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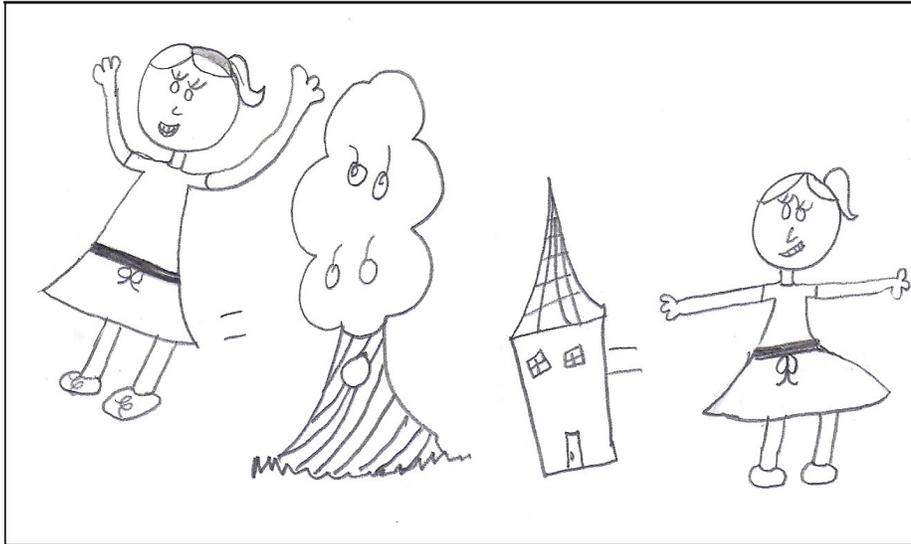


Illustration by Naomi Butler

Two-minute exercise breaks are popular in Ms. Jelesiewicz's third grade class. In this exercise, students stand up and reach their arms high above their heads to become as tall as a tree. They then stretch their arms out from their shoulders to become wide as a house. Please turn to Page 2 to see the rest of the exercise.

Stay safe on Halloween

Hancock teachers want students to be safe if they trick-or-treat on Halloween. They shared their safety tips with the *Healthy Times*.

Their advice is a good reminder for children to be safe whenever they are outside. KidsHealth.org calls it being "street smart." When you're street smart, you know your way around, you know how handle yourself in tough situations, and you're able to "read people," according to KidsHealth.

Children should avoid strangers, stick with their group, and let others know where they are, the website advised.

Ms. McHugh, a third grade teacher, said if children trick-or-

treat, they should go with an adult. If they wear dark clothes, they should also wear a reflector. Do not run out into the middle of the street, she said. Adults should check the candy. "I want to see you have fun and be safe," Ms. McHugh said.

Ms. Hardman, a third grade teacher, said children should wait until they get home to eat their candy. They should look both ways before they cross the street.

Mr. Moskal, a first grade teacher, said students should trick-or-treat with a group. They should bring flashlights. Mrs. Barnshaw, another first grade teacher, said students should only go to houses where they know people. —By Healthy Times staff

Teachers find ways to be active

Hancock teachers see autumn as a good season to add some activity to their busy schedules.

Exercise is good for everyone no matter how old they are. It keeps children active and flexible, according to KidsHealth.org. It also makes their heart stronger.

Exercise helps children feel good and stay fit, according to KidsHealth. It's fun, too.

Ms. Hardman, a third grade teacher, said she likes to run and walk. She walks on her treadmill. "It makes me feel happy doing something good for my body," she said.

Ms. Grasso, a second grade teacher, said she likes to play field hockey in the fall. She has played or coached the sport for about 10 years. She said it keeps her active and in shape. It makes her feel good about herself.

She recommends field hockey for children because either they would get better at the sport or they would learn a new one.

Mrs. Allen, a kindergarten teacher, said she likes to decorate her house in the fall. She said she finds the activity relaxing and it makes her happy. She recommends the activity for children because it "gets people in the mood for the fall."

(See *Teachers* on Page 2)

Hancock makes health a priority

Hancock staff members create a healthy school environment in many different ways. Some are obvious and some are unexpected.

The *Healthy Times* reporters recently surveyed the school to explore how the school keeps children healthy and safe.

On Mondays, for instance, many third and fourth grade students receive a tiny, clear cup with a colorful liquid. The liquid is a fluoride treatment. Fluoride helps teeth grow strong and prevents cavities.

At gym, students start class by walking. It's a warm-up drill to get limber and prevent injuries. When the students finish walking, they do "Hancock Jacks," spelling out the school's name as they jump.

Mr. Rotondo, the school's PE teacher, gives health lessons. Students recently learned about fire safety. One of Mr. Rotondo's points: Never play with matches. If you see matches, notify a grownup.

At recess, third graders raise money by selling healthy snacks such as 100 percent fruit juice gummies. The money will be used for balls, jump ropes, and other activity supplies. The money also will be used to help pay for field trips.

Hancock second and fourth graders plan to take a field trip to Highland Orchards. While on their trip, they will pick three apples. Apples help people stay healthy because they contain vitamins and minerals. Apples also have fiber.

Hancock students participate in a fruit or veggie taste test three times a week. They have tasted oranges, watermelon, strawberries, nino bananas, black grapes, sweet peppers, and bosc pears. The taste test allows students to try something new.

—By Healthy Times reporters

Hancock Healthy Times

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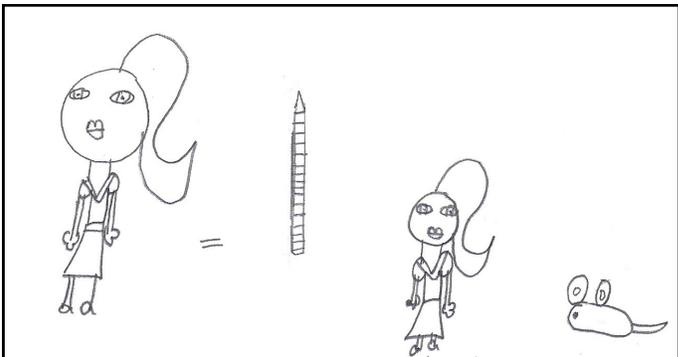


Illustration by Hannah Woodard

Ms. Jelesiewicz's students finish their two-minute exercise by bringing their arms to their sides to become thin as a pin. The exercise concludes when they squat to become as small as a mouse.

Share your extra candy

You don't need to eat all the candy.

Halloween may be a day when a lot of candy is given out all at once. However, many people celebrate holidays and events with candy. In fact, you may discover you don't need all those sweets.

In our opinion

The *Healthy Times* staff has come up with suggestions for what to do with extra candy. Our ideas have been inspired by an article in KidsHealth.org.

- Use candy as a decoration, for instance as a wreath.
- Donate your candy to a team to use as a trophy.
- Share your candy with your friends and relatives.
- Melt the chocolate and use it to make cookies.
- Donate candy to a children's hospital.
- Donate candy to a homeless shelter or to a senior citizens' center.
- Use candy for goodie bags for a birthday party.

Teachers stay fit in the fall

(Continued from Page 1)

Ms. Morley, an English language learning teacher, said her favorite fall activity is visiting Longwood Gardens. "It is a very peaceful place which is quiet, beautiful, and never too crowded."

She said she loves to walk around and see the flowers and trees. She gets a lot of exercise because the gardens have miles of grass and buildings. Ms. Morley recommended the children's garden, because it is built around a maze.—By Healthy Times staff

Ms. Jelesiewicz's third grade class will oversee the *Healthy Times* this year. Please let her know if you have something to contribute to the paper!