

HANCOCK

HEALTHY TIMES

VOLUME 7, NUMBER 4

SUMMER 2014

Put limits on your screen time

You may spend too much time in front of TV, computers, and cell phones. It's called screen time.

Experts say children should limit screen time because it can lead to sleep issues, attention problems, and other difficulties.

Ms. Jelesiewicz, a third grade teacher, said she uses her computer about five hours a day. First, she needs it for her job. She also needs to go online for her graduate school classes.

Spending time in front of screens can make her feel tired and dry out her eyes, she said. She said she could reduce her screen time if she would take more breaks and walk outside or read a book.

Mrs. Berk, a special education teacher, said she spends about four hours a day in front of a computer. She needs to type up reports and sometimes she plays

a few games. While she is often tired after she is through with the computer, she is also happy because she has gotten her work done.

Ms. Fox, a kindergarten teacher, said she also needs the computer for her job. She said people could reduce screen time by not using technology frivolously.

Mrs. Stevens, a substitute teacher, said she spends about two to three hours a day using her computer and her Kindle. She said she would like to spend more time outside. Too much screen time makes her tired and hurts her eyes, she said.

Joshua, a second grader, said he likes to look up interesting facts and play games when he is on the computer. He also likes to watch TV with his family.

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

Students welcome warm weather

As the temperature warms up, people spend more time outdoors.

Healthy Times reporters interviewed students to learn what activities they most enjoy when they don't need coats, scarves, and winter boots.

Jayla, a first grader, said she enjoys playing soccer because it is challenging and makes her active. She likes that Mother Nature is around her when she plays the game. She likes the sun, too.

When she finishes playing soccer, she said she feels hot and sweaty. Her heart is beating fast. She does not like playing soccer outdoors in the winter because it is icy and dangerous, she said.

Mao, a third grader, said football is a good outdoor activity because he likes nature. When he finishes a game or practice, he said he feels energized. He likes to spend time outdoors all year.

Ciani, a third grade student, said her favorite outdoor sport is basketball. However, she doesn't like playing it in the winter because it's so cold outside.



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

Illustration by Jessica Hale

Congratulations for good work!



Jadyn Matthews won first place in the Healthy NewsWorks' Healthy-Heart Poster Contest at Hancock. Her illustration appears with this article.

For her effort, Jadyn won a \$25 gift card.

Mahagony Farrelle took second place and earned a copy of the *Heart Smart Kids Cookbook* by the *Detroit Free Press* and the Henry Ford Health System.

The posters were judged by members of the University of the Sciences' Pediatric Pharmacy Advocacy Group (PPAG) Student Chapter. Both posters are part of a traveling art show this spring and summer. For more information, please visit:

www.HealthyNewsWorks.org

Three *Healthy Times* reporters have contributed to the new book *Leading Healthy Change In Our Communities 2014*.

The reporters are Jessica Hale, Michael Killen, and Ixchel Reyes-Avila. The book, which will be available in print and online, is written and illustrated by student journalists in the Healthy NewsWorks media program. The book features profiles of 14 leaders in the Philadelphia area who are making communities healthier.

Jessica and Michael wrote reflections about their experiences serving as *Healthy Times* reporters this year. Jessica and Ixchel also drew illustrations that first appeared in the *Healthy Times* and have been published in the new book.

To learn more about the book and the Healthy NewsWorks student media program, please visit:

www.HealthyNewsWorks.org

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-Avila, Lanah Snowden, Jordan Thomas, Jeffrey Weiss, and Jesse Weiss. Faculty advisors are Ms. Jelesiewicz and Mrs. Habari.

A Healthy NewsWorks® project

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 Claneil Foundation and First Hospital Foundation. Special thanks to The Edna G. Kynett Memorial Foundation and Elsie Lee Garthwaite Memorial Foundation for support of Healthy NewsWorks' Healthy-Heart Project. This document is protected by applicable law. All rights reserved.

Enjoying summer fun

Editor's note: Healthy Times reporters recently interviewed students to find out what activities they are looking forward to this summer.

Emily, a third grader, said she plans to go to Florida to see her aunt and uncle. They have a pool so she will go swimming. She said swimming is a healthy activity. When she has the opportunity, she tries to swim once a day. It's a fun activity, Emily said.

Angelina, a third grader, said she wants to go on trips with her family and get some extra sleep. She said she particularly likes playing at water parks.

Jayla said she plans to go to the beach and to amusement parks this summer. Going to the beach is healthy, she said, because she can swim in the waves. She also loves building sand castles.

Ciani, a third grader, said she likes to go to water parks, play basketball, and bowl during the summer. If there were no such thing as summer, Ciani said she would be upset. —By Lanah Snowden, Jessica Hale, Jordan Thomas, and Ixchel Reyes-Avila

Screens can be boring

(Continued from Page 1)

He said people should stop watching TV all the time and enjoy the sunshine with their friends.

Nylah, a kindergarten student, said she doesn't watch a lot of TV because she likes playing with her cousins. Makyiah, a fourth grader, said she spends about two hours a day in front of screens. Sometimes, she said, it hurts her eyes.

Ted, a fourth grader, said he knows that too much screen time isn't good for him. So he tries to limit it. He said he sometimes finds it boring, too.

—By Healthy Times staff

Exercising outdoors

(Continued from Page 1)

Ciani said she likes that sport because she wants to follow her mom's footsteps and gets exercise. She also likes to play with her friends. Ciani said she feels energized after playing basketball.

Obdulio, a third grader, will be grateful for spring. He doesn't like going outside in the winter. Spring is baseball season. He likes to be outdoors and play the sport. He said it is a healthy activity. Win or lose, he is happy because he enjoys his sport so much, he said. —By Ixchel Reyes-Avila, Jessica Hale, Xavier Fuentes, and Jeffrey Weiss