

# WHITEHALL HEALTHY REPORTER

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## Students are eager for recess outside

Finally, it is warm enough for Whitehall students to go again outside for recess.

The cold and icy weather had kept students indoors since late November, according to school staff. So much time indoors is not easy for students.

"I think they start to get bored and start to misbehave," said Mrs. Crim, a fourth grade teacher.

She said they don't get to see their friends in the other classrooms.

"When it's too snowy to go outside, I feel a little bit sad," said Ramiro Lopez, a first grader.

So how did students spend their recess time indoors?

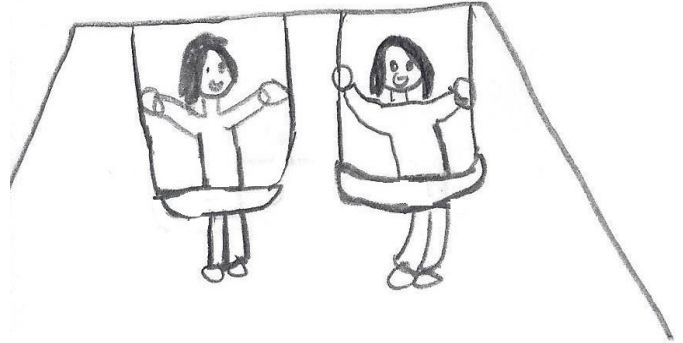


Illustration by Kyemani Davis

Ramiro said he played with Lego toys and spent time on the computer.

Lego toys appears to be a popular Whitehall indoor activity. Fourth grader Bradley Tenorio-Tornez and third grader Jenna Schirmer also said they enjoyed the building with Lego toys.

(Please see *Going* on Page 2)

## When it is too hot or cold, no outdoor recess

Whitehall has rules about when it is too cold or hot for students to go outside, according to School Principal Mrs. Hoskins.

In the winter, the temperatures needs to be above 32 degrees Fahrenheit, she said. In the warm months, it needs to be below 95degrees Fahrenheit.

Lead teacher Mrs. Agnew said students can't go outside if snow or ice is on the ground. School staff members don't want children to slip and fall.

Children need to be dressed appropriately when the weather is cool. For instance, if a student is

(Please see *Keeping* on Page 2)



**Congratulations** third grader Stella Menzies and first grader Claudia Reyes for turning in the winning illustrations in the Healthy NewsWorks Acts of Kindness Poster Contest at Whitehall. Stella's drawing (above) also was acknowledged by the judges. Stella's first-place drawing will appear in the book, *Leading Healthy Change In Our Communities 2015*, and will be part of a traveling exhibit. She also will receive a \$25 gift card. Claudia will receive a cookbook. Great job!

# Students write letters to leaders

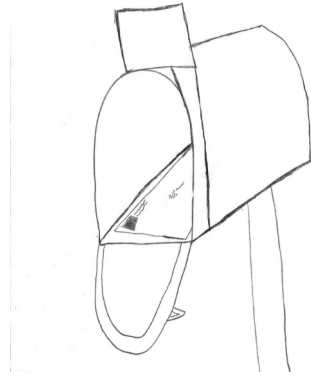


Illustration by Isabella Pastella

*Editor's note: The excerpts of letters below are written to two health leaders who were featured in the student-written and -illustrated book, Leading Healthy Change In Our Communities 2014. Copies of the book are in the Whitehall library.*

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**Michelle Angela Ortiz**  
**Mural Artist**

Dear Ms. Ortiz,  
I recently read about your leadership role. The anecdotes about how you used words and art to defend yourself were very inspiring to me because they reinforce non-violent ways to cope with bullying and how to use art to communicate. I was also interested to read about where you find inspiration from your "grandmother's stories" and other people.

I love to look at art and the stories it can tell and I also love to draw because I can make my own stories come to life. Thank you for bringing art into the community where everyone can see it!

Sincerely,  
Stella Menzies

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**Darren and Phyllis Sudman**  
**Founders of Simon's Fund**

Dear Mr. and Mrs. Sudman,  
I felt sad when I read about how your son, Simon, died from a heart defect. Heart defects are important sicknesses. I am glad you help other children learn if they have a problem so they can get it taken care of.

I think Mr. Sudman gave some really good tips at the end of the story. "Pay attention to your body and talk to grown-ups and doctors if something doesn't feel right," Mr. Sudman says. "You only get one body. If you take care of it, it will last a long time."

Thanks for everything! Please write back.  
Isabella Pastella

# Keeping recess safe

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only wearing a sweatshirt, school staff may tell him to borrow a jacket from the lost and found.

Going out when it is cold is fun as long as you have the proper clothes such as pants, long-sleeve shirts, and jackets, Mrs. Crim said.

In interviews, students said they would like to spend more recess time outdoors, even when it is cold.

Mrs. Hoskins said students should have fun at recess, but remember important rules when outdoors:

- No pushing.
- Make sure you are playing safely on the equipment.
- Stay in the sight of your teacher.
- Listen for the teacher's whistle.
- Walk to your line when recess is over.

—By Stella Menzies, Elizabeth Campos-Barragan  
Isaiah Williams, and Amelia Atkinson

# Going outdoors again!

*(Continued from Page 1)*

Chelsea Williams, a second grader, said she didn't mind indoor recess. "I feel happy because I get to play on my tablet indoors," she said.

Chelsea also played the games Uno and Frustration. Third grader Daniel Kennedy said he enjoys playing with action figures and being with his best friend.

Jenna is ready for warmer weather. "Inside, I feel bored," she said. Similarly, Bradley said all the snow left him feeling "disappointed" at recess time.

He is ready to play tag again. Jenna plans to spend time on the swing and running around. And Chelsea will be playing on the monkey bars and slide.

—By Isabella Pastella, Amelia Atkinson, and  
Healthy Reporter staff

### *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, Kye-mani Davis, Stella Menzies, Isabella Pastella, Carlyn Sanchious, and Isaiah Williams. The faculty advisor for the Healthy Reporter is Mrs. Peterson.

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