

HEALTHY REPORTER

Recess gets kids moving, thinking

Whitehall teachers say it's good to have exercise breaks in the classroom and at recess.

Mrs. Long, a second grade teacher, said students benefit from having recess because it gives them good exercise. They can bond with their friends and also get fresh air.

It is important for students to be physically active during the school day, Mrs. Long said. "It gets their muscles moving and their brains working," she said. She said she is happy when "children have positive recess experiences. They are just joyful students."

When you are physically active, you can strengthen your heart and become more fit, according to the Centers for Disease Control and Prevention. It

(Please see *Exercise* on Page 2)

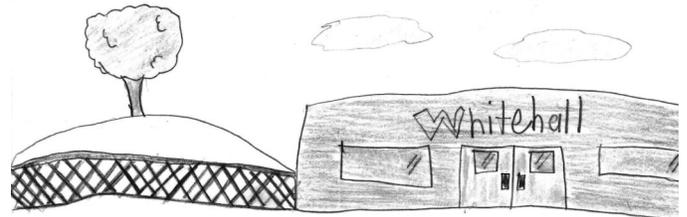


Illustration by Stella Menzies

Reporter describes bus evacuation drill

It was a very exciting morning. After we pulled into the school parking, the bus driver stood up and stomped hard on the bus floor to get our attention.

I was the only one to seem to notice. I stood up and said, "Everyone be QUIET! Listen to the bus driver."

"Thank you, Amelia," he said. "Now today is bus evacuation day. We will be practicing how to get off the bus if there's ever an emergency."

He then told us what we needed to do.

"You take your book bags with you and exit through the front doors of the bus in a silent, single file line," he said. "Do that now please. Thank you."

The bus evacuation didn't take long. First, we were counted, and then all waited our turn to get off.

We did it seat by seat. We followed the directions perfectly. We headed out the door. Ms. Agnew, the lead teacher, then told us, "Head to the grass."

When we got there, she said, "Go back on the bus and put your book bags at your seat."

But some students started to complain when they returned to their seats. That's when I stood up and said, "Everyone be quiet, the sooner you do the sooner it will be over."

Everyone became quiet and headed back off the bus. We stood there quietly for five minutes. Then we got on the bus again, picked up our bags and books, and entered the school.

—By Amelia Atkinson and Kyemani Davis

Enter "Acts of Kindness" poster contest. See Page 2.

10 ways Whitehall keeps kids healthy

Editor's note: The Healthy Reporter staff recently explored Whitehall to identify ways it keeps students healthy and safe. Here are 10 examples. Can you think of others?

1. The Food Trust teaches students to eat fruits, vegetables, grains, protein, and dairy.
2. Whitehall has a program so students can taste different kinds of fruits and vegetables such as green pears, golden apples, and green zucchinis.
3. The students practice fire drills.

4. Whitehall keeps students safe and healthy by having gym class and recess.
5. The nurse takes care of children who are sick.
6. Hand sanitizers are on many school walls so students can keep their hands clean.
7. Students need a fruit on their lunch tray.
8. Students who ride the bus practice bus evacuations. If the bus encounters trouble, they know how to escape.
9. Students also must practice lockdown drills.
10. The bread at lunch is whole grain bread.

Get 60 minutes of exercise every day

(Continued from Page 1)

is also called CDC and it is a big government agency that helps protect the public's health.

Medical experts say children should exercise at least 60 minutes a day. The type of exercise should be either *moderate* or *vigorous*.

What is moderate exercise? It is when you can talk during the exercise, but you can't sing, according to the CDC. In vigorous activity, you work even harder. You can't talk or sing without stopping to catch a breath, the CDC says.

Moderate and vigorous activity can be *aerobic* exercise. Aerobic exercise is an activity that gets your heart pumping. You also breathe harder and sweat. Aerobic exercise gives your heart a good workout, health experts say.

Mrs. Manchester, a fourth grade teacher, said recess gives students "a chance to blow off steam." Teachers also benefit because students are ready to learn when they return to class. "I think kids see recess as free time, but secretly, they get exercise," Mrs. Manchester said.

Exercise breaks are another way teachers add a dose of exercise to the day.

Mrs. Leahy, a third grade teacher, said her class has exercise breaks every day. It is important to get children out of their chairs and moving. It gives them energy and helps them concentrate, she said.

"My students enjoy these activity breaks because they are always excited and I can see the smiles on their faces," she said.

She suggested that other teachers include activity breaks in their classroom. They are motivational and fun. "I feel that when students get moving, they are more excited about learning," Mrs. Leahy said.

Mrs. Crim, a fourth grade teacher, agrees. She suggests that teachers just slip the exercise break into the day.

"Exercise is always good for you and your students," she said. —*By Healthy Reporter staff*

Do you like to draw?

Enter the Acts of Kindness contest

You are invited to create a poster that illustrates a child being kind to another person.

It could be a picture of someone sharing a book, keeping the classroom tidy, or helping an elderly relative to shop. Be creative.

The poster is part of our new project, *Think, Don't Fight*. In the project, we will be reporting and writing about bullying prevention in the year ahead.

Posters should be illustrated on white paper that is 8 1/2 by 11 inches. Please turn in your poster by **December 12** to your homeroom teacher. For contest rules and more information, ask your teacher or Mrs. Peterson, the *Healthy Reporter's* faculty advisor.

—*The Editors*

Whitehall Healthy Reporter

A publication of the Whitehall Elementary School in the Norristown Area School District in Pennsylvania. Student staff members include Amelia Atkinson, Elizabeth Campos-Barragan, Felix Carmona, Kyemani Davis, Amanda Jones, Stella Menzies, Isabella Pastella, Carlyn Sanchious, and Isaiah Williams. The faculty advisor for the Healthy Reporter is Mrs. Peterson.

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