

COLE MANOR

HEALTHY COMET

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Teachers exercise for their hearts

Running and walking are two popular ways that Cole Manor teachers keep their hearts healthy,

Ms. Wheatley, a fourth grade teacher, said she likes to exercise on a treadmill twice a week. Mr. Brown, a third grade teacher, runs at least three times a week.

Mrs. Harmon, who teaches both third and fourth grades, walks regularly with her family while Ms. Land, a kindergarten teacher, runs and walks. Ms.

Land said the two forms of exercise allow her to be outside enjoying nature while also getting an aerobic workout.

Special issue
on heart health

Aerobic exercise strengthens the heart and keeps it in shape, says KidsHealth.org. The heart is a muscle and it works like a pump to send the blood around the body. Aerobic exercises speed up the heart and breathing. Aerobic workouts also make people sweat, according to the FitKids, Healthy for Life website (www.kspfitkids.org).

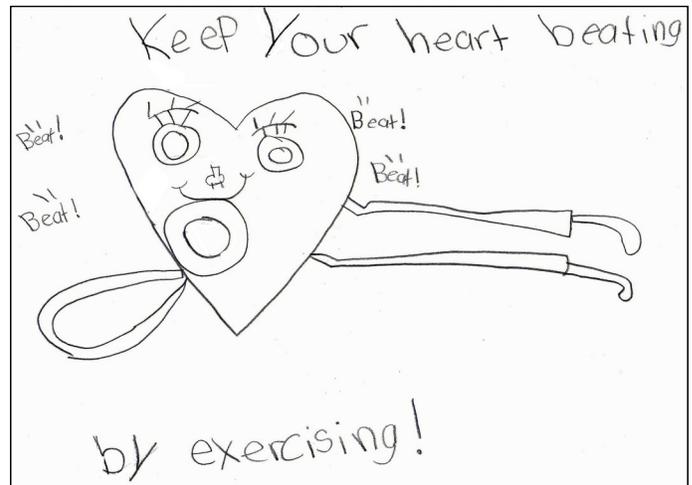


Illustration by Mahogany Greene

Mrs. Piskai, a kindergarten teacher, said she likes to walk in her neighborhood park two to three times a week to keep her heart healthy and her weight down. Mr. Turner, a third grade teacher coach, said he runs on the treadmill at the gym.

(Please see **Be active** on Page 2)

Getting a handle on your pulse

Have you ever wondered how quickly your heart beats?

The *Healthy Comet* staff members were curious about this question and conducted an experiment to find the answer.

First, the staff needed to learn more about the heart. The heart fills with blood and squeezes it to the rest of the body through blood vessels, says KidsHealth.org. The harder a person exercises, the faster the heart beats.

“Your beating heart creates a pulse,” according to KidsHealth. “Your heart has to push so much blood through your body that you

can feel a little thump in your arteries (a type of blood vessel) each time the heart beats!”

Two good places to find your pulse are on the side of your neck or on the inside of your wrist. Place your pointer and middle fingers together to locate the thump, says KidsHealth.

In their experiment, the *Healthy Comet* reporters wanted to see what happens to their pulse rates when they participated in several activities.

They took their pulse rates after they were sitting, jogging in

place, and doing jumping jacks. They checked their pulse after one minute of activity.

They discovered their pulse rates increased the most when they did jumping jacks. They sweated more too. Sitting resulted in the slowest pulse rate.

One reporter’s heart beat 62 times a minute after sitting, 88 times a minute after jogging in place, and 110 times a minute after jumping jacks. Other reporters saw similar results.

—By Healthy Comet staff

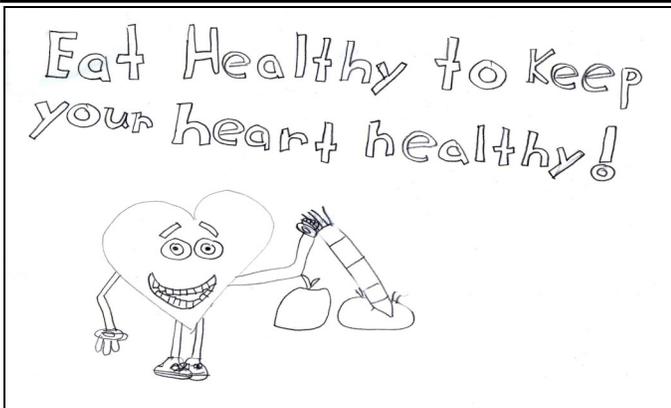


Illustration by Alondra Vega

It can be good or bad What's cholesterol?

Doctors, nurses, and other health experts advise people to watch the amount of cholesterol in the foods they eat. It's for good reason.

Cholesterol is a fat-like substance. People need some cholesterol to keep their brain, skin, and other organs healthy, says KidsHealth.org. The human body's liver makes cholesterol. It is also found in such healthy foods as whole milk, fish, cheese, and meat.

However, eating a lot of food high in cholesterol can be a problem. It can build up over time in blood vessels and clog them. That can lead to heart disease such as heart attacks and strokes.

Don't worry. Children can do simple things to keep their cholesterol from building up.

Ms. Knorr, a Cole Manor nurse, said children need to start early with good eating habits so they can keep their hearts healthy for a long time. She suggested that children eat nutritious foods with a lot of fruits and vegetables and to exercise regularly.

Other tips include using low-fat or no-fat versions of dairy products such as yogurt and milk, says KidsHealth. Stay away from foods with a lot of fats such as many cakes and cookies.

As in the story about *The Wizard of Oz*, where there is a good witch and an evil witch, cholesterol has a good variety and a bad one. The bad cholesterol is called low-density lipoprotein (LDL). LDL is the cholesterol that clogs blood vessels, KidsHealth says.

High-density lipoprotein (HDL) is good cholesterol. It helps the body get rid of the bad cholesterol, according to KidsHealth.

Mrs. Moorehouse, a fourth grade teacher, said she finds out her cholesterol levels by getting blood tests at the doctor's office. The *Healthy Comet* suggests: Pick up that apple or salad instead of French fries. Your heart will thank you.

—By Healthy Comet staff

Healthy Comet starts 8th year

Welcome back to the *Healthy Comet*!

We are third and fourth grade reporters and we feel privileged to produce this school newspaper. Our editors are second grade teacher Mrs. Shuler and ELL teacher Mrs. Huntington.

We would like you to participate in the *Healthy Comet*, too. One way would be to write a short essay between 75 and 200 words. The topic: How do you help make your home, school, or community a healthier place? Please send it us, and it may be published in a future issue of the *Healthy Comet*.

Also, mark your calendar for Saturday, Dec. 14, when Barnes & Noble in Plymouth Meeting, Pa., will host a Bookfair and book-signing event in support of the *Healthy Comet* and Healthy NewsWorks. Check out the details at www.HealthyNewsWorks.org.

We are always eager for your ideas and feedback!

Be active for your heart

(Continued from Page 1)

Mr. Brown said he knows running is a good activity because he feels his heart beating faster when he participates in the activity. He said it is smart for young children to stay active by exercising, but it is important that they don't get hurt. He said children should talk to adults about the best ways to exercise.

Ms. Wheatley suggested that children should play games outside that increase their heart rates. Mr. Turner said children should drink a lot of water before and after they exercise. Mrs. Piskai's advice is to wear stretchy and comfortable clothes, to be safe, and to have fun!

—By Healthy Comet staff

Cole Manor Healthy Comet

A publication of the Cole Manor Elementary School in the Norristown Area School District in Norristown, Pa.

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