

# GOTWALS

# HEALTHY PRESS

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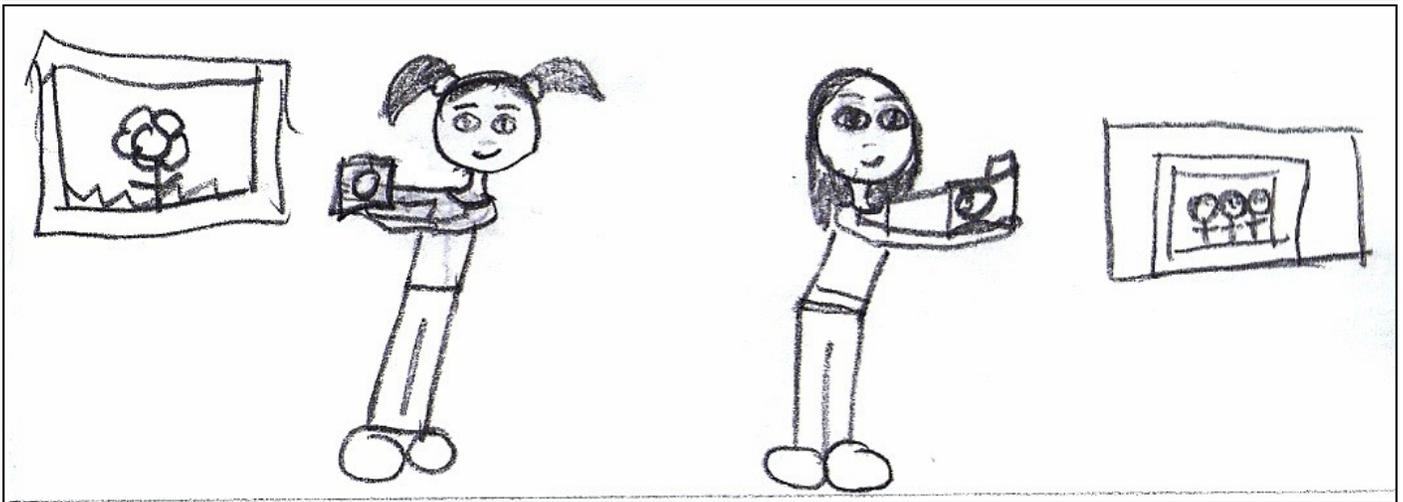


Illustration by Amayrami Lopez-Noya

**Second graders** snap pictures of what makes them happy.

## Students focus on happiness

A group of Gotwals second graders recently used cameras to record what makes them happy. They snapped pictures of friends, flowers, and trees.

Happiness seems simple and it is different for everyone, said Ms. Cathy Chezik of Bryn Mawr College. She worked with two students on the project that was created by a Bryn Mawr College dean.

"It's neat to see what happiness means for each person," said Ms. Cathy. "We wanted to know what in Norristown makes the community happy."

The students' pictures were displayed in a slide show in December in the cafeteria. Ms. Fernandez, school principal, said she liked watching the slide show to learn what makes kids happy.

In the slideshow, the pictures featured the word "dream," a glass mural on a wall at the library, a building that looks like the White House, and a car that seems to have eyes.

The students who took part in the camera project were in Gotwals' second grade classes. Brian said his favorite pictures were the

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## Volunteering makes people feel good

Gotwals staff members say they volunteer by giving out food baskets, helping out at hospitals, and even teaching beyond the school day.

Volunteers are often healthier. They get less depressed and have less heart disease, says a report by the Corporation for National & Community Service.

Mrs. Riccio, a third grade teacher, said she volunteered last summer by preparing food baskets for families. She likes to help people who need help. "It makes me feel happy and helpful," she said.

Mrs. Jarmon, a first grade teacher, said she helped out at a hospital. Last year, Mr. Stansbery, school lead teacher, said he volunteered to run the school computer club. He organized the club because he wanted to teach kids about technology. This activity made him feel good because he felt he was making a difference. Ms. Barba, a second grade teacher, served as a lacrosse coach for middle school girls. She

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Illustration by Amira Johnson

**Riding a bicycle** is one way to stay in shape.

## Staff members set 2012 health goals

Gotwals teachers are making promises for a healthy 2012. Their resolutions include eating nutritious food, exercising, and saving money.

Mrs. Fanelli, a second grade teacher, said she wants to eat more fruits and veggies to stay healthy. She said she will keep her promise by being conscious of what she eats every day.

Ms. Januszkeski, also known as Ms. J., a fourth grade teacher, said she plans to eat less sugar and eat more vegetables. She said she would ask her family and friends to remind her about her resolution if she starts to eat too much sugar.

Ms. Renish, the art teacher, said she promises to buy more organic food and exercise more. She is also trying to save money so she can buy a house. She said she will keep this promise by putting a little money aside every time she is paid.

Ms. Dot, a school secretary, said she always tries to eat healthy food and to be a good person. These are her goals, she said, so she can live a happy life.

Ms. Kathy Canvan, the cafeteria manager, said she plans to eat better and to exercise more so she can reduce the amount of medicines she needs. She said she will keep her promise by using a lot of will-power. Her daughters bought her a bicycle so she can exercise at home, she said. —*By Healthy Press staff*

## Photo exhibit shows what makes kids happy

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decorations on the doors and an antibullying session. Brianna said she was most proud of her park picture.

Caliya said she loves seeing her family in pictures and she likes to take pictures of cars. Brenda said she enjoyed taking the flower pictures because they remind her of her mom. Shianne learned that by taking pictures you can always be happy no matter what.

Ms. Dougherty said happiness makes her healthy because when she is happy, she feels good inside.

When people are focused on positive things, their minds and bodies attract positive things, Ms. Fernandez said.

—*By Zavier Wedderburn, Rachel Poley, Amira Johnson, and Healthy Press staff*

## Helping out is healthy

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wanted to help others learn the sport. Ms. Casey, a first grade teacher, said she has volunteered for drama clubs at Gotwals and at the Children's Variety Club of Philadelphia.

Mrs. Nacarelli, a kindergarten paraprofessional, said she helps at her church's school. It filled her with joy to see the children learning and singing. "It makes my summer so exciting," she said.

Mrs. Logan, a first grade teacher, said she volunteers by reading books to children. They smile, she said. Mrs. Poole, physical education teacher, volunteered by serving food to people who didn't have any on Thanksgiving. She helps others because it makes her feel great. —*By Healthy Press staff*

### *Gotwals Healthy Press*

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