

MARSHALL STREET HEALTHY BULLETIN

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Special Report on Heart Health

FALL 2013

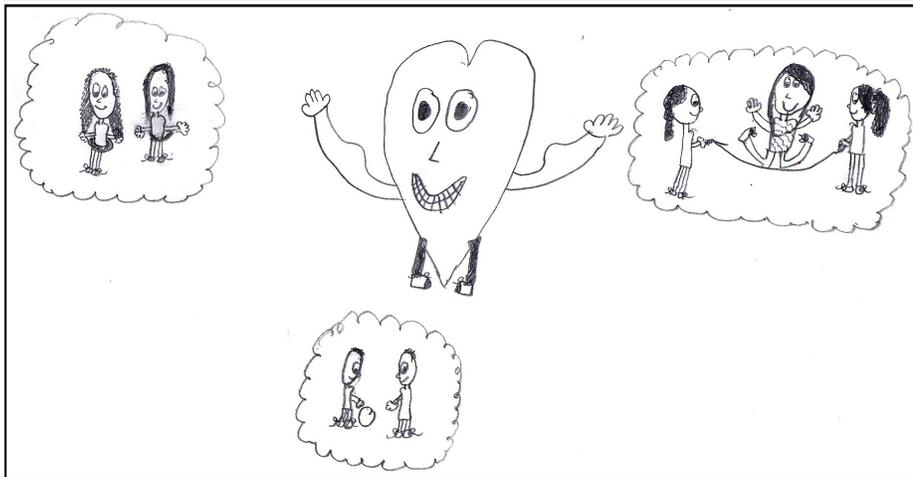


Illustration by Madison Galczyk

Teachers exercise for their hearts

Marshall Street teachers keep their hearts healthy by walking, running, and bike riding.

These examples of aerobic exercises make people's hearts stronger, says KidsHealth.org.

Mrs. Moser, a first grade teacher, said she exercises while playing with her children to keep her heart healthy. For instance, she said, she walks with her children while they ride their bicycles. She said she is energized when she exercises aerobically. "You don't have to go to the gym to stay healthy," she said.

Aerobic workouts involve continuous exercise that makes people breathe harder and sweat.

People also need exercises to become stronger and more flexible, the FitKids, Healthy for Life website (www.kspfitkids.org) says. These activities include ballet, yoga, and gymnastics, according to FitKids.

Mrs. Williams, a third grade teacher, said she walks three days a week in her neighborhood. Mrs. Williams said she knows walking gives her heart a workout because she sweats.

Mrs. Bulman, a Marshall Street music teacher, is also a walker. She walks every evening in her neighborhood. She walks

What's cholesterol?

It's in many foods you eat

The word *cholesterol* crops up on TV and appears on food labels and cereal boxes.

It's a big word to describe a fat-like substance, medical experts say. People need some cholesterol in their body to help their brain, skin, and other organs "grow and do their jobs," KidsHealth says.

Too much cholesterol can build up on blood vessel walls and make it hard for blood to move freely through them. Over many years, the situation can lead to chest pains and other heart problems, says Dr. Walter Tsou, past president of the American Public Health Association, in a video on the Healthy NewsWorks website.

The body's liver makes cholesterol, but people also consume it when they eat certain foods such as butter, fish, eggs, and cheese, KidsHealth says.

Dr. Tsou says it's also in red meat and junk food. It is important for children to think about the foods they eat. "The habits you learn when you are a kid can actually have a life-long consequence in your ability to control cholesterol," he says.

There are two types of cholesterol: HDL (high-density lipoprotein) and LDL (low-density lipoprotein). LDL is the type that can clog blood vessels, KidsHealth says. HDL helps to get rid of the bad cholesterol by taking it "back to the liver where it is broken down," the website says.

People need to get a blood test to find out their cholesterol levels, says Dr. Tsou. He encourages children to eat healthy food such as fruits and vegetables and to exercise to keep their cholesterol levels healthy.

—By Healthy Bulletin staff

(See *Making time* on Page 2)

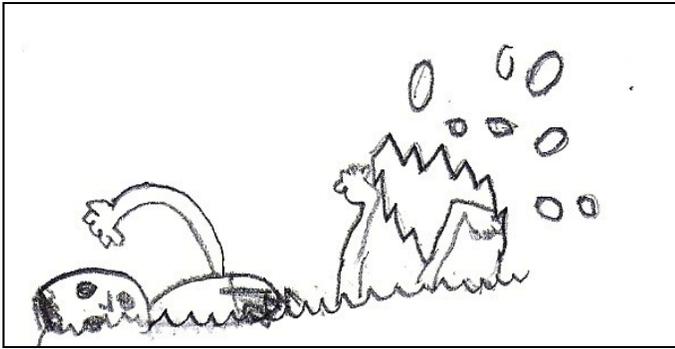


Illustration by Jacey Captis

Making time for fitness

(Continued from Page 1)

quickly enough that her pulse speeds up. She said walking is a "good stress reliever."

She said children also would benefit from walking, but they should walk with an adult.

Miss Holubec, a fourth grade teacher, said she runs and bikes three days a week for her aerobic workouts. The activities make her sweat and speed up her heart rate.

"It is important that kids start exercising at an early age so they can stay in shape," Miss Holubec said.

Mr. Shrader, a PE teacher, said he goes to the gym most mornings and uses an elliptical trainer. People can walk or run on an elliptical machine.

Mr. Shrader knows that he is giving the heart a workout because he is breathing rapidly after he finishes.

—By Healthy Bulletin staff

Cholesterol haikus

—By Madison Galczyk

Can be good or bad

Healthcare doctors help

HDL and LDL

Healthy eating supports too

Bad can clog vessels

And exercising

Submit your essays to Healthy Bulletin

Welcome back to the *Healthy Bulletin!*

We are the fourth graders in Ms. Freeman's class and we feel privileged to produce this school newspaper. Plus, we have a third grade staff member, Jacey Captis, whose illustration appears on this page.

We would like you to participate in the *Healthy Bulletin*, 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 to us, and it may be published in a future issue of the *Healthy Bulletin*.

Health briefs

Activities get kids moving

Marshall Street's after-school program is a healthy place where students exercise, socialize, and collectively work together.

On Fun Fitness Fridays, for instance, students run around for aerobic exercise. They play games such as four corners and dodge ball. For snacks, ESCC (extended school child care) offers fruits and vegetables.

—By Jeffrey McQuillen

Marshall Street scheduled its first dance-a-thon in November. A goal for the event was to get students moving for one hour, said Mrs. Galczyk, PFC president for Marshall Street. Dancing will raise students' heart beats while they are enjoying themselves.

"Nothing beats the rhythm of the street," Mrs. Galczyk said.

—By Madison Galczyk

The Food Trust is making a few changes in its lessons at Marshall Street this year, according to Miss Jessie, a nutrition educator for the organization.

The group will try to see students more often, but for shorter amounts of time, she said. One new lesson involves learning fractions with vegetables. The Food Trust also will be promoting more physical activity. Miss Jessie said The Food Trust encourages students to stay healthy.

—By Mya Williams and Rheese Fife

Mrs. Rodgers, school nurse, said the Norristown Area School District contacted a Philadelphia group to give free eye exams to students. Marshall Street students were expected to receive the exams from The Eye Institute in November and December.

The district contacted the group because many children need their eyes checked, Mrs. Rodgers said. She said if the exams revealed students needed glasses, the group will provide them.

—By Cioni Flynn-Cook

Marshall Street Healthy Bulletin

A publication of the Marshall Street Elementary School in the Norristown Area School District in Norristown, Pa.

Student staff members for this issue include Jose Andrade, Maiya Cannon, Jacey Captis, Alexa Eaton, Rheese Fife, Cioni Flynn-Cook, Madison Galczyk, Luis Gomez, Jerry Galvez, Madyleine Grebe, Jew'lea Martin, Jeffrey McQuillen, Jaden Menard, Abel Pedraza, Alex Rosas, Analycia Smith, Alexis Tellez-Chavez, and Mya William. Ms. Freeman is the faculty advisor.

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