

Many people experience hunger pangs

Hunger is a problem for many people who live in the Philadelphia area, said Ms. Tanya Thampi-Sen. She is an expert about the problem. She is a dietician at the Greater Philadelphia Coalition Against Hunger.

She said many people in the Philadelphia area don't know where their next meal will come from. Being hungry can cause health problems.

It can affect the growth of children, Ms. Thampi-Sen said. It also makes it harder for kids to learn and succeed in school.

The Coalition Against Hunger works to help connect people with food. The group helps them sign up for government programs that provide food. The group also lets people know where food pantries are located in their communities.

Ms. Thampi-Sen said her group works with the governor, mayors, and other government officials to find solutions to hunger. People often are hungry because they can't find jobs.

She said kids can make a difference. They can write letters to people in government. They can participate in events that raise money to help people who are hungry. Ms. Sen's group organizes a Walk Against Hunger in Philadelphia every April.

—By Healthy Press staff



Illustration by Amayrami Lopez-Noya

Staying fit with 'travel'

Once a week, third and fourth graders get up from their chairs and stand behind their desks.

They pay attention to the Smart Board where Mr. Marc appears. "Good afternoon, kids. It's time to go on an adventure."

Gotwals students already have taken adventures to Mount Kilimanjaro in Tanzania and to the pyramids in Egypt. During the 30-minute adventure, they run, climb, walk, and play, along with Mr. Marc's direction. He also describes the places where the students visit.

The program is called Adventure to Fitness. While students exercise, they also learn about

science, math, social studies, health, reading, and writing.

Salvador Navarro, a fourth grader, said he feels good doing the adventures to fitness because he learns more about different places around the world. He gets a little bit tired because he is new to the program. Salvador said he feels like he is in the place where the adventure is happening.

Jennifer Adan, a third grader, said she likes to exercise for 30 minutes with the class and Mr. Marc. Ms. Koch, a fourth grade teacher, said the program gets kids out of their seats and moving around. —By Derrick Honeycutt, Bibiana Armstrong, and Rachel Poley

Yoga is a fun way for kids to exercise

The ABCs of Yoga for Kids

By Terese Anne Power

This book teaches kids the ABCs of yoga.

Yoga is an ancient practice involving many different postures and poses. It helps a person get stronger, become more flexible, and feel calmer.

The book uses the alphabet to show different

Book reviews

poses. For example, the letter "A" is the airplane or alligator pose. The letter

"B" is the bird or boat pose.

I liked the happy baby pose. You lie on your back with your feet in the air. You grab your feet with your hands. I liked this pose because it was a little bit easier than the other poses for me. It was fun to try and get in the right position.

I think kids should read this book because yoga is an exercise. If you exercise, you get stronger and you have more energy. In yoga you get into poses or positions and hold them for a minute at a time. It is different from running or lifting weights, but still a good workout. —*By Yazzmin Hernandez*

Healthy Cooking for Your Kids

By Sarah Bradbery

I think this book has recipes that kids would like to eat and that adults would like to eat, too.

This book shows you how to make 70 recipes. It is divided into six categories: nutrition, breakfast, lunch, party, family meals, and treats.

The recipe I would most like to try to make is a batch of yogurt lollipops. They look so good.

I am sure you would find a tasty recipe, too.

On the back of the book, Sarah Bradbery, the author, says "if kids pick up healthy habits when they



Illustration by Amayrami Lopez-Noya

are young, they will continue to eat healthfully throughout their lives."—*By Rachel Poley*

Inside Your Heart

By Vicky Willows

I wanted to know more about my heart so I read this book.

I learned that you can keep your heart healthy if you exercise. I learned a lot of other things too. For instance, did you know that the circulatory system is made up of the heart, blood, and blood vessels? Your heart is constantly pumping blood throughout your whole body.

Red blood cells carry oxygen to every part of your body. White blood cells make antibodies which fight infections. I recommend this book to others because it really informs you about how your heart and lungs work. —*By Amira Johnson*

Don't swallow gum

Some people worry that swallowed gum will stay in your stomach a long time.

It doesn't, according to TeenHealth.org

It moves through a person's digestive system and leaves the body through a bowel movement, the website says.

TeenHealth also says that kids also should understand that they shouldn't start chewing gum until they know they should not swallow it.

—*By Joseph Ortiz*

Gotwals Healthy Press

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Student staff members include Bibiana Armstrong, Melissa Garcia, Yazzmin Hernandez, Derrick Honeycutt, Amira Johnson, Iyana Johnson, Jacob LeBoon, Amayrami Lopez-Noya, Joseph Ortiz, Rachel Poley, Andy Reyes-Morales, Azaria Rollins, and Xavier Wedderburn.

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Enjoy healthy Mad Lib

—By Rachel Poley

The _____ loves to _____. It does it _____ times a day.
 (fruit) (exercise) (number)

The _____ loves to eat _____ and _____. On a sunny
 (vegetable) (two healthy foods)

April day, they _____ on a picnic. For the picnic, they brought
 (verb/past tense)

_____ and _____.
 (name two favorite foods)

After they finished eating, they _____ to _____. They played
 (verb/past tense) (place)

for _____ hours. They noticed what time it was and they _____ home.
 (number) (verb/past tense)

It was time to _____.
 (activity you do at home)

School plans to march against bullying

Gotwals students will march to prevent bullying on May 17.

The march is part of the Million T-shirt March. It's a march that will take place across the United States.

By participating in this march, Gotwals students will be saying that bullying is wrong, Ms. Fernandez, school principal, said.

The T-shirt for the march will emphasize respect and unity. The T-shirts are white with fluorescent green writing and a black bull on it. The shirt says, "It is time to put an end to bullying."

The students will walk from Gotwals to the Montgomery County Courthouse. The march is not a fundraiser, Ms. Fernandez said. The students will be marching with banners and signs showing their support to stop bullying. All Gotwals students will participate in the march.

Bullying is a big issue, says *Current Health Kids* in its February 2012 issue.

Many adults are paying attention. They include lawmakers, politicians, rock stars, and school officials. Kids can use strategies to stop bullying, the magazine says. They include:

- Discourage the bully by not paying attention.
- Get away from the bully and find a trusted adult to help.
- Don't respond to rumors. Tell your friends it's not true. Bullies will get bored, and eventually they will stop bothering you.

—By Xavier Wedderburn,
 Melissa Garcia, Jacob LeBoon,
 and Andy Reyes-Morales

Military hero tells how he stays fit, well

A long time ago, before World War II, African Americans were not allowed to be pilots in the U.S. military.

Mr. Eugene Richardson was part of the first group of African American who broke that barrier and became pilots. He was part of a top group called the Tuskegee Airmen.

Mr. Richardson said he learned in the military that it is important to stay focused on what you want to do. Being a pilot required the 3 Ds: the dream, desire, and discipline.

It takes a lot of hard work to be in the Air Force, he recently told an audience at the Norris-town Library. The audience included members of the *Gotwals Healthy Press* and the *Marshall Street Healthy Bulletin*.

The Tuskegee combat program started in 1941 to train African Americans to become military

pilots. The African American pilots had to earn the chance to be in combat. They were highly successful, said Mr. Richardson.

The airmen served to escort and protect bombers. They had one of the best records in the air force, Mr. Richardson said.

Mr. Richardson completed the Tuskegee program in March 1945, but did not fight in Europe because the war was over a month later. Mr. Richardson had the rank of second lieutenant.

He is nearly 90 years old. Mr. Richardson said he is healthy because he does not smoke, he gets eight hours of sleep a night, he eats healthy foods, and he exercises.

His advice for children: Try to stay away from sweet drinks and eat fruits, vegetables, and whole wheat. —By Yazzmin Hernandez,
 Amayrami Lopez-Noya,
 and Rachel Poley

Test your knowledge

Here is a chance to test the new things you have learned about health and fitness in the April 2012 edition of the *Gotwals Healthy Press*. Enter the contest by reading your copy of *Healthy Press* and then answering questions for your grade below. (*Healthy Press* staff is not eligible.)

Directions:

1. Fill in your name, grade, and teacher's name.
2. Answer the questions for your grade.
3. Cut out the coupon for YOUR grade.
4. Hand in the sheet to your homeroom teacher by **May 11, 2012**.

The staff of the *Healthy Press* will have a drawing from among the correct entries. Two winners in each grade will get a prize. Good luck! Contest questions prepared by Rachel Poley and Zavier Wedderburn.

Fourth grade

Your name:

Your grade and teacher's name:

1. Name the large hunger group in Philadelphia.

2. List two things kids can do to prevent bullying.

A. _____

B. _____

Second and third grade

Your name:

Your grade and teacher's name:

1. List Mr. Richardson's 3 Ds.

A. _____

B. _____

C. _____

2. Circle the number of recipe categories in *Healthy Cooking for Your Kids*?

A. 3 B. 5 C. 6 D. 7

Kindergarten and first grade

Your name:

Your grade and teacher's name:

1. How many recipes are in *Healthy Cooking for Your Kids*?

A. 30 B. 52
C. 70 D. 100

2. Name the two yoga poses for the letter "A."
