

MARSHALL STREET HEALTHY BULLETIN

VOLUME 7, NUMBER 3

SPRING 2014

Reducing stress by listening to favorite music

Marshall Street staff members say they sometimes listen to music to relieve stress.

"Stress is what you feel when you are worried or uncomfortable about something," according to Kids-Health.org.

Some stress can be good. It can help you focus on a task so you can get it done. Too much stress—especially for a long period of time—can even make you sick.

The Mayo Clinic suggests that "listening to or playing music is a good stress reliever" for a number of reasons. It can distract you from what is bothering you and it can help your muscles relax.

The *Healthy Bulletin* recently interviewed Marshall Street staffers and students about how music helps them relax.

* * *



Illustration by Madison Galczyk

Ms. Brown, a health and PE teacher, said she gets stressed when she's stuck in traffic on her way to school. She also feels stressed when she is paying bills. Music makes her feel better, she said. When she's upset, she enjoys listening to loud music and singing along. Her favorite group is Pearl Jam.

"It soothes me and the lyrics of the songs tell a story," Ms. Brown said. When she listens to it she feels excited.

(Please see Music on Page 3)

Flower show offers spring preview

PHILADELPHIA—*Healthy Reporter* journalists became part of the story at the recent Philadelphia Flower Show.

Because the journalists had entered pressed flower artwork in the show, its officials invited them to attend the event at the Pennsylvania Convention Center in Philadelphia. Their artwork needed to be symmetrical and abstract.

Madison Galczyk, a *Healthy Bulletin* staff member, won third place among about 100 entries.

Gardening is an excellent way to increase physical activity, according to the Centers for Disease Control and Prevention.

While at the flower show, the reporters watched a cooking demonstration. The cooks used vegetables and herbs that can be grown in your backyard. The smell was wonderful.

They also observed a gardening demonstration. They learned that plants need different types of soil to thrive.

Marshall Street reporters also went into a room with butterflies and watched acrobats perform above their heads at the convention center. "People did incredible things like dancing in the air," Alexis Telliz-Chavez observed.

(Please see Spring Page 2)



Illustrations by Alexa Eaton

Warm days entice people outdoors

After a tough winter, Marshall Street students and teacher say they are ready for spring.

Miss Whitney, a kindergarten teacher, said she looks forward to getting outside in the sun, running laps, and playing softball.

"This makes me feel rejuvenated," she said. She said it also makes her happy, excited, thrilled, and ecstatic.

During the spring, she plans to plant flowers, go for walks, and run in her neighborhood.

Ms. Vikki Johnson, a cafeteria worker, said she is looking forward to the warm weather, flowers, and walks. She was often not able to take her dog on walks this winter because of the snow and cold.

Mr. Lewis, a special education teacher, said he looks forward to more sunlight because it makes him actually want to get up in the morning. He likes to spend time outside reading, relaxing, hanging out with friends, listening to music, and gardening.

Mr. Lewis even plans to garden at school. He is working with Mrs. Raieta, the Discovery teacher, to create a garden in the kindergarten courtyard.

Mr. Lewis believes the garden will inspire other classes to grow a garden with herbs and other plants. The garden will serve as a place for classes to meet.

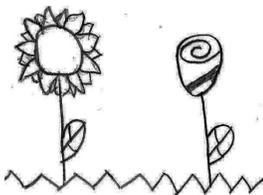
Diego Guzman, a fourth grader, said he is looking forward to traveling with his soccer team this spring. Traveling with his team will make him feel good and energized, he said.

—By Healthy Bulletin staff

Spring displays colors at annual flower show

(Continued from Page 1)

The reporters said they were in awe struck by so many unique sculptures made from plants. One plant was made to look like a dragonfly. Another exhibit was called backyard battle. It had "amazing objects," including insects made out of flowers, said Alexis.



The students also watched a session with Rachael Ray, a TV host and cookbook author. Like a bowl of spaghetti, flowers bring happiness to the heart, she said.

—By Healthy Bulletin staff

Help keep school tidy: Don't litter

Remember to use a trash can when you need to throw something out.

Litter seems to be a greater concern outside Marshall Street school than in the hallways, according to interviews with school staff and students.

Ms. Cole, the lead teacher, said litter is not a big problem inside the school. The school has plenty of trash cans, but some children still need to learn to use them, she said.

Each classroom has two or three trash cans, and the lunch room has eight to 10 trash cans.

While litter is not a major concern at Marshall Street, Asia Collins, a fourth grader, said the school

should have a special day about litter. Everyone could focus on cleaning up to make the school even healthier, she said.

Diego Guzman, a fourth grader, said litter is particularly upsetting to him when he sees it outdoors. It can hurt or even kill animals.

He said to "tell whoever is littering to stop."

—By Healthy Bulletin staff

Answers to Brain Workout!

1. stress 2. vegetables 3. organic 4. fruits 5. exercise
6. heart 7. music 8. litter 9. relax 10. gardening

Music can help people relax

(Continued from Page 1)

Music isn't the only way she relieves stress, she said. She also likes to relax or watch TV.

—By *Madison Galczyk, Analycia Smith, Mady Grebe, and Maiya Cannon*

Mrs. Detweiler, a kindergarten teacher, said she feels stressed when she has too many tasks or when members of her family are sick. Stress causes her neck and shoulders to tense up and hurt.

When she is upset or anxious, Mrs. Detweiler listens to Q102 radio or rock music. She will listen to Katy Perry or Bruno Mars. The upbeat rhythms in their songs make her feel happy.

Mrs. Detweiler also manages stress by doing aerobic exercises, taking deep breaths, and watching TV.

—By *Mya Williams and Rheese Fife*

School custodian Mr. Ralph Dieley said work sometimes makes him feel stressed. When he is sad or anxious, he said he likes to listen to country music because it is easy to understand. His favorite group is Oak Ridge Boys. Mr. Ralph also said he takes walks to manage stress.

—By *Luis Gomez*

When the weather is cold, Mr. Valdivia, the father of fourth grader Arlen, said he gets stressed. He said he listens to classic rock such as Pink Floyd to rev him up. The music makes him feel happy and alive, he said.

—By *Jerry Galvez*

School Principal Mr. Sweeney said trying to meet a deadline makes him feel stressed. For instance, when the PSSA booklets arrive at the school, he has to count them to make sure the school has enough.

To relax, he listens to classical music, especially music that features the violin. He enjoys the soothing tone, he said.

He also likes music from the 1950s and 1960s. His favorite musicians include Motown artists, Elvis Presley, and The Beach Boys. The music makes him feel restful. He mostly listens to music in his car.

He also manages stress by playing golf in the summer, watching comedy TV shows, and taking walks.

—By *Cioni Flynn and Alexa Eaton*

Mrs. Bulman, the music teacher, said she is stressed when she feels unprepared for class or feels



Illustration by Mady Grebe

rushed. Fortunately, she said, she usually feels ready for the school day.

She listens to a variety of music—including fast dance music—when she feels upset or anxious. She does not have a favorite musician or group, she said.

She also manages stress by taking walks in good weather and playing with her daughter.

—By *Alexis Tellez-Chavez and Alex Rosas*

Bryan Cruz, a fourth grader, said complicated problems give him lots of stress.

He said listening to hip-hop music gets rid of his stress and helps him calm down. Bryan's favorite music artist is Pitbull because he likes the rhyming in the songs. Listening to Pitbull's music makes him feel calm and energetic, he said.

—By *Jose Andrade*

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 Jose Andrade, Maiya Cannon, Jacey Captis, Alexa Eaton, Rheese Fife, Cioni Flynn-Cook, Madison Galczyk, Luis Gomez, Jerry Galvez, Mady Grebe, Jew'lea Martin, Jeffrey McQuillen, Jaden Menard, Abel Pedraza, Alex Rosas, Analycia Smith, Alexis Tellez-Chavez, and Mya Williams. 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, Pa.

Healthy NewsWorks receives funding from individuals, organizations and foundations, including First Hospital Foundation and Claneil Foundation. Special thanks to The Edna G. Kynett Memorial Foundation and the Elsie Lee Garthwaite Memorial Foundation for support of Healthy NewsWorks' Healthy-Heart Project.

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Work out your brain! By Healthy Bulletin

Can you unscramble the following words that appear in this issue of the Healthy Bulletin? (Answers on Page 2.)

- 1) estsrS _____ You may feel this way when under pressure
- 2) etglabvsese _____ Healthy food group
- 3) gnciaro _____ Fresh foods produced without chemicals
- 4) siturf _____ Apples, oranges, and pears are examples
- 5) sceeerxzi _____ Working out
- 6) ehart _____ Something that beats inside the body
- 7) scium _____ Rhythm and lyrics
- 8) rltite _____ Something carelessly thrown on the ground
- 9) xrale _____ To be calm down
- 10) dreannggi _____ Activity that often involves digging in dirt

When shopping, read the food labels

People should read food labels.

That was an important message that the *Healthy Bulletin* staff heard on a recent reporting trip to Whole Foods Market in Plymouth Meeting.

When children and families visit the market, they should be aware of the sodium, sugar, and fat content in the foods they buy, according to Whole Foods staff at the Plymouth Meeting store.

Shoppers should try to buy fresh food that is in season, said Ms. Genevieve Greco, the store's Healthy Eating Specialist. It's often cheaper. Two very healthy vegetables are kale and broccoli, she said.

In addition, Ms. Greco told the reporters that organic foods are grown without chemicals and pesticides. Conventional fruits and vegetables may have been sprayed with chemicals. You can eat conventional fruits and vegetables, but should wash them well, according to Ms. Greco.

The reporters toured the spacious store. It has a bakery and a snack bar, along with a meat department, seafood department, and much more. You can even make your own orange juice.

Whole Foods tries to keep up with the healthy trends so they can supply their stores with nutritious foods and snacks, said Ms. Greco.

She said the store has a long list of ingredients that they don't allow in the products they sell. "We have strict quality standards," she said.

Whole Foods also has developed a system that rates how animals are raised. By doing so, the cus-

tomers know where the meat comes from and whether they had been given any chemicals or drugs.

Some people consider Whole Foods expensive. And she said that some prices are higher than the average supermarket. She explained that prices are higher for a variety of reasons—including, she believes, that the final product is healthier for people.

The store also has "hot deals" and "value tables," Ms. Greco explained. —*By Healthy Bulletin staff*

Learn more about heart health

Check out these websites to learn more about keeping your heart in good shape.

*** Fatsmack**

Fatsmack.org: Explains how drinking sugary drinks can be harmful to your health.

*** Girlshealth—Be Healthy, Be Happy, Be You**
Girlshealth.gov: Offers tips for healthy eating at fast food restaurants and fun ways to exercise.

*** Franklin Institute: The Human Heart**
www.fi.edu/learn/heart/healthy/diet.html: Get facts about how your heart works. Listen to heartbeats.

*** Bam! Body and Mind**
www.cdc.gov/bam/: Find the right activity for keeping fit. Check out the healthy snack recipes and fun games.

***Fit Kids Healthy for Life!**
www.kpspsfitkids.org: Find out why exercise is cool. Watch videos about staying fit.