

MARSHALL STREET HEALTHY BULLETIN

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Reporting field trip Inside view of hospital emergency department

The *Healthy Bulletin* staff recently went on a field trip to Einstein Medical Center Montgomery. It's the big hospital on Germantown Pike in East Norriton.

In this story, reporters write about what they learned from hospital staff members who work in the emergency department and what they saw. They went to five special areas during the tour.

"I enjoyed the field trip to the Einstein hospital," wrote Olivia. "I definitely learned a lot of important information, like whenever you go to a hospital, there is nothing to really worry about. Everybody is really nice there."

* * *

Often an ambulance brings a patient to the emergency room. When reporters looked inside one, they saw many medicines, towels, a tank of oxygen, stretchers, and other medical equipment. Did you know an ambulance is stocked with more than 30 different medicines?

The people who work on the ambulance are called emergency

(See **Reporters** on Page 2)

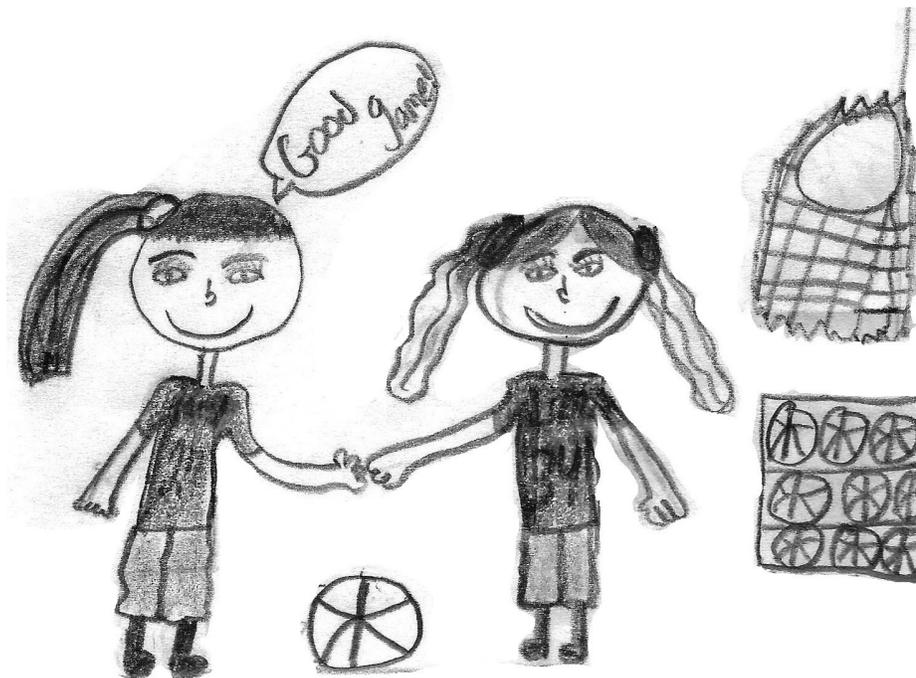


Illustration by Jai'Anna Moseby

Being a good sport

Learning sportsmanship is important. You don't want to be a bad sport. A bad sport may whine and cry. They may say, "you cheated" or "that's not fair!"

Instead, you can say, "good game" or "all right"—just ask Mrs. Grate.

Mrs. Grate is a fourth grade teacher. She said she learned a lot about sportsmanship when she played field hockey as a child. She learned that sportsmanship means to be respectful and understanding.

Mrs. Grate is one of several Marshall Street teachers interviewed about why sportsmanship is important.

Sportsmanship is a great skill to learn, Mrs. Grate says. When people can compromise and show compassion, they can prevent conflicts from arising. Everyone feels better and is happier.

Mr. Shrader, a PE teacher, said a good sport is a person who enjoys playing a game fairly and respectfully.

Learning sportsmanship is important because it teaches you how to interact with people in life, Mr. Shrader said. You will like some people more than other people, but you will need to know how to behave well with everyone, he said.

(See **Sportsmanship** on Page 3)

Dear teachers and students ...

We are eager to include more student writing and illustrations in YOUR school newspaper.

Here are two easy activities:

1. Write a brief letter to your school reporters, telling them about an article you found interesting. Or, write your opinion about a health topic that is important to you.

2. Write a letter to a health leader featured in *Leading Healthy Change In Our Communities*. Ask Mr. Skoczynski or Mr. Leddy for copies of the books.

Teachers, we also have lesson plans and hand-outs that will help your students with these lessons. You can easily access them in the Teacher Resources

section of the Healthy NewsWorks website: www.HealthyNewsWorks.org.

While you are there, check out the other classroom activities that you can use with your school newspaper and the *Leading Healthy Change* books. Here are few of the activities:

* Create a Health Superhero.

* Learn about kindness by reading about Philadelphia radio personality, Dr. Dan Gottlieb.

* Explore a career in health.

If you have any questions or suggestions, please contact Healthy NewsWorks at:

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Reporters learn about medical care

(Continued from Page 1)

care practitioners. The paramedics have the most training and the most skills.

If a child rides in an ambulance, a parent can ride with him or her. If a patient is dehydrated—meaning they don't have enough water in their body—he or she will receive special fluids through a vein.

When patients arrive to the emergency department, they go to an area where medical staff identify which patients are sickest and need care the quickest.

The emergency department has a lot of equipment. Sometimes, a baby is born in the emergency department. The baby will be placed on a special piece of equipment to keep him or her warm.

Nurse Manager Ms. Kim Vitelli also showed the reporters a special light that helps nurses find a person's vein quickly.

* * *

Did you know that calcium is one of the minerals your bones are made of? That's one fact the reporters learned at the bone station from Dr. Robert Czincila, the hospital's chief of emergency medicine. He also said an adult has 206 bones.

Dr. Czincila showed the reporters X-rays of broken bones. When asked what is the worst bone to break, he said "they are all bad" to break. It takes six to eight weeks for a broken bone to heal, he said.

* * *

Mr. Tom Gaylets, a hospital assistant vice president, told reporters about caring for their heart. Your heart is a muscle that needs exercise. He said children should exercise 60 minutes every day. You can find out how fast your heart is beating by feeling the side of your neck or the inside of your wrist.

Mr. Gaylets also showed reporters what happens to your arteries if you eat too much fatty food. The arteries can get clogged. Doctors and nurses will fix it by opening it with a small mesh tube called a stent. The stent allows the blood to keep flowing.

Most importantly, Mr. Gaylets said, if someone has a heart attack, call 911.

* * *

Nurse Ken Bullwinkle told reporters at the first aid station that you should clean your wounds or cuts with soap and water. You should use a clean bandage or dressing and keep it on your cut so it does not get infected. He said you should not use rubbing alcohol to clean a cut.

Mr. Bullwinkle also showed reporters a cervical collar. The collar is used for patients who have injured their neck.

* * *

The reporters met Mrs. Claire Karis at the CPR station. CPR stands for cardiopulmonary resuscitation. People use CPR when someone's heart stops or they stop breathing.

If someone wasn't breathing, a rescuer would put his or her hands on their shoulders, and say "Are you OK?" If the person didn't answer, the rescuer would tell someone to call 911. The rescuer would then start CPR. For more information about CPR, go to Kids-Health.org.

One reporter asked what a person should do to help someone who is choking on food or an object. Mrs. Karis said one grabs the person from behind, puts a fist just above the belly button, and pushes up. The food or object should come out.

—By Healthy Bulletin staff



Illustration by Olivia Ormsby

Sportsmanship can prevent conflicts

(Continued from Page 1)

Mr. Shrader said he has witnessed good sportsmanship when students help others or stop a game to resolve a conflict.

Mr. Shrader said children should focus on enjoying playing a game and avoid worrying who's winning and who's losing.

Miss Brodlo, a second grade teacher, said good sportsmanship means to be competitive in a positive way. She also said that good sportsmanship is important because it shows your ability to compete whether you are winning or losing.

Field Day is a time when Miss Brodlo said she sees good sportsmanship on display. She enjoys seeing the students cheer for their teammates whether they are winning or losing.

Good sportsmanship can prevent conflicts because it shows that you can win or lose and still have fun. She said children can become good sports by practicing how they handle themselves when they lose.

Ms. Brown, a PE teacher, said people who are good sports play by the rules and exhibit good behavior whether they win or lose.

Ms. Brown said that it is important to be a good sport, because when you are a team member you represent the whole team. She said one bad sport makes the entire team appear as bad sports.

In addition, Ms. Brown said good sportsmanship helps prevent conflict because it allows people to enjoy the game. Finally, she said, children can become good sports by learning how to give compliments, to be patient, and to tell the other team "good job" or "good game."

Reporting for this story by Olivia Ormsby, Maria Ambriz, Xiomara Smith, and Healthy Bulletin staff

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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.

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Answers for word search of Page 4

1. dehydrated 2. arteries 3. veins 4. calcium 5. CPR 6. ambulance 7. bones 8. heart 9. soap 10. exercise

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Nutrition Mission

Investigating water's health benefits

Healthy Bulletin reporters recently tasted two types of water: plain water flavored with orange slices and seltzer water flavored with a splash of 100% orange juice.

"The seltzer water with orange juice is more popular because the reporters thought it had more flavor," said Riley.

Special Report: Healthy Smiles

"All you were doing was making your own soda," said Olivia, adding "it is good for you and it tastes good too."

"Tooth-friendly" is how the American Dental Association describes water. It aids in washing away food particles such as sugary foods that may cling to teeth and harm them. Water can be plain or bubbly, explained Amy Deahl-Greenlaw, a registered dietitian who led the *Healthy Bulletin* reporters in their taste test.

"But, many beverages have added sugar," she said. "Even with water you have to be careful what types you choose."

Seltzer water is just plain water with carbon dioxide gas added to make bubbles, according to Ms. Deahl-Greenlaw. The process of adding the bubbles is called carbonation. It is the same process used to put bubbles in colas and other soft drinks or sodas. But reporters discovered that the words "soda" and "water" can be tricky.

Students compared four beverages by examining their containers: seltzer water, club soda, tonic water, and regular soda. All of the containers listed carbonated water as the first ingredient. But tonic water and regular soda listed high fructose corn syrup as the second ingredient.

"High fructose corn syrup is just sugar," Ms. Deahl-Greenlaw said.

"So to [wrap] it up, tonic water and regular [soda] have sugar and calories," Olivia said. "Club soda and seltzer water have no sugar and calories. Tonic water sounds like water but it's not."

Another reporter put it this way, "So in conclusion, the name doesn't matter, the ingredients do."

Check out your hospital smarts!

Unscramble the words found in this issue of the *Healthy Bulletin*. Check your answers on Page 3.

1. eyrtddhdae	When someone does not have enough water in the body
2. reisatre	Tubes that carry blood away from the heart
3. siven	Tubes that carry blood toward the heart
4. milcuca	Mineral found in bones
5. PRC	Shortened word for cardiopulmonary resuscitation
6. muacenlba	Vehicle that helps people in emergencies
7. snbeo	Adults have 206
8. tahre	A muscle that beats
9. psao	A substance used for cleaning a cut
10. eirxeecs	Children should do this 60 minutes every day