

Students walk for diabetes

Gotwals students marched to help children with diabetes.

They raised more than \$2,300 for JDRF. JDRF seeks to find a cure for Type 1 diabetes and to help people living with the disease.

At the march, Gotwals students held signs and posters that they made so bystanders could become more aware of the disease and realize people are searching for a cure.

Most Gotwals students walked around the block two times. People came out of their houses; others watched from their windows. Some even pulled out their phones and took pictures.

Meanwhile, third graders and some students in second and fourth grades took a bus to Norristown Area High School and walked on the track. The students and teachers walked one mile.

They also held big signs and personal posters saying that they were walking for a cure. They had relay races on the track too.

Type 1 diabetes — which was once known as juvenile diabetes — is a disease that is challenging to understand. It affects how the body uses a sugar called glucose,

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

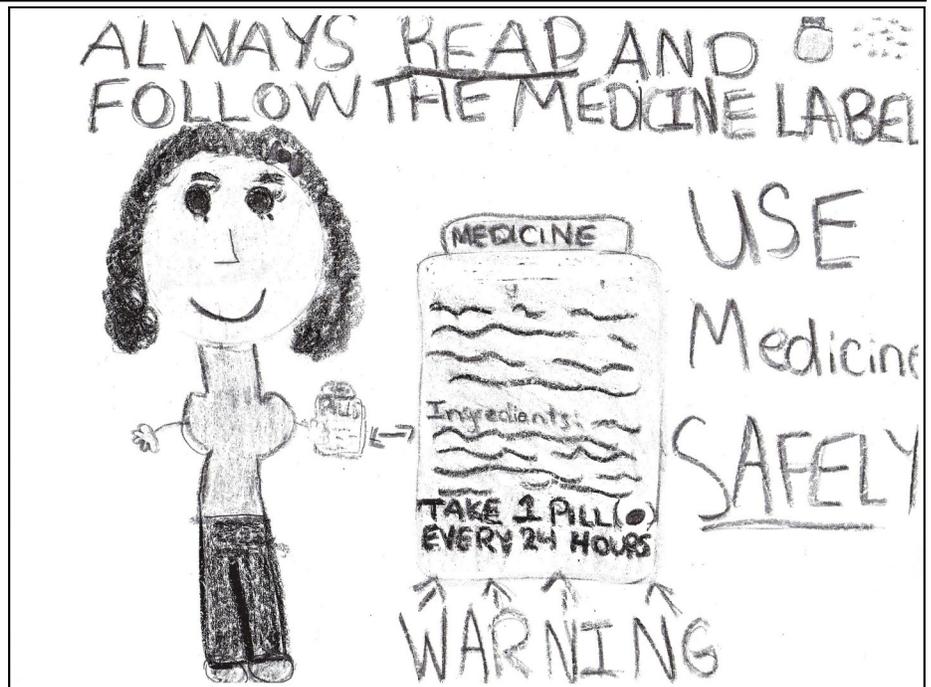


Illustration by Ruqayyah Taylor

Ruqayyah Taylor, a fourth grader, is one of three Gotwals winners in the Healthy NewsWorks' Using Medicine Safety poster contest. The other winners are fourth grader Sherlyn Bailon and third grader Raul Garcia. In Ruqayyah's picture, the warning is clear: Never share medicines with other people. Forty students entered Gotwal's contest and each winner receives a \$25 gift card. Congratulations!

Take medicines properly

Dr. Elizabeth Rappaport said it is important for you to use your medicines correctly.

Even if you don't like the medicine, you still need to take it, she said.

Dr. Rappaport provided tips about using medicines safely at a recent press conference with the *Gotwals Healthy Press*. Dr. Rappaport has had a lot of experience with medicine. She worked for the government helping to make sure that medicines are safe and she worked for a drug company.

Dr. Rappaport said you should never share your medicine. The doctor prescribed the medicine you are taking specifically for you. If someone else takes your medicine, the person could be hurt.

Dr. Rappaport said that you should take the medicine the way the doctor prescribed it.

The government checks medicines to make sure they are safe for people and that they will help people get feel better. If your medicine doesn't make you feel

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

When using medicines

Follow directions given by doctor

Medicines can help you feel better, but you must be careful when you take them.

It is important to take medicine with an adult present, said Mrs. Sullivan, the school nurse. The people who take care of you and love you are the ones you should trust to give you medicines, she added.

Medicines work most of the time, she said. They should help you return to health when you are sick.

If a medicine doesn't work, Mrs. Sullivan said, you should go back to the doctor and discuss why the medicine doesn't work. She said you should never take anyone else's medicine and you should not take medicine without an adult.

Medicine can be in the form of a liquid, a pill, a lotion, or a mist, according to KidsHealth.org. Medicine can help people feel better. A doctor has the knowledge to prescribe the right medicine in the right amount for his or her patient.

Dr. Mary L. Gavin of KidsHealth.org shared these safety tips on the website:

- It's really bad to take the wrong medicine or somebody else's medicine.
- Always follow your doctor's instructions for taking the medicine.
- Remember to take medicine for the whole time the doctor says to even if you start to feel better.

—By Linette Colotla-Flores, Brianna Sanchez, and Lilia Partida

Medicines can go bad

(Continued from Page 1)

better, you should tell your parent or guardian, Dr. Rappaport said.

She said the reason why an expiration date is on the medicine label is so that you know when the medicine doesn't work properly. Medicines are chemicals. When they get old, they can be less effective.

Sometimes the doctor might have to change the medicine you use, she said. If you take too much medicine or the wrong medicine, you could get sick or have to go to the hospital. Doctors prescribe medicine because they care for you and want you to get better, Dr. Rappaport said. —By Healthy Press staff

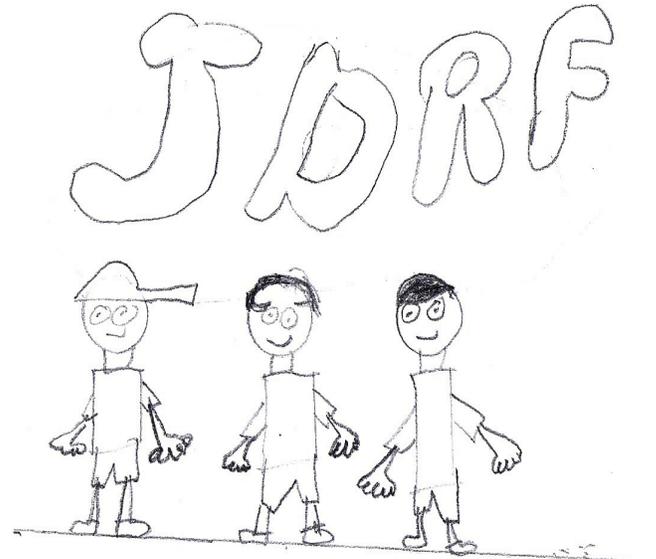


Illustration by Raul Garcia

Diabetes is focus of Gotwals walk

(Continued from Page 1)

according to KidsHealth.org. People need glucose for energy.

When people have diabetes, their bodies have trouble getting sugar from their bloodstream into their cells, says KidsHealth. There's a substance called insulin that usually helps with that job. In diabetes, insulin isn't available or isn't working properly. If the sugar level gets too high in the blood, people can get sick unless they receive treatment, according to the website.

To kick off the fundrasier, Gotwals students had an assembly. When the second, third, and fourth grades arrived, Ms. Gold told the students that she got involved with JDRF because her sister, Emily, has Type I diabetes.

Emily was in third grade when she was diagnosed with this disease, Ms. Gold said. Emily has to take insulin every day because her body stopped making it. Ms. Gold showed the students a video clip about a little girl who has diabetes. She has to prick her finger to check her blood sugar. She uses a pump to put insulin in her body.

—This story was reported by Rachel Poley, Amira Johnson, Corron Jefferson, Amayrami Lopez-Noya, Javier Lopez, Dontay Dean-Brewer, Dalia Brown, Brianna Sanchez, Eddie Oney, and Andy Reyes-Morales

Reporters contribute to book

This is our final issue of the *Healthy Press* of the 2012-13 school year.

However, you can read more of our work in a new book called *Leading Healthy Change In Our Communities 2013* produced by Healthy NewsWorks student journalists.

The book profiles 12 leaders who are making the Philadelphia area a healthier place to live.

Several Gotwals third and fourth grade staff members contributed two profiles to the book. They interviewed Heather McDanel, executive director of Students Run Philly Style. It is a program that sets a goal of running a marathon.

They also interviewed Mike Weilbacher, the executive director of the Schuylkill Center for Environmental Education. He talked about why it is important to children's health that they spend time in nature.

In addition to stories about the leaders, several of our staff artists also contributed illustrations to the book.

The book will be available in a print version and online at www.HealthyNewsWorks.org.



Illustration by Naila Echevarria

Reading matters!

Editor's note: Gotwals students enjoyed a day of reading and special activities to mark the Day of the Child in late April. Digitaries from Montgomery County joined in the celebration. The Healthy Press interviewed several of them about reading and health.

Montgomery County Commissioner Leslie Richards visited Gotwals to participate in the school's celebration of reading, poetry, and the Day of the Child.

She said she loves to see the kids reading and hear their "fabulous" poems. She said reading is important because you learn something new every day.

—By Amayrami Lopez

Pennsylvania State Rep. Matt Bradford said reading is important because it is fun and you learn a lot. He said reading is healthy because it can make you happy, have a better future, and a good job.

—By Jennifer Adan and Brianna Sanchez

Dr. Samuels, Norristown Area School District superintendent, said reading will change students' lives. It is one of the most important activities that children can do, she said.

She said children symbolize hope and possibilities.

—By Linette Colotla-Flores

Trying to find a solution to hiccups

Like millions of other people, Eva Odgers has had hiccups. She said she didn't like the feeling. It made her throat hurt.

Eva, a Gotwals kindergartener, said she tried to get rid of them by drinking a lot of water. However, it took about an hour for the hiccups to go away.

Hiccups are an "uncontrollable reflex," according to the March 2013 issue of *SuperScience*. A case of

hiccups can start when something bothers the stomach, esophagus, or another body organ. The body has a series of reactions that cause hiccups.

The magazine profiled a 14-year-old girl who created a hiccup lollypop. She made it with three of her favorite cures – lollipops, apple cider vinegar, and sugar. She hopes to make it a business, according to *SuperScience*. —By Dalia Brown and Andrew Bailon



Illustration by Andy Reyes-Morales and Jordan Bidy

Enjoy these books

Spoon

By Amy Krouse Rosenthal and Scott Magoon

Spoon is a little boy who thinks his friends—chopsticks, fork, and knife—are better than he is.

He said knife can cut and spread, and fork can go practically everywhere. People think chopsticks are cool, he said.

However, spoon has no idea what his friends think make him so special.

We would recommend this book because the story lets you know why you are as important as your friends. It helps you get along with other people.

—By *Linette Colotla-Flores*
and *Andy Reyes-Morales*

Chopsticks

By Amy Krouse Rosenthal and Scott Magoon

The chopsticks were best friends until one day when chopstick broke its leg.

They had to learn how to stand on their own and also how to stick together. It is very important.

We recommend this book because it's very interesting. The two chopsticks did not stop being best friends when they faced a challenge. In addition, we admired chopstick. Even though he was injured, he did not give up doing what he loves.

—By *Brianna Sanchez* and *Alaina Corless*

The Whooping Germ

By Dr. Richard G. Macdonald

This is a book about a germ that becomes a hero.

The germ traveled from Denmark to a hospital lab in the United States. Doctors did experiments. They eventually figured out how to turn the bad germ into a vaccine. The vaccine prevents children from getting sick with a terrible disease called whooping cough. We recommend this book to children because it is very informational and is about a real disease.

—By *Jordan Bidy* and *Javier Lopez*

Nutrition Mission

Try tart, tasty snack

Gotwals reporters recently sampled a treat called a Chocolate Sweetheart Parfait.

Fifteen reporters said they would recommend the parfait. Twelve said they wouldn't. "I like this because for me the chocolate gives the yogurt a little sweet taste," said Yazzmin.

Derrick also recommended the treat. "Raspberry is my favorite fruit and dark chocolate is a good taste to have in your mouth." Amira said it smelled like an "edible rose with a dash of honey on it."

At first inspection, Linette said it looked "creamy, sweet, and delectable." When she tasted it, she said she "did not like it because it was sour." Joseph was diplomatic. "I don't like it because it had honey in it. I think you should make it because you may have a different opinion."

We've learned in nutrition classes that the parfait is healthy in several ways: It has calcium to help build bones. It has fiber to help digest food and it has protein which helps build muscles.

Here's the recipe from KidsHealth.org.

Chocolate Sweetheart Parfait

Ingredients

½ tsp. cocoa powder; 1 tsp. vanilla extract; 2 tsp. honey; 1½ cups low-fat or fat-free Greek yogurt; 2 cups fresh or frozen raspberries; ¼ cup shaved dark chocolate or chocolate chips.

Directions

1) In medium bowl, whisk together cocoa powder and vanilla. 2) Add honey and yogurt and stir until they're well combined with cocoa mixture. 3) Spoon 2 tblsp. of yogurt mixture into the bottom of four clear glasses. 4) Top with some raspberries and repeat until all of the yogurt and raspberries are used up. 5) Sprinkle each parfait with chocolate shavings. 6) Serve or refrigerate.

Gotwals Healthy Press

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Student staff members include Jennifer Adan, Bibiana Ambrosio, Andrew Bailon, Jordan Bidy, Dalia Brown, Linette Colotla-Flores, Taylor Cooper, Alaina Corless, Trarome Crawley, Malachi Culbreath, Dontay Dean-Brewer, Naila Echevarria, Skyler Gagnon, Raul Garcia, Jahiem Graham, Yazzmin Hernandez, Derrick Honeycutt, Corron Jefferson, Amira Johnson, Alyssa Kirkland, Amayrami Lopez-Noya, Javier Lopez, Edward Oney, Joseph Ortiz, Lilia Partida, Jaylon Patterson-Bowen, Rachel Poley, Andy Reyes-Morales, Brianna Sanchez, Malachi Smith, and Zavier Wedderburn. Ms. Sortino is the *Healthy Press's* faculty advisor.

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