

# HEALTHY COMET



Illustration by Atiya Davis-Stones

## Take care when using medicines

Medicines can help you feel better, but you need to use them correctly, according to Dr. Elizabeth Rappaport.

For example, she said, it is important for children to understand what medicines they are taking. You should never share any medicine because it could cause health problems for the other person.

Dr. Rappaport recently provided tips about using medicines safely at a press conference with the *Cole Manor Healthy Comet*. Dr. Rappaport has had a lot of experience with medicine. She worked for a drug company and for the Food and Drug Administration – FDA for short. The FDA is a government agency that checks to make sure medicines are safe and effective.

To test drugs, scientists identify chemicals that might treat a disease. They first test the chemicals in the laboratory and in animals. If a chemical looks like it might work and is also safe, it will be tested in humans, according to Dr. Rappaport.

You should always tell the doctor, a parent, or a trusted

## Have fun, stay safe

With summer almost here, students and teachers are thinking about how to stay safe and healthy.

They are remembering they need to put on sunscreen, stay hydrated, and exercise.

Mrs. Krause, a third grade teacher, said she puts on sunscreen when she is outdoors. When she goes to the beach, she stays under a beach umbrella. In the ocean, Mrs. Krause stays with a buddy to swim. At home, Mrs. Krause plays in the pool to burn calories and have fun.

Jessica Michener, a fourth grader, said that she stays healthy by swimming and eating fresh fruit like watermelon, bananas, apples, and grapes. While riding her bike, she wears her helmet.

Katie Pham, a fourth grader, said that she stays safe in the summer by using sunblock so she doesn't get sunburned. She also drinks a lot of water so she doesn't become dehydrated. She wears light clothing in the summer so she doesn't get hot.

Devon Palmer, a third grader, exercises. Her favorite summer activity is swimming. It gives you a good chance to move your legs and arms around, Devon said.

Mr. Turner, a second grade teacher, keeps water bottles with him. His favorite activities in the summer are playing football and running on the beach.

Mr. Turner said he helps other people stay safe in the summer by setting a good example.

—By Healthy Comet staff

(Please see *Use* on Page 2)

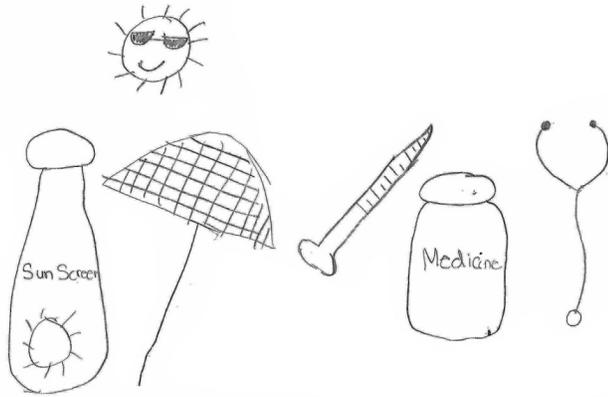


Illustration by Kayla Sparks

## Reading can help to solve problems

Books helped Kay Winters cope with moving from place to place as a young child.

Because the book author didn't have brothers or sisters, she was often lonely. Books became her friends. She always had a book with her, she said.

When she was sick as a child and was hardly able to sit up, she would read. Books kept her company.

Ms. Winters has written many books such books as *My Teacher for President* and *This School Year Will Be The Best*. During a recent visit to Cole Manor, the author had an interview with the *Healthy Comet*.

She said books help children grow up into successful adults. When you have a problem, a book that deals with a similar problem can help you come up with ideas on how to solve it. In fact, she said, reading helped her solve problems when she was young. She thinks reading books is important for kids because they help you understand the world around you.

—By Healthy Comet staff

## Use medicines wisely

(Continued from Page 1)

adult if the medicine is making you feel worse, according to Dr. Rappaport.

Here are some other tips from Dr. Rappaport:

- Take the medicine exactly the way the doctor prescribed it.
- Ask questions if you are uncertain about the instructions.
- Look at the expiration date. The expiration date tells you when the medicine is no longer effective. Like food, medicines can go bad.

—By Healthy Comet staff

## Police officers give advice Dealing with bullies

Two Norristown police officers visited Cole Manor to teach students how to deal with bullies and what to do if they see a gun.

Officer Rich reminded students of the golden rule: "Treat others the way you want to be treated."

He said if you are a victim of a bully, you need to tell an adult about the situation you are facing. Bullies like to pick on one person because they can team up to scare the victim. Even if the bully says not to tell anyone, you should still tell an adult. If you see bullying occur, don't be afraid to tell someone. Stand up for your friends!

Officer Rich also talked about gun safety. If you see a gun, you should follow these steps: 1) Stop. 2) Don't touch. 3) Leave the area. 4) Tell an adult.

—By Healthy Comet staff

## Reporters help create book

*Healthy Comet* reporters contributed to a new book called *Leading Healthy Change In Our Communities 2013* produced by Healthy NewsWorks student journalists.

The book profiles 12 leaders who are making the Philadelphia area a healthier place for children to live. *Healthy Comet* reporters interviewed Siobhan Reardon, president of The Free Library of Philadelphia. She discussed how reading is linked to good health.

The book will be available in a print version and online at [www.HealthyNewsWorks.org](http://www.HealthyNewsWorks.org).

### *Cole Manor Healthy Comet*

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Student staff members include Rosie Bellman, Taylor Conklin, Maggie Curley, Atiya Davis-Stones, Jaime Hernandez, Mayowa Latona, Brynn LeCato, Cianna LeCato, Haley Masters, D'zire McNeal, Dean Millard, Youssef Mohamed, Sharlena Sherard, Kayla Sparks, Cydney Suber, Jewel Ta, Beth Tarr, and Brianna Wright. Mrs. Shuler is the newspaper's faculty advisor.

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