

HANCOCK

HEALTHY TIMES

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Special Report on Heart Health

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Take care of your heart, nurse says

Mrs. Schunder wants students to take care of their hearts.

“You only have one heart and you need it for your whole life,” said Mrs. Schunder, Hancock’s school nurse, in a recent press conference with the *Healthy Times*.

She said the choices children make now will affect them for the rest of their lives. Eating nutritious food and doing aerobic exercises regularly are two ways to prevent heart disease, Mrs. Schunder said. Dancing, jumping rope, and playing sports are other ways to help the heart stay in shape.

“You can exercise indoors or outside so there is never an excuse not to exercise,” Mrs. Schunder said. “Anything that makes you feel your heart beating means you are having a great workout.”

In fact, Mrs. Schunder said she works out at home on cold or snowy days by going up and down the stairs. “You can always do something,” she said. You can even jump rope *without* the rope.

Children should exercise about an hour a day, according to government fitness experts.

“We can also help our hearts by what we eat,” Mrs. Schunder said. “Eating healthfully is really good for giving you lots of energy.”

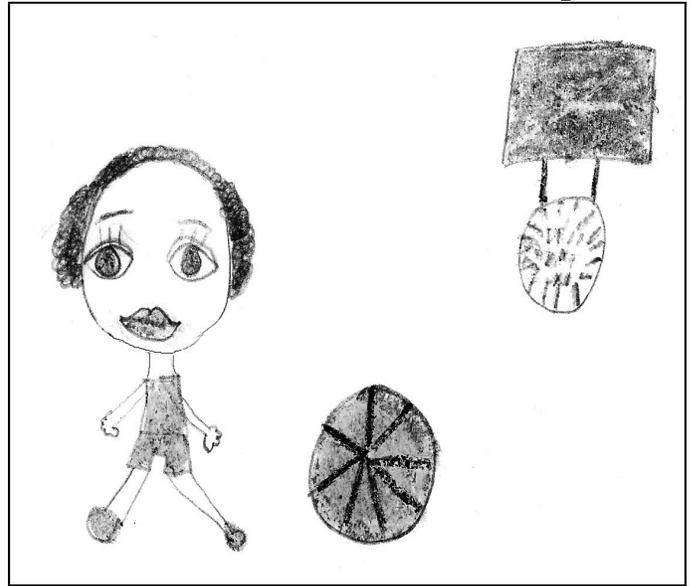


Illustration by Ixchel Reyes-Avila

Playing basketball is one way to keep your heart in shape.

Children should avoid eating too many treats. Treats are called treats for a reason, she said. They are not meant to be eaten every day. For instance,

(Please see *Pay attention* on Page 2)

Exercise can put you in a good mood

After a good workout, you may feel as though you have more energy.

Exercise even may put you in a good mood. That’s because exercise helps the body release natural chemicals that “leave you with a naturally happy feeling,” according to the Centers for Disease Control and Prevention. The chemicals are called endorphins.

Healthy Times reporters interviewed several Hancock teachers to see how they feel after exercise.

Ms. Waibel, a third grade teacher, said she works out on elliptical machines at her gym. People can get tired walking or running on the machine. After exercising, Ms. Waibel said she feels “rejuvenated and tired.” She is also glad that she did her workout.

Mrs. Hawkins, who is the director of Hancock’s extended school child care program, said she gets active by participating in the games with students. She also builds up a sweat by moving the equipment in and out of the gym. The activity “makes me feel good and it makes me feel energized,” she said.

Ms. Jelesiewicz, a third grade teacher, said she runs twice a week for 40 minutes. Before she starts to run, she stretches and walks for five minutes. After running, she said she walks again for five minutes and stretches.

Ms. Jelesiewicz said running makes her feel hot, sweaty, and invigorated. —By Michael Killen, Jessica Hale, and Xavier Fuentes

Pay attention to what you eat

(Continued from Page 1)

Mrs. Schunder likes to eat bacon. However, she said she only eats it once in a while.

Over time, the fat and cholesterol from eating too many treats can clog blood vessels, she said. That can make it hard for the blood to flow smoothly and make the heart work extra hard.

Blood vessels are like pipes. You don't want them to get clogged, she said.

Mrs. Schunder said Hancock offers programs and activities to help prevent heart disease. For



Illustration by Kayley Garcia

instance, the cafeteria serves nutritious food. The school also offers a fitness club that Mrs. Schunder and PE teacher Mr. Rondo started.

When families go shopping in the grocery store, Mrs. Schunder gave a heart-healthy tip: Shop mostly around the perimeter of the store. That's where the fruits, vegetables, dairy products, fish, and meat are located. In the aisles are a lot of treats.

—By Michael Killen, Sienna Pendleton, Jessica Hale, and Ixchel Reyes-Avila

Healthy Times wants to hear from you

We would like you to participate in the *Healthy Times*, too.

You can write a letter to us and comment on an article or health topic of interest to you.

Or write a short essay between 50 and 150 words. The topic: How do you help make your home, school, or community a healthier place? Please send it to us, and it may be published in a future issue.

Below are two examples of essays written by *Healthy Times* reporters.

* * *

I help out at school by following the rules and helping my classmates with their work. Following the rules sets a good example for others and shows respect to the teacher.

It makes me feel good to know that I'm able to help others. It's also fun. —By Jordan Thomas

I help my mom do the dishes and clean the house. It helps my mom because she always cleans the house by herself because I have to go to school.

It makes me feel great that I get to help my mom. It also makes me feel happy because I feel special.

—By Ixchel Reyes-Avila

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Please send your essay or letter to Ms. Jele-siewicz or Mrs. Habari. They are the *Healthy Times* faculty advisors.

We would like to publish some of your work in our spring issue of the *Healthy Times*.

Web review: Game gives important nutrition advice

Web games can teach people health lessons about many topics. Pumpkin-O-Meter is a game on KidsHealth.org that teaches children about not eating too much candy.

The game shows people how many calories are in their favorite candy and allows the players to feed the pumpkin.

The game is great for kids and families. By playing the game and seeing the amount of calories in candy, children learn that candy has a lot of calories. The extra calories can be unhealthy because they don't leave room for more nutritious foods.

—By Jesse Weiss and Jeffrey Weiss

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, Jordan Thomas, Jeffrey Weiss, and Jesse Weiss. Faculty advisors are Ms. Jelesiewicz and Mrs. Habari.

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