

# HANCOCK HEALTHY TIMES

VOLUME 5, NUMBER 4

JUNE 2012

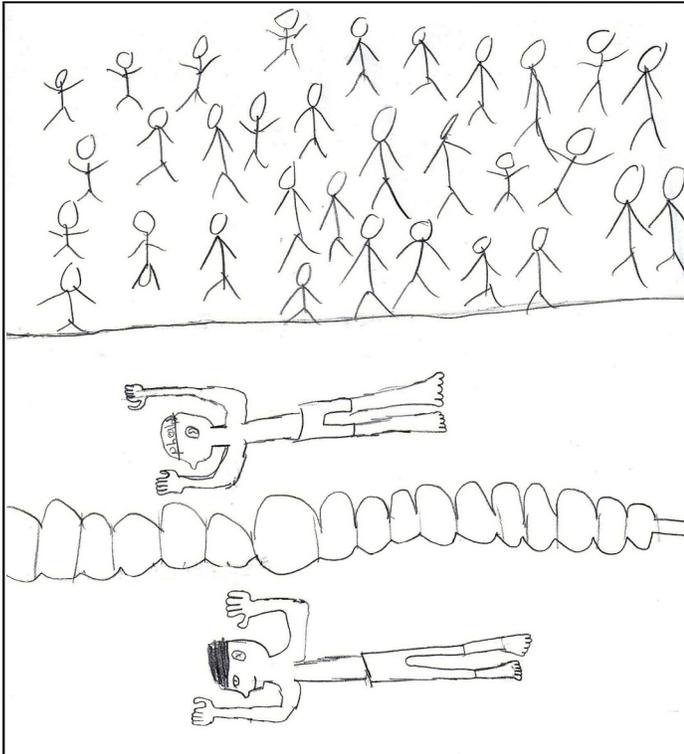


Illustration by Dylan Eckert

**The Olympics** will take place this summer in London. Read a book review about one of the Olympics' most famous swimming stars, Michael Phelps, on Page 3.

## Teachers, students to nurture garden

Hancock students will watch vegetables, fruit, and flowers grow behind the school.

The school has received a \$500 grant to help build a garden and to buy gardening books, said Ms. Jelesiewicz, a third grade teacher who also is the editor of the *Healthy Times*. She and four other Hancock staff members wrote an application for the grant money.

Mr. Patti, the school's instrumental teacher, said the garden is a good idea and the students and staff will like it. Ms. Cramer, the lead teacher, said kids will have fun watching the plants grow.

Hancock will share the vegetables with the Greater Norristown Police Athletic League Center. The center has given Hancock seeds.

Ms. Jelesiewicz said she hopes the garden can take shape over the summer. The teachers are discussing how to get students involved in taking care of it next fall when school starts again.

(See *New garden* on Page 2)

## Do you get enough vitamin G?

Children need more vitamin G.

They can get more vitamin G simply by spending time outside. Experts have coined the term vitamin G for green time, according to *Current Health Kids'* recent April and May issue.

Many children spend too much time every day watching TV or playing video games. That's not good for their health.

Spending time outside can help kids in their school work and reduce their stress, the *Current Health* article said.

A U.S. government program suggests that children should get outside and play at least one hour a day. However, "any amount is better than none."

The *Healthy Times* asked a number of Hancock teachers how they get their vitamin G. Several said they never heard about it before. Still, they said, they usually get a dose of it every day.

Ms. Grasso, a second grade teacher, said she gets vitamin G by playing golf once a week and supervising recess. She said vitamin G makes her feel good and gives her energy.

Ms. Januzelli, a first grade teacher, said she gets vitamin G by going to her son's baseball games. She also gets it when she goes to the park or the walking track.

(See *Kids need* on Page 2)

# Kids need to spend more time outdoors

(Continued from Page 1)

Mrs. Dunlap, a kindergarten teacher, said she gets her vitamin G by riding her bicycle. She said she tries to get outside every day in her neighborhood and at school.

Ms. Jelesiewicz, a third grade teacher, said she gets vitamin G by riding her bicycle and running. When she rides her bike by herself, she said it clears her mind. In the summer, she also enjoys reading a good book at the pool.

Ms. Jelesiewicz believes everyone should try to get outside at least once a day. —By Princess Ajala, Carolina Fajardo, Hannah Woodard & Diana Moreno

# New garden to sprout

(Continued from Page 1)

"I think the kids will like knowing they did something to help other people," said Ms. Monaghan, the speech therapist.

The vegetables and fruits will be used in taste tests, Ms. Jelesiewicz said. Mrs. Habari, the reading support teacher, said the kids will love the garden.

The garden is a project of the school's Health Council. The other staff members who are working with Ms. Jelesiewicz are school nurse Mrs. Schunder, first grade teacher Mr. Moskal, physical education teacher Mr. Rotondo, and cafeteria manager Ms. Wheeler. The grant is from the Norristown Area Education Foundation.

—By Destynie Davis and Giovani Ramirez

### Hancock Healthy Times

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

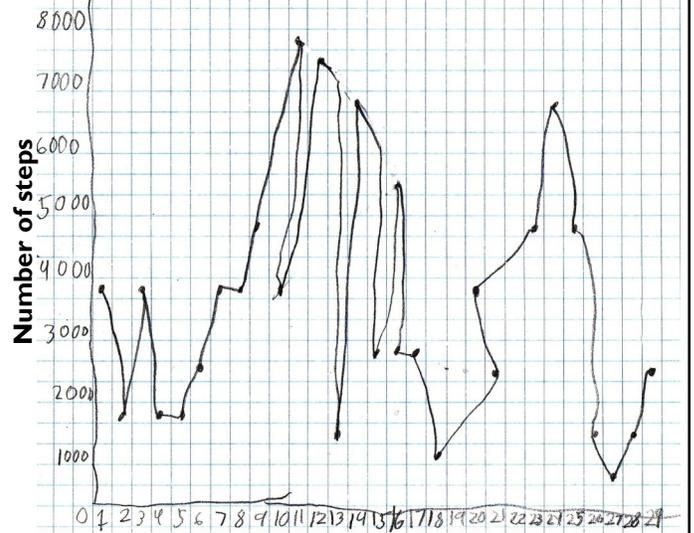
Student staff members include Basil Abouzeid, Princess Ajala, Erik Alavez, Cathy Arizpe, Naomi Butler, Jessie Cardenas, Destynie Davis, Lorelei Davis, Dylan Eckert, Carolina Fajardo, Michael Gibson, Jaydon Harrell, Ky'Ana Holley, Raven Holmes, Anthony Howard, Diana Moreno Fernandez, Jared Peay, Bryonna Perry, Giovani Ramirez, Yahir Robles-DeAquino, Tre' Stewart, Spring Tompson, Juniya Thomas, Amari Wise, Hannah Woodard, and Christal Zequeida-Trujillo

A Healthy NewsWorks® project  
www.HealthyNewsworks.org

Healthy NewsWorks is a member of New Beginnings Nonprofit Incubator at Resources for Human Development in Philadelphia. Healthy NewsWorks receives funding from individuals, organizations and foundations, including the First Hospital Foundation, Independence Blue Cross Foundation, and the Claneil Foundation.

\*\*\*

This document is protected by applicable law. All rights reserved.



Number of students tracking steps

## Using pedometers

# Students track steps

Every student at Hancock recently got a pedometer. A pedometer is a device that you can clip on your pants to keep track of how many steps you take during the day.

Students looked at their pedometers often when they walked down the hall or played at recess. They wanted to see how many steps they had taken.

Twenty-nine students in Ms. Jelesiewicz's class wore the pedometers for six hours. The median number of steps was 3,089. The average number of steps was 3,209. However, there were technical glitches. Some students accidentally reset their pedometers.

Ky'Ana Holley walked the most in Ms. Jelesiewicz's class recording 7,184 steps. This reporter took 1,553 steps during the six hours. On average, it takes just over 2,000 steps to walk a mile.

Juniya Thomas, another *Healthy Times* reporter, said she took 2,225 steps during the day. "I was shocked," she said about the number of steps she had taken. "I was not tired.

"If I can walk a lot, then I can run a lot," she said.

Amari Wise, a third grade reporter, said she thought the students liked the pedometer. They were "racing to see" if they could record more steps than the other students.

The pedometers were red and white. They had batteries on the back. They gave this advice: "walk your way to 60 minutes a day." Each pedometer had a drawing of four red footsteps.

The pedometers were provided by The Food Trust.

—Story by Cathy Arizpe  
Graph created by Tre' Stewart

# Trying a new food can be fun

## *I Will Never Not Ever Eat a Tomato*

By Lauren Child

This is a story about a girl who says she does not like certain foods. However, she thinks she does not like the foods. She has never tried them.

Her brother tricks her to get her to taste some foods. For instance, he tells her carrots are from Jupiter and peas are green drops from Greenland. The girl became so interested in the storytelling that she de-

## Book corner

ecided she wanted to eat *moonsquirters*. That's the name she gave to tomatoes.

"I liked the book because I liked the way he (the narrator) tricked his little sister into eating food," said Raven, a *Healthy Times* reporter. "The pictures are amazing and it's cool how the words are (put) into the pictures."

She said she thinks second graders would enjoy reading this book. "It is an easy book and it tells (readers) to just keep trying the food you do not like."

Carolina said the book taught her a lesson. "I do not like tomatoes and green peas, but I only tried them one time," she said, "but now that I read the book I think I should try them again."

—By *Healthy Times reporters*

## Staying on top of his sport

### *Michael Phelps*

By Jeffrey Zuehlke

Michael Phelps grew up around swimming pools. His older sisters swam and it was natural for him to start the sport too.

He went to his first Olympic Games when he was 15. The games were in Sydney, Australia. He didn't win a medal then. The next year he set his first world record. He was still only 15 years old.

He won six gold medals in his second Olympic Games in Athens, Greece.

He won eight gold medals in the 2008 Olympics in Beijing. He almost didn't. He won one race by a fingertip. He couldn't believe it when he found out he had actually won.

Lorelei said she liked this book because she likes to swim. "It inspires me to do better in swimming. Yahir said he liked this book because he likes to swim in his pool on hot days."

Lorelei thinks the whole school should read this book and Yahir thinks everyone in the United States should read it because this book will help them to achieve their dreams and goals.

—By *Dylan Eckert, Lorelei Davis and Yahir Robles-DeAquino*



Illustration by Jared Peay

Michael Phelps wears medals at the 2004 Olympics

## Athlete overcomes disease

### *Wilma Unlimited*

By Kathleen Krull

Wilma Rudolph was born in 1940 in Clarksville, Tenn. She was very tiny. People worried about her because she got sick easily.

Just before Wilma turned five, she got sick with a disease called polio. It was a dreaded virus that could leave children unable to walk, according to Kids-Health.org. Sometimes they died. The disease doesn't occur in the United States today because people have been vaccinated against polio.

Wilma had trouble walking and needed a brace. When she was 12, she was healthy enough to take off her brace. She couldn't wait to be active. She started playing basketball. The track coach saw how fast she could run. She started to practice track. Eventually, she won three gold medals in the Olympics.

I would recommend this book for third graders and college students. It was really interesting because it's about running. I like the pictures. The background looked real. I would have loved to have seen Wilma Rudolph run.

—Review by *Cathy Arizpe; Princess Ajala, Carolina Fajardo, Spring Tempson and Bryonna Perry also contributed*

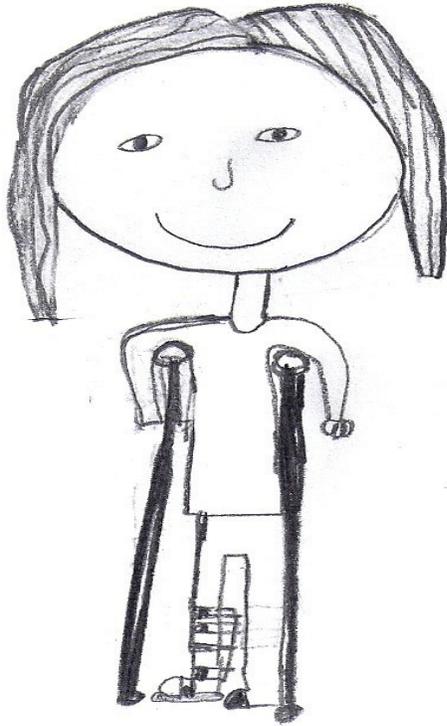


Illustration by Jessie Cardenas

## Running injury puts teacher on crutches

Ms. Jelesiewicz, a third grade teacher, injured herself while training for the Broad Street Run. She didn't realize at first that she hurt herself.

She discovered that she fractured her right foot and ripped her Achilles tendon. The tendon attaches muscles in the lower leg to the bone in the heel.

"I am very sad," she said, frowning during a recent press conference with the *Healthy Times* staff. "I do like running."

However, her doctor gave her a black brace to wear on her foot for two weeks. It is called a boot. She was not supposed to walk on her foot. She had to use crutches and couldn't take her class up for lunch. Other teachers helped out. She also needed help walking her dog, Jupiter.

"It bugs me to be in the boot all day long," she said. "Kids would think it's fun, but it is tiring."

To find out what was wrong with her, she had to get a test in a big machine called a Magnetic Resonance Imaging machine that was quite noisy. She used ear plugs. She also had a blanket because the room was cold.

Update: Ms. Jelesiewicz is feeling much better. She no longer needs to wear her boot. —By *Destynie Davis, Raven Holmes, and Princess Ajala*

## Hunger is a problem for many area families

Many people in the Philadelphia area do not have enough money to buy food.

They may not have jobs or their jobs may not pay enough to cover the cost of food, according to Ms. Tanya Thampi-Sen.

They are often hungry. They may not even know where their next meal will come from, said Ms. Thampi-Sen in a recent press conference with the *Healthy Times*. She works for the Greater Philadelphia Coalition Against Hunger.

In her job, she tries to help people find pantries and soup kitchens where they can get food immediately. She also tells them about government programs that help cover the costs for food at the grocery stores.

She said people who are hungry can get sick more often and stay in hospitals a longer time.

Children can make a difference in the lives of people who are hungry, she said. They can write letters to government officeholders such as the mayor or governor. They can express their concern.

Ms. Thampi-Sen also said that students could organize a food drive and donate the food to a local food pantry.

—By *Healthy Times staff*  
\* \* \*

*Editor's note:* For more information about hunger, please go to the Greater Philadelphia Coalition Against Hunger's website: [www.hungercoalition.org](http://www.hungercoalition.org).

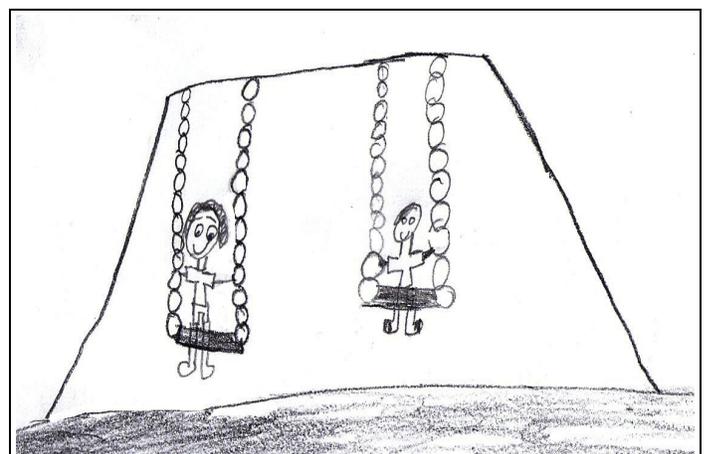


Illustration by Jessie Cardenas

**The *Healthy Times* staff** wishes the Hancock community a safe and healthy summer. Here are some tips we want to share with you: Enjoy the great outdoors. Eat plenty of fruits and vegetables. Remember to wear sunscreen. Get enough sleep. Exercise. Read a lot to keep your brain active. Drink a lot of water. Have fun and be safe!