

HANCOCK

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Illustration by Jordan Thomas

Helping others can help you too

Hancock teachers volunteer by helping with evening school activities, directing rehearsals for the school musical, and teaching Sunday school classes.

For instance, Ms. Pugliese, Hancock music teacher, said she volunteers by teaching fourth grade cast members their lines for the Hancock school musical in the mornings before school. This year's musical is about pirates, Ms. Pugliese said.

She also volunteers by rehearsing with a musical group called the Brandywine Singers in West Chester. They perform for free about three times a year in community musical concerts. "It makes me feel good when other people enjoy listening to music that I can help create," said Ms. Pugliese.

Volunteering is a healthy activity. More than 61 million Americans volunteer, according to the Corporation for National and Community Service.

"Volunteering helps others, but it can also help you, too," according to KidsHealth.org. "If you're upset about something that's happened – like a hurricane or other disaster – doing something about it can be a great way to cope with your feelings."

*(Please see **Volunteering** on Page 2)*

Singing can be a way to volunteer and help other people.

Teachers give their hearts a workout

Hancock teachers run and walk to get their hearts in shape.

Mrs. Raieta, the gifted teacher, said she runs in her neighborhood every day for at least 30 minutes.

Special Report on Heart Health

She said it makes her feel good and she likes to be outside in nature.

If children want to run, she said, they should gear up for longer distance. In the beginning, she said, they should run, then walk, catch their breath, and run again. Mrs. Raieta said she has run every morning for nearly 25 years.

Running and walking are two types of exercise that are good for your heart. Activities that make you breathe harder and that you do "continuously with no rests" are aerobic exercise, according to the "Heart Smart Kids Cookbook" by the Detroit Free Press and the Henry Ford Health System.

"Aerobic exercise strengthens your heart and lungs, burns body fat, and gives you endurance," according to the cookbook.

Ms. Waibel, a third grade teacher, said she walks to give her heart a workout. She knows she is getting

*(Please see **Strengthening** on Page 2)*

Nutrition mission

Reporters sample hummus for a snack

In search of a healthy snack, the *Healthy Times* reporters tried hummus dip with pita chips. Their opinions were mixed.

Of the 10 reporters and their editor, four said they would recommend the dip. Four weren't sure, and three said they would not recommend it.

"The hummus was very good and creamy," said Jakhi. Ms. Pugliese, a *Healthy Times* editor, said she enjoyed it because it has a "nice smooth texture with a bold garlic flavor."

The main ingredient in hummus is a type of bean called chickpeas. They are also known as garbanzo beans. The *Healthy Times* picked hummus because it doesn't have cholesterol. Everybody needs some cholesterol, but not too much, KidsHealth.org says.

Cholesterol is a fat-like substance. The body's liver makes it, but it is also in food such as meat and cheese. Cholesterol helps people's brains, skin, and other organs stay healthy, said KidsHealth. But too much cholesterol can stick to blood vessel walls making it hard for blood to move through them. It can lead to heart problems, according to KidsHealth.

Even some *Healthy Times* reporters who did not enjoy eating hummus said others should try it.

—By Healthy Times staff

An invitation from *Healthy Times* staff

We would like you to participate in the *Healthy Times*, too. Write a letter to us. Or write a short essay between 75 and 200 words. The topic: How do you help make your home, school, or community a healthier place? Please send it us, and it may be published in a future issue.

Hancock Healthy Times

A publication of the Hancock Elementary School in the Norristown (Pa.) Area School District. Third-grade student staff members include Jak'hi Clemons, Xavier Fuentes, Andrew Graham, Arianna Green, Jessica Hale, Michael Killen, Essie Martinez, Brooklynn Pendleton, Sienna Pendleton, Ixchel Reyes, Jordan Thomas, Jeffrey Weiss, and Jesse Weiss. Faculty advisors are Ms. Jelesiewicz and Ms. Pugliese.

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Volunteering makes you feel better too

(Continued from Page 1)

Mrs. Hawkins, director of ESCC (Extended School Child Care), said she volunteers by teaching Sunday school and taking care of preschool children while their parents attend church. She volunteers because she believes it's important to help other people and she enjoys being with children.

Ms. Jelesiewicz, a third grade teacher, said she volunteers by coming to school at night for special activities such as math and science night.

Mrs. Stevens, a substitute teacher, says she volunteers at her children's school and in activities in the community.

Ms. McHugh, a third grade teacher, volunteers at Ronald McDonald House to cook breakfast. In college, she volunteered for Habitat for Humanity to help people build homes. She volunteers because she likes to help people in need. It's also fun, she said.

—By Michael Killen, Jordan Thomas, Ixchel Reyes, and Essie Martinez

Strengthening hearts

(Continued from Page 1)

an aerobic workout because she sweats. Her advice for children who want to walk for exercise is: "Never talk to strangers when you are walking."

Mrs. Allen, a second grade teacher, said she is also a walker. She walks every night at home for about a half hour.

She knows she is getting a good aerobic exercise because she is walking so fast she gets out of breath. She walks to keep herself and her puppy health, she said. Walking "is easy to do anywhere," she said

Ms. McHugh, a third grade teacher, said she also walks for exercise. She walks every day in her neighborhood or at the gym.

She said she knows she is giving her heart a workout because she sweats and feels her heart pumping hard. To get a good workout you should walk at a fast pace, she said.

Walking "makes me feel good and it's a good stress reliever," Ms. McHugh said.

When children take a walk, they should "go with an adult and make sure they look both ways before crossing the street," she said.

—By Healthy Times staff