

# STEWART HEALTHY TIMES

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WINTER 2012

## Walking will be club's priority

Stewart plans to start a walking club.

Mrs. Brumbaugh, school nurse, said she would like to organize a club that would walk a mile after school once or twice a week. She expected to start the group by the end of January.

When the weather is cold or rainy, the club will walk the halls of Stewart, running up and down steps or doing scavenger hunts throughout the building. As the temperature warms, the group will walk around Norristown and learn about historical sites including the Civil War Cemetery and the Selma Mansion, Mrs. Brumbaugh said.

Students in all grades are invited to join as well as teachers. Mrs. Brumbaugh's purpose is to let students have the chance to be active in a group. Fifth and sixth graders who can't join a sports team can get active with this club.

Walking is just one easy activity that can make a person feel better and healthier. Other aerobic activities, including running, jumping, and anything that makes your heart beat faster than normal, and helps it become stronger, says KidsHealth.org.

*(Please see **Stewart** on Page 3)*

## Students sow garden for cafeteria salads

Brian Marant, a sixth grader, said he and several other students have helped create a beautiful garden at Stewart. He even tended it in the summer.

The garden produced cucumbers, zucchini, tomatoes, peppers, and strawberries. Brian said he picked the ripe plants and donated them to the school cafeteria for salads and other dishes.

"My biggest accomplishment is making the plants grow in the garden," Brian said. "It is fun for you and good for the environment."

Brian worked in the garden with Anthony Nguyen, also in sixth grade, and Andrew Nguyen, an eighth grader.

School nurse Mrs. Brumbaugh received the Muhammad Ali Peace Garden grant last year to develop the garden. She said many staff members and students are involved helping to design and nurture the garden. Some students collect coffee grinds, egg shells, and other materials for composting.

Brian said he enjoys gardening because he gets fresh air. It's also good for the environment. He suggests other students consider creating gardens at their homes.

*—By Rylee Bernstiel and Miguel Barcenas*



Illustration by Me'chelle Hoff

**Move more**, sit less in 2012. Find an activity you enjoy.

# MyPlate simplifies nutrition messages

MyPlate has replaced MyPyramid.

In interviews, Stewart students and staff members seem to like the new nutrition icon.

Here's what's changed: MyPyramid has been flattened to symbolize a colorful plate. The new picture shows a plate divided into four sections which include vegetables, fruits, grains, and protein. On the side is a glass of milk.

The big message: When eating a meal, the fruits and vegetables should take up half the plate. A person should eat more vegetables than fruit.

Principal Ms. Walls said she likes MyPlate. It resembles what a meal is supposed to look like, she said. She now has a better idea of how much to eat.

"I think that [MyPlate] will help younger kids have fun being healthy," said Rebekah Talbert, an eighth grader. Students will have fun doing activities with the new health plate. "You're able to see the meals and not only the food groups," Rebekah said.

Anaya Boyd, a fifth grader, said she still likes MyPyramid better than MyPlate because she is accustomed to the older icon.

Sierra Bussey, a fifth grader, said she likes MyPlate better than MyPyramid because it is more organized. The plate helps her see how much of each food in each group one should eat. However, she said misses the exercise category and believes it should be included somewhere on the colored plate.

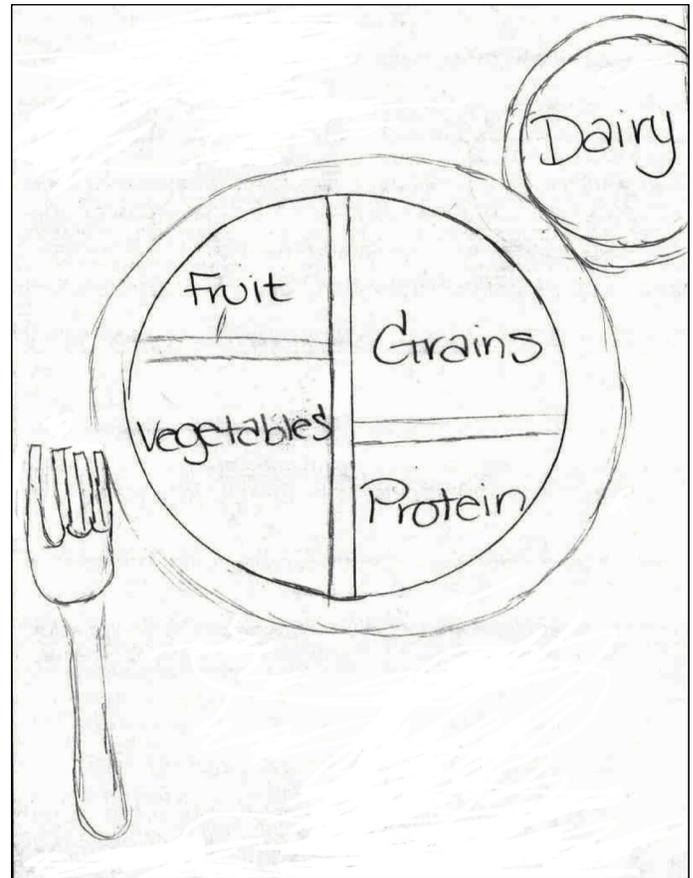


Illustration by Lauren Greene

Kyre Smith, a fifth grader, said he likes MyPlate because he thinks it is simpler to read and understand than MyPyramid. Sha'Ron Parish, an eighth grader, said she likes MyPlate better because it is smaller. She feels it makes the same points as MyPyramid.—By Rylee Bernstiel and Miguel Barcenas

# Tasty apple crisp that's also healthy

During the fall, many students and staff have tasted a healthier apple crisp.

Ms. Jeanette Wiebush, a Food Trust nutrition educator, went to all science classes and showed students how to make the dessert.

Fresh apples, whole wheat flour, and oats were some of the ingredients. Many students seemed to really enjoy this treat.

For several years, The Food Trust has shown Stewart students how to make different foods they can easily cook at home.

Ms. Jeanette also teaches strategies to make other healthy choices. This fall, the fifth and sixth graders talked about fruits and vegetables while seventh and eighth graders learned about grocery shopping. One goal of The Food Trust is to increase the

knowledge and skills needed to make healthy food choices, Ms. Jeanette said.

Be prepared in 2012 to try some foods from Mexico and the Middle East.

— By Lydia Haggard

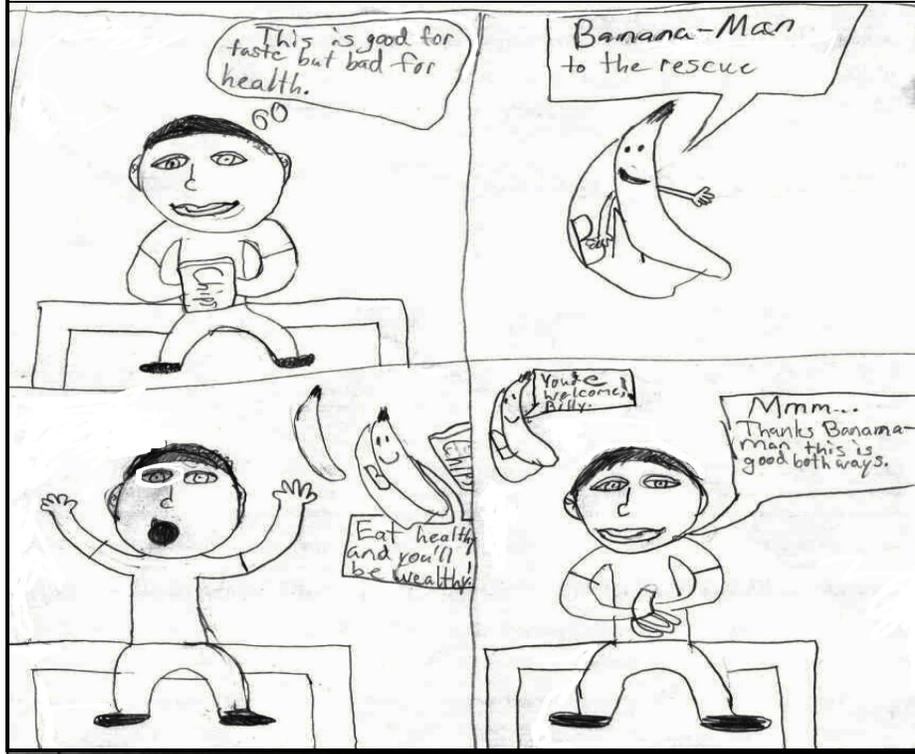
## Show-Me Apple Crisp (8 servings)

**Ingredients:** 8 to 10 apples; 2 tsp. lemon juice; 3 c. rolled oats, uncooked; 3/4 c. whole-wheat flour; 1/2 c. brown sugar; 2 tsp. cinnamon; 1/4 tsp. salt; 1/2 c. orange juice.

**Directions:** 1) Lightly grease 9x13-inch baking dish with cooking spray. Preheat oven to 375 degrees. 2) Peel and slice apples. Toss them with lemon juice and spread half the apples into the baking dish. 3) Combine oats, flour, sugar, salt, and cinnamon. Spread half this mixture over the apples. 4) Cover with the remaining apple slices; layer the rest of the oat mixture on top. Pour orange juice over the layers or apple slices and oat mixture. 5) Bake for 45 minutes.

Source: University of Missouri Extension

## Going bananas for health—By Rylee Bernstiel



## Stewart plans walking club

(Continued from Page 1)

Mrs. Brumbaugh is a dedicated walker. She is even a "walk coach" who trains people to walk half and full marathons.

When you speed-walk, she said, it makes you feel like you are gliding.

She said she enjoys walking because it keeps her in shape, protects her bones, and maintains her health. It helps her feel good and better about herself every day when she walks before and after school.

Students can do many things to stay active including weightlifting, using gym equipment, walking, and even Wii, she said.

Ms. Madden, the library/drop-in center facilitator, is also a walker. She likes activities that involve increasing her heart rate.

"[Exercise] is very important for your long-term healthy living," she said.

—By Lydia Haggard

## Teachers work out, too

When it comes to promoting good health, many teachers walk their talk.

For instance, Mr. Laskey, Stewart instrumental music teacher, said that he stays healthy by drinking plenty of water. He said he likes to take walks on nice days. Mr. Laskey also eats fruits and veggies.

Mrs. Herrera, a resource teacher, said she limits the sweets she eats. She said she tries to go to the gym five days a week. She believes staying in shape is a good idea because it gives her energy, makes her feel good, and gives her a positive attitude.

Mr. O'Donoghue, a fifth grade math teacher, said he exercises as much as possible. He exercises with his daughters by riding bicycles and taking them outside to a park. Mr. O'Donoghue enjoys playing outside games with them to be sure that they get their exercise, he said.

Ms. Diamond, art teacher, said she goes for runs. Ms. Diamond thinks staying in shape is a good idea because it keeps you healthy and you stay well.

Ms. Champion, the girls' PE teacher, said she eats in moderation and favors veggies over sweets. Mr. Raffel, the boys' PE teacher, also said he controls his portion sizes at meals and tries to be active at least an hour a day.

Mr. Crim, assistant principal, said he likes to play baseball, football, and basketball. He said these sports make his body feel good and, in general, they make him "happy and energetic."

Mr. Serfass, an eighth grade communications teacher, thinks exercise is not only "important for physical health, but also mental health." Mr. Serfass enjoys running. It makes him feel "positive, in control, and creative," he said.  
—By Viktoria Hudson, Angel Patel, Tyler Cairns, and Lydia Haggard

### Stewart Healthy Times

A publication of Stewart Middle School in the Norristown Area School District in Pennsylvania.

Student staff members include Miguel Barcenas, Rylee Bernstiel, Kaleigh Byrnes, Tyler Cairns, Daisy Frias, Lauren Greene, Lydia Haggard, Irene Hessler, Viktoria Hudson, Emmanuella Jean-Charles, Angel Patel & Francis Waweru.

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# Test your knowledge

Here is a chance to test the new things you have learned about health and fitness in the Winter 2012 edition of the *Stewart Healthy Times*. Enter the contest by reading your copy of *Healthy Times* and then answering questions for your grade below. (*Healthy Times* staff is not eligible.)

**Directions:**

1. Fill in your name, grade, and teacher's name.
2. Answer the questions for YOUR grade.
3. Cut out the coupon for YOUR grade.
4. Hand in the sheet to your homeroom teacher by **February 2**.

The staff of the *Healthy Times* will have a drawing from among the correct entries. Two winners in each grade will get a prize. Good luck!

## Seventh and eighth grade

Your name:

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Your grade and teacher's name:

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1. Which teacher drinks plenty of water to stay healthy?

2. Name two items used for composting in the school garden?

## Sixth grade

Your name:

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Your grade and teacher's name:

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1. Name two reasons Mrs. Brumbaugh likes to walk.

2. Name two ingredients in the apple crisp.

## Fifth grade

Your name:

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Your grade and teacher's name:

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1. What does Mrs. Brumbaugh say the walking club will do when it rains?

2. Name two reasons why people like MyPlate.