

# MARSHALL STREET HEALTHY BULLETIN

VOLUME 6, NUMBER 1

DECEMBER 2012

## Children can make a difference

Children can play an important role in keeping their community healthy and safe.

They can form good relationships with the police and they can stand up to bullies.

They also should be careful about sharing information on the internet or with strangers.

Ms. Risa Vetri Ferman recently shared those tips with the *Healthy Bulletin* in an interview at the Montgomery County courthouse. She is the district attorney for Montgomery County. Her job is to fight crime by putting people on trial who she believes have broken the law.

Her goal is to make Montgomery County the safest place to live in Pennsylvania.

Ms. Vetri Ferman said she also has developed programs to help people protect themselves and make their neighborhoods safer. For example, the district attorney's office has created programs on such issues as cyberbullying and internet safety.

Ms. Vetri Ferman has written a book for young children about internet safety. Money that the book raises from its sales goes to a group that helps children in Montgomery County.

(See *Build on Page 3*)

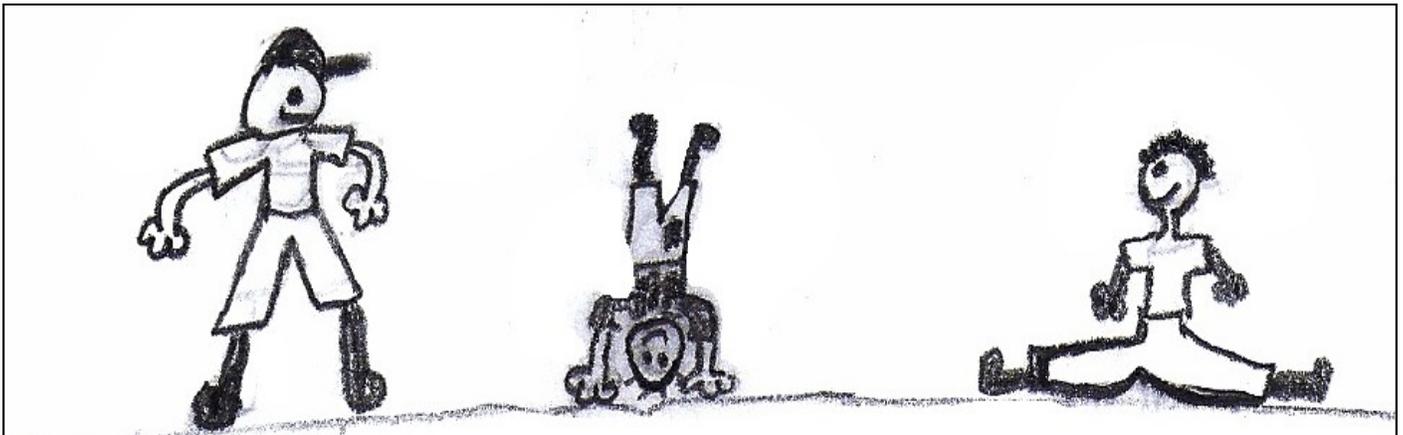


Illustration by Isabel Fuentes

Mr. Shrader says kids should find an activity they like such as running, swimming, or playing a sport.

## Racking up miles in running program

Mr. Shrader, Marshall Street's PE teacher, wants students to run 9,200 miles this school year.

The students will accumulate the miles by participating in the school's Mighty Milers program at recess. Last year, third and fourth grade students ran a total of 7,723 miles.

Mr. Shrader expanded the program to include second grade students this year. He said he would like to have the whole school involved. Students can earn medals and T-shirts by taking part in the program, Mr. Shrader said.

In the Mighty Milers program, students try to run a marathon in one year. A marathon is 26 miles, 385 yards.

The Mighty Milers help make students healthier, Mr. Shrader said. They get more exercise and become more active.

He said he hopes students like running enough so they will do it their entire life.

Mr. Shrader said he stays healthy by exercising four to six days a week. He also tries to eat healthy food.

—By Duyen To

## Lead teacher Ms. Cole gives advice

# Urging students to make healthy choices

Marshall Street needs to be a healthy place so children can learn and grow, said Ms. Cole, lead teacher.

In a recent press conference with the *Healthy Bulletin*, she said she encourages students to eat healthy snacks, exercise, and use hand sanitizers.

Ms. Cole said she wants parents to pack healthier snacks for their children. Classes should celebrate birthdays with fruit instead of cake.

Ms. Cole said the teachers and staff members play a role in making the school a healthier place. They are monitoring snacks and making sure that student rewards are healthy.

Ms. Cole said she wants students to exercise more, too. The school has a program called Mighty Milers. Students run during recess and track their

mileage. Last year, students ran 7,723 miles during the year.

Ms. Cole also said students need to use the hand sanitizers that are on the walls around the school. By keeping their hands clean, children will not spread as many germs that make others sick.

Ms. Cole also leads a healthy lifestyle. She said she tries to drink two quarts of water every day. She runs 3 1/2 miles in the morning before she comes to school. She is also a member of a gym. She rows on the Schuylkill River.

Ms. Cole acknowledges that she doesn't always eat healthy food.

One of Ms. Cole's favorite healthy dinners is baked chicken, peas, green beans, and potatoes.

—By Healthy Bulletin staff

## Reporters bake easy apple pie

The *Healthy Bulletin* staff created and tasted a different type of apple pie.

The reporters made the apple pie by using whole wheat pita bread instead of pie pastry. Inside it, they put apples, cinnamon, vanilla, and agave nectar.

Agave nectar is a sweetener from a plant that looks like a cactus, says [www.allaboutagaves.com](http://www.allaboutagaves.com). The pie is baked in a 350-degree oven for 30 minutes.

In a vote, 11 journalists said they would recommend the snacks. Four did not like it.

"When I ate the apple pie, it melted in my mouth," said Antonique. "I just wanted more."

"I loved the apple pie because the apples are good for you and they are sweet," said Chayla.

Justin gave the pie a mixed review. He shared it with his mother and grandmother. He wanted to give it high marks, but he felt it had too much cinnamon.

The students created the pie in the school cafeteria. A few tips:

\* Don't use too much vanilla or agave nectar.

\* Students should have an adult helping them if they want to try this recipe.

—By Healthy Bulletin staff

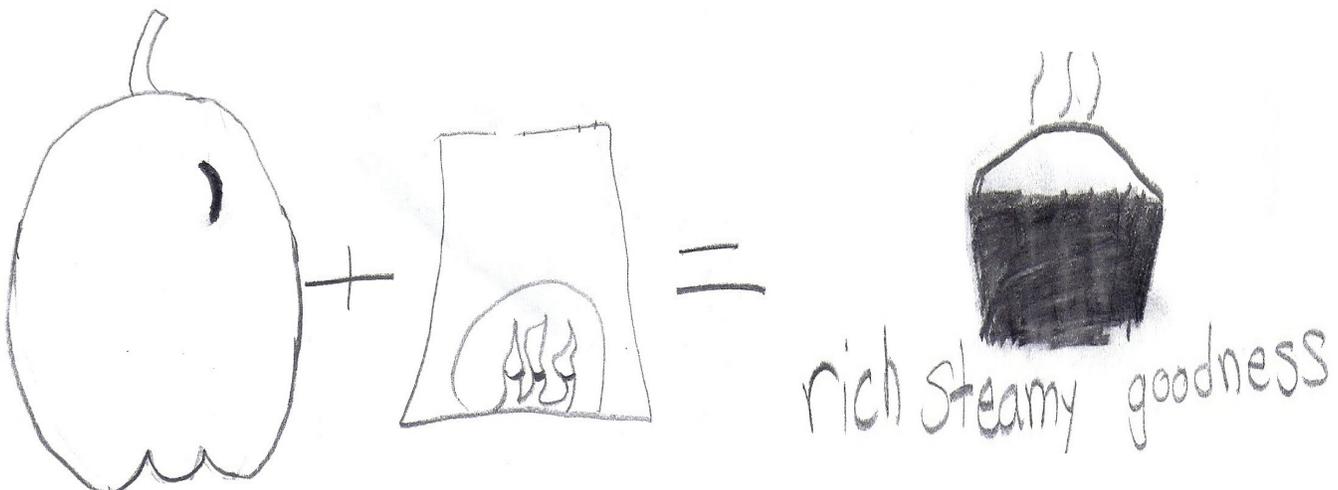


Illustration by Gabriel Tello

Healthy apple pie uses some common ingredients such as apples and some uncommon ingredients such as agave nectar.

# Riverbend puts nature on display

Riverbend Environmental Education Center is a destination for many Marshall Street students.

They go to the center in Gladwyne for class trips.

Mr. Silvio Navarro, an environmental educator and former student teacher at Marshall Street, said Riverbend helps make the community healthier because it is a place where adults and children learn about nature. They learn "how to keep the world healthy," he said in a recent interview with the *Healthy Bulletin*. (Mr. Navarro was a student teacher at Marshall Street last school year.)

Kelly Voorhees, who also teaches at Riverbend, said she wants people to learn more about their environment so they will be more likely to protect their natural resources. For instance, students learn about the food and shelter animals need to survive.

Mr. Navarro said his goal is to help people feel more "connected to the earth." Teaching people about the environment makes him feel "wonderfully awesome," he said.

He said children can also play a role in making their community a healthier place. They can volunteer their time. They can be good role models for their younger friends and families.

Miss Voorhees said she wants children to take care of the environment by recycling and reusing materials. Mr. Navarro said he is impressed with Marshall Street students. "Keep up the great work," he said.

—By Sydney Dillard, Justin Bradwell, and Duyen To

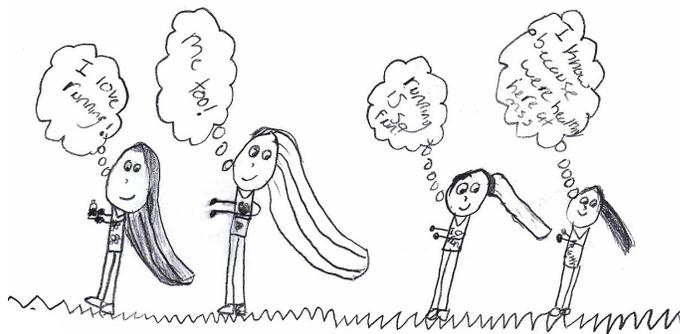


Illustration by Kaylee DiPaulo

## Book corner

# Discovering web safety

"The Mouse Who Went Surfing Alone"

By Risa Vetri Ferman

District Attorney Risa Vetri Ferman teaches the reader about internet safety in this book. She plays with the multiple meanings of the word — surfing.

The main character, a mouse named Weasley, surfs on a surf board and on the web. Weasley's parents tell him not to go "surfing" alone, but he disobeys them. He asks sea animals for directions, but the animals are mean to him. When Weasley finds his home — the home page — he is OK.

This book is more than a rhyme and cool picture book. It teaches children the importance of not talking to strangers and never telling them where you live. It also has tips about internet safety.

I recommend this book to children in pre-kindergarten to second grade. The younger children will love the characters. Second graders will enjoy the pictures and share with siblings. —By Sydney Dillard

# Build healthy friendships

(Continued from Page 1)

She faces challenges in making the community healthier. One challenge is that fighting crime costs money. There's often not enough money to do all the work that needs to be done. The county's crime fighters have to do more with less, she said.

Ms. Vetri Ferman also tries to lead a healthy life. She exercises on her bicycle, takes walks, and practices yoga. She tries to eat nutritious meals. However, she acknowledges she loves chocolate.

Her advice to students for staying healthy: Build strong relationships with friends and family.

"You should work really hard," Ms. Vetri Ferman said. "It keeps you out of trouble." —By Sydney Dillard, Gabriel Tello, and Antonique Anguin

*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, Shaquille Barbour, Chayla Barksdale, Justin Bradwell, Sydney Dillard, Kaylee DiPaulo, Isabel Fuentes, Johan Gandarillas-Reyes, Eduardo Gonzalez-Ascencion, Sierra Johnson, Daysha Sanchez, Ackeem Sangster, Ijiah Smith, 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.

# Editor's letter

## Many topics to be covered in the *Bulletin*

Dear Readers,

This year the *Healthy Bulletin* will explore health from many dimensions: physical health, mental health, spiritual health, environmental health, and personal safety.

We look forward to your continued support and want to encourage you to share feedback and suggestions for future articles, recipes, illustrations, and/or poems.

The *Healthy Bulletin* plans to feature an intergenerational issue in 2013, along with our second African-American issue celebrating health in the African-American community.

We also plan to choose one mystery student from the school and find out how he or she lives a healthy life in our community. The *Healthy Bulletin* is committed to teaching, informing, and empowering our readers to make healthy choices in all aspects of their lives.

What will you do to make yourself, your family, and community healthier? Stand up and be counted. Let us know and we could publish your idea or contribution.

The word "heal" is found in the word healthy. Living a healthy lifestyle empowers us to heal ourselves and model healing for others.

Sincerely,  
Ms. Freeman  
*Healthy Bulletin* editor  
and fourth grade teacher

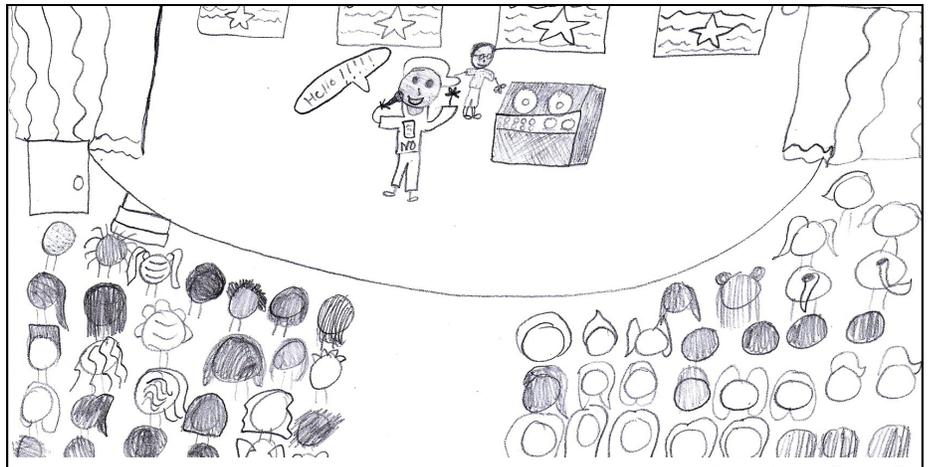


Illustration by Duyen To

**During a fall assembly,** Marshall Street students watched and listened to a group that shared tips to stop bullying. For instance, they learned if you see someone being bullied, tell an adult.

# Submit a healthy poem

The *Healthy Bulletin* wants to publish healthy poems. The poem can be any form: haiku, acrostic, rhyming.

Our theme is the "Magic of Healthy Living." Please send the *Healthy Bulletin* staff your poem. We would like you to describe how you stay healthy. Maybe your poem will be published in our next issue.

To get you started, we are printing a few examples.

### Healthy Rhyme

Strawberries are red  
Blueberries are blue  
I am healthy  
You can be too!

—By Sidney Dillard

### Healthy Acrostic

**H**ealthy foods are important to our bodies

**E**ating according to MyPlate is the way to go

**A**pple a day keeps the doctor away

**L**ettuce is another way for your body to get water

**T**omatoes are the candy we should eat

**H**ealthy hearts keep bodies pumping

**Y**ogurt is a source of Vitamin D, so grab a yogurt and feed your bones when you're on the go!

—By Daysha Sanchez

# Share your paper with others

The staff members of the *Healthy Bulletin* hope that you learn something new by reading their paper. They also want you to share it with your class, families, and friends.

Here are some questions to help you start a discussion about the paper.

1. How do you encourage others to

be healthy?

2. How can children play a role in helping their community to be healthy and safe?

3. Why is it important to find an exercise you like to do?

4. Should you share information with a stranger? Why or why not?

5. Why is a place like Riverbend important for adults and children?