

# MARSHALL STREET HEALTHY BULLETIN

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## Take care of your teeth so they can do their job

Marshall Street teachers say they take care of their teeth by brushing them twice a day, flossing, and visiting the dentist twice a year.

You need healthy teeth to help you chew food and have a lovely smile, said Mrs. Quigley, a third grade teacher.

According to KidsHealth.org, you should brush your teeth for

### Special Report: Healthy Smiles

two to three minutes each time you brush. You should use a toothbrush with soft bristles and change it every three months, the website says.

You only need to use a small amount of toothpaste. In fact, it only needs to be as big as a pea, according to KidsHealth.

Miss Masterson, a first grade teacher, said she likes a healthy smile because it makes her feel "warm inside."

She smiles when the sun beams brightly and students get

(Please see **Smiles** on Page 3)



Illustration by Haylie Jost

**Being respectful** is essential to creating a caring home, school, or neighborhood.

## Building good character

Marshall Street has started a new character-building program.

School Principal Mr. Skoczynski said students are learning about positive ways to behave during their morning announcements. He said Marshall Street is rolling out the program during the year, and students will learn more about it in the months ahead.

Mr. Skoczynski said you can find out a lot about a person from his or her character traits. They reveal the qualities of others, Mr. Skoczynski said in a recent press

conference with the *Healthy Bulletin* staff. For instance, he said, they tell others what another person cares about and who he or she really is.

Character traits describe how a person conducts himself or herself, he said. A character trait can be positive or negative. Positive traits include being responsible, trustworthy, and fair. A bad character trait is when students work against each other.

(Please see **Being** on Page 3)

Send us your letters and suggestions. See Page 2.

# Students: Send us your letters

The *Marshall Street Healthy Bulletin* wants you to participate in publishing our school paper. Here are two ways you can get involved:

## 1. Letter to a Leader

We want you to write a letter to one of the leaders who have been featured in a Healthy NewsWorks book, *Leading Healthy Change In Our Communities*. Your letter may appear in the *Healthy Bulletin*. Or, Healthy NewsWorks may publish it on its website, [www.HealthyNewsWorks.org](http://www.HealthyNewsWorks.org).

Marshall Street has classroom sets of all four leaders' books published between 2012 and 2015. Teachers can ask Mr. Skoczynski or Mr. Leddy for copies of the books.

## 2. Letters to the Editor

Did you read an article in the paper that you liked? If so, why did you like it? Did you learn something new?

Maybe an article inspired you to think about your health habits? If so, have you made a change?

Maybe you have an idea about what children could do to encourage other people to be healthier. Or, maybe you would like to suggest an article we could write in a future newspaper edition.

Please send your letters to the *Healthy Bulletin*. We would love to hear from you. If you have other ways you would like to participate in the *Healthy Bulletin*, please let us know.

—The Editors

## Check out these letters

# Write one and it might be published!

*Editor's note: The following letters are written to health leaders featured in the book, "Leading Healthy Change In Our Communities 2015." Marshall Street has copies of this book and the three earlier editions with other leaders. Please ask Mr. Skoczynski or Mr. Leddy for copies so your students can write a letter too. Please submit letters to Mr. Leddy for consideration in the next issue of the Healthy Bulletin.*

Dear Mr. Archie,  
You inspire me by being so active in helping children when are still in school yourself. I like how you encourage children to be active and healthy through serving on the Youth Advisory Board for the Alliance for a Healthier Generation.

Your participation in the Ed Snider Youth Hockey Foundation Program proves you are a good role model for being active. I also play sports and dance. I always feel good after these activities.

Your job is important because your support can help children of all ages to stay healthy. Thank you for what you do.

Sincerely,  
Riley Logan

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Dear Ms. Davis Bellamy,  
I had to choose a leader from the book to write a let-

The leaders on this page are:

- Kaseir Archie, who served on the Youth Advisory Board for Alliance for a Healthier Generation.
- Marla Davis Bellamy, director of Philadelphia CeaseFire.
- Ana Diez Roux, dean of the School of Public Health at Drexel University.

ter to and I chose you because your story interested me the most. I like that you give people a second chance, even if they have gotten themselves on the wrong side of the law. I also like that you are involved in the community. I feel like that helps younger kids. When I grow up I would like to make a difference just like you.

Sincerely,  
Jayla DeJesus

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Dear Dr. Diez Roux,  
You have inspired me with your story. The most important thing you have shown me is that it is harder for kids if they live in a neighborhood with a lot of crime. It might be more difficult for kids to play outside.

Your job is important because you show other people what a good life should be, not a bad one with crime.

Best regards,  
Maria Ambriz

## Healthy Bulletin opinions

# It matters that you care for your teeth

I think kids should keep their teeth healthy because it helps prevent plaque, according to Kids-Health.org. Plaque is made of bacteria that can stick to your teeth.

If you don't take care of your teeth, the bacteria can use the sugar left on your teeth and break it down into acids. The acids can cause the tooth enamel to get holes, called cavities. —By *Xiomaria Smith*

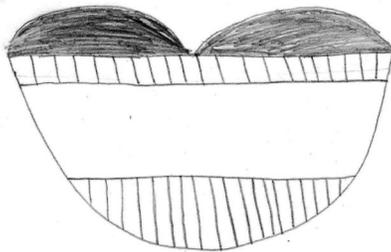


Illustration by Riley Logan

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A great smile looks good and feels good. Make sure your teeth are looking great all the time. ...

Here is advice from KidsHealth: Brush your teeth

twice a day, in the morning and the evening. Make sure you floss, too. And make sure you go to the dentist twice every year.

You want your grown-up teeth to look nice and white. —By *Olivia Ormsby*

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It is important to take care of your teeth. It is important because you want a good smile for picture day. I mean, who wants a bad picture?

You also need strong teeth so that you can eat more than mashed potatoes.

If you don't have very strong teeth and they are falling out or rotting away, you could get sick. You could get gum disease. That sounds like a pain.

—By *Kayla Kost*



Illustration by Trinity Chisholm

## Smiles brighten the day

(Continued from Page 1)

along. Smiling makes her feel "confident and happy to be alive. It makes me feel grateful," he said.

To encourage others to smile, Miss Masterson said she tries to help them, compliment them, make them laugh, and give them a hug.

Miss Brodlo, a second grade teacher, said she smiles when she walks her dog, Riley, on a sunny morning. She's pleased because Riley enjoys the walk and gets exercise.

Mrs. Smith, a third grade teacher, said smiling makes her feel "warm and fuzzy." A situation that makes her smile is when she sees a student finally understand something that has been difficult. Seeing the hard work and perseverance pay off brings a smile to her face.

Miss Schrodinger, the third grade teacher, said she smiles when she sees students learn something new. It makes her smile because she knows they are comfortable and excited to learn.

Mrs. Bulman, the music teacher, said students, friends, and family make her smile because they are "funny and important." Smiling makes Mrs. Bulman feel joyous and relaxed. —By *Healthy Bulletin staff*

# Being respectful is a two-way street

(Continued from Page 1)

"We want students to work together," Mr. Skoczynski said.

He said the school has had a character-building program for years. The hallway wall outside the library illustrates seven positive traits, including respect, that are encouraged at Marshall Street.

Mr. Skoczynski said respect is a very important character trait. If you are respectful of others, they will be more respectful, too, he said.

His advice? "To have a friend, be a friend," Mr. Skoczynski said. He also encouraged students to "be around respectful people."

—By *Healthy Bulletin staff*

# Why respect is important

*Editor's note: Healthy Bulletin reporters recently interviewed Marshall Street school staff about respect. We hope these stories inspire you to tell us what respect means to you. Please write the Healthy Bulletin a letter. We might publish it in our next issue!*

"Respect can help prevent bullying by allowing us to learn to tolerate the things that make each of us the same, yet different," said **Ms. Chester**, the school counselor.

Respect "also assists in our ability to communicate in a healthy manner with one another without wanting to utilize 'put downs' or our fists," she said

Some ways to show respect to teachers include listening when they are speaking and finishing assigned school work, Ms. Chester said.

She said some ways to show respect to your classmates are by never making fun of them and lending a "helping hand when you think they need one."

Some ways to show respect to your school are by not littering. "Trash belongs in a can," according to Ms. Chester.

She said she respects Martin Luther King Jr. In spite of people trying to harm him because of the color of his skin, he continued to press forward in his message of equality, Ms. Chester said. His actions modeled how to keep your head in situations of adversity.—*By Riley Logan, Jaylah DeJesus,*

*Trinity Chisholm, and Maria Ambriz*

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**Mrs. Bulman**, the music teacher, said respect means being considerate of others.

You are respectful when you look someone in the eyes when you speak to him or her, Mrs. Bulman said. Another way to show respect is by giving people their personal space, she said.

Mrs. Bulman said she respects Mrs. Brown, a PE teacher at Marshall Street. She said Mrs. Brown is an excellent teacher.

By being respectful, you encourage others to be respectful. You lead by example, Mrs. Bulman said.—*By Naimah Rafiq, Kayla Kost, and Avery Dillard*

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**Ms. Pellegrini**, a pre-kindergarten teacher, said respect is important because you are letting other people know that you appreciate them. They also will be less likely to be mean to you, she said.

You can show respect to your teachers by greeting them when you see them, she said. You can show respect to your classmates by using your manners and treating them kindly. You should help keep your school clean and take care of supplies, she said.

She said she respects Mr. Skoczynski because he creates a positive atmosphere for children to learn in.

—*By Haylie Jost and Jai'Anna Moseby*

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**Mrs. Quigley**, a third grade teacher, said people should follow the golden rule: Treat others the way you would like them to treat you.

If you want people to show you respect, you should show them respect, she said. She thinks that respect can prevent bullying because people are showing positive behavior: They are nice and caring.

She said you can show respect by being a good listener, follow directions, and take care of things that are not yours.

She offered two more ways to show others you appreciate them: Help your classmates when they need it, and be respectful of their ideas.

Mrs. Quigley said she respects her mother because her mother taught her to respect others.

—*By Xiomara Smith and Garty Bowersox*

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Respect means to treat people the way you want to be treated, said **Miss Schroding**, a third grade teacher. Respect makes people feel valued and cared about.

"If people respect others they would be less likely to put them down," she said. "If people feel good about themselves, they would be less likely to bully."

To show respect to your teachers, you should listen to and follow their directions, she said. To show respect to your classmates, you should never put them down and you should listen to their opinions.

To show respect to your school, you should help keep it clean and be a good student.

Miss Schroding said she respects other teachers at Marshall Street because they are all doing their best to help the students. —*By Olivia Ormsby*

## *Marshall Street Healthy Bulletin*

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