

HANCOCK HEALTHY TIMES

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School starts day with a workout

On Valentine's Day, students exercised to promote heart health.

The exercises included Hancock jumping jacks, arm circles, and stretches.

Mr. Rotondo, school PE teacher, said the Hancock Health Council wanted to show kids how to take care of their heart. Teachers told students to wear sneakers and comfortable clothes to school.

After students arrived in their classrooms, Mr. Rotondo got on the school loudspeaker. He told students to stand up behind their desks, push in their chairs, and get ready for the Hancock jumping jacks. As they jumped, they shouted out the letters to spell Hancock.

Students then rotated their arms in a circular motion for 20 seconds. They then stretched to touch their toes for 20 seconds. All the exercises lasted about two minutes.

(See Gym on Page 2)

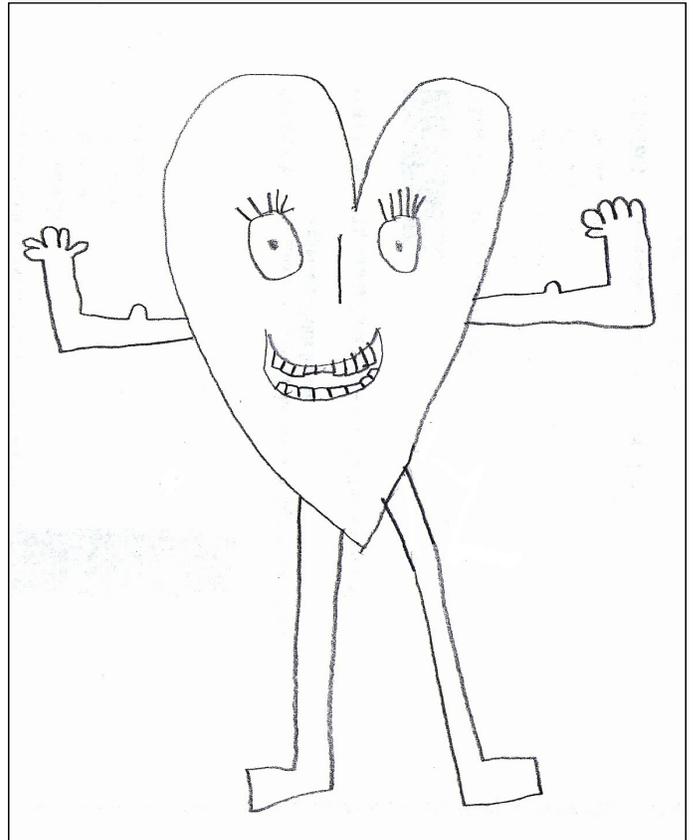


Illustration by Giovanni Ramirez

Fluoride makes teeth stronger

Ms. Cummings arrives at Hancock about 8 a.m. every Monday. She brings root beer, orange, strawberry, and grape fluoride rinse for many Hancock students.

Ms. Cummings, a dental hygienist, said fluoride makes children's teeth stronger. It protects them from cavities.

Ms. Cummings provides the rinse to students at Hancock, Cole Manor, and Marshall Street schools.

"It makes me feel good to work with kids," she said in a press conference with the *Healthy Times*.

"If our smile is healthy, our body feels healthier. Fluoride is like a vitamin to your teeth."

Norristown school district has had the fluoride program for more than 30 years because the fluoride

in the drinking water isn't adequate to protect teeth.

Dental hygienists can work in dental offices and clean teeth, take X-rays, give fluoride treatments, and place dental sealants on teeth. Ms. Cummings is a hygienist who works in schools..

Ms. Cummings said that fluoride is a mineral. "It gets on the enamel of your teeth and makes your teeth strong to protect your teeth from cavities."

Ms. Cummings said fluoride can be found in toothpaste and at school. In some places, fluoride can be found in the water. She said the fluoride at the dentist is stronger than what she provides in school.

"I love my job," she said. "I love working with children."

—By Healthy Times staff

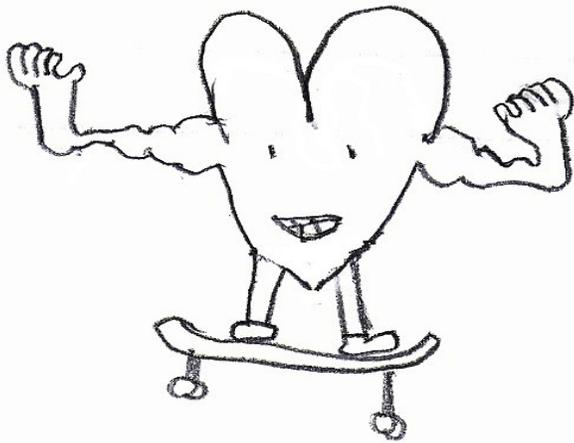


Illustration by Dylan Eckert

Gym helps kids relax

(Continued from Page 1)

Students are familiar with these exercises from their regular gym classes.

Mr. Rotondo said that gym exercises help students relax from stress and gain strength. He plays music and sets up exercise stations so that the kids may choose activities.

The fitness stations include using hula hoops, jumping rope, playing basketball, and climbing on the rock wall. He makes sure that students warm up by walking around the gym for two minutes.

—By Healthy Times staff

Ms. Jelesiewicz's costume was a

Remember in our January issue we promised to tell you what costume Ms. Jelesiewicz wore in the Mummers Parade? Here's the answer: She wore a Roman costume with a helmet with red feathers. She carried a shield, a sword, and an umbrella.

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, Jared Peay, Bryonna Perry, Giovanni Ramirez, Yahir Robles-DeAquino, Tre'Lamar Stewart, Spring Tempson, Juniya Thomas, Amari Wise, Hannah Woodard, and Christal Zaqueida-Trujillo

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Nutrition Mission

Dried fruit is yummy

Our staff tasted freeze-dried fruit made by a company called Mrs. May's Naturals. We sampled three flavors – pineapple, apple and pear.

We first looked at the nutrition facts on the back of the package. We learned that the only ingredient was the fruit. It had been freeze-dried. That means all the water had been removed.

"My freeze-dried apple looked like a potato chip," said Hannah. Carolina said the shape of her pineapple was "roundish" and its color was white and yellow.

We learned that one serving was 38 to 40 calories, depending on the fruit. A serving size is 10 grams.

We also smelled the fruit. "My freeze-dried pear smelled like Pop-Tarts," said one student. Lorelei said her fruit "smelled like an apple from a tree." Juniya said her pineapple didn't really have much of a smell.

Twenty-four people on our newspaper staff tasted the freeze-dried fruit and we all said that we liked it. "The food tasted like apple sauce and sweet," said Cathy.

Nearly everyone on our staff recommended it. If you can't find Mrs. May's in the store, you might look for freeze-dried fruit from another company. Check the ingredients! The fruit is delicious without any extra sugar.

—By Healthy Times staff

Here's a good snack

The *Healthy Times* staff recently tasted an oatmeal bar and recommended it as a quick, easy breakfast. It's also a good snack.

The Quaker Cinnamon Roll Soft Baked Bars are made from oatmeal and contain some nuts, raisins, and cinnamon. It has a crunchy texture and a sweet, delicious taste, according to the reporters.

When asked to describe the rolls, Jaydon said, the bar was soft. He then tasted the raisins and nuts. Juniya said when the roll "touched my tongue, I could only taste cinnamon." When Raven started to chew on the bar, it reminded her of oatmeal.

The reporters suggested that the cinnamon bars should be sold in the school cafeteria and by the third grade teachers during snack time.

KidsHealth.org says oatmeal is "rich" in fiber and protects your heart. The cinnamon rolls have 5 grams of fiber in a serving, according to the package label.

—By Healthy Times staff