

Former Marshall Street student

Getting fit to serve in the Navy

He was a regular boy who started his school career at Marshall Street. He also attended Cole Manor Elementary School and Norristown Area High School.

Now, Rasahn Kevin Clark is embarking on a career in the Navy. He became interested in the Navy because other relatives served in that branch of the military. The Navy will also help him pay tuition so he can finish college.

He visited the *Healthy Bulletin* before heading to boot camp. Boot camp is demanding.

To prepare for boot camp, he tries to run every day, he said. He does pull-ups and pushups. He also swims. He can swim 500 meters in 10 minutes. When he goes to parties, he dances, he said.

Rasahn said health is important in the military. You need to be able to do the hard physical work.

As a child, Rasahn went to five different Norristown schools. When he was in high school, a teacher told him he wasn't prepared for college. That forced him to think about his future.

He made up his mind that he would work hard and go to college. He went to St. Augustine's University in Raleigh, N.C. It was expensive and he could not finish and get his degree.

Rasahn offered some advice. He said don't let anyone convince you that you can't do something. Do your homework. And face your fears.

—By Healthy Bulletin staff

Fourth graders gain confidence in water

"Swim with a buddy," Ms. Grossman told the *Healthy Bulletin* staff.

Marshall Street fourth graders learned this safety lesson during a week of swimming classes this spring at Norristown Area High School.

"I want students to be comfortable in water," said Ms. Grossman, a high school PE teacher, during an interview.

The challenge of learning how to swim is that no one automatically knows how to do it, she said. The week of lessons helped several *Healthy Bulletin* reporters make considerable progress.

"I felt free," said Duyen. "We had a chance to let go of our fears of swimming."

Before the swim class, Duyen could not kick across the pool with a kickboard. But after the lessons she could. She now wants to take more lessons to become a better swimmer.

Daysha was nervous to go in the deep water for the first time. However, she used a life jacket and was not scared. It gave her confidence. When the students had free time, Daysha said she spent time jumping in the water.

"Splashing around in water was splendid," Ackeem said.

"Swimming around in the water was phenomenal," said Orlando.

—By Healthy Bulletin staff

When riding a bicycle Tips to stay safe

(Continued from Page 1)

* To make sure the helmet fits properly, it should be two finger widths above your eyebrow.

* When riding a bike, ride in the direction of the traffic – not against the traffic.

* You should ride on the street, not the sidewalk.

* Make sure that your helmet is fastened tightly under the chin.

* When crossing the street, you should get off the bike and walk with it.

—By Healthy Bulletin staff

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 Antonique Anguin, Nyasia Arline, Chayla Barksdale, Justin Bradwell, Sydney Dillard, Kaylee DiPaulo, Isabel Fuentes, Johan Gandarillas-Reyes, Eduardo Gonzalez-Ascencion, Daysha Sanchez, Ackeem Sangster, Gabriel Tello, Duyen To, and Orlando Vargas. Ms. Freeman is the faculty advisor.

A Healthy NewsWorks® project
www.HealthyNewsWorks.org

Healthy NewsWorks is a member of New Beginnings Non-profit Incubator at Resources for Human Development in Philadelphia. Healthy NewsWorks receives funding from individuals, organizations and foundations, including the Claneil Foundation, First Hospital Foundation, Green Tree Community Healthy Foundation, and Independence Blue Cross Foundation.

This document is protected by applicable law. All rights reserved.