

MARSHALL STREET HEALTHY BULLETIN

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MS science fair is 'awesome'

The Marshall Street Science Fair had it all.

People buzzed around the school gym. They clustered around tables to play science games. They jostled to get a good view of the poster board presentations. They filed into the temporary "dome theater" to learn about space, weather, and dinosaurs.

This year's science fair theme was "What Really Matters in our Molecular City." Principal Mr. Sweeney served as the mayor for the two-day fair and he even presented a key to the city to Superintendent Dr. Samuels. PECO was on hand to talk about heat.

The games were educational. They included After Shock, which involved stacking different types of blocks on a platform. If they weren't properly stacked, the platform would shake like an earthquake.

Healthy Bulletin reporters overheard many students saying the fair was "awesome" and "cool."

At the heart of the December fair were more than 100 poster board displays. All Marshall Street students investigated and reported on a science topic last fall as part of their classroom activities. Fourth graders were required to conduct their research individually. Younger students developed projects as small teams or with their entire class.

Jorge Palau, a *Healthy Bulletin* reporter, won best of show. Zoë Trout won a first-place ribbon for



Cole Wissert created the winning button for the science fair. He said he wanted to create a picture to inspire kids.

studying what happens to an egg in salt water versus plain water. The egg in plain water didn't float because it was heavier than the water. However, the egg in salt water floated. Peyton Shuler took home a second-place ribbon for her study on the effect of vitamin E on the aging of a rose petal. She put rose petals

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Teachers make healthy promises for 2012

Working out more, eating more nutritiously, and drinking more fluids are some of the promises made for 2012 by Marshall Street school members.

Ms. Bulman, school music teacher, said one of her new year's resolutions is to be a role model for her baby. She will eat healthy food and feed her baby fruits and vegetables such as applesauce, bananas, and peas. Ms. Bulman will also continue to walk her dogs every day, even when it rains.

In 2012, Mrs. Jackie Knights, an after-school teacher, said she will try to eat more healthy food and less junk food. She would like to eat more healthy foods such as apples and oranges or even carrots. She

believes that healthful foods could help her live longer and give her lots of energy. Mrs. Knights said her husband will remind her to do better if she is not keeping her resolutions.

Mrs. Spreacht, the cafeteria manager, will take steps to prevent illnesses. She said she plans to get more sleep. She wants to eat nutritiously and drink plenty of fluids.

Miss Brodlo, third grade teacher, said she would work out more by walking and kickboxing. She also will do kid-friendly exercises with her students.

—By Adam Jarhale, Fatima Ouadah, Michaela Johnson, Jorge Palau, and Austin Montgomery

It takes dedication to be a fit soldier

Soldiers stay fit with daily exercises such as running, pushups, sit-ups, and jumping jacks.

In recent press conferences with the *Healthy Bulletin*, two Army veterans described how soldiers stay fit. Mr. Bullock, a behavior specialist consultant at Marshall Street, said he served 10 years in the U.S. Army and rose to the rank of captain. He was on active duty in Saudi Arabia and Iraq for six years.

Ms. Montague served for 17 years in many places such as Hawaii, Turkey, Korea, and South Carolina. She rose to the rank of sergeant.

Mr. Bullock said people in the army can't be overweight. A healthy soldier is "in a good shape and has very little body fat," and has a "can-do attitude."

He said he had physical training – also called PT – every morning at 5:30. He would do pushups and sit-ups and run at least three miles. Ms. Montague described a similar exercise routine.

Ms. Montague said she ate a wide variety of foods when she served. When soldiers are in the field, they

carry in their backpacks food called Meals, Ready to Eat, Mr. Bullock said. The nickname is MREs. They include snacks such as nuts and dehydrated fruit. According to MREinfo.com, the meals are designed to give the soldier "all the nutrition" he or she needs.

On holidays, Mr. Bullock said, the soldiers would eat special foods such as fish. He recalled being in the desert during a sandstorm. When he ate his meal afterwards, he said, it was crunchy.

Ms. Montague said the army also wants to be sure that its soldiers are mentally healthy. They pay attention to the way soldiers behave to make sure nothing is wrong. Sometimes soldiers will have mental health evaluations.

When Mr. Bullock was in the Army, he said, he could not have a beard and he would take a shower once or twice a week. He said dental hygiene is also important. If you don't take care of your teeth, you can have other health problems.

—By Healthy Bulletin staff

Learning to prepare a pizza in a jiffy

Imagine making a pizza in 30 seconds. That's how fast a restaurant owner says he can prepare a pizza.

Mr. Josh Bowen, the owner of a Peace-A-Pizza restaurant in King of Prussia, recently demonstrated how to make a pizza for the *Healthy Bulletin* staff. The demonstration took more than an hour because he prepared it slowly for the student reporters.

He threw the dough into the air to show the students how to make crust. They looked amazed.

Mr. Bowen said he has made changes in his menu so it is now healthier. For instance, he serves combos which include a salad. He also uses whole wheat flour for his pizzas. Whole wheat is healthier because it provides more nutrients and fiber than refined bread, according to MyPlate.gov.

Mr. Bowen said a slice of cheese pizza has 230 calories while pepperoni has 290 calories. By comparison, a Hershey's Milk Chocolate with Almonds bar that is 1.45 ounces has 210 calories. He said pizza is healthy because it is made with grains, dairy products, vegetables, and sometimes meat.

Mr. Bowen said he started in the restaurant business as a server and rose to a district manager. He now owns a restaurant. When he considers hiring someone to work at his restaurant, he said he looks for neatness, a good personality, and a friendly smile.

He said he likes his job because he enjoys meeting and talking with customers.

—By Jorge Palau

Projects showcase science

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in air, water, and vitamin E from a capsule. The vitamin is considered "possibly effective" in treating some ailments, says MedlinePlus.gov. However, in Peyton's experiment, the rose petals in vitamin E aged the most quickly. In his first-place experiment, Ryan Flannery discovered that a russet potato and an orange yam produced the same volts of energy. He had thought the orange yam would produce more.

—By Chaz Clark, Austin Montgomery,
Michaela Johnson, and Jorge Palau

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