

# WHITEHALL HEALTHY REPORTER

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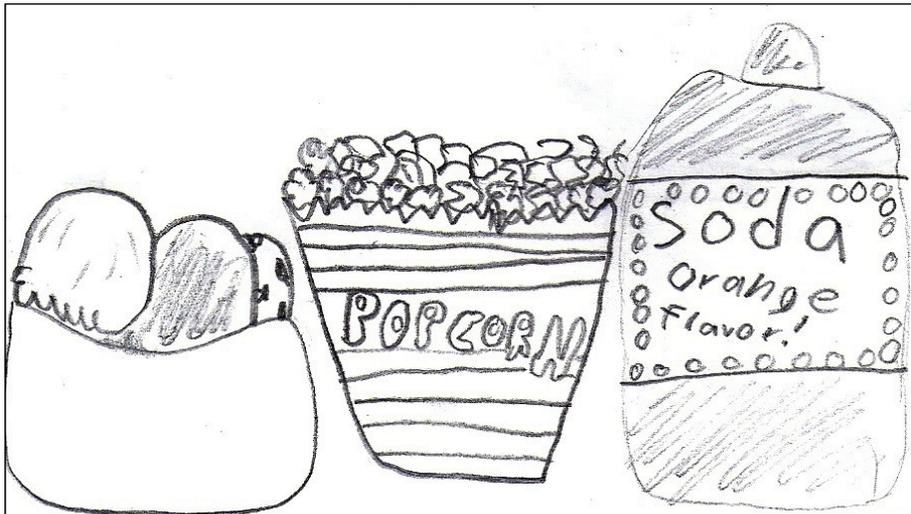


Illustration by Alondra Torres

Eating too many sweets and butter popcorn can be harmful habits.

## Starting healthy habits

Everyone has good and bad habits.

In interviews, Whitehall staff members shared how they turned bad habits into good ones.

Miss Wertley, the art teacher, said she was eating too much butter popcorn. She said she broke this habit by using seasonings on her popcorn instead of butter. She said she made the switch because she knew so much butter was not good for her heart.

In 2013, Miss Wertley said she wants to stop drinking Gatorade. In its place, she wants to drink more water.

Mrs. Martin, school librarian, said she used to eat a doughnut with her coffee in the morning. She decided she needed a healthier breakfast and started to wake up 15 minutes earlier. She now has time to fix herself a bowl of

oatmeal. She generally eats most of it, she said.

Mrs. Agnoe, the lead teacher, said her bad habit was smoking. When she realized how bad smoking was for her health, she went to the doctor and he prescribed a nicotine patch. The patch is put on the skin to help a person quit smoking. After she quit, she told herself she would never, ever start smoking again.

Mrs. Hitton, school counselor, said she had broken two habits related to food. She realized she was spending too much money on food and going out to restaurants too often. She said she cut down on costs by cooking more at home. It also helped her manage her portion sizes.

Mrs. Hoskins, school principal, said she was eating too many

(See **Adopting** on Page 2)

## Officer gives advice to avoid bullies

You should be a leader, not a follower.

That's one message that Whitehall third graders heard from Lt. Rich Clowser of the Norristown Police Department. He recently visited Whitehall classrooms to discuss bullying and to show "Stop Bullying Now" videos.

He said bullying is bad because it makes other people feel horrible.

Bullying is when someone picks on another person, Lt. Clowser said. It includes name-calling, hitting, teasing, "trash talking," threatening, antagonizing, and cyberbullying. Cyberbullying is when someone bullies online.

One reason that some bullies become bullies is because they have been bullied themselves. They may also be jealous of other people's talents, said Lt. Clowser.

Lt. Clowser said bullies bother people because they are trying to get attention or they want their victim to feel bad about himself or herself. Bullies often go after one person at a time because they know if they go after a group the group can stand up to the bully, according to Lt. Clowser.

Bystanders can stop a bully by telling a trusted adult about the

(See **Tips** on Page 2)

## Book corner

# Bullying is a big topic

*Stand Tall, Molly Lou Melon* by Patty Lovell

Molly Lou Melon is bullied by a mean boy named Roundle Dunked. He bullied her about her looks and her voice. But Molly doesn't care; her grandma has told her lots of good things about herself. Molly teaches Roundle lessons about bullying.

Read this book to your siblings, or to any young child. —*By Alondra Torres*

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*Bullies and Gangs* by Julie Johnson

This book has a lot of examples about different kinds of bullies. It also gives information about gangs. Gangs can encourage people to be bullies. Kids join gangs and start bullying because they see others do it or had someone do it to them. Talking to adults can help stop the bullying. —*By Quadirah Wise*

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*A Smart Kid's Guide to Online Bullying*

by David Jakubiak

All bullies, including cyberbullies, are bullying for a reason. They may feel bad about themselves and may think being a bully will make them feel better. This book will help you deal with someone who says mean things with email or text messages. It has a page of safety tips to help kids stop being bullied online and it gives information about how to catch a cyberbully. Online bullying can be against the law.

—*By Gavin Melle*

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These and other books dealing with bullying can be found in the Whitehall Library. Ask Mrs. Martin if you need help to find one of them.

# Tips to handle bullies

*(Continued from Page 1)*

bully. The trusted adult can be a parent, a teacher, or a police officer. You can tell the person in private or write a note.

If you are the victim of a bully, Lt. Clowser said, you should tell a trusted adult. If the adult doesn't help, tell another trusted adult.

Bystanders can also help by sticking up for the person who is getting bullied. However, they should not get into a fight.

Lt. Clowser said you make friends with a group that is doing the right things. Your friends should appreciate you. You should leave groups that are treating you badly.

—*By Healthy Reporter staff*

# Challenge yourself

The words below appear in this issue of the Healthy Reporter. See if you can unscramble them without looking at the word bank below.

l t h e y a \_\_\_\_\_

t a w e r \_\_\_\_\_ t b a i s h \_\_\_\_\_

e n a m l c l a i n g \_\_\_\_\_

s e t e w s \_\_\_\_\_ g m s i n o k \_\_\_\_\_

y b s t a e r d n \_\_\_\_\_

g y b u l b c e r l y n i \_\_\_\_\_

# Adopting good habits

*(Continued from Page 1)*

sweets. She said she has cut down by only eating two sweets a day. She said she knew she needed to break the habit because too much sugar is not healthy for her heart.

Mrs. Bailor, a second grade teacher, said she was not drinking enough water. She started to drink more water by adding lemon to the water and bringing a water bottle to school. Drinking water is healthy, she said.

—*Story by Healthy Reporter staff; illustration by Gianni Young*



## Scramble word bank

h e a l t h y   s w e e t s   n a m e - c a l l i n g   s m o k i n g  
b y s t a n d e r   w a t e r   h a b i t s   c y b e r b u l l y i n g

### Whitehall Healthy Reporter

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