

HANCOCK

HEALTHY TIMES

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Teachers keep track of steps

Several Hancock teachers recently tracked their steps for one school day.

They wore a pedometer which measures each stride a person takes. For an adult, a stride is about 2.5 feet long, according to www.thewalkingsite.com.

That means a person walks about one mile with 2,000 steps. By walking 10,000 steps, a person walks nearly five miles.

Mrs. Allen, a second grade teacher, said she had fun wearing the pedometer. She was surprised how many steps she took. She took 4,128 steps. Mrs. Allen thinks it is important to stay active to stay in shape.

Ms. Pugliese, a music teacher, said she was surprised that she took 6,964 steps. She did not move much at lunch because

she has lunch duty. It is important to stay healthy because then you feel better, she said.

Mrs. Barnshaw, a first grade teacher, had fun wearing the pedometer. She was surprised how many steps she took. She took 2,972 steps. She likes to go to the gym to stay active. She thinks it is important to be active so you can have a healthy life.

Lead Teacher Ms. Cramer said she was disappointed by the number of steps she took. She only took 1,272 steps during the school day. It meant she sat down all day.

Her favorite exercise is walking. Ms. Cramer thinks it is im-

portant to be active because it helps her relieve stress.

Ms. Jelesiewicz, a third grade teacher, wears a pedometer 24 hours a day. Her pedometer is special to her. It not only tracks her steps but tells her how many calories she burned, how many miles she walked, and how many flights of stairs she went up.

"Staying active is very important to me," she said.

She said her favorite part of the pedometer is that it tracks her sleep pattern and records how many times she woke up at night.

Ms. Jelesiewicz said that being active makes her feel lighter and more energetic.

—By Brooklynn Pendelton



Illustration by Brooklynn Pendelton

Follow these five steps to better health

Many Hancock students are learning a new countdown.

It's 5-4-3-2-1 Go! Each number describes a step that students should take every day to become fitter:

- They should eat **five** servings of fruits and vegetables.
- They should drink **four** glasses of water.

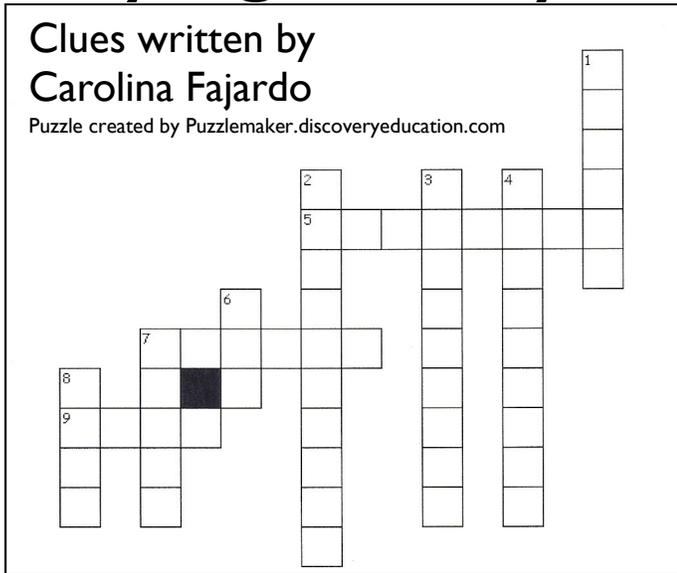
- They should consume **three** servings of low-fat dairy products such as milk or yogurt.
- They should limit their time in front of computer or TV screens to no more than **two** hours.
- They should exercise at least **one** hour.

The program was created by a Chicago group, but has been adopted by many other groups, including Hancock.

Staying healthy

Clues written by
Carolina Fajardo

Puzzle created by Puzzlemaker.discoveryeducation.com



Across

- 5. Something people try to do every day to stay fit.
- 7. Basketball, football, baseball are examples of _____.
- 9. Action that takes a person from one place from another.

Down

- 1. Round fruit that can be red or green and comes in bunches.
- 2. Lettuce, carrots are examples.
- 3. First meal of the day.
- 4. Fruit where Sponge Bob lives.
- 6. Slower than a run, but faster than a walk.
- 7. Vegetable mixture that often includes lettuce and dressing.
- 8. Exercise in water.

Colds are annoying

Colds are annoying for everyone — even teachers. The *Healthy Times* recently learned how some Hancock faculty members deal with them.

Mr. Rotondo, gym teacher, dislikes colds because he misses school. Mr. Rotondo rests to feel better if he gets a cold. He drinks lots of water and sleeps.

Ms. Curley, a kindergarten teacher, said that when she is sick, she washes her hands a lot. She drinks plenty of water and carries cough drops in case she coughs. Coughing is the worst thing about a cold, she said. She tries to get plenty of sleep to feel better. For fun, she watches TV or reads.

Mr. Moskal, a first grade teacher, said he finds a sore throat the worst part of a cold. He doesn't like feeling tired either. To feel better, he drinks warm coffee in the morning and a cold drink at night. He watches TV as a way to have fun.

Blowing her nose and feeling tired are two things that Ms. Harper doesn't like about a cold. The second grade teacher said she drinks tea, takes vitamin C, and goes to the doctor. While at home, she sleeps a lot, watches movies, and plays video games.

Mrs. Bostic, a first grade teacher, said she doesn't like being tired when she has a cold. She knows she is feeling better when her energy returns.

When Mrs. Mace, a second grade teacher, is sick, she reads a good book while snuggling in her favorite blanket. —*By Healthy Times staff*

Students write letters to the *Healthy Times*

Editor's note: Students in Mrs. Jelesiewicz's third grade class recently learned how to write a letter to the editor. Here are some of their letters.

Dear Editor,

I really like how you put the questions on the back of the *Healthy Times*. I love to read the newspaper because it helps me know what is going on in our school. I like how you wrote an article about teachers' unhealthy habits. For example, Ms. McHugh said she was cracking her knuckles.

Sincerely,
 Kylie

Dear Editor,

I would like to hear more about Mrs. Stoczko's health. She does some interesting stuff. Would you write about that in the *Healthy Times* newspaper?

Sincerely,
 Ayana

Dear Editor,

I have a question for you. How is Mrs. Mace's habit of drinking soda a bad thing? I know it's bad because it has too much sugar, but how is it bad for you in another way?

From,
 I'Nala

Hancock Healthy Times

A publication of the Hancock Elementary School in the Norristown (Pa.) Area School District. Student staff members include Destynie Davis, Carolina Fajardo, Raven Holmes, Brooklyn Pendeton, Omar Sanchez-Andrade, Emma Stoudemire, and Kathy Ta. Faculty advisors are Ms. Jelesiewicz and Ms. Pugliese.

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