

HANCOCK HEALTHY TIMES

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Illustration by Destinye Davis

Students like swimming best

Swimming is the most popular summer activity, according to a new *Healthy Times*' survey.

Of the 106 Hancock students who filled out the survey, 73 said they liked swimming best. Skateboarding was the second most popular activity, but far behind swimming. Only 10 children voted for skateboarding.

The *Healthy Times* staff surveyed students in one class in

each grade: Ms. Curley's kindergartners, Mrs. Barnshaw's first graders, Mrs. Allen's second graders, Ms. Jelesiewicz's third graders, and Mrs. Kukulski's fourth graders.

"While you swim, your arms are getting exercise," said Treasure White, a third grader. It makes her feel "happy" and "cold."

Jude Nilsson, a fourth grader, also said he likes that his muscles

get stronger when he swims. "It makes me feel good and amazingly incredible," he said.

Cirie Jackson, a first grader, said she likes to swim in the summer because she likes jumping off of the diving board.

Maya Lipscomb, a kindergartener, is among the skateboarding fans. She said she likes the activ-

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Remember safety rules at pool or beach

Hancock teachers want children to be safe when they are *in* or *around* water this summer.

"Something can happen very quickly around the pool, especially if you are playing around," said Mrs. Kukulski, a fourth grade teacher.

"If you don't know how to swim, wear a life jacket or water wings," she said, "and always make sure a responsible adult is around." She would be concerned if any child were not following water safety rules.

Mrs. Bostic, a first grade teacher, said children should only swim in areas where a lifeguard is super-

vising. "You should know your limits," she said.

"Don't go into the deep end unless you are a powerful swimmer. Be aware of pool rules."

Mrs. Allen, a second grade teacher, said you should always swim with an adult and follow pool rules. For instance, you should walk – not run – on the pool deck. Remember to listen to the lifeguard.

Miss Wheeler, cafeteria manager, said if you don't know how to swim, don't go into deep water. "I know how to swim, but I would not swim if there wasn't a lifeguard around," she said. —By *Healthy Times* staff

Swimming is No. 1 in student survey

(Continued from Page 1)

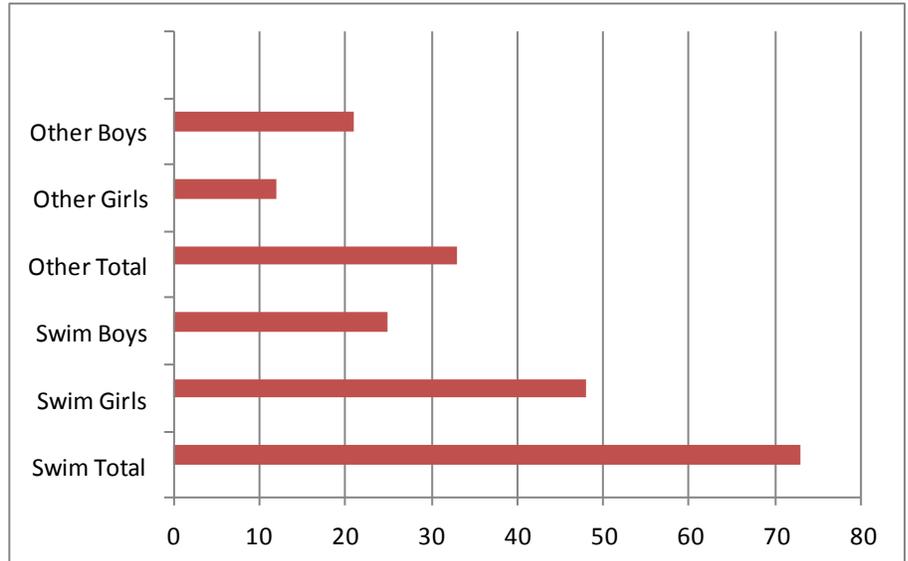
ity because her brother has a skateboard. "It makes me feel like I am free and big, she said.

Besides swimming and skateboarding, other activities listed in the survey were bicycle riding, basketball, and jump rope. Students could also name another activity they enjoyed best.

For instance, third grader Mackenzie Krueger said gymnastics is her favorite activity. "My activity makes me feel strong and happy because you have to be strong to do it," she said.

Miajah Robinson, a kindergartener, said she likes to jump rope. "I am good at it and I jump on the porch," she said. "It also makes me feel proud."

—By Healthy Times staff



The Healthy Times asked 106 Hancock students to pick their favorite summer activity. Swimming was the overwhelming winner; 73 students said they liked it best. By comparison, all the other summer activities combined into one category received only 33 first-place votes. The other activities included basketball, bicycle riding, jump rope, skateboarding, and gymnastics.

From Mrs. Mace's class Letters to the editor

Editor's note: Students in Mrs. Mace's second grade class recently learned how to write a letter to the editor. Here are some of them.

Dear Editor,

Can you write a sports column? Sports make kids healthy and run fast.
Sincerely, Alvin

Dear Editor,

I think we should have more time at recess. It can help us be healthier. How many minutes do other schools have?
Sincerely, Chani

Dear Editor,

I think people should exercise more to be healthy. They should eat more vegetables. The gym should be bigger so a lot of people can have fun.
Sincerely, Edwin

Dear Editor,

I know soda is bad for you. Why is soda bad for you?
From, Giovanni

Reporters help create book

Two *Healthy Times* reporters contributed to a new book called *Leading Healthy Change In Our Communities 2013* produced by Healthy NewsWorks student journalists.

The book profiles 12 leaders who are making the Philadelphia area a healthier place to live. Carolina Fajardo, a fourth grader, contributed artwork and Brooklyn Pendelton, a third grader, wrote a reflection about her *Healthy Times* newspaper experience this year.

The book will be available in a print version and online at www.HealthyNewsWorks.org.

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 Pendelton, Omar Sanchez-Andrade, Emma Stoudemire, and Kathy Ta. Faculty advisors are Ms. Jelesiewicz and Ms. Pugliese.

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