

MARSHALL STREET HEALTHY BULLETIN

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Teachers care for the Earth

Marshall Street teachers say they try to do their part to help the Earth stay healthy.

Mrs. Strassburg, a kindergarten teacher, said she turns off the lights, cuts down on water usage, and recycles paper, plastics, and water bottle caps. For Earth Day, her class made old recycled paper into new usable paper.

She also encourages her students to go green at home and at school. Her students recycle bottle caps in the classroom. For Earth Day, her students cleaned up their classroom and made their own paper. She wants her students to care about the world. If they learn to care about the Earth



Illustration by Christopher Clark

when they are young, she said, it will become a habit.

Mrs. Strassburg said she recycles because she wants the Earth's resources to be safe and clean for future generations.

Mrs. Schroding, a third grade teacher, recycles paper, plastics, and cans. She reuses bags when she goes shopping.

(See *Teachers* on Page 6)

Cinco de Mayo practice requires stamina

Editor's note: Staff reporter Heron Ledesma participated in the recent Cinco de Mayo celebration at Marshall Street. He reports on his experience.

The Cinco de Mayo's program began last fall.

Every Tuesday morning, I had to be in the school gym at 7:30.

Starting in October, we practiced every week for the performance in May. About 20 other Marshall Street students trained with me to get ready for the big event.

Cinco de Mayo is a Mexican holiday. It observes a Mexican victory in 1862 over the French. It also celebrates Mexican culture. People celebrate by danc-

ing, singing songs, and eating traditional Mexican foods.

Mrs. Falco, an English language teacher, oversees the dance program. She started it in 2005 by asking Marshall Street Principal Mr. Sweeney if she could teach third and fourth grade students traditional Mexican dances. Mr. Sweeney liked the idea.

Mrs. Falco and her sister run the program for an hour. The children learn traditional Mexican folklore dances.

"This is a rigorous exercise which the students are very willing to do," she said.

(See *Celebrating* on Page 6)

Basketball offers life lessons

This is a story of a basketball career cut short.

During high school, it was easy for Mr. Malcolm Eleby to succeed on the court.

In college, he played four years as a point guard and graduated with his bachelor's degree from Northern Kentucky University. He and his sisters were the first in his family to finish college.

Mr. Eleby hoped the next stop would be the NBA. However, he has not been drafted for a team. Very few college players make the leap to become a professional player.

Mr. Eleby worked this spring in Ms. Freeman's class as a therapeutic support staff.

Basketball was easy when he was young. "During high school, it was easier because my body could take a lot more," he said. He attended Franklin Learning Center in Philadelphia.

Basketball became much harder when he went to college. He played on Division One teams which are the most competitive. He started college at St. Bonaventure University and then transferred to Northern Kentucky.

Playing basketball could be stressful for Mr. Eleby and his teammates. Basketball is like playing chess, he said. "You have to think to play, or you'll make a mistake," he said.

The training staffs kept him active and also made sure he ate nutritious foods. He said he would eat pasta and salads, but not soda.

He had to go to sleep by 11 p.m. He said he would often take a short "power" nap during the day to recharge.

Mr. Eleby said he doesn't get frustrated a lot. When he does, he steps back from the situation and



removes himself. He also listens to music to get his mind off his problems. He tries to leave his problems "at the door" when he gets home.

Mr. Eleby said people should have high expectations. He would like to be a successful businessman.

—Story by Healthy Bulletin staff
Illustration by Wil'chon Seward

People need access to clean water

Clean water is important for good health.

About 2.5 billion people in the world can't readily get clean water where they live, according to the United Nation Children's Fund. Water that isn't clean can carry germs that can make people sick.

Today clean water is available to children in Norristown and Philadelphia, but that was not the case years ago.

In the late 1700s, people in Philadelphia wanted to find uncontaminated water. They thought the water was spreading disease.

A committee decided to build a waterworks on the Schuylkill River. The water was drawn from the river

and pumped into reservoirs high on a nearby hill. Philadelphia became the first city in America to supply drinking water to all its citizens, according to The Fairmount Water Works Interpretive Center.

The *Healthy Bulletin* visited the interpretive center recently. The students learned that the waterworks became a popular tourist destination because its water delivery system was unique.

In 1909, the waterworks shut down. The river had become so polluted that the water needed to be cleaned. —By Wil'chon Seward

Editor's note: You can play a game and learn more about water at www.epa.gov/watersense/kids/games.html

Book corner

Get ready for summer Olympics

Wilma Unlimited

By Kathleen Krull

Wilma Rudolph overcame a lot of obstacles to become the world's fastest woman.

When she was about to turn five, she was stricken with polio. Polio is a virus. In some cases, the virus attacks nerves, making it hard for muscles to work properly, says KidsHealth.org. The disease doesn't occur in the United States today because people have been vaccinated against polio.

When Wilma was old enough for school, she couldn't go because she couldn't walk. She felt lonely. Wilma strengthened her leg with exercises. She finally was able to go to school. However, she needed to wear a heavy brace. Her classmates made fun of her.

One day Wilma took a deep breath and walked without the brace. Later, she played on a basketball team. The track coach spotted her and thought she would be a good runner. She became so fast that she was an Olympic champion.

I think the book was very informative. I like that the author took the important highlights of Wilma's life and put it in the story. I think the story was well-written because the author gave great details.

I would suggest that people who are trying to reach a goal should read the book. Like Wilma, they will never give up. —By *Michaela Johnson*

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Sixteen Years in Sixteen Seconds

By Paula Yoo

There was a boy named Sammy Lee. When he was 12, he saw a boy dive off a diving board. "I want to learn how to do that," he said.

Sammy faced obstacles. His parents were Korean.

Because of the color of his skin, he could only swim in the public pools one day a week.

One day he met a man named Jim Ryan who offered to be Sammy's diving coach. Because Sammy could not often use the pool, Mr. Ryan dug a hole in the ground and filled it with sand. Sammy practiced his skills by jumping into the sand.

Sammy persevered. He went to the Olympics twice and won two gold medals.

I like this book because it has a lot of good robust vocabulary words and a lot of details. I recommend it for people who like swimming. It can inspire people to chase their dreams. —By *Fatima Ouadah*

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Michael Phelps

By Jeffrey Zuehlke

Michael Phelps is an extraordinary swimmer.

At the 2008 Olympics in Beijing, China, he broke Mark Spitz's record by winning eight gold medals.

Michael followed his two sisters in learning how to swim. At first he wasn't fast, but with a great deal of practice Michael became an amazing athlete.

No one expected Michael to make the U.S. Olympic team in 2000. He was 15. However, he earned a spot. He placed fifth in the 200-meter butterfly event.

At the 2004 Olympics in Athens, Greece, he won eight medals – six gold and two bronze. Before the 2008 games, people were talking about Michael Phelps and wondering if he could earn eight gold medals. Some people joke that the 2008 games should be called The Michael Phelps Olympics.

We loved this book. It had so much detail.

—By *Wil'chon Seward and Christopher Clark*

Rachel Carson: An advocate for nature

Rachel, The Story of Rachel Carson

By Amy Ehrlich

Rachel was really close to her mother. They enjoyed taking walks and observing insects, birds, and plants. Rachel loved nature.

Rachel wanted to be a writer. When she was in college, she took a biology class and became interested in science. She became a nature writer.

When she was older, she got a letter from a friend who told her that large planes were spraying pesticides on the land. Birds, grasshoppers, fish, and other animals were dying.

Rachel got really sad and angry. She wrote a book called *Silent Spring*. The title described what would happen if all the songbirds died. Some people got angry at Rachel for writing the book. Others followed in her footsteps and helped the environment.

This is a good book, but it has some challenging words. I think that the book could provide more information. For instance, it says Rachel has a brother and a sister, but there is not enough information and detail about them.

I recommend this book for students in fourth to sixth grade.—By *Javon Long*

Reporters help write book

Four *Healthy Bulletin* reporters contributed to a new book called *Leading Healthy Change In Our Communities* produced by Healthy NewsWorks.

The book profiles 12 leaders who are making the Philadelphia area a healthier place to live. Michaela Johnson, Jorge Palau, and Victoria Rhodes interviewed Mr. Lucas Rivera. Mr. Rivera is a multi-talented artist who teaches children to express themselves through dance and music. John Bitting has two illustrations published.

The book will be available in a print version and online at www.HealthyNewsWorks.org in early June.

Haikus promote health

Editor's note: Poetry can be a great way to address topics around health, nutrition, physical activity, and safety. The Healthy Bulletin reporters recently tried their hand at haikus. Wil'chon Seward wrote the first two poems. Jacob Parker penned the other two.

You need exercise
Exercise is good for you
Do it every day.
* * *

Fruits are so healthy
Different fruits have different tastes
Eat a lot of fruits.
* * *

Tag is fun to play
Running is good for your health
Exercise is fun.
* * *

Oranges are round
Oranges are very soft
Oranges are sweet.

Review: Pea prefers spinach

Little Pea

By Amy Krouse Rosenthal

Little Pea was just like a regular boy. He hung out with his friends. He liked to have fun. He loved his parents. He was just like any other pea except for one thing.

As a pea, you need to eat candy for dinner. However, he wanted to eat spinach.

I read this story to three first grade girls. They told me that that they rarely eat candy because it is bad for a person's teeth.

The book was a comedy so we all enjoyed it.

—By Jorge Palau



Illustration by Christopher Clark

Earth Man to the rescue

Beware of Litter Bug

Editor's note: Wil'chon Seward and Christopher Clark have written a fiction story to encourage readers to keep their neighborhoods free of litter.

One day Litter Bug was dumping trash on the streets of Cleanville, New York.

"Hold on," yelled Earth Man.

"You can't stop me," said Litter Bug.

"Are you sure? Just watch me," said Earth Man.

Earth Man pulled out a recycled bottle of delicious water and threw it at Litter Bug.

Litter Bug dodged it. He opened his hand. Out popped trash and paper that he hurled at Earth Man.

Earth Man fell down. Kids circled around him and tried to help him up. Finally, Earth Man stood up and zoomed after Litter Bug. He reached for another bottle of delicious water.

He sprinkled the water on Litter Bug, and Litter Bug fell to the ground. The police arrested Litter Bug and sentenced him to prison for spreading trash throughout the city.

"Earth Man saves the day," screamed the newspaper headlines.

Lighten the load in your backpack

Heavy backpacks can cause serious pains.

So how can you prevent that from happening to you?

You can wear the pack on your stomach instead of your back, said Mrs. Rodgers, Marshall Street school nurse. You can also organize your backpack and take out things you don't need.

You can put the heavier books in the back of the bag and the lighter items in the front of the heavier ones such as textbooks, Mrs. Rodgers said. If you are leaning forward when you walk, you have too much weight on your back, according to KidsHealth.org

The weight of the backpack also has a major effect on the



back. Your backpack should not weigh more than 15 percent of your body weight, KidsHealth says. For instance, if you weigh 80 pounds, your backpack should not weigh more than 12 pounds.

You should clean your backpack at least every week, said KidsHealth. You should use both straps when you wear your backpack. KidsHealth suggests that a backpack should have two padded, two-inch-wide straps.

Another option is to buy backpacks with wheels so you don't need to carry it at all, Mrs. Rodgers said.

—Story by *Victoria Rhodes and Robbie Gonzalez;*
Illustration by *John Bitting*

Want healthy hair? Consider your diet

Editor's Note: Healthy Bulletin reporter *Dy'mon Livingston* wanted to learn more about keeping hair healthy. Through her research, she identified an article written by *Hillary Parker* on *WebMD.com*. *Dy'mon* based the following story on that article.

Often people try to cure problems they have with their hair with expensive hair products. However, the solution that will fix one's hair is probably not in a cream, gel, or special shampoo, according to WebMD. It's in the food people eat.

"Even though you can find beauty supplements on the shelves of most stores, try to get the nutrients you need from foods whenever possible," Dr. Paradi Mirmirani told WebMD.

Here are some food choices that will contribute to Healthy hair, according to WebMD:

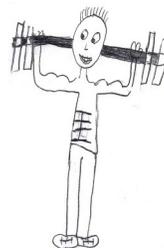
- Salmon is packed with healthy omega-3 fatty acids which are good for the scalp, among other parts of the body. If people don't have enough omega-3, their scalp can be dry and their hair dull.
- Eat plenty of dark green vegetables such as spinach, broccoli, and Swiss chard. They contain vitamins A and C that helps make "sebum." Sebum is made by hair follicles and act as a natural conditioner.
- Kidney beans, lentils and other legumes encourage hair growth.
- Chicken and turkeys contain "high quality protein" that is important for strong, healthy hair.
- Nuts contain minerals and oils that are good for maintaining a healthy scalp. They also can prevent hair from shedding.

Eggs are a great source of protein which hair needs.

Mr. Shrader sets goals for PE students

Mr. Shrader, a PE teacher, sets many goals. He wants everyone to be fit and to have fun exercising.

He tries to achieve his goals through his fitness classes. He said he tries to find activities that are fun for his students. He also wants students to become stronger. Strength activities helps students hearts and lungs, he said.



In some ways, Mr. Shrader's goals are difficult to achieve because the students have physical education classes only once a week. Other goals are easy because when his students come to class, they want to play, he said.

Mr. Shrader said he wants people to be active and healthy their whole lives.

—Story and Illustration by *Austin Montgomery*

Grooving and moving with Xbox

We enjoy playing Xbox 360 Kinect dance games.

The Xbox 360 Kinect has a variety of dance games to choose from and your body is the controller. You follow the moves.. There's a free dance. You can pick your favorite songs.

One game is called Dance Central. It is an awesome game that will get you sweating. It's best to compete against friends and family. Some songs get you sweating even more. We enjoy dancing because it's entertain-

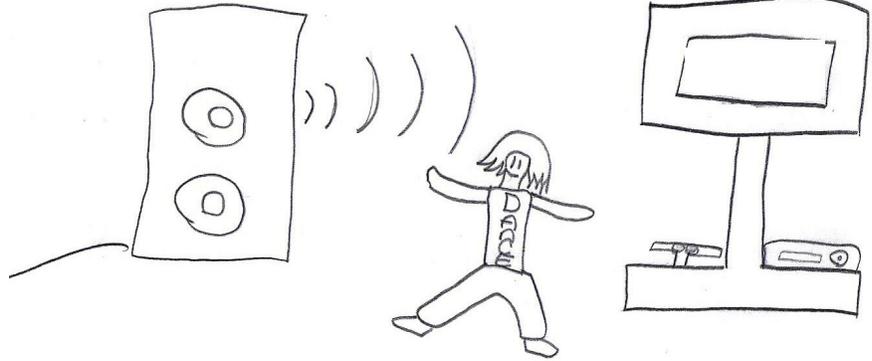


Illustration by John Bitting

ment that also encourages movement. Dancing is a great activity because it works every part of your body.

It's also an aerobic activity. Aerobic activities are exercises that cause people to work their hearts and lungs, according to Healthfinder.gov. The exercise strengthens the heart. Dr. Ken Cooper introduced aerobics as an idea in 1968, says HHS.gov.

The *Healthy Bulletin* staff was expected to explore the world of game systems such as Xbox 360 in late May. A bus called the Rolling Game Station was scheduled to visit the school. The reporters planned to investigate the impact the games have on people's mental, physical, and social health.

—By Jorge Palau and John Bitting

Marshall Street teachers care for the Earth

(Continued from Page 1)

If she is going somewhere with friends, they would go in one car rather than two.

For Earth Day, she planned for her class to plant flowers and to recite an "Earth Day" pledge.

Mr. Sweeney, school principal, said he and his wife recycle glass, bottles, plastic, cardboard, and newspapers at home. Sometimes, he takes items to the Pottstown recycling center.

Miss Masterson's first grade class has learned about turning lights off when they leave a room and turning off the water when brushing their teeth. She unplugs the cable box before she leaves the house.

At her home, Miss Masterson said she hangs her clothes outside to save electricity. She uses containers instead of plastic bags. She said humans only have one world. Everyone should do his or her part to keep it healthy, she said.

—By Christopher Clark, Michaela Johnson, and Fatima Ouadah

Celebrating with dance

(Continued from Page 1)

I often sweated because I worked so hard. I needed to drink water and take breaks.

The day of the performance, I was nervous. My dance was Alingo-Lingo. In the dance, we hold a handkerchief that we spin around using our wrists. We stomp our feet and go around in circles.

Many people were looking at us. It was scary because I thought I might do something wrong. My mom and dad were taking pictures and videos to show my aunts and other family members. When the dance was over, my nerves went away. Everything went well. I felt better.

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www.HealthyNewsWorks.org

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