feel stressed when they have a lot to do and not a lot of time to finish all their tasks. Mrs. Dougherty takes long walks to relax while Ms. Redington reads and plays hockey.

Ms. Redington recommends that children exercise and find activities to reduce stress in their lives.

When her life feels disorganized, third grade teacher Mrs. Riccio feels stressed. Getting enough sleep helps her calm down and gives her a new start, she said.

Ms. Renish, the art teacher, said two ways she handles feeling overwhelmed are running with her dog and listening to music while she draws. Children can manage their stress by taking deep breaths and talking to their friends, she said.

Mr. Ross, the music teacher, said he feels stressed when he has had a busy day and his son is crying and making a mess. Listening to music and exercising calms him down and allows him to focus on the positive things in his life. He said children should also think about things that make them happy when they feel out of sorts.

—By Healthy Press staff

Gotwals Healthy Press

A publication of the Gotwals Elementary School in the Norris-town Area School District in Pennsylvania.

Student staff members include Brandon Ascencion-Gonzalez, Gabriel Bates, Alexis Burruss, Mylicia Carr, Jamie Copes, Adilene Dominguez-Perez, Alaina Grate, Mya Guandulain-Lopez, Oscar Guzman-Silverio, Destinee Johnson, Nicholas Lopez, Marcus Minor Jr., Brianna Nixon-Myers, Monzerrat Orozco-Arreguin, Angalita Ortiz, Uziel Alejandro Ortiz-Ortiz, Deep Raval, and Aileena Watson. The faculty advisor for the *Healthy Press* is Mrs. Katie Ogussan.

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www.HealthyNewsWorks.org

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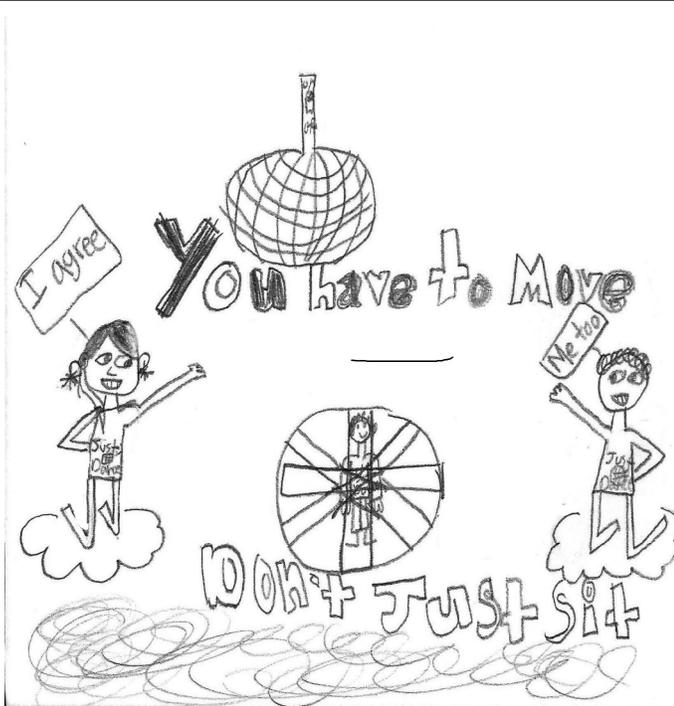


Illustration by Alexis Burruss

Exercise breaks get kids moving

(Continued from Page 1)

"Brain breaks help me get work done," said Ajae, a fourth grader. Favorite brain breaks for her class are Go Noodles, Crazy 8's, and Go Bananas.

Teachers typically find a brain break video on an education website on the internet. The activity is set to music and children can dance, do jumping jacks, wave their arms, and stomp their feet.

Teachers show brain breaks on their smart boards and students shadow the movements of performers who are leading the exercises. Most activities are three minutes or less.

Ms. Casey said her first grade students can earn brain breaks by being active participants in class. She rewards them with a brain break at the end of the day. Her students love "Baby Shark" and "Just Dance," she said.

Ms. Butler, another first grade teacher, said she plays guitar to get first graders moving in class. She encourages them to move their arms and legs.

Ms. Casey has advice for other teachers who want to use brain breaks in their classroom: It's a quick and easy way to keep students focused.

—By Healthy Press staff

Nutrition Mission

What is so special about Greek yogurt?

Greek yogurt has become extremely popular in the United States.

So the *Healthy Press* reporters decided to give it a try.

They chose two types—plain and strawberry. Most of the reporters said they preferred the sweeter strawberry-flavored yogurt to the plain yogurt.

"I like strawberry better because it tastes fruity," Aileena said. Mya agreed, saying "I like the strawberry best because it's creamy and sweet."

Alaina used several adjectives to describe the strawberry yogurt: "delicious, scrumptious, and yummy."

The reporters learned that Greek yogurt has more protein than regular yogurt, according to the Michigan State Extension Service. That makes it a good food for breakfast. It helps a person feel full longer.

But the Michigan State Extension Service says that you should try to choose nonfat plain yogurt for more health benefits. Many flavored yogurts have added sugar. Too much added sugar can lead to health problems such as obesity and cardiovascular disease, according to the American Heart Association.

In the *Healthy Press* taste test, the plain Greek yogurt had only 6 grams of sugar per cup while the strawberry had 23 grams of sugar. Some sugar is found naturally in fruit, strawberries, and milk, according to ChooseMyPlate.gov.

Healthy Press reporters learned that you can add apples, bananas, or other fruit to plain yogurt to make it sweeter naturally. You can even use plain yogurt as a dip with vegetables or fruit.

After the taste test, Destinee advised that you should eat less sugar so "it doesn't mess up your heart from disease."

—By Healthy Press staff

Watch out!

Here are some other names for sugar

Brown sugar, corn sweetener, corn syrup, dextrose, fructose, fruit juice concentrate, glucose, high-fructose corn syrup, honey, invert sugar, lactose, maltose, molasses, raw sugar, sucrose, syrup, and table sugar. *Source: Academy of Nutrition and Dietetics*

How a company keeps workers fit

Editor's note: Three employees from Quest Diagnostics recently visited the Gotwals Healthy Press newsroom. They shared how their company helps them stay healthy and fit.

Ms. Liz Ellis is a histology manager at Quest. A histologist prepares human tissues so doctors can look at the cells under a microscope. The doctors check to see if the cells are healthy or unhealthy.

When she is at work, Ms. Liz takes breaks twice a day. During her breaks, she gets something to eat and she exercises. She often walks. In the company cafeteria, she can buy fresh fruit and vegetables.

By offering fresh fruit in the cafeteria, Quest helps its employees stay healthy, Ms. Liz said. Quest also offers a program to help employees monitor their health and fitness, she said.

Employees receive patient-friendly reports based on blood tests and other medical screenings. The company calls the program "Blueprint for Wellness." The

employees learn whether they are a healthy weight, what their blood pressure is, and whether they are at risk for diabetes and other diseases.

Ms. Ilene Rothblat, a project manager, said she walks on a track outside at Quest's lab in Horsham. She walks because it clears her head and energizes her, she said.

She said the company encourages employees to lead a healthy lifestyle. They can even win prizes.

"We can earn points by doing healthy things like getting flu shots, going to the dentist, and exercising," she said.

Miss Tammy Bull, who works in laboratory support, said she tries to lead a healthy lifestyle. She eats healthy food such as apples, grapes, and peas, to refuel her body. She is also in the company's walking program. She likes to walk her dog, too, when she is at home, she said.

—By Healthy Press staff

Writing letters to leaders

Health leaders inspire Gotwals students

Editor's note: The letters below are written to people featured in the books, Leading Healthy Change In Our Communities. Classroom sets of the books have been donated to Gotwals. Please consider writing your own letter to a health leader!

Dear Dr. Patricia DeRusso,

I would like to do your job because I would like to help children stay healthy and have a long and good life. You recommend that everyone should exercise one hour a day. I agree. From, Gabriel Bates

Dr. DeRusso is the director of the Healthy Weight Program at The Children's Hospital of Philadelphia.

Dear Ms. Heather McDanel,

You inspire me because you helped a 12-year-old [who was overweight and at risk for developing diabetes] lose 45 pounds by training him to run. He even ran a marathon when he was older. You said, "Reaching beyond what you think is possible is important and it will give you the path for the rest of your life." I agree. Sincerely, Oscar Guzman-Silverio

Ms. McDanel is the executive director of Students Run Philly Style.

Dear Dr. Raina Merchant,

I love that you see a phone as a powerful tool to

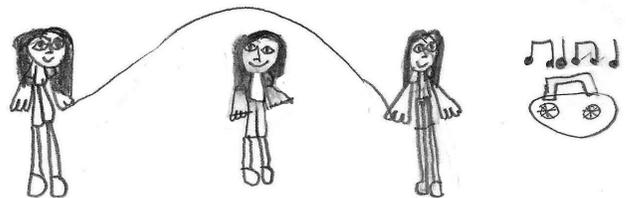


Illustration by Brianna Nixon-Myers

quickly spread health information to the public and potentially save lives. ... Your job is important to the world and the people in it because you care about them. From, Brianna Nixon-Myers

Dr. Merchant directs the University of Pennsylvania's Social Media and Health Innovation Lab.

Dear Ms. Michelle Ortiz,

I think you sound like a good person. It's really awesome that you started to make artwork to prevent being bullied as a nerd. ... I love to read, write, learn, draw, and do social studies, science, math, homework, paint, and poetry. I want to be more educated.

You are a good role model to people who need help with bullying. I would really like to do your job because it is helpful. From, Alexis Burruss

Ms. Ortiz is a visual artist, muralist, and community arts educator.