

MARSHALL STREET HEALTHY BULLETIN

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Dental student says **Your teeth help you in many ways**

"You need teeth to eat, speak, and smile."

That's what Mr. Jack Davies told the *Healthy Bulletin* staff during a recent press conference. He is in his third year of dental school at the University of Pennsylvania.

He said to take care of your teeth you should brush them at least twice a day—in the morning after breakfast and in the evening before bed. You should also floss your teeth once a day.

But that's not all you need to do! You should visit a dentist twice a year, Mr. Davies said. The dentist will take X-rays to see if you have cavities. Cavities are small holes in your teeth that form if your tooth decays.

Using mouthwash with fluoride, drinking milk, and eating foods with calcium and vitamins are other things you can do to keep your teeth healthy, he said.

When asked what kind of dentist he plans to be when he graduates from Penn, Mr. Davies said he wants to help children and possibly become an orthodontist. An orthodontist is a dentist who specialize in straightening people's teeth.

(See *Dental* on Page 4)



Illustration by Maria Ambriz

Reporters pen new book

Nine *Healthy Bulletin* reporters will be published authors this spring.

An article they wrote will appear in the Healthy NewsWorks book, *Leading Healthy Change In Our Communities 2016*.

They interviewed Dr. Marc Altshuler, who is the director of the Jefferson Center for Refugee Health. He told the reporters that many people who arrive in Philadelphia after escaping war and other hardships in their home countries don't have a doctor.

Dr. Altshuler decided to help them by opening an office in Philadelphia to care for refugees. He says he helps at least one refugee every day he goes to work.

Dr. Altshuler is one of 12 health leaders in the Philadelphia area to be featured in the book. They have been selected because they make people's lives healthier.

The 2016 *Leading Healthy Change* is the fifth in a series published by Healthy NewsWorks.

The reporters who contributed to the article about Dr. Altshuler are Maria, Garty, Trinity, Haylie, Riley, Olivia, Addison, Xiomara, and Naimah.

The school library has sets of the four earlier editions, from 2012 through 2015. Marshall Street students contributed to all four volumes. For more information or to view the books online, visit: HealthyNewsWorks.org.

Letters to the *Healthy Bulletin* ...

Editor's note: We are grateful for all the letters that Marshall Street third graders wrote to the Healthy Bulletin. We are printing a selection of the letters.

Dear Editor,
I think that you should write a story about bike safety. The kids in my neighborhood ride in the street. It's not safe to let kids ride in the street with their bike or scooter because you can get hurt and the person who was driving a car or truck would get in trouble. Your article should tell everyone in our community that they should ride on the sidewalks to be safe.

Sincerely,
Alyssa Gates

Editor's comment: According to KidsHealth.org, kids younger than 10 should ride their bikes on the sidewalk.

Dear Editor,
Can you please write an article about how running is important? I run two laps a day. In our school we can run extra laps if we want to. If kids run laps they can have energy. They can be strong. When I run laps my body tells me to stop running but our gym teacher Mr. Shrader tells us, "Don't stop! Run, run, run, and run."

Sincerely,
Nabiha Vahora

Dear Editor
I really liked your article on when the *Healthy Bulletin* staff went on a field trip to Einstein Medical Center Montgomery. My mom is a medical assistant and she didn't tell me half of that stuff that you told me. When I get to fourth grade I want to be on *Healthy Bulletin*. I want to go on field trips and see things that I can't on a regular school field trip. I know that this looks like I am trying to get in but I'm saying that I am going to get in because my mom says I'm a good writer.

Sincerely,
Angeline Carty

Dear Editor,
I play basketball and I would really like to learn about exercises that would make my muscles strong so I can make more shots.
Will pushups help me get stronger? Is there an exer-

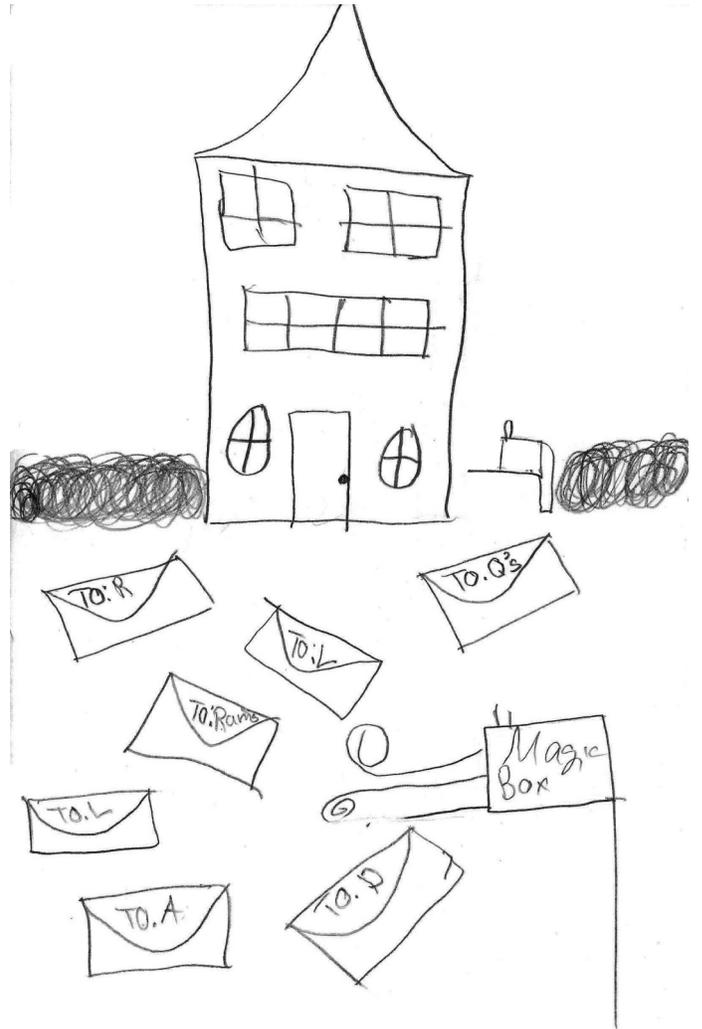


Illustration by Trinity Chisholm

cise that will help me have a stronger punch for boxing?

Sincerely,
Merric Johnson

Dear Editor,
I really like your *Healthy Bulletin* newspaper. I learned that being a sore loser is not good because if you are the only bad sport on your team you will be a bad representative for your team. I also loved your illustrations by Jai'Anna and Olivia!

Sincerely,
Megan Russell

Third graders offer their opinions

(Continued from Page 2)

Dear Editor,
I was wondering if you could write an article on dancing because it is great exercise and it's fun to do.

Sincerely,
Dasani Reid

* * *

Dear Editor,
Thank you for the article about being a good sport. I'm afraid to say it, but I have seen lots of people being sore winners and sore losers. I have also seen other people being nice, like saying, "Good game!"

You really inspired me to teach those sore winners and sore losers that it doesn't matter if they win or lose. All that really matters is that they should be a good sport and have fun.

Sincerely,
Olivia Lloyd

* * *

Dear Editor,
I think you should write more about junk food. Convenience stores and markets should replace all their junk food with low-calorie snacks so kids won't get so much weight and stomachaches. They should replace it with baked chips, granola bars, fruit bars, pretzels, banana chips and low-calorie candy. We looked up the calories for Pringles and they're 150 calories for just 15 chips!

Sincerely,
Athena Rankine

Did you know?

Cavities form because certain bacteria (which are germs) combine with sugar to form acids. Over time, the acids can create holes in your teeth, according to the National Institute of Dental and Craniofacial Research.

* * *

People may need braces for different reasons, including to correct their bite and straighten their teeth, according to MedlinePlus.gov.

—By Maria Ambriz, Trinity Chisholm, and Riley Logan

Answers to animal match on Page 4

A. 4 (vampire bat) B. 2 (elephant) C. 3 (horse) D. 1 (aye-aye)

Letters to the editor

Dear Editor,
Thank you for the *Healthy Bulletin* and your great ideas. Keep up the good work. You rock!

Sincerely,
Jala Kriven

* * *

Dear Editor,
Thank you for telling me how to be healthy and to be a good sport. Can you write about some healthy games to play? And what are healthy things to eat?

Sincerely,
Annie Salvo

* * *

Dear Editor,
I would like to be a better goalie in soccer. Can you write a story about soccer and what you have to do to train better?

Sincerely,
Bryan Gonzalez Chavez

* * *

Dear Editor
I liked your story on good sportsmanship. People should be more nice to people. When you treat somebody the way you want them to treat you, they will treat you the same way. If you can be a good sport to other people they can become your friends.

Sincerely,
Noel Awinde

Marshall Street Healthy Bulletin

A publication of the Marshall Street Elementary School in the Norristown Area School District in Pennsylvania.

Student staff members include Maria Ambriz, Garty Bowersox, Trinity Chisholm, Jaylah DeJesus, Haylie Jost, Mia Keys, Kayla Kost, Riley Logan, Addison McQuillen, Jai'Anna Moseby, Olivia Ormsby, Naimah Rafiq, and Xiomara Smith. The faculty advisor is Mr. Leddy.

The *Healthy Bulletin* staff wishes you a wonderful summer and looks forward to providing you health news next school year.

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www.HealthyNewsWorks.org

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Nutrition Mission

Green smoothie is nutritious and tasty

The *Healthy Bulletin* staff recently tried a green smoothie.

According to the reporters who tried it, the smoothie was delicious.

It was made with a banana, plain yogurt, pineapple, ice, and kale. Kale is a green leafy vegetable. It was what turned the smoothie green.

Special Report: Healthy Smiles

Ms. Amy Deahl-Greenlaw, a registered dietitian nutritionist, showed the *Healthy Bulletin* how to make the drink. She called the smoothie recipe, "Kale-ci-Yum."

She explained that the drink is high in the nutrient calcium because it has yogurt and kale. You need calcium in your diet because it strengthens teeth and bones, Ms. Deahl-Greenlaw said.

She shared an interesting tip. When you open a container of yogurt, you might notice a watery liquid on the top. It's called whey. You should stir it into the yogurt. It's rich in calcium, Ms. Deahl-Greenlaw said.

She also encouraged the reporters to use plain yogurt. It has no added sugar. In the Kale-ci-yum recipe, the natural sugar in the banana sweetens the smoothie.

"I really enjoyed the smoothie," Trinity said. "If you like bananas and pineapple and you like being healthy, you will love this smoothie. ... My favorite thing was the cold refreshing feeling."

Naimah said the smoothie is a nutritious way to start your day.

Maria copied the recipe for Kale-ci-Yum:

Ingredients: 8 oz. of plain, fat-free yogurt; 1 banana; 1/2 cup of canned crushed pineapple packed in water or juice; 2 cups of raw kale; and 1 cup of ice.

Directions: 1. Remove stems and rinse the kale. Tear the kale into small pieces. 2. Put all the ingredients in a blender (ask for help from an adult). 3. Blend ingredients together.

The *Healthy Bulletin* recommends you try it!

Dental student shares tips on caring for teeth

(Continued from Page 1)

Mr. Davies said he became intrigued with the idea of becoming a dentist in middle school. When he was in seventh grade, he got braces because his teeth were crooked, he said.

When the braces came off and his teeth were straight, he wanted to smile. That inspired him to want to help other people with their smiles, he said.

Here are some other facts Mr. Davies shared:

- To become a dentist, one needs to attend college for four years. After college, one spends four years in dental school, and then you become a dentist. To become an orthodontist, one trains at least two more years after dental school.
- Some tools dentists use during a patient's checkup are mouth mirrors and scalers which help to clean teeth.
- His class at Penn has 120 people, and more than half are women.
- After Mr. Davies graduates from dental school, he will be referred to as Dr. Davies.

—By Healthy Bulletin staff

The facts below are from the book "Teeth" by Sneed B. Colard III. See if you can match the correct fact below with the animal pictured on this page. (Answers on Page 3)

- A. This animal uses its teeth to slice animal skin.
- B. A molar on this animal can weigh 9 pounds.
- C. This animal's jaw moves side to side when it eats.
- D. This animal has powerful front teeth to tear bark.

Illustrations by Maria Ambriz, Addison McQuillen, and Healthy Bulletin staff