

COLE MANOR

HEALTHY COMET

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Teachers embrace healthy lifestyles

Breaking habits can be hard. However, several Cole Manor teachers recently shared what they did to become healthier.

Mrs. Harmon, a third grade teacher, said her unhealthy habit was drinking a lot of soda. She said she broke the habit by substituting soda with water. She thought it was important to break the habit because she knows soda has a lot of sugar.

Mrs. Kolbman, a first grade teacher, said she was so busy she did not drink enough water. Her solution has been to try to drink more water throughout the day.

Fourth grade teacher Mrs. Cooper said she was staying up too late and not getting enough sleep. She decided to pay more attention to the time and pick a time when she should go to sleep. She said it was important to get more sleep. Otherwise, she would be tired during the day.

Mrs. Rafter, a paraprofessional, said she doesn't exercise enough. She plans to break that unhealthy habit by asking a friend to walk with her every night.

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

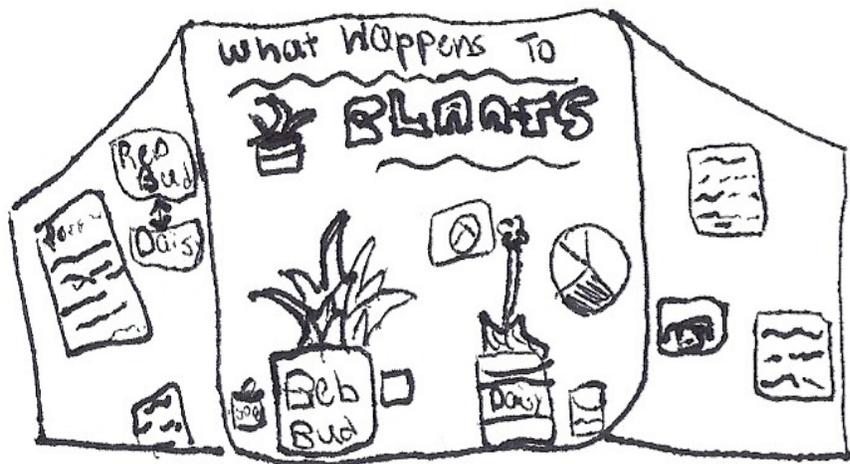


Illustration by Maggie Curley

Fair focuses on food

Cole Manor students are discovering the science behind food.

They have been involved in creating individual or classroom projects about the subject for the school's annual science fair in late January.

Mrs. Armour, a third grade teacher, said her students' science fair project was to see which foods have fat and which are fat-free. The experiment involved placing a blindfold on someone and asking him or her to taste three different types of baked or traditional potato chips. They then guess if the food had fat or if it was fat-free.

The students learned that it can be difficult to tell the difference between foods with fat and fat-free foods. They also found out that people who work with food sometimes add other unhealthy ingredients such as extra sugar if the food doesn't have fat.

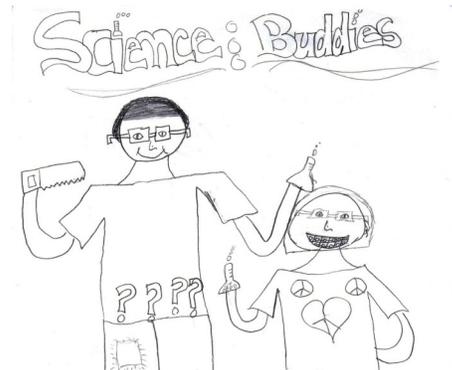


Illustration by Brynn LeCato

Marco Olmedo, a fourth grader, said he wanted to find out if cereal is attracted to magnets. He put bran flakes into a bag and then put the bag into hot water. When he put the magnet next to the bag, the cereal was attracted to it.

Ms. Sheard's second grade class wanted to find out what

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



Creating healthy habits

(Continued from Page 1)

Ms. Brady, a first grade teacher, said that when she was young, she bit her fingernails. When she bit her nails, it made her feel embarrassed. She started chewing gum and made a conscious effort to stop.

Mrs. Moore, the art teacher, said she was eating too many potato chips. So she stopped buying them. She said it was an important habit to break because potato chips have too much salt.

Mrs. Moorehouse, a third and fourth grade teacher, said she ate too much sugar. She tried to break this habit by going to nutrition classes. She must remember to make healthy food choices every day, she said. She thought it was important to break this unhealthy habit because it could cause a lot of health issues in the future.

Mr. Hayes, a fourth grade student teacher, said he would eat one or two cheesesteaks a week. He felt that was an unhealthy habit. He gave himself an allowance of buying one cheese steak a month.

His advice to other people trying to break a habit: Don't be too hard on yourself. Take baby steps and point yourself to a goal.—By Healthy Comet staff

Food is hot topic at fair

(Continued from Page 1)

types of molds grow fastest. They tested bananas, bread, cheese, and milk. They put all the food samples in a closet and checked on them for several days. They saw that mold grew fastest on the milk. They also learned that mold grows fastest in moist conditions, Ms. Sheard said.

Katie Pham, a fourth grader, said her experiment was called The Naked Egg. She wanted to find out what would happen to the eggshell when it was placed in different kinds of vinegar. She learned that the shell dissolved in apple cider vinegar and white vinegar.

—By Jaime Hernandez, Brynn LecCato, Haley Masters, and Kayla Sparks

Split decision on dried fruit snacks

The *Healthy Comet* staff recently tried two healthy snacks — dried apricots and dried dates. About half the group liked the dried fruit.

Nine reporters and their editor, Mrs. Shuler, gave _____ a favorable review to the _____ dried apricot. The positive _____ reviews edged out the _____ eight negative ones. However, only seven taste testers said they enjoyed the dried date. Eleven gave the date poor marks.

Sharlena recommended both dried fruits to other students. "I would recommend that you try them because they are healthy and they are good for a snack," she said. "They are juicy and delicious."

She said dried fruit is a healthy snack choice because the apricots and dates have fiber and no added sugar. She had learned from KidsHealth.org that snacks with fiber are a good choice. Fiber helps people to digest food.

Brianna said the dried date looks like a "squashed grape." It smells and tastes like "sweet, sticky honey." The apricot looks like "a small piece of candy and smells like a raisin." However, Brianna was not impressed with either of the dried fruits. She would not recommend it to others.

Cydney was split in her opinion about the fruit. She "definitely" would recommend the date, which "looked like an overgrown raisin." Meanwhile, she was not sure if she would recommend the apricot. "It tasted like nothing I had ever tasted before," she said.

Dried fruit can be bought at most supermarkets.

Cole Manor Healthy Comet

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