

# HANCOCK HEALTHY TIMES

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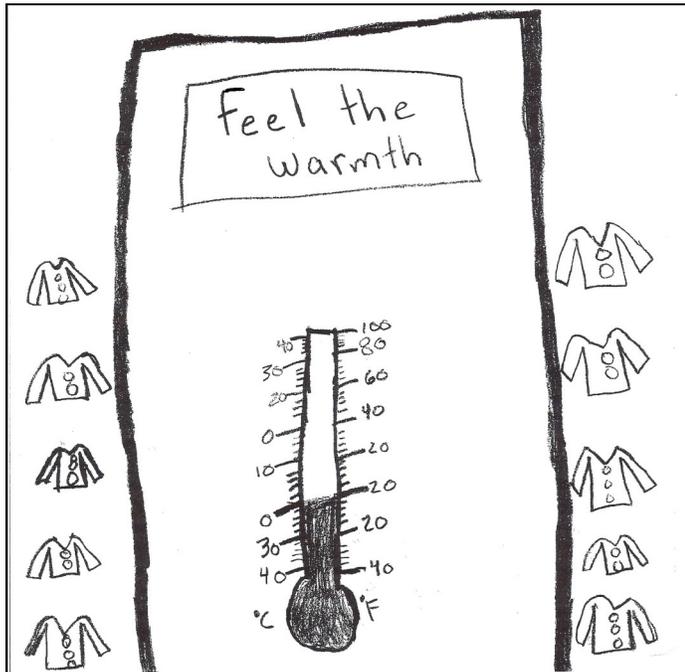


Illustration by Carolina Fajardo

Hancock is collecting coats for an organization called Feel the Warmth. It provides coats, school supplies, and toys for people in need. For more information about the group, go to [www.feelthewarmth.org](http://www.feelthewarmth.org).

## Teachers help make school a healthy place

Hancock teachers find many ways to make sure the school is a healthy place.

In recent interviews, teachers said they provide students with healthy snacks and opportunities to exercise.

For instance, Ms. Jelesiewicz, a third grade teacher, said she buys healthy snacks for her students. She purchases popcorn, pretzels, and granola bars. She wants children to try snacks that are more nutritious than Takis, candy, cookies, and brownies, she said. Takis are corn snacks.

Ms. Jelesiewicz has a rule she follows in deciding if a snack is healthy. Sugar can't be one of the first three ingredients. After tasting the healthier snacks, students often make better choices about the treats they bring to school, she said.

Mrs. Allen, a second grade teacher, said that she makes Hancock a healthier place by suggesting that the children eat healthy snacks such as fruits and

*(See Hancock on Page 2)*

## Eating in moderation during holidays

Hancock teachers say the holiday season is sometimes stressful.

Too much delicious food and too much to do can be overwhelming. In interviews, teachers shared their tips about staying on track during the holidays.

Mrs. Allen, a second grade teacher, said her greatest holiday challenge is accomplishing everything she needs to get done. She handles that challenge by doing a little each day, she said.

Her advice to others facing the same challenge: Be sure to take time to do things correctly.

Eating too much during the holiday season is a challenge for many people.

Ms. Rosenberg, a second grade teacher, said she finds it difficult to stay away from cookies because

they are everywhere. She deals with the challenge by eating only one cookie instead of five and taking an extra walk.

Ms. Rosenberg said she does not change her eating habits during the holidays. She stays away from junk food. Her advice is to "eat sugar in moderation."

Ms. Jelesiewicz, a third grade teacher, said she tries to limit the amount of sweets she eats during the holidays. She tries a little bit of everything.

"Don't overdo it," she advised.

Ms. Jelesiewicz exercises during the holiday, too. "Just enjoy you and treat yourself to something yummy."

*(See Enjoying on Page 2)*

## Health briefs

# Donating food to others

Mrs. Sally , a special education teacher, is helping to run a food drive at Hancock.

She said the school's goal is to collect canned and boxed food for people to enjoy during the holidays.

The donated food will be given to Philabundance. Philabundance works to reduce hunger in the Philadelphia area. Hancock is trying to get 500 food items donated, Mrs. Sally said. —By Kathy Ta

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## School garden waits for spring

Hancock's garden is now dormant. That means it is going to sleep for the winter.

Mrs. Schunder, school nurse, said she hopes that the school will plant another garden in the spring. She will talk to the community member who helped coordinate the garden about a plan for the spring.

The school received a \$500 grant last spring to build a garden and buy garden books. The garden books are now in the school library.

—By Carolina Fajardo

# Hancock teachers encourage health

*(Continued from Page 1)*

vegetables. She also said she promotes healthy foods to help prevent illness. Mrs. Allen said healthy snacks also give students brain power.

Ms. Pugliese, the music teacher, said that she makes the schools a healthier place by encouraging kids through movement and dancing. She said she thinks dance is a good activity because exercise is a healthy thing for young kids and dancing is a fun way to do it.

Ms. McHugh, a third grade teacher, said that she makes Hancock a healthier place when she brings in treats for the kids that are healthy and fun. For instance, last year for Halloween she brought students apples instead of candy. She cut the apples in the middle and used sunflower seeds for teeth. The apples looked like monsters.

Ms. McHugh said it is important for her that students learn that healthy foods can be fun. She hopes they will pick healthy food instead of junk food.

—By Healthy Times staff



Illustration by Raven Holmes

# Enjoying the holidays, but limiting the sweets

*(Continued from Page 1)*

Mrs. Dunlap, a kindergarten teacher, also said she doesn't overeat at big holiday meals. She tries to keep up her exercise program and eats small portions, she said. She drinks water.

Mrs. Dunlap said her greatest challenge is that there is so much food at family get-togethers. She suggests preparing healthier versions of favorite foods.

Ms. Friend, a teacher assistant, shares her desserts with others. "There are so many family gatherings and there is lots of food."

Ms. Januzelli, a second grade teacher, tries to make sure she exercises. She picks just a few treats to enjoy. This makes her feel good, she said.

—By Healthy Times staff

### *Hancock Healthy Times*

A publication of the Hancock Elementary School in the Norristown Area School District in Norristown, Pa.

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