

# GOTWALS

# HEALTHY PRESS

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## Weathering Hurricane Sandy

Gotwals teachers took important steps to stay safe when Superstorm Sandy hit the region.

They stocked up on canned food, stayed indoors, and bought batteries and candles, according to recent interviews with the *Healthy Press*.

Before the storm, Ms. Martin, an instructional support reading teacher, made sure she had water, flashlights, and tuna fish. She also charged her cell phone. Ms. Martin brought all of her plants into her house so they didn't fly off her porch and hit windows.

Ms. Martin read books and texted her family during the superstorm to check if they were all right.

Mrs. Lopez, a school secretary, said she went to a windowless room in her house with her husband, her children, and her mother. She said she got flashlights, canned food, water, and a first aid kit.

Children should stay with their parents during a storm, she said. Parents can talk to their children about what is happening and keep them from looking out windows.

Miss Renish, the art teacher, said she made a "go bag" for important papers in case she had to leave her home. She watched movies and drew pictures during

*(Please see Teachers on Page 3)*

## New games donated for recess

Gotwals students recently received kickballs, Z Balls, Frisbees, and other sports games for recess.

Dr. Hinson, a retired PE teacher, donated the games and taught students how to play with them during an assembly for second, third, and fourth graders. He picked volunteers from the audience to help him demonstrate the games.

All the games involve partners or small groups. Dr. Hinson said he made up most of the games as part of his PlayFit Education program.

One of the games involves two players and a ball. The two players try to bounce the ball to each other 200 times.

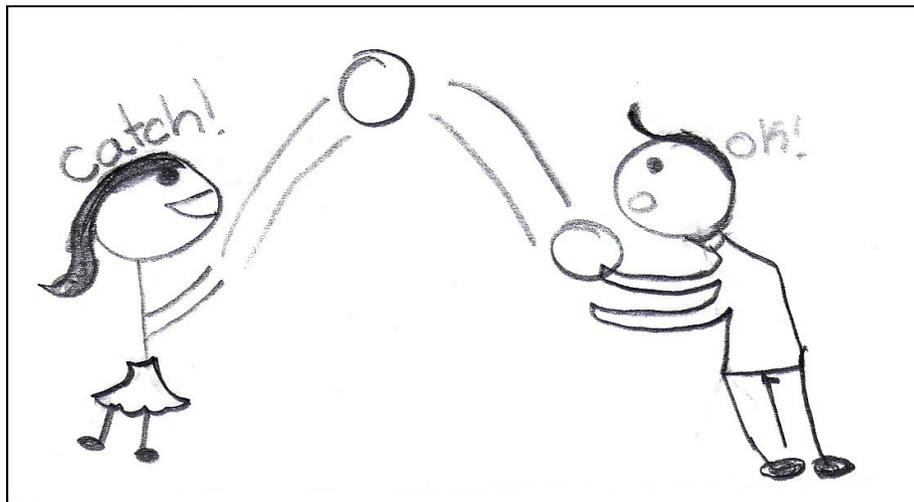


Illustration by Vanessa Portilla-Gonzalez

Another game is called saucer slayer. The objective is to throw a Frisbee into or at a can. Players are divided into teams and work together to score.

Dr. Hinson also taught the students a game similar to kickball. There are different positions: left field, right field, pitcher, and catcher. One player at a time tries to kick the ball between two cones and then the player runs around the bases.

Mrs. Poole, school PE teacher, said she is teaching the new games in her classes. She said the games are fun to play and everyone can get involved.

Dr. Hinson said he stopped being a gym teacher so he can travel around the country teaching students his games. He can reach more students this way, he said. He wants to help kids exercise.

—By Healthy Press staff

# Teachers make Gotwals healthier

Gotwals teachers are helping to make their students and community healthier.

They are providing hand sanitizers in their classrooms, giving out healthy snacks, and allowing short dancing breaks. A number of teachers recently shared how they are contributing to Gotwals' health in interviews with the *Healthy Press*.

**Mrs. Krewson**, the math instructional support teacher, said she makes Gotwals a healthier place by no longer giving students junk food as rewards. She now hands out compliments and prizes such as stickers and pencils. She said it is important for students to learn how to eat better. She feels like she is helping to create a healthier world.

**Mrs. McGinley**, a kindergarten teacher, said she dances two times a day with her students to make her class a healthier place. The students dance to music such as the Macarena. She said dancing is important because she wants her students to be fit.

**Mrs. Jarmon**, a first grade teacher, also said she finds time so her students can exercise during the school day. The exercises include dancing and the online program, Adventure to Fitness. Mrs. Jarmon said her favorite part about exercising is the energy it gives her students.

**Ms. Renish**, the art teacher, said she gives her students hand sanitizer after they finish their art class. She also enlists their help in cleaning up. A clean classroom makes it easier for students to learn, she said.

**Mrs. Leach**, a fourth grade teacher, said her class recycles paper, plastic, aluminum, and glass to help the environment. Recycling helps make the world clean, she said.

**Mrs. Fanelli**, a second grade teacher, said she asks her students to use hand sanitizers, encourages them to play at recess, and hands out water, milk, and nutritious snacks. Mrs. Fanelli said healthy foods

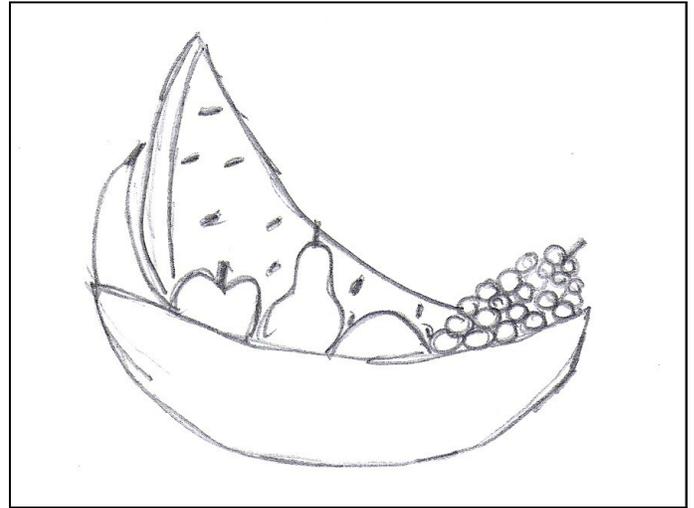


Illustration by Amayrami Lopez-Noya

and activities give her students energy. They give her energy, too.

Gotwals teachers provide healthy snacks through the school's fruit and vegetable program. Students receive fruits and vegetables three times a week.

**Ms. Casey**, a first grade teacher, said she creates activities with healthy snacks so students know what to pick and what not to pick. Ms. Casey also asks her students whether they like the snacks.

**Mrs. Dougherty**, a second grade teacher, said she tries to avoid snacks with sugar. She talks with her students about eating healthy food. She said she feels successful and hopeful when she sees students learning about health because she knows they will be healthy when they grow up.

**Mrs. Logan**, a first grade teacher, said she gives healthy snacks to her students so they learn how to make good choices at home.

**Ms. Redington**, a second grade teacher, said she helps students with their lunch choices. She wants her students to succeed and be in shape.

—By Healthy Press staff

## First person: Field trip is eye-opening

I saw woodpeckers in the trees and a meadow with grasshoppers, crickets, and spiders when I went on a class trip to Riverbend Environmental Education Center.

The air smelled like broken wood with caramel. It was damp and thick.

I found slugs and daddy longlegs. One even fell on my arm. We used binoculars to see some birds and chipmunks.

My favorite place at Riverbend was the binocular perch. From there, I could see so many birds. I also saw many trees stretching to the highway. It was a great view.

I really learned a lot about nature on the trip. This trip made me want to study biology, insects, ecosystems, wildlife, and botany. It also made me care about the environment.

—By Xavier Wedderburn

# Taking care of the planet Recycling program starts

Ms. Sortino's third and fourth grade class recently started a school program to encourage everyone at Gotwals to recycle.

The class created fliers and handed them out to third and fourth grade teachers. The fliers said: "We want you to remember to recycle."

The teachers put the fliers in their rooms for their own classes to read.

Ms. Sortino's class even got teachers to put their fliers on recycling bins throughout the school. Items made out of paper, glass, cardboard, aluminum, and plastic can be put into these recycling bins. The items are then picked up and sorted by the township waste management services, Ms. Sortino said.

"I am doing the recycling program in my class because I want to keep the world clean," said Amayrami, a fourth grader in Ms. Sortino's class.

Ms. Sortino's students learned the importance of recycling and wanted to raise awareness within the school.

Making a ton of paper from recycled material saves up to 17 trees and uses 50 percent less water, according to the National Education Development Project. Recycling saves natural resources such as oil, plants, and water. It also saves land because less waste is poured into landfills.

Linette, a third grader in Ms. Sortino's class, said she will tell her family to recycle, too. It will be fun for her family, she said.

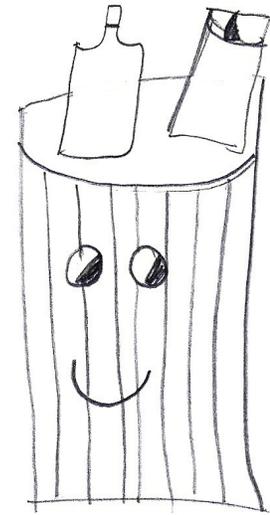


Illustration by Taylor Cooper

Another third grader in Ms. Sortino's class, Skyler, encourages others to do more than just recycle. "Instead of cutting down trees, let's grow trees," he said.

—By Healthy Press staff

# Teachers describe storm preparations

(Continued from Page 1)

the storm. She said the lights flickered but never went out.

Mrs. Smith, a kindergarten teacher, said she stayed away from the windows and went down into the basement. She had water, canned food, and bat-

teries for her flashlight. She lost her cable, internet, and cell phone connections. However, her scarecrows outside didn't fall down.

Mr. Stansbery, the lead teacher, said he and his wife stayed inside their house and watched TV news. He also said that if there is a snowstorm, everyone should pack flashlights and a lot of water.

Mrs. Weaver, a kindergarten teacher, said she "read a book and watched the news" during Sandy. She also stayed calm. Mrs. Weaver said she got flashlights, extra batteries, and bottled water.

She said that if this winter brings a snowstorm, she would have a lot of shovels and hot chocolate ready.

—By Healthy Press staff

## Let us know what you think

We hope you enjoyed reading the first issue of the *Healthy Press* for the 2012-13 school year. Our newspaper staff includes third and fourth graders at Gotwals school. However, we would like you to be involved in our paper too!

We welcome your feedback, ideas, and letters to the editor. Please submit letters to Ms. Sortino, *Healthy Press* editor. Let us know what you think.

### Gotwals Healthy Press

A publication of the Gotwals Elementary School in the Norristown Area School District in Norristown, Pa.

Student staff members include Jennifer Adan, Bibiana Ambrosio, Andrew Bailon, Jordan Bidby, Dalia Brown, Linette Colotla-Flores, Taylor Cooper, Malachi Culbreath, Naila Echevarria, Skyler Gagnon, Raul Garcia, Gisselle Guzman, Brenda Hernandez, Yazzmin Hernandez, Derrick Honeycutt, Corron Jefferson, Amira Johnson, Alyssa Kirkland, Amayrami Lopez-Noya, Javier Lopez, Edward Oney, Joseph Ortiz, Lilia Partida, Jaylon Patterson-Bowen, Rachel Poley, Vanessa Portillo-Gonzalez, Andy Reyes-Morales, Brianna Sanchez, Malachi Smith, and Zavier Wedderburn. Ms. Sortino is the *Healthy Press's* faculty advisor.

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# Reporters take tour of hospital

Hospitals are usually busy places filled with a lot of people.

However, the *Gotwals Healthy Press* recently visited a new hospital in East Norriton before a lot of patients had arrived. The reporters got the sneak peek before the hospital opened in late September.

The hospital is called the Einstein Medical Center Montgomery. It is huge. It has 146 beds. The hospital offers many services, from mending cuts to treating diseases, according to Einstein officials.

While touring the hospital, *Healthy Press* reporters saw several patient rooms, the emergency department, and some high-tech medical equipment.

The new hospital is located on a former golf course. Patients can look out the window and see green. More than 700 trees were planted on the property, according to a hospital press release.

Each patient room has a couch. It can be turned into a bed. Visiting relatives can stay and get some sleep. The rooms also have flat screen TVs and computers for patients to use. The computers have access to the internet.

The hospital has some powerful equipment to help doctors treat patients. One machine is called the



Illustration by Lilia Partida

The new Einstein hospital has plenty of green space.

da Vinci robot. The doctor uses his hands and feet to control the robot. The robot helps perform the operation.

—By *Zavier Wedderburn, Yazzmin Hernandez, Derrick Honeycutt, and Amayrami Lopez-Noya*

# Remember to keep your teeth healthy

PHILADELPHIA – Tooth decay is the No. 1 childhood disease in the United States, according to a dental expert.

It is also preventable, said Mrs. Stacey Benner, education director at Kids Smiles.

Kids Smiles is a nonprofit program that serves kids in the Philadelphia area and Washington, D.C., and that provides dental care and oral health education to kids who don't have access to a dentist.

Mrs. Benner said 17 million children in the United States do not have access to dental care.

Tooth decay can cause pain and make it hard to smile, talk, and pay attention in school if it isn't treated, she said. It can take months to years for decay to occur, so a dentist should check during twice yearly visits, said Mrs. Benner during a recent press conference at Independence Blue Cross Foundation.

Gum disease can be another problem. Symptoms may include bad breath, tender gums, and gums that bleed while brushing your teeth.

In interviews, Gotwals teachers and staff said they go to the dentist to get their teeth checked out and to prevent problems like gum disease.

Mr. Stansberry, lead teacher, said he likes to go to the dentist, but it isn't always fun. Mrs. Leach, a fourth grade teacher, said she brushes her teeth three times a day and flosses once a day.

"Because we only get two sets of teeth, we have to keep them clean and healthy," she said.

Tooth decay, gum disease, cavities, and infections can be avoided by taking care of your teeth. Mrs. Benner suggests brushing your teeth for two minutes, three times a day. When brushing, use toothpaste containing fluoride, a mineral that helps keep teeth strong. Just don't brush too hard because you can wear down enamel and hurt your gums.

—By *Zavier Wedderburn and Bibiana Armstrong of the Healthy Press; and Josie Dillard and Jazminh Snowden of the Eisenhower Healthy Panther staff*

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**Editor's note:** Independence Blue Cross Foundation invited a dozen *Healthy NewsWorks* reporters to Philadelphia to a press conference with Kids Smiles, an organization that provides dental care and education to 30,000 children in the Philadelphia area every year. Kids Smiles and *Healthy NewsWorks* receive grants from Independence Blue Cross Foundation.