

# WHITEHALL HEALTHY REPORTER

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**Stella Menzies**, a Whitehall first grader, is one of three Whitehall winners in the Healthy NewsWorks' Using Medicine Safely poster contest. The other winners are third grader Alondra Torres and fourth grader Jaliyh Richards. In Stella's picture, the girl on the left is offering a medicine to help her friend's headache. However, her friend says, "No thank you! It's not safe to share medicine." Thirty-two students entered Whitehall's contest and the winners each receive a \$25 gift card.

## Thumbs up for swimming

Seventy-nine students at Whitehall were asked what they like to do best in the summer.

Forty students said swimming was their favorite activity, according to a *Healthy Reporter* survey. Jump rope was the second most popular activity.

The *Healthy Reporter* surveyed one class in each grade except kindergarten. The classes

were Mrs. Gillespie's first grade, Mr. Ryndcyz's second grade, Mrs. Peterson's and Mrs. Auman's third grade, and Mrs. Crim's fourth grade.

A fourth grader, Bryanna Skipwith, was among the students who said her favorite summer activity is swimming. "I like swimming because it keeps you in

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## Principal says Have fun, stay safe on vacation

Always go swimming with a buddy. Tell an adult where you are going. Remember to wear a helmet when you ride a bike.

These are several summer safety tips that School Principal Mrs. Hoskins shared with the *Healthy Reporter* staff during a recent press conference.

"It is important for children to be active in the summer because when you are active it makes you healthier," she said.

She said exercise has many benefits. For example, if you are in a bad mood, it helps you get into a better mood, she said. However, children need to remember to be safe while having fun.

Mrs. Hoskins said children should not play in the street and they should always tell a trusted adult where they are going.

Mrs. Hoskins recommends such summer time activities as walking, bike riding, jumping rope, and playing badminton.

For her exercise, Mrs. Hoskins likes to garden and walk. She also thinks about safety. She walks when it is daylight and to places that she knows. If she walks

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## NUTRITION MISSION

### Try tasty, easy parfait

You should try the Chocolate Sweetheart Parfait. Nine *Healthy Reporter* staff members and their editor tasted it and liked it. Its key ingredients are yogurt, dark chocolate, and raspberries.

The treat is "delicious, sour, and healthy," Jason said. "If I could change the recipe, I would add M&Ms."

Before tasting it, Gianni said the Chocolate Sweetheart Parfait looked "scrumptious." She said she liked it a lot when she first tasted it. However, she said it might be better with fresh raspberries rather than frozen ones. It was a little too cold for her mouth, she said.

Guadalupe said she would prefer the treat with milk chocolate. Although she liked the treat, she said it was too tart.

The snack is 140 calories and has 5 grams of fiber. Fiber is good for the digestive system.

Mrs. Martin, *Healthy Reporter* editor and school librarian, said she would change the recipe to add more honey.

Manuel did not try the treat. He said he does not like yogurt at all.

Here is the parfait recipe from KidsHealth.org:

#### Ingredients

½ tsp. cocoa powder; 1 tsp. vanilla extract; 2 tsp. honey; 1½ cups low-fat or fat-free Greek yogurt; 2 cups fresh or frozen raspberries; ¼ cup shaved dark chocolate or chocolate chips

#### Directions

- 1) In medium bowl, whisk together cocoa powder and vanilla.
- 2) Add honey and yogurt and stir until they're well combined with cocoa mixture.
- 3) Spoon 2 tbsp. of yogurt mixture into four clear glasses.
- 4) Top with some raspberries and repeat until all of the yogurt and raspberries are used up.
- 5) Sprinkle each parfait with chocolate shavings.
- 6) Serve or refrigerate until ready to serve.

### Reporters help create book

Two *Healthy Reporter* staff members contributed to a new book called *Leading Healthy Change In Our Communities 2013* produced by Healthy NewsWorks student journalists. The book profiles 12 leaders who are making the Philadelphia area a healthier place to live. Gabriella Garcia contributed artwork and Gianni Young wrote a reflection about her *Healthy Reporter* experience this year.

The book will be available in a print version and online at [www.HealthyNewsWorks.org](http://www.HealthyNewsWorks.org).

## Swimming tops list

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shape," she said. "Swimming makes me feel refreshed."

Denise, a first grader, said she swims and it makes her "feel happy and free." Gladys Moreno, a third grader, said she likes swimming because "I like to do flips or diving into the water."

Two third graders mentioned bike riding as their favorite activity. Shaila said she likes it because it makes her bones stronger. It makes her feel "alive and healthy." Cesar said bike riding makes him "feel like I am getting stronger."

While their votes did not count as part of the survey, the *Healthy Reporter* third grade staff also shared what they liked to do best in the summer.

Manuel said he likes to play football "because it makes me feel happy and brave." Gabriella said she likes to swim with her friends and family." Guadalupe said she likes to play dodgeball in the water with her family.

—By *Healthy Reporter staff*

## Think about safety

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somewhere new, she goes with someone who knows the way, she said.

When she is in the garden, Mrs. Hoskins said she tries to avoid spiders, insects, and poison ivy. She said children also should watch out for poison ivy.

Here are a few other summer tips from Mrs. Hoskins:

- \* Children should wear sunscreen outside.
- \* Never go swimming without a buddy.
- \* Little children should not play outside alone.

—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, Jhon Carmona, Gabriella Garcia, Manuel Lopez, Jason Martinez-Morales, Gavin Melle, Alondra Torres, Trinell Watson, Abriana West, Quadirah Wise, and Gianni Young. Mrs. Martin is the faculty advisor of the *Healthy Reporter*.

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