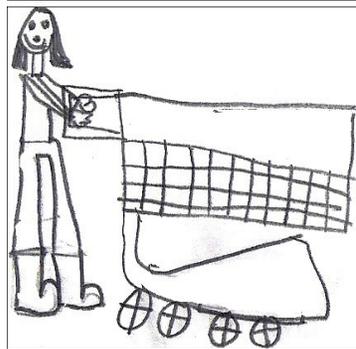
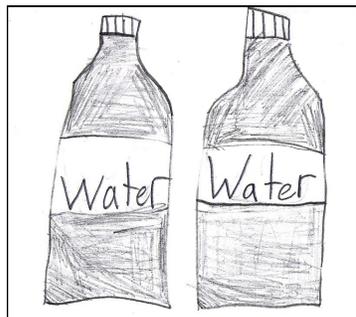
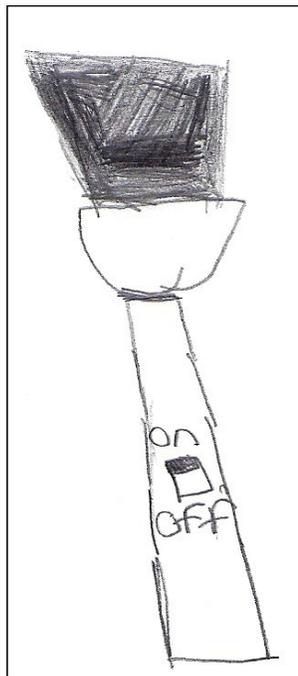


# HEALTHY REPORTER



Illustrations by Amir Benedict, flashlight; Gavin Melle, water; Gabriella Garcia, shopping.

## Teachers were ready for Hurricane Sandy

Whitehall staff members prepared for Hurricane Sandy by making sure they had food, candles, and water in case the electricity went out.

Miss Wertley, the art teacher, said she bought batteries, extra ice, and water. She cleaned the gutters on her house. She put away things in her yard that could fly away. She also made sure she had flashlights and candles and she charged her cell phones.

Mrs. Mulligan, a first grade teacher, bought eight cases of water and took down the decorations around the house. She also got the generator ready in case the power went out. The generator could keep the lights turned on.

Mrs. Gillespie, a first grade teacher, said she went to the store before the storm hit. She bought lanterns, flashlights, water bottles, and flameless candles. She turned her family room into a bedroom with blankets, pillows, and a lot of books to read.

(See *Staying on Page 2*)

**Whitehall teachers** stocked up on supplies such as flashlights, water, and food before Hurricane Sandy arrived in the Philadelphia area.

## School promotes health every day

Whitehall staff members work hard to make sure that the school is a safe and healthy place.

In recent interviews with the *Healthy Reporter*, Whitehall staff members said they take their students' health, safety, and well-being seriously.

For instance, Mrs. DiMartini, the school nurse, said she helps children who are not feeling well. She tries to help other children from getting sick. She said she loves being a school nurse.

Mr. Noblit, school janitor, said he cleans the floors and tables and

picks up the trash in the bathrooms. "I keep doing this activity to keep the students healthy," he said.

Mr. Paisley, school PE teacher, said he talks with children about healthy eating and exercising. He knows that Whitehall children try to stay healthy. He gives them an "extra push," he said.

Mrs. Hoskins, school principal, said she tries to make sure that the building is clean. She also works with the school nurse to keep children healthy.

She said she loves her Whitehall students and is proud that they try their best.

Ms. Kolenda, cafeteria manager, said she feels good because the students receive fresh fruit and vegetables and whole wheat bread.

Mrs. Hilton, school guidance counselor, said the first thing she does is smile when she helps children. She cares, believes, and listens, she said. She said she enjoys helping students.

—By Healthy Reporter staff

# Book corner

## Making good choices

*Healthy Eating*  
By Cath Sinker

This book describes what people should eat and when they should eat it.

"It teaches you about healthy choices," said Quadirah. Abrianna said the book has "important information that children need to know."

For instance, vitamins are really healthy and can help you become stronger. You should look at the nutrition facts on a yogurt package. Some yogurt has a lot of sugar. The book also says that too much sugar can ruin your teeth, especially if you are growing adult teeth. It also says some people don't like nuts and others don't eat ham because of religious beliefs.

Of the 10 reporters who participated in the book review, nine recommend it for Whitehall students and families. "I do think children and adults should be reading this book because it helps you become healthier and gives you advice and tips," said Gianni.

Manuel said he would not recommend the book because he found it "boring."

The reporters generally think that the book is geared to readers in second, third, or fourth grade.

"The age that could read this book is between 6 and 10," added Gavin. "It is very serious."

You can find *Healthy Eating* in the school library.

—By Healthy Reporter staff

## Staying safe in storm

(Continued from Page 1)

Mrs. Hoskins, school principal, also went to the store. She looked for food that did not need to be refrigerated. She also bought extra bottles of water.

At home, Mrs. Hoskins said she went into her yard and put away objects that could be blown away. She also made sure her iPad and phone were charged. She called her family to make sure they were ready for the storm, too, she said.

Mr. McCarthy prepared for the hurricane by making sure he had blankets and candles. Like others, he bought water and made sure he had batteries.

Ms. Agnew, lead teacher, said she heated up her house and made a lot of ice before the storm hit. She lost power for only two hours. She felt very lucky.

Mrs. McDonald, a fourth grade teacher, said she made sure her car had enough gasoline.

—By Healthy Reporter staff

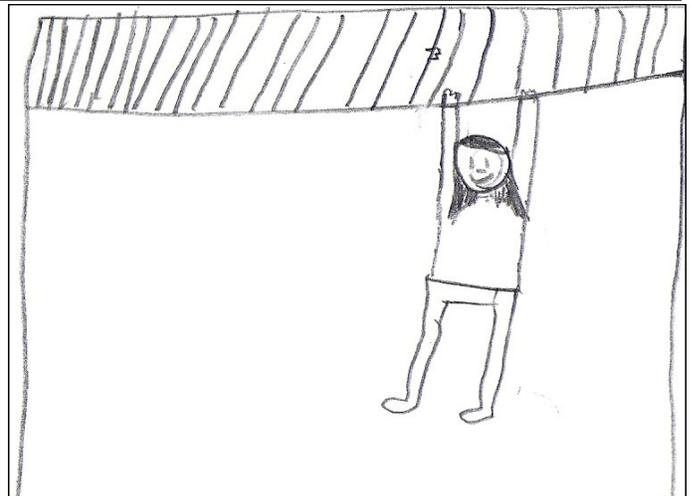


Illustration by Guadalupe Andrade Tellez

The *Healthy Reporter* encourages children to exercise.

## Paper is published again

The *Whitehall Healthy Reporter* is back in business. The school newspaper focuses on health, safety, physical activity, and nutrition.

A group of third graders make up the core staff of the *Healthy Reporter*. Mrs. Martin, school librarian, is the faculty advisor.

The staff members plan to write about topics that are meaningful to Whitehall students, their families, and the school community.

Gabriella said she is happy to be working on the newspaper "because kids could get even healthier." Trinell added that she "wants kids to stay healthy and get more exercise."

Other topics may include how to stay safe outside, what are healthy snacks, and how to keep your teeth healthy. The paper also will include puzzles, illustrations, and contests.

The newspaper welcomes your ideas and feedback. Let us know what you think by writing us a letter — maybe we will publish it in our next issue.

—By Healthy Reporter staff

### *Whitehall Healthy Reporter*

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

Student staff members include Guadalupe Andrade Tellez, Amir Benedict, Jhon Carmona, Gabriella Garcia, Manuel Lopez, Gavin Melle, Giana Trunk, Trinell Watson, Abriana West, Quadirah Wise, and Gianni Young. Mrs. Martin is the faculty advisor of the *Healthy Reporter*.

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