

MARSHALL STREET HEALTHY BULLETIN

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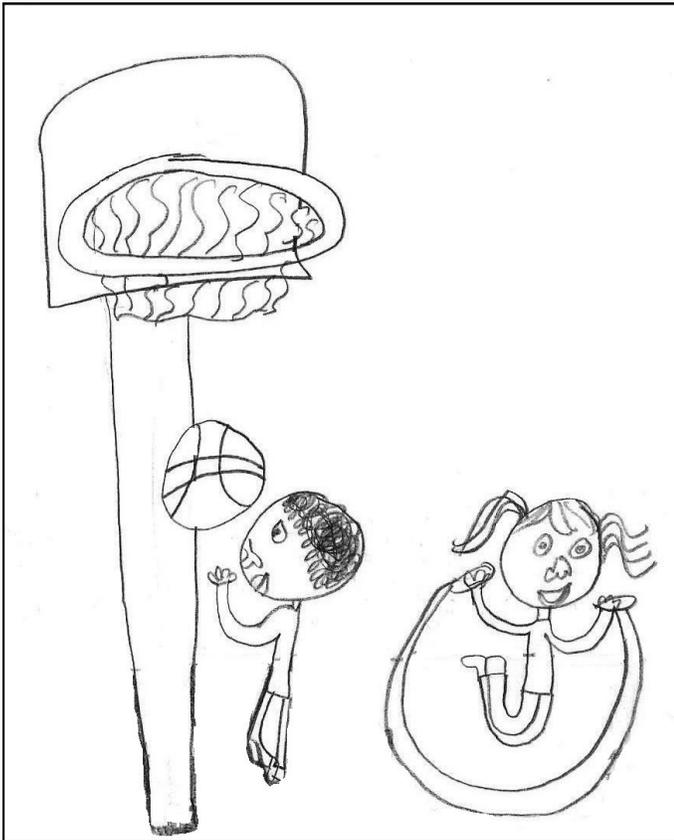


Illustration by Analycia Smith

Giving back to others by coaching basketball

Miss Hauley is devoted to basketball and to the Norristown community

She went to school in the community. She played varsity basketball at Norristown Area High School. As an adult she has volunteered to teach girls how to play the game.

Now, Miss Hauley works as an emotional support teacher at Marshall Street. She plays basketball with other women on an adult team in Norristown.

When she was 8, she started to play basketball. The sport is a passion for her. She learned the game

(See Miss Hauley on Page 2)

Volunteering can be healthy

Volunteering can be good medicine, said Miss Masterson, a Marshall Street first grade teacher.

She volunteers once a week after school to give extra reading help to first graders. She wants to help students become better readers, she said. She said it's enjoyable for her because she sees students excited about learning.

"Volunteering helps others, but it can also help you," according to KidsHealth.org. It can make you feel better because you "can see your own life in new ways," the website says. You can put aside your worries when you help others.

Mrs. Truskowski, a third grade teacher, said she volunteers as a teacher at her church several times a month. She helps her church because it needs teachers and she enjoys working with children and teaching them about the Bible.

Mrs. Earnestine Keaton-Barnes, also known as Ms. Tina, volunteers in Mrs. Ameroso's first grade class and Ms. Freeman's fourth grade class.

She comes to Marshall Street every day. She works with students to keep them focused and on task in reading, writing, and math.

"Helping children is a great passion" for her, Mrs. Keaton-Barnes said.

—By Madison Galczyk, Jew'lea Martin,
Alexa Eaton, Maiya Cannon, and Mady Grebe

Submit your letters and essays

We would like you to participate in the *Healthy Bulletin*.

You can write a short essay about how you help make your home, school, or neighborhood a healthier place. You also can write a letter to comment on an article in this paper or another health topic.

Please send your essay or letter to the editor to Ms. Freeman, newspaper faculty advisor. It may be published in a future issue of the *Healthy Bulletin*.

Exercise can put you in a good mood

Mrs. Shank said she feels energized after practicing yoga and running for an hour. Exercise clears her mind and lifts her mood.

Exercise can put people in a good mood because it helps the body release *endorphins*. Endorphins are “the natural ‘feel-good’ chemicals in the body which leave you with a naturally happy feeling,” according to the Centers for Disease Control and Prevention.

Special Report: Heart Health

Like Mrs. Shank, Ms. Curson also said that working out clears her mind. It also makes her feel stronger. She runs, rows, walks, and lifts weights.

Mrs. Thomas, a first grade teacher, lifts weights and runs. “After I finish exercising, I feel alive and energetic,” she said. “It wakes me up.”

Although Mrs. Grate, a second grade teacher, said she feels tired after exercising, she also is satisfied because she has accomplished something important for her health.

Rachel Wordorski, a fourth grade safety, can be exhausted after a gymnastics practice, she said. For two hours a day after school, she will practice splits, backbends, round-offs, flips, handstands and other

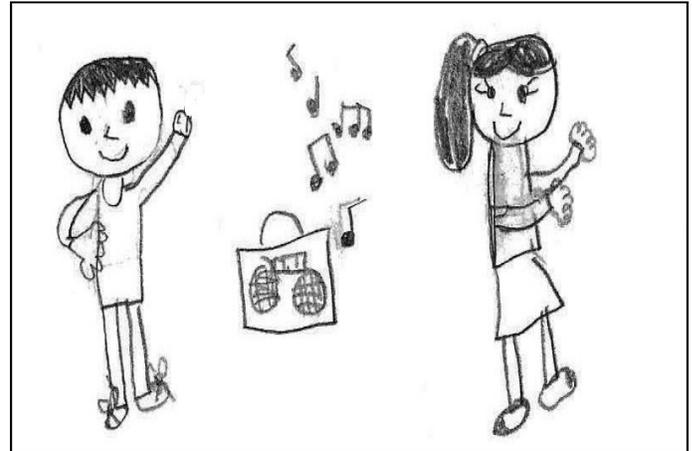


Illustration by Jacey Captis

exercises. She also does routines on the balance beam and on the uneven parallel bars.

Her workouts also make her proud because she faced her challenges and achieved goals. “If I continue to work hard and not give up, I just might be the next Gabby Douglas,” she said. —*By Alexa Eaton,*

Mady Greve, Elex Rosas, Madison Galczyk, Maiya Cannon, Rheese Fife, and Cioni Flynn-Cook

Miss Haulcy has a passion for basketball

(Continued from Page 1)

by playing against the boys when she was growing up. “I am very competitive,” she said.

She went to college on a full basketball scholarship. She started at Morgan State and graduated from the University of Massachusetts Lowell.

Last year she earned a master’s degree in school counseling. She hopes she has more time so she can start coaching basketball again. She plans to coach middle school girls to prepare them for high school basketball.

Web review: Mission Nutrition

I selected a game called Mission Nutrition on KidsHealth.org.

This game invites kids to answer questions about nutritious foods and drinks in a kitchen. For example, you will be asked questions about milk, orange juice, water, and soft drinks.

This game teaches you about nutritious food and junk food. In my opinion, this is a fun game for kids and I would recommend this game to students.

—*Mady Grebe*

Volunteering makes her feel happy, she said. She wants to give back to others. Roger Jackson, who coached at Norristown High, helped her become a better person and she wants to share what she has learned.

Miss Haulcy said she tries to eat a nutritious diet, drink a lot of water, and work out regularly. She said she goes to a gym where she uses the treadmill and lifts weights. —*By Healthy Bulletin staff*

Marshall Street Healthy Bulletin

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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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