

# HANCOCK

# HEALTHY TIMES

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## Teachers embrace healthy lifestyles

It's often hard to break a habit.

In recent interviews, Hancock teachers shared how they decided to change a habit and make their lives healthier.

Mrs. Berk, a special education teacher, said her habit was eating too much candy. She decided to stop buying candy so she could break the habit. She said she made the decision because she wanted to avoid cavities. She also didn't want so much sugar in her diet so she could be healthy.

Ms. McHugh, a third grade teacher, said her unhealthy habit was cracking her knuckles. She believes the habit may not be good for a person's hand joints.

Mrs. Mace, a second grade teacher, said she drank too much soda and decided to limit herself to one drink a day. She said it was important to break her habit because she felt too much soda was not good for her.

She plans to break another habit. She stays up later than she should, she said. She said she will

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**Eating nutritious** food and drinking plenty of water are healthy habits. Mrs. Stoczko follows this health advice.

Illustrations by Brooklyn Pendleton, left, and Carolina Fajardo, above

## Principal addresses health

Mrs. Stoczko walks, golfs, swims, and skis so she can stay healthy.

Hancock's new school principal also is making sure that Hancock is a healthy and safe place for students.

Mrs. Stoczko said the school will be practicing more lockdowns this year. During a lockdown, students move to a corner of their room while their teachers lock the doors and turn off the lights. This is a safety procedure in case a stranger is in the school.

The school has made several other changes in security. For instance, in addition to signing in at the office and receiving a hallway

pass, visitors need an escort to go to classrooms. School doors now are locked all the time.

In a recent press conference with the *Healthy Times*, Mrs. Stoczko described other ways the school focuses on health. The school is planning another walk-a-thon in the spring. The students will walk farther and possibly off campus, she said.

Hancock students also learn to be healthy through a school program that provides fresh fruits or vegetables three afternoons a week. The students have had a chance to taste daikon radishes,

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

# Brain workout!

Here is a challenge created by Omar Sanchez-Andrade and Carolina Fajardo. See if you can unscramble the following words (answers on the bottom of Page 3):

- 1) utfir \_\_\_\_\_
- 2) atylleh \_\_\_\_\_
- 3) larnicipp \_\_\_\_\_
- 4) ihbta \_\_\_\_\_
- 5) erecsixee \_\_\_\_\_
- 6) eteabglves \_\_\_\_\_
- 7) yarid \_\_\_\_\_
- 8) nsrgai \_\_\_\_\_
- 9) tropine \_\_\_\_\_
- 10) okurwto \_\_\_\_\_

# Health is the goal

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try to go to bed earlier by turning off the TV and putting her book down at 10 p.m.

Ms. Debra, a teacher at the Extended School-Day Children's Center, said one unhealthy habit she has encountered is drinking too much soda. She said she broke that habit by deciding that she wouldn't buy soda or keep it in her house. She also drinks water more often. She said it was an important habit to break because too much soda is not healthy.

Mrs. Barnshaw, a first grade teacher, said she needs to exercise more. She said she plans on joining a gym and exercising during the day. She thought it was important to exercise to be healthy.

Mr. Moskal, a first grade teacher, said his bad habit has been eating junk food. He tries to break the bad habit by eating healthy food like apples. He felt it was important to break this habit because he didn't feel good eating junk food.

—By Healthy Times staff

# Students taste smoothie

The majority of Hancock students recently tasted a banana-strawberry smoothie.

In the process, they raised \$160 for the school to benefit students and teachers, according to Ms. Alison, a Food Trust nutrition educator.

She said the school sold 332 smoothies. The ingredients were bananas, strawberries, low-fat vanilla yogurt, orange juice, and ice.

Third graders were selected to help make the smoothies. It gave them the opportunity to experience the process of providing something nutritious for their school, Ms. Alison said.

The goal of the Hancock market was to give a different kind of nutrition lesson to students. Tasting the smoothies gave students a glimpse of another healthy snack option.

The labels on each smoothie provided a fun fact or joke about fruits or vegetables that the students read. —By Destynie Davis

# Principal works out

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minneolas, turnips, red grapefruit wedges, and sugar snap peas.

Mrs. Stoczko said students should participate fully in gym class. They can advise their siblings to eat healthier. Parents can help make Hancock a healthier place by serving their children healthier snacks.

To stay healthy, Mrs. Stoczko said, she goes to the gym where she bikes and lifts small weights. She also walks a lot in her neighborhood and at Hancock.

When she has free time, she swims and golfs in warm weather and skis in cold weather.

She also tries to eat healthy food and drink a lot of water. Mrs. Stoczko said she does not drink soda any more. She stopped drinking it 2 1/2 years ago because she felt it was an unhealthy habit.

Laughing also keeps her healthy, she said.

—Story by Omar Sanchez-Andrade and Kathy Ta  
Illustration by Kathy Ta



# Answers to word scramble

workout, grains, dairy, fruit, healthy, protein, principal, exercise, habit, vegetables

# What readers say about paper

**Editor's note:** Students in Mrs. Kopper's class recently read and reacted to the December issue of the Healthy Times. Below are some of their letters. Letters have been edited for length and style.

**Dear Editor,**

"Teachers help make school a healthy place" is about how different teachers encourage kids to dance, to eat apples instead of candy, and hand out healthy snacks. I believe we should eat healthier snacks because a lot of people are overweight. When I was in third grade, my teacher did not let us eat junk food. I agree because it is very dangerous to be overweight. It is a great idea for teachers to show us how to be healthier.

Sincerely,  
Juniya, fourth grade

**Dear Editor,**

I agree we should eat veggies and fruits because junk food is unhealthy for your body. I also agree with Ms. Jelesiewicz who said we should eat healthy foods instead of Takis, candy, and cookies. I have seen people eat Doritos or frosting for breakfast. In my head, I said that's unhealthy.

If I put a vending machine in the school hallways, I would fill it with fruits and veggies.

Sincerely,  
Josh, fourth grade

**Dear Editor,**

"Donating food to others" is a nice article. Mrs. Sally said the school's goal was to collect canned and boxed food for people to enjoy during the holiday. I think that is nice because the school was being nice to others. It's important to help the poor to at least get food so they will not get so hungry. Another reason is to help them be healthy.

Sincerely,  
Jenay, fourth grade

**Dear Editor,**

I believe the idea of donating food to others is good. There are a lot of people who can't afford food. They live on the streets and don't have anything. So I want to help. The second reason is because many peo-

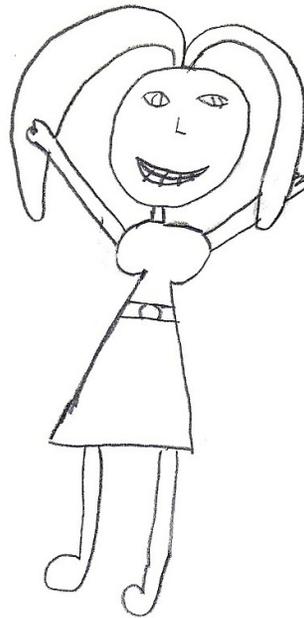


Illustration by Raven Holmes

ple don't appreciate what they have. By donating, they can imagine what it would be like to have nothing. The third reason is that some people are greedy and only care about themselves. I agree with Mrs. Sally that donating is a really nice thing to do. I want to thank her.

Sincerely,  
Akaya, third grade

**Dear Editor,**

I like that teachers help make Hancock a healthy place. I like that Ms. Jelesiewicz brings healthy snacks for her class like popcorn, pretzels, and granola bars. Mrs. Allen said she makes Hancock a healthy place by suggesting the kids eat fruits and vegetables. I think it is great that the kids at Hancock are eating healthier.

Sincerely, Levi, grade 3

**Dear Editor,**

If students keep eating unhealthy foods such as Takis, candy, cookies, and brownies, their teeth will be affected. We shouldn't have unhealthy food in school. Teachers should tell children they should bring in healthy snacks like tangerines and grapes.

Sincerely,  
Alliah, third grade

**Dear Editor,**

The article, "School garden waits for spring," is about how community members helped coordinate a garden at Hancock. Mrs. Schunder, school nurse, said she hopes that the school will plant another garden in the spring. I agree because kids need fruits and vegetables so they don't become overweight.

Sincerely,  
Spring, fourth grade

*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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# Test your knowledge

Here is a chance to test the new things you have learned about health and fitness in the February 2013 edition of the *Hancock Healthy Times*. Enter the contest by reading your copy of *Healthy Times* and then answering questions for your grade below. (*Healthy Times* staff is not eligible.)

**Directions:**

1. Fill in your name, grade, and teacher's name.
2. Answer the questions for your grade.
3. Cut out the coupon for YOUR grade.
4. Hand in the sheet to your homeroom teacher by **March 4, 2013**.

The staff of the *Healthy Times* will have a drawing from among the correct entries. Two winners in each grade will get a prize. Good luck! Contest questions were prepared by Omar Sanchez-Andrade and Kathy Ta.

## Fourth grade

Your name:

\_\_\_\_\_

Your grade and teacher's name:

\_\_\_\_\_

1. List one safety change Mrs. Stoczko has made.

\_\_\_\_\_

2. List the 2 ingredients in the smoothie that are NOT strawberries or bananas.

A) \_\_\_\_\_

B) \_\_\_\_\_

## Second and third grade

Your name:

\_\_\_\_\_

Your grade and teacher's name:

\_\_\_\_\_

1. How much money was raised from selling smoothies?

\_\_\_\_\_

2. List 3 activities that Mrs. Stoczko does.

A) \_\_\_\_\_

B) \_\_\_\_\_

C) \_\_\_\_\_

## Kindergarten and first grade

Your name:

\_\_\_\_\_

Your grade and teacher's name:

\_\_\_\_\_

1. What habit does Mr. Moskal want to break?

\_\_\_\_\_

2. What does Mrs. Berk try to avoid eating?

\_\_\_\_\_