

GOTWALS

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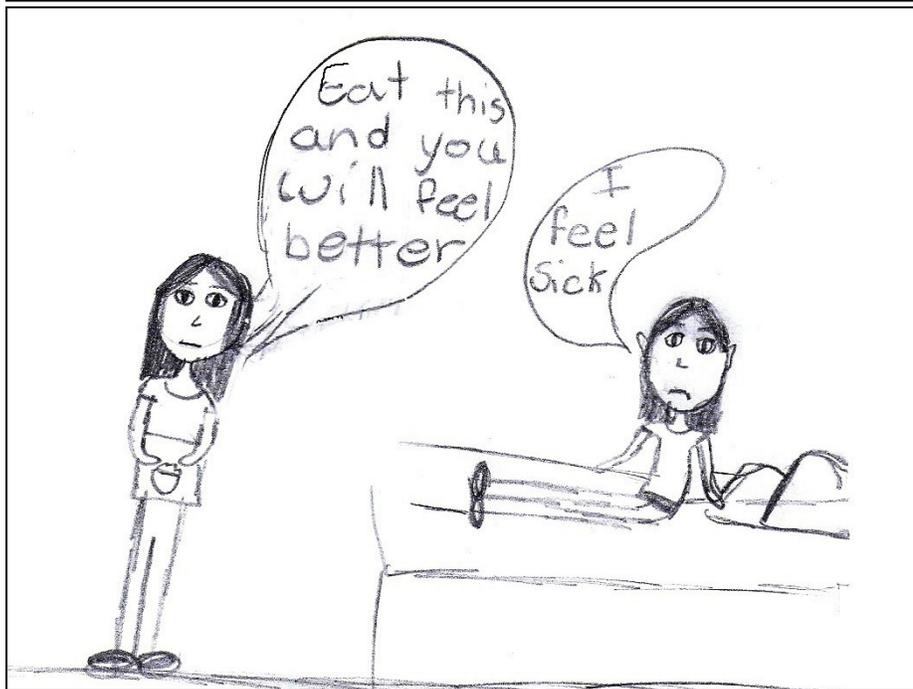


Illustration by Amayrami Lopez-Noya

Getting ready for PSSAs

As the PSSA's get closer, teachers are finding ways to help students to reduce stress.

Mrs. Leach, a fourth grade teacher, said she relieves test stress by logging onto "Adventure to Fitness" with her students. This is an internet exercise program for students that can be shown on her classroom's smart board. She also watches movies with her students when the tests are over for the day.

The students enjoy these test stress activities, said Mrs. Leach. She uses them because she doesn't like to see her young students feel stressed. In her own life, Mrs. Leach relieves stress by playing "Clue" or watching a movie with her family.

Teachers give tests to find out if their students are learning what they need to know. Whether it's math, history, science, or reading, teachers have to cover a lot of materials in class and students have to keep up," according to PBSkids.org.

Ms. Daily, a third grade teacher, said she gives out raffle tickets to students when they show a good effort. On Fridays, she gives out prizes. She thinks

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

Dealing with sniffles

February was a short month. It was also a month when a lot of children were absent.

In fact, 275 absences were marked during the month, mainly because they had colds, according to Mrs. Gartman, school attendance clerk.

Colds are infections, according to KidsHealth.org. The cold virus spreads when someone sneezes or coughs and someone else breathes it in. People also can catch a cold if they touch a door handle or a desk where cold viruses have been left and then they touch their eyes or nose, says KidsHealth.org.

Colds aren't much fun for anyone — not even for teachers.

Ms. Zummo, a third grade teacher, said she "doesn't like

stuffy noses or a sore throat" when she has a cold. She treats a cold by taking vitamins and drinking lots of fluids. When she is sick she likes to do projects on the web.

Miss Barbine, a third-fourth grade student teacher, said she doesn't like colds because she gets tired all the time and just wants to sleep.

When she has a cold, she drinks tea and takes medicine that will help her sleep. She also likes to watch a show called "The Price is Right" and to cuddle with her dog.

Many people say chicken soup is good for you when you

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

Health in brief

Accepting your height

Ms. Renish, Gotwals art teacher, said she sometimes sees children teased because of their height.

She, too, was teased when she was in school because she was short. She wanted to be tall.

Your height isn't something that you can easily change, according to KidsHealth.org. If you are teased, "try not to let it bother you," says the website. "Tell a teacher, a parent, or another adult if it's bothering you and the person won't stop."

Now that she is grown up, Mrs. Renish said she is happy with the height she is.

Mrs. Martin, the reading specialist, said she sometimes sees children standing on their tiptoes to look taller. Sometimes, she sees children slouching so they look shorter.

When she was in her 20s, Mrs. Martin said she wished she were tall like a model. She is now comfortable with her height. —*By Amira Johnson*

Water is the best sports drink

People need water for their bodies to work properly. "Water makes up more than half of your body mass and a person can't survive without water," according to KidsHealth.org

When you play sports, you sweat. Your body loses water and you need to replenish it. Otherwise, you might become dehydrated, says KidsHealth.

So what should you do to avoid becoming dehydrated? KidsHealth says the best thing to do is to drink water. Milk is good too. Juice is OK, but don't drink too much. Other drinks can be made with a lot of sugar that you don't need.

"Sports drinks are fine once in a while, but water should be considered the drink of champions," according to KidsHealth. —*By Jahiem Graham, Javier Lopez, and Jaylon Patterson-Bowen*

Eating good food for your heart

Eating fruits, vegetables, oatmeal, cold cereal, whole wheat bread, and beans are good foods for your heart, according to Kidnetic.com.

Watch out for fats. Some fats are good for you. For instance, fats in nuts, vegetable oil, and avocados are "healthy fats."

Saturated fats and "trans fats" can harm your heart. Whole milk, hamburgers, bacon, and cheese are examples of food with saturated fats. Crackers, cookies, and candies can have trans fats.

—*By Amayrami Lopez-Noya*

Tips to reduce stress

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students look forward to this activity and it relieves stress.

Ms. Koch, a fourth grade teacher, said she doesn't like to see her students stress on a test and she wants to see them do well. "Reading is the subject that give my students the most stress," she said.

She likes to do Energizer workouts with her students so they can take a break. She wants them to have fun.

About the PSSAs, she said, "It's a long time to prepare, but it's all right in the end."

Students can also reduce stress by paying attention to their own health, according to PBSkids.org. Here are some tips from the website:

- Make sure you get enough sleep. Stress levels go up if you are fatigued. "A good night's sleep is one of nature's most awesome stress-beaters."
- Eat nutritious foods and stay away from junk food. Fruits, vegetables, proteins, and whole grains can "help you think better."
- Exercise is an excellent way to reduce stress. It also will give you confidence to do well on a test.

—*Story by Zavier Wedderburn, Jordan Bidy, Derrick Honeycutt, Alyssa Kirkland, and Yazzmin Hernandez; Illustration by Raul Hernandez*



Gotwals Healthy Press

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Put a tax on junk food, soda to help make U.S. healthier

I think the government should put a tax on junk food and soda.

The tax would help stop kids from buying junk food. Fewer people would go to the hospital with diabetes or heart disease. The obesity rate would be lower and Americans would be eating healthier.

According to a recent article in *Time* magazine, sweetened drinks such as soda are often

cheaper than healthier drinks such as milk. If the unhealthy drinks were taxed, it would make the healthier option a cheaper option.

Diabetes and heart disease are big public health problems. People with diabetes have to watch what they eat, especially the amount of sugar. Eating unhealthy foods and drinks contribute to these diseases.

Government statistics show that more than 60 percent of Americans are overweight or obese. This can be unhealthy. A tax on junk food and drinks might encourage them to try the healthier options.

These are all the reasons why the government should put a tax on junk food. The tax will help people afford healthier food. It will lessen the number of people with heart disease and diabetes. And there will be fewer people with weight problems.

The tax would make the United States a healthier place.

—By Dalia Brown

Try these mad libs

Hanging out with friends—By Malachi Culbreath

The _____ and _____ play _____. They practice by doing _____.
(fruit) (vegetable) (sport) (exercise) (healthy beverage)

The _____ and the _____ then decide to visit _____ and _____ house.
(fruit) (vegetable) (meat or bean) (grain)

"We are so _____ to see you," _____ said.
(emotion) (grain)

"Stop being _____," _____ said.
(adverb) (fruit)

"We need to get _____," said _____.
(dairy) (vegetable)

When _____ arrives, the whole group is _____.
(dairy) (emotion)

They _____ together, "We are MyPlate."
(verb)

A pleasant and healthy day—By Malachi Smith

When _____ and the _____ wake up,
(a person's name) (a pet)
they eat _____ and drink _____.
(healthy breakfast food) (healthy drink)

When they go outside, they play _____.
(game)

They have a lot of _____. When they feel _____,
(noun) (adjective)
they _____ and _____.
(verb) (verb)

Handling the common cold

(Continued from Page 1)

have a cold, says KidsHealth.org. Hot foods and drinks can make your throat feel better.

A steamy hot shower also can clear the nasal passages.

When you are sick, it is important to nap, drink and eat healthy foods, go to bed early, and take hot showers, says KidsHealth.

Don't forget to blow your nose!
—By Dalia Brown, Corron Jefferson, and Skyler Gagnon

Test your knowledge

Here is a chance to test the new things you have learned about health and fitness in the March 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, April 5.**

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 Amira Johnson.

Third and fourth grade

Your name: _____

Your grade and teacher's name: _____

1. Find a compound word in "Water is the best sports drink."

2. List two tips for reducing test stress.

A. _____

B. _____

Second grade

Your name: _____

Your grade and teacher's name: _____

1. Name two teachers who were interviewed in the health briefs section of the newspaper.

A. _____

B. _____

2. Who was the author of the heart healthy food article?

Kindergarten and first grade

Your name: _____

Your grade and teacher's name: _____

1. Who wrote the article about putting a tax on junk food and soda to help make people healthier?

2. Why does Miss Barbine not like colds? (circle one)

A. She can't go out.

B. She gets tired and wants to sleep a lot.