

HANCOCK HEALTHY TIMES

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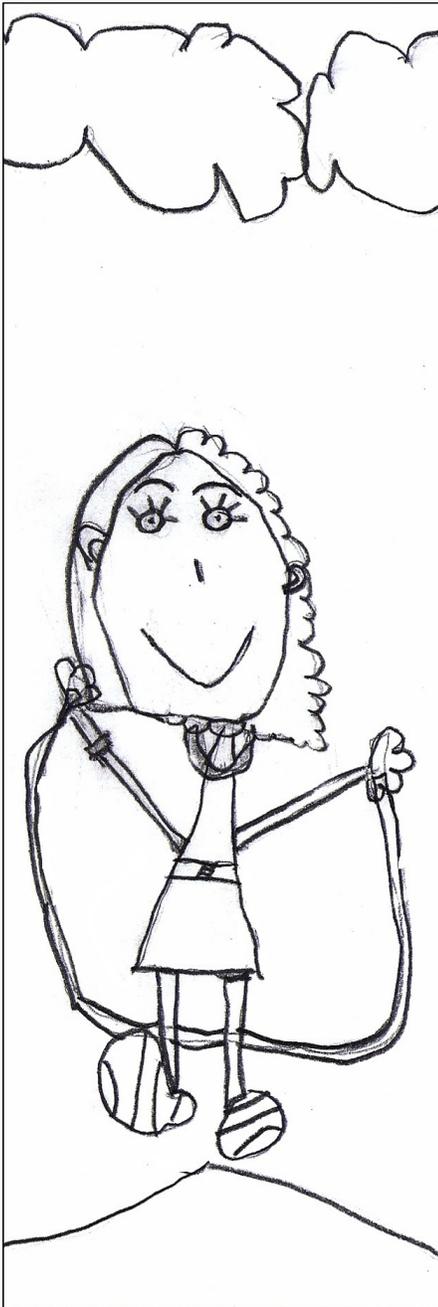


Illustration by Christal Zaqueida-Trujillo

Start 2012 by promising yourself to exercise regularly. Health experts recommend finding an activity that you like. It could be a sport, dance, or even jump rope.

Happy, healthy 2012!

Happy New Year.

Healthy Times reporters recently asked Hancock staff what resolutions they've made to be healthier in the new year. Here is what they found out.

Ms. McHugh, a third grade teacher, said she will exercise more in 2012. Exercise always makes her feel better and healthier, she said.

She said she plans to exercise by taking two Zumba classes each week and two spinning classes. She said she will keep her resolution by going to class with a workout buddy, she said.

Ms. Pugliese, the music teacher, said she plans to go to the

gym two times a week. When she is there, she will go on the treadmill for 20 minutes and work on strength training for 20 minutes.

She also said her goal is to eat more fruit in 2012. She already eats a lot of vegetables. "Eating the right foods makes you feel healthy and have more energy."

Mrs. Habari, a reading teacher, said she just started a running program on the treadmill. When she exercises, she sets aside a dollar so she can save to buy something for herself as a reward. She also wants to be in shape to play games with her young children.

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Laughter is healthy for you

Hancock teachers say it is good to laugh.

They say humor is important in the classroom because it helps students learn.

"A good sense of humor ... can make kids smarter, healthier, and better able to cope with challenges," says KidsHealth.org.

Although more scientific studies need to be done, research suggests that laughter gives muscles and the heart a workout, says WebMD. It also burns calories.

Hancock teachers say humor is good for many reasons.

Mrs. Dunlap, a kindergarten teacher, said humor is important because "if you don't have humor

it is hard to get through the bad times in life."

Children in her class sometimes tell jokes, she said. Laughter makes her feel happy, Mrs. Dunlap said.

Ms. Grasso, a second grade teacher, said humor is important because learning is fun and "we all need to be a little silly."

She likes to tell silly stories sometimes. Laughter makes her feel good.

Mrs. Mitchell, a fourth grade teacher, said telling a joke can help release stress. Funny poems, books, and movies make her laugh.

—By *Healthy Times* staff

Teacher marches in parade

Ms. Jelesiewicz likes to laugh. She also likes to make other people laugh and feel good inside.

In a recent press conference, Ms. Jelesiewicz said humor is an important ingredient in her life inside and outside the classroom.

"Everyone should laugh," she said. "Laughter to me is like a good medicine."

On New Year's Day, she participates in the Mummers Parade in Philadelphia. Mummers are entertainers who dress up in costumes. They are famous in Philadelphia for marching in the New Year's Day parade every year.

Ms. Jelesiewicz is a member of the B. Love Strutters, a division of the Murray Comic Club. Last January, she dressed as a chef. Pictures of her show that she wore a chef's hat and white shirt with red buttons. The cloth had glitter, her black pants had white

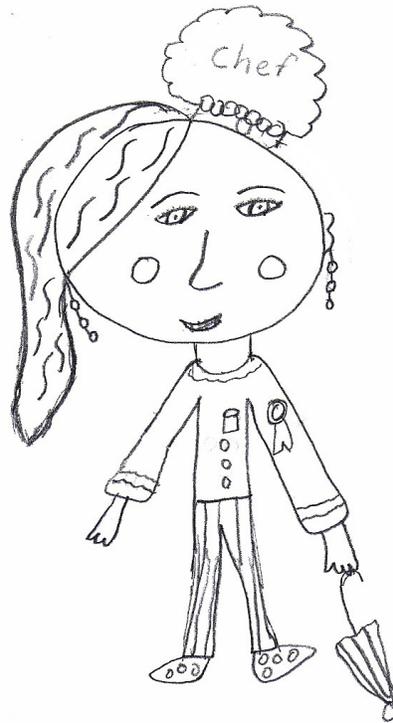


Illustration by Princess Ajala

stripes on them, and she wore golden shoes. She carried an umbrella. Her cheeks were red.

Ms. Jelesiewicz also brings humor into her classroom. She sometimes pretends to be a rock star and bobs her head. She tells funny stories about her dog, Jupiter. She makes funny faces.

"Laughter is healthy because when you are laughing, you want to do more things," she said. "When you are not laughing, you might want to curl up on the couch."

When Ms. Jelesiewicz is sad, she said she will watch a funny movie or talk to her mother. She also likes to be with her friends and share funny jokes.

Ms. Jelesiewicz planned to be in the Mummers Parade in 2012. Find out in the next *Healthy Times* issue what costume she wore. —By Healthy Times staff

Reporter discovers flu shot doesn't hurt

Before I got the flu vaccination this year, I was scared.

I forgot whether it hurt. It didn't.

My class received the vaccine on the stage of the Hancock gym last fall. Instead of a shot in my arm, I received the nasal spray vaccine.

The nurse put a small tube in one nostril and I was told to sniff hard. It felt kind of weird.

When I was finished, I received a pencil with a picture of dinosaurs on it. I also shouldn't be sick with the flu this year. I am not scared of flu vaccines any more. —By Cathy Arizpe

Hancock Healthy Times

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Student staff members include Basil Abouzeid, Princess Ajala, Erik Alavez, Cathy Arizpe, Naomi Butler, Jessie Cardenas, Lorelei Davis, Dylan Eckert, Carolina Fajardo, Michael Gibson, Jaydon Harrell, Ky'Ana Holley, Raven Holmes, Anthony Howard, Rashir Lusane, Diana Moreno Fernandez, Krishon Parker, Jared Peay, Bryonna Perry, Giovani Ramirez, Yahir Robles-DeAquino, Tre'Lamar Stewart, Spring Tempson, Juniya Thomas, Amari Wise, Hannah Woodard, and Christal Zaqueda-Trujillo

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Setting goals for 2012

(Continued from Page 1)

Another of Mrs. Habari's goals for 2012 is to drink less soda. Mrs. Habari also suggested that students should be active and turn off the TV.

Ms. Jelesiewicz, a third grade teacher, said her goal is to be in shape for the Broad Street Run in May. The race is 10 miles long. She will try to practice regularly so she can build up her stamina.

Mrs. Marshall, school secretary, said she will strive for a healthy diet. She will eat more fruits and vegetables.

—By Healthy Times staff