

WHITEHALL HEALTHY REPORTER

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Win or lose, be positive and play fairly

KidsHealth.org defines sportsmanship as playing fairly, following the rules of the game, respecting the referees' judgment, and treating opponents with respect.

Mrs. Shoemaker, a PE teacher, said sportsmanship is "having a good attitude and being nice whether you win or lose."

Sportsmanship is important because it "lets everyone have a good time playing and keeps people from getting hurt," said Mrs. Shoemaker.

Mrs. Shoemaker gave an example of sportsmanship displayed at Whitehall. "When the second

(See *Be a Good Sport* on Page 2)

Congratulations Stella Menzies! The picture above will appear in color on the cover of the Healthy NewsWorks book, "Leading Healthy Change In Our Communities 2016." The book is written and illustrated by elementary and middle schools students in the Healthy NewsWorks student media program. The *Whitehall Healthy Reporter* is one of 14 schools in the program in the Philadelphia area .

Apples are healthy for teeth and gums

"Apples make me feel healthy," said Perla, a fourth grade reporter.

Along with her fellow *Healthy Reporter* staff members, Perlae said she learned from the American Dental Association (ADA) that apples have vitamin C and vitamin A.

Special report: Healthy Smiles

Vitamin C is important for healthy gums and quick healing of wounds, according to the group which is made up of dentists. The group also said that vitamin A is a nutrient that helps build tooth enamel. Enamel is the outer covering of a tooth.

The *Healthy Reporter* also interviewed Mrs. Amy Deahl-Greenlaw, a registered dietician. She said you

can find more than 100 types of apples in supermarkets in the United States.

The *Healthy Reporter* staff conducted a taste test with three types of apples: Honeycrisp, Jonagold, and McIntosh.

The reporters described the McIntosh as being soft and slightly sour. The Jonagold was sweeter, but the Honeycrisp was the sweetest and crunchiest of the bunch.

Ana said "the honey crisp was juicy and I would recommend it to other students."

"I was surprised that the McIntosh was sour," Perla said.

(Please see *Apples* on Page 2)

Reviews

Book focuses on bullying

In the story "My Secret Bully" by Trudy Ludwig, a young girl named Monica gets bullied by her best friend, Katie. She keeps it a secret from everyone.

When Monica finally tells her mom about the problem, they find ways for Monica to stand up for herself. Monica confronts Katie about her bullying and loses her as a friend. But she then makes new friends at school and on her gymnastics team.

There is an important piece of information in the "notes" section of the book. It talks about relational aggression, which is emotional bullying in a network of friends. I liked the book because the content helps me learn about what happens when you're bullied emotionally. Kids in elementary and middle schools who have been emotionally bullied should read this book. It tells them what to do about bullying.

—By Stella Menzies

Game teaches about teeth

I played a game called "Match It." You play the game by connecting a word to complete a sentence. For example, one question is: My dentist filled the ___ in my tooth. The possible answers are toothbrush, tooth, cavity, gums, toothpaste, and dentist. Which would you choose?

I like this game because I could find the answer and see if I was right. I would recommend this game to other students because it teaches you how to read and it teaches you about dental health. Finally, the game is really fun. You can find this game at www.learninggamesforkids.com.

—By Gianna Kavash

Apples come in many varieties

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Samantha said that she had never heard of a Jonagold apple before the taste test. "Honeycrisp was my favorite," she said. Tyler said people should try apples because they have vitamin C, carbohydrates, and potassium.

—By Healthy Reporter staff

Whitehall Healthy Reporter

A publication of Whitehall Elementary School in the Norristown Area School District in Pennsylvania. Student staff members include Tyler Chhay, Gianna Kavash, Asia Kirtz, Ana Nunez Luna, Perla Mancera, and Samantha Valdon. The faculty advisor is Mrs. Peterson.

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Illustration by Ana Nunez Luna

Be a good sport

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graders play soccer, they high-five each other and say 'good game' to the other team," she said.

Mr. Paisley, a PE teacher, said good sportsmanship is shown when "better skilled students help less skilled teammates and opponents."

Mr. Paisley said a student shows good sportsmanship when he or she stops arguing, steps back, and thinks about everyone in the situation. In other words, the student is not only thinking about himself or herself. "Teams need leaders to set a good example," he said. Those teams also will be more successful, he said.

He suggested that you help your teammates by being positive, not negative. Put your team's goals ahead of your goals, too, Mr. Paisley said.

By following the rules, you are also showing good sportsmanship, he said. You need to be respectful of your teammates, coach, and your opponents.

Mrs. Peterson, school librarian, said she witnessed good sportsmanship at Field Day last year when kids said "good job" to each other after the tree run and cheered each other. Field Day is when Whitehall students compete in races.

Mrs. Peterson said sportsmanship helps to prevent conflicts. "Kids should think about what other kids think," she said, "listen to their coach and be polite."

—By Ana Nunez Luna, and Gianna Kavash, and Perla Mancera