

## Teachers embrace healthy lifestyles

Gotwals staff members want to be healthy.

They have decided to change some of their habits to become healthier and fitter.

For instance, kindergarten teacher **Ms. Koneski** said she had bitten her nails for as long as she could remember. After a friend told her it was an unpleasant habit, she decided to do something about it. She started painting her nails and stopped biting them.

**Ms. Barba**, a second grade teacher, said she wanted to get more sleep. Now, she gets to bed at a set time each night and reads a book to help her fall asleep. If she doesn't follow this routine, she said, she will be tired and sleepy in the mornings.

**Ms. Ruggiano**, a school counselor, said she used to smoke and that was bad for her health. She broke this habit by joining a support group that helped encourage her to quit smoking.

**Ms. Casey**, a first grade teacher, said she made a change in her life when she realized she was eating too much junk food.

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

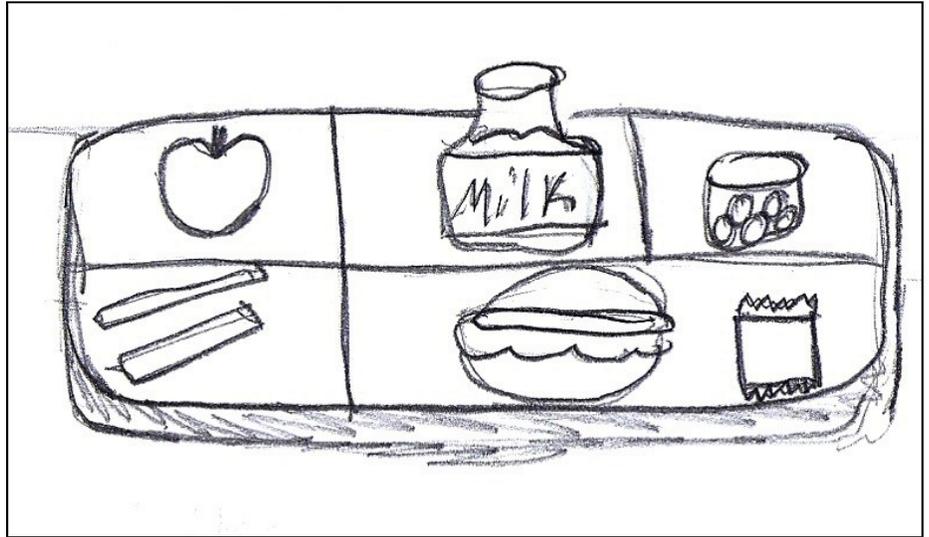


Illustration by Amayrami Lopez-Noya

## School food shapes up

The lunch menus have become even healthier at Gotwals.

Raven, a second grader, said she likes the changes, especially the new fruit choices. She now eats many different fruits such as oranges, apples, grapes, watermelon, peaches, cherries, and pears. She also like to buy some of the new snack choices. They include popcorn and 100-calorie chocolate chip cookie packs.

In part, students can thank First Lady Michelle Obama for the menu changes. She encouraged Congress to pass a new law to require healthier school food.

The new rules mean that milk will be fat-free or low-fat and food will have less salt. Students will receive fruits and vegetables every day, according to the U.S. Department of Agriculture.

It is important for children to eat fruits and vegetables because

they will help them be strong and healthy, said Ms. Katie Gioia, cafeteria manager.

Norristown has been making food choices healthier for many years. So some Gotwals students weren't aware of the changes.

Deangelo, a second grader, said that he did not notice anything different. However, he said, he likes the lunch food.

Talibdin, a second grader, said that he did not notice the changes. He said his favorite lunch is the grilled cheese sandwich shaped like a goldfish. He loves chocolate milk.

Marzon, a kindergarten student, said that his favorite lunches are chicken noodle soup and pasta. His favorite beverage is white milk. "I think that it has less fat," he said.

—By Healthy Press staff

# Brain workout!

Here is a challenge created by Andy Reyes-Morales and Jordan Bidy. See if you can unscramble the following words (answers on the bottom of Page 3):

- 1) GVEETEBALS \_\_\_\_\_
- 2) ISTRFU \_\_\_\_\_
- 3) EALYHTH \_\_\_\_\_
- 4) ALEPPS \_\_\_\_\_
- 5) CRROATS \_\_\_\_\_
- 6) CESIEXER \_\_\_\_\_
- 7) FNSSIET \_\_\_\_\_
- 8) JMIUNGP \_\_\_\_\_
- 9) IPKS \_\_\_\_\_
- 10) NRU \_\_\_\_\_



Illustration by Jennifer Adan

## New games are a hit

Gotwals students now play new games at recess. Ms. Poole, the physical education teacher, said she set up the new recess games after reviewing how to play them in her classes. The games were donated to the school in the fall.

Ms. Poole put the equipment for each game inside a milk crate so they will last longer and won't get easily lost. She also included the directions for each game so that students would remember how to play the games and follow the correct rules.

Alexys, a third grader, said he likes the Z-ball game in which players try to keep a ball in a circle. He enjoys the game and plays it at every recess. He said that he plays with his friends.

Sherlyn, a fourth grader, said she likes the Cookie Jar game because it gets her moving and she can play with her friends. The game involves keeping your bean bag—the cookie—away from other players.

—By Healthy Press staff

## Health is the goal

(Continued from Page 1)

She said she broke the habit by deciding not to eat dessert every night.

**Mrs. Logan**, a first grade teacher, said she was drinking too much soda. She knew so much soda was not good for her because it has a lot of sugar. She made up her mind to stop drinking soda regularly. Now, she only drinks a little bit on the weekends.

**Mrs. Dougherty**, a second grade teacher, said she did not exercise enough and ate portions that were too large. She also ate too much junk food. Her doctor told her she needed a healthier lifestyle, or she could get sick. She decided to follow Weight Watchers, a program for healthy eating and exercising. The program helped her, she said.

**Mrs. Leach**, a fourth grade teacher, said she enjoys candy and junk food, but found herself eating too much. To cut down on junk food, she said, she now eats more fruits and vegetables. She also exercises.

—By Healthy Press staff

### 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, Malachi Culbreath, Naila Echevarria, Skyler Gagnon, Raul Garcia, Jahiem Graham, Gisselle Guzman, 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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# What readers say about paper

**Editor's note:** The Healthy Press staff interviewed Gotwals students, parents, and school staff about what they thought about the November 2012 issue. Here is what the reporters heard.

**Khaori Merke**, a second grader, said he liked the *Healthy Press* because it gives him information about healthy things. He said he liked the story about how teachers stayed safe during the hurricane and how teachers make Gotwals a healthy place. He said his parents liked it and thought it was a good paper.

A fourth grader, **Melissa Garcia**, said her favorite article was about Dr. Hinson who taught recess games to Gotwals students. **Deangelo Honeycutt**, a second grader, said he also liked that article because the new games make the school a happier place.

**Darrell Johnson**, a second grader, said he shared the newspaper with his mother. He wants people to stop bringing junk food in for breakfast and lunch. **Allurea Nixon**, a kindergarten student, said she read the newspaper with her mom. She thought the writers felt happy because of all their work. Allurea enjoyed the newspaper because it was fun to read. She thinks that next time the staff should write an article about playing.

**Quadir Lee**, a first grader, said when he read the newspaper he was so excited. His favorite part is the beginning of each story.

**Effrain King**, a second grader, said his favorite part of the paper was learning how teachers stayed safe during Hurricane Sandy. He liked reading about the recycling program.

**Triniti Hernandez**, a second grader, said that she liked the article about the reporters visiting the new hospital because her sister, Yazzmin, was one of them. It also had great facts about the hospital.

**Noelia Nieto**, a second grader, said she loved all of the articles because they were interesting and they talked about being safe and healthy.

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**Mrs. Emert**, a paraprofessional, said her favorite article was the one by Zavier about the trip to Riverbend. It reminded her of the time she saw a praying mantis there.

**Ms. Dot**, school secretary, said her favorite article was "Teachers Make Gotwals Healthier" because she likes to see what other teachers say and wants tips on how to stay healthy herself. **Mr. Stansbery**, the lead teacher, said he learned how Gotwals teachers prepared for Hurricane Sandy. It gave him ideas what to do in case there's another hurricane. Mr. Stansbery said the newspaper was well-written and informative.

**Ms. Ruggiano**, the school counselor, said the newspaper is great. She suggested the paper include "some comics, riddles, and word searches in the newspaper, especially for the little kids."

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**Mr. Ramos**, the father of a third grader, said he liked the article about the new hospital. He thinks it's awesome how many beds it has. By reading this article, he said he learned that there was a machine called Da Vinci Robot.

One Gotwals parent said she started to recycle because of the article in the newspaper. She bought two recycling bins for her home. After reading the article, she said she better understood why Ms. Sortino started the school recycling program.

**Ms. Rosa**, a Gotwals parent, said her favorite article was how the teachers make Gotwals a healthier place. She learned that teachers give the students a healthy snack three days a week.

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We welcome your feedback, ideas, and letters to the editor. Please submit letters to Ms. Sortino, *Healthy Press* editor. Let us know what you think.



Illustration by Andy Reyes-Morales

## STUDENTS

## SCHOOL STAFF



Illustration by Raul Garcia

## PARENTS

### Answers to word scramble

- (1) vegetables (2) fruits (3) healthy (4) apples (5) carrots (6) exercise (7) fitness
- (8) jumping (9) skip (10) run

# Test your knowledge

Here is a chance to test the new things you have learned about health and fitness in the January 2013 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 **Friday, February 22.**

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, Zavier Wedderburn, and Amira Johnson.

## Third and fourth grade

Your name: \_\_\_\_\_

Your grade and teacher's name: \_\_\_\_\_

1. Who encouraged schools to serve healthier lunches?  
\_\_\_\_\_

2. In the recess article, find a word with a prefix.  
\_\_\_\_\_

## Second grade

Your name: \_\_\_\_\_

Your grade and teacher's name: \_\_\_\_\_

1. What was Ms. Ruggiano's bad habit?  
 A. Smoking  
 B. Biting her nails  
 C. Staying up too late

2. Name 2 games mentioned in the recess story.

A. \_\_\_\_\_

B. \_\_\_\_\_

## Kindergarten and first grade

Your name: \_\_\_\_\_

Your grade and teacher's name: \_\_\_\_\_

1. What bad habit did Ms. Casey break?

A. Drinking too much soda.

B. Eating too much junk food.

2. Who drew the two pictures on Page 3?

A. \_\_\_\_\_

B. \_\_\_\_\_