

STEWART HEALTHY TIMES

VOLUME 4 , NUMBER 2

SPRING 2012

Everyone benefits in support of cause

Every year, the Stewart Student Council raises money for charity.

For the second year in a row, the council decided to participate in the Pennies for Patients program. The money will help the Leukemia and Lymphoma Society. The school raised \$1,026 for the cause.

Ms. Madden, student council faculty advisor, said the students like this charity because it helps children affected by cancer. She said she likes the fundraiser because students learn to become more aware of their own circumstances and more sensitive to other people.

Katie Gingerich, student council vice president, said students take pride in reaching for a goal and enjoy participating in fun activities.

"It makes all of us feel good when we are working together to support an important cause," she said.

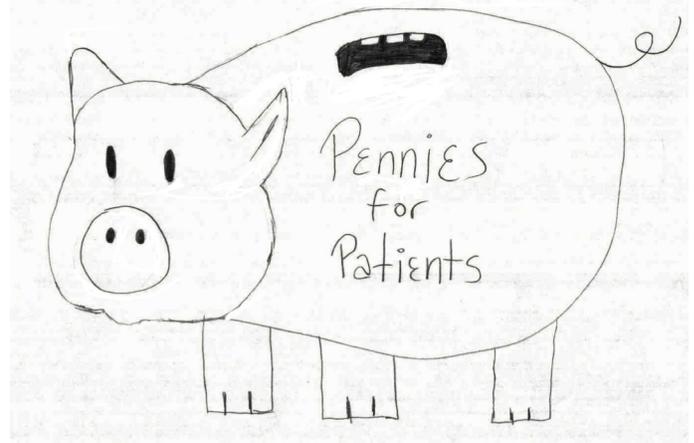


Illustration by Symone Quinn

Tehya Lavassour, student council president, said she hopes students will get the message to "look outside of themselves and try to help others."

The student council supports this fundraiser because it means students are "trying to make a difference in kids' lives," Tehya said.

*(Please see **Students** on Page 2)*

New program addresses bullying

Stewart has launched a new program to stop bullying.

The school adopted the Olweus Bullying Prevention Program which encourages a safe and secure environment.

Ms. Walls, school principal, said she believes the program will help reduce bullying at Stewart.

Bullying is "being mean or hurtful on purpose" and "it happens over and over again," according to the Olweus program. It also "involves an imbalance of power."

After listening to concerns from parents and students, the Stewart staff gave a survey to students in 2010 to find out if they felt bullied at school. When the



Illustration by Angel Patel

results came back showing that bullying was an issue, Ms. Walls decided to do something about it. She applied for a grant to purchase the Olweus program. The Stewart staff started the training in December 2010.

Ms. Walls described the program as being "very involved with training." Every adult in the school has been trained, including cafeteria staff, custodians, and all the teachers.

One key lesson they learn is called "On the Spot," which teaches them what to do when they see a student being bullied. They first stop the bullying, then they check on the victim, thank the bystanders for not getting involved, and tell the bully that they soon will follow up with him or her.

Most of the Stewart staff was trained by other staff members.

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



Illustration by Angel Patel

Students raise funds to help other people

(Continued from Page 1)

Each homeroom class received a collection box and a thermometer poster to keep track of the money raised during March. The Leukemia and Lymphoma Society tries to improve the lives of the patients and their families.

Student council members encouraged students to donate their spare change to the charity. Ms. Madden said she was pleased with the leadership role of the student council members.

Among the activities during the fundraiser was "Put a Cap on Cancer." Students and staff who donated to the cause could wear a hat to school for the day.

Mrs. Rissinger's sixth grade class was the class with the largest donations. The students will be rewarded with a party of their choice – either pizza or ice cream.

—By Noshai Abrahams and Symone Quinn

Choosing healthy snacks

Many Stewart teachers try to set a good example for their students by eating healthy snacks.

Mrs. DeMarco, a fifth grade math teacher, said she likes to eat sugar snap peas with hummus. Healthy snacks give her more energy and she then does not feel as tired, she said.

Mr. Dooner, an eighth grade science teacher, said he eats a lot of healthy snacks such as bananas, apples, grapes, carrots, and yogurt. He has a small snack three times a day. He prefers healthy snacks because he wants to watch his weight, he said. He lives by the quote attributed to

Benjamin Franklin: "An apple a day will keep the doctor away."

Mrs. Green, a sixth grade reading teacher, said she eats a lot of raw vegetables, fruit, and rice cakes. "I feel that I am doing a good thing for myself," she said. She also is trying to set a good example for her three children.

Ms. Starson, a seventh grade reading teacher, said she daily eats fruit and yogurt and drinks water. She said healthy snacks make her feel good. She mentioned that she eats more vegetables than she once did.

—By Angel Patel and Viktoria Hudson

Energy bars get good reviews

Healthy Times reporters gave high marks to General Mills Fiber One Chocolate Peanut Butter bar in a taste test.

Miguel suggested the snack because students get hungry toward the end of the day. The snack was chosen because of its 5 grams of fiber. After checking KidsHealth.org, Miguel found that fiber is important in a healthy diet because it helps prevent heart disease and diabetes. It is found in fruits, vegetables, beans, and grains.

"I would recommend this to other students because it tastes delicious," said Angel. Symone said the bar was "excellent" and gave her a boost of energy at the end of the school day.

Noshai said the bar had a great taste and she liked the crunchy texture as it melted on her tongue. "Francis said a glass of milk would have been a great way to wash down the snack. For Tori, the Fiber One bar is now her favorite energy bar.

—By Healthy Times staff

Stewart Healthy Times
 A publication of Stewart Middle School in the Norristown Area School District in Pennsylvania. Student staff members include Noshai Abrahams, Miguel Barcnas, Rylee Bernstiel, Kaleigh Byrnes, Tyler Cairns, Daisy Frias, Lauren Greene, Lydia Haggard, Irene Hessler, Viktoria Hudson, Emmanuella Jean-Charles, Angel Patel, Symone Quinn & Francis Waweru.
 * *
 A Healthy NewsWorks® project
 Healthy NewsWorks is a member of the New Beginnings Nonprofit Incubator at Resources for Human Development in Philadelphia.
 Healthy NewsWorks receives funding from individuals, organizations, and foundations, including the Independence Blue Cross Foundation, First Hospital Foundation, and the Claneil Foundation.
 This document is protected by applicable law. All rights reserved.

Taking tests can bring on nerves

Taking tests can be stressful for anyone. Several Stewart faculty members recently recalled that nerve-racking feeling from their student days.

Mrs. Gruber, the fifth and sixth grade school counselor, said she always got stressed on math tests. To relieve her stress, she studied and took deep breaths before and during the test. These are good strategies for students, too, she said.

Whenever Mr. Teeter, the health teacher, got stressed about a test, he said he made sure he studied and passed. When he gives his students tests, he reviews all the things the students need to know.

Mr. Teeter said some stress isn't bad. "Stress gives kids a will to study which helps them do well," he said.

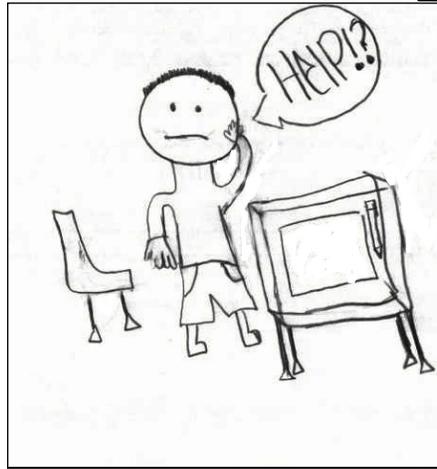


Illustration by Angel Patel

Mr. O'Donaghue, a fifth grade teacher, said he only stressed about tests when he didn't study.

To help his students, he gives them the information ahead of time so they're prepared. He also gives them breaks such as letting them get a drink of water.

Like Mr. Teeter, Mr. O'Donaghue said some stress is good for people's well-being because it can motivate them.

Mrs. Gruber said most teachers still experience some school-related anxiety. They take tests, do projects, and make presentations throughout their careers.

If you get stressed on a test, it shows you care, said Mrs. Gruber. You can get stressed at all ages, but you need to learn to control it, she said.

To relieve stress, Mr. Crim, school vice principal, suggested that students eat nutritiously, exercise, and get enough sleep. He said he is always available to talk with students and help them to relax.

—By Rylee Bernstiel and Emmanuella Jean-Charles

Stress can accompany playing sports

Playing a sport can be a lot of pressure. Athletes want to do well and they want their team to succeed.

Sometimes, the pressure can lead to stress.

Junelle Edgard, an eighth grader who plays basketball, said her stressors are the crowd, her teammates, and sometimes even her coaches. She deals with the stress by blocking out everyone and focusing on what she's doing. If she sees a fellow teammate is anxious, she tries calming her down.

Madison Shuler, an eighth grader who plays softball, also said she feels stress when the crowd stares

at her. She overcomes it by talking to her teammates or simply ignoring the crowd. When she sees a teammate stressed out, she tells her to toughen up and not worry about it.

Ms. Clauss, a long-term substitute and a former softball coach, noticed that her players sometimes got stressed by family, friends, and sometimes herself. She reduced the stress by telling them to focus on giving their best efforts.

—By Symone Quinn

Stewart focuses on reducing bullying

(Continued from Page 1)

Nine teachers volunteered to go to Olweus sessions where they learned why students are bullied and how to overcome bullying issues at school.

Mr. Dooner, the eighth grade science teacher and one of the nine members of Stewart's Olweus Team, said bullying can have "drastic negative effects." For instance, a victim can start worrying about what others think about him or her instead of schoolwork, Mr. Dooner said.

Ms. Walls also said the program takes time. It can be hard to change the culture, she continued. The program is doing just that. Many people want immediate results, but it doesn't work that way. "We have to be patient," she said.

Ms. Walls said that she feels that Stewart is doing its best and she hopes to see more positive changes in the years ahead.

—By Lydia Haggard

Test your knowledge

Here is a chance to test the new things you have learned about health and fitness in the Spring 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 **April 27, 2012**.

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:

Your grade and teacher's name:

1. What does "On the Spot" refer to?

2. Name three ways students can reduce stress, according to Mr. Crim.

Sixth grade

Your name:

Your grade and teacher's name:

1. What healthy dairy product does Ms. Starson eat?

2. How many Stewart teachers attended the Olweus training session?

Fifth grade

Your name:

Your grade and teacher's name:

1. Name three good sources of fiber.

2. When can stress be good, according to Mr. Teeter and Mr. O'Donaghue?