

HEALTHY REPORTER

Follow these tips to prevent bullying

If you are being bullied you should tell a trusted adult before it becomes a big problem, said Mrs. Hilton, Whitehall school counselor.

**Special report:
Think, Don't Fight**

"Bullying is a serious, bad behavior," she said. "It is not nice. It hurts others. It happens over time."

It should not happen, Mrs. Hilton said. It can make everyone sad, including people who are bullying. They can get into a lot of trouble and be punished.

Bullying occurs in different ways. It can be physical, involving a punch or slap. It can be verbal when someone says mean things about another person. It

can be emotional by leaving someone out of games and activities, Mrs. Hilton said.

In a recent press conference with the *Healthy Reporter*, Mrs. Hilton explained ways to prevent bullying and to stop it if it does happen.

She said it is important to make friends and be friendly with other people. Remember to include everyone who wants to participate when you play, Mrs. Hilton suggested.

She also discussed how bystanders can help prevent bullying. Bystanders are people who are watching or are aware that bullying is going on. They have a lot of power. They can add to the problem if they encourage the bully or simply do nothing to help.

(Please see *Be a friend* on Page 2)

Illustrations by Carlyn Sanchious (above) and Stella Menzies

Sure, salt is tasty. But if you eat too much salt, it can lead to health problems.

When researching information about salt, *Healthy Reporter* staff learned that your body needs the nutrient—sodium—that is in salt to work properly. Your body doesn't need a lot.

So how can you reduce salt in your diet? Get the salt off your table, Elizabeth says. Watch what you eat at fast food restaurants, Caryln says. Pizza, fries, chips, and popcorn contain salt. Cut down gradually, Isaiah says. You may discover you don't like it.

Halt the Salt!

Teachers share acts of kindness

Mrs. McMahon, a math instructional support teacher, said it is important to be kind because it can make others feel better.

"I was sad about something, and some friends sent me flowers," Mrs. McMahon said. "It was meaningful because I knew they were thinking about me."

She also enjoys seeing how children can be considerate of each other. For instance, one morning she saw two sisters at the staircase. "Watch out," Mrs. McMahon said to one of them. "Your shoe is untied."

(Please see *Being kind* on Page 2)

Write a letter to a health leader. Please visit Page 2.

Being kind makes everyone feel good

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The girl looked down and sighed. She was carrying a lot of school supplies. Without being asked, her sister bent down and tied the shoe.

Mrs. McMahon said she tries to be kind "because it's the right thing to do. It is important to be kind so that we all feel safe and cared for.

"I think that we have many kind students at Whitehall, and that's so important," she said.

—By Stella Menzies and Amelia Atkinson

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Mr. Heizman, the music teacher, said he enjoys seeing students being kind to others.

For instance, they participate in an activity that involves getting up and moving around. They are then asked to sit down on a music star. Sometimes, a student may not have a music start to sit on.

Mr. Heizman said a kind student will ask everyone to move down one star to create a spot.

"The best part is when this happens without the teacher asking" the students to move, Mr. Heizman said.

—By Isabella Pastella

Website teaches about bullying prevention

The *Whitehall Health Reporter* explored the website www.stopbullying.gov to learn about how to deal with bullying.

The "kids" section of the website has videos, games, and a guide for children about how to prevent bullying.

The first game is called "What Happens Next?" It shows video clips of different kinds of school bullying. After each video ends, the game asks, "what happens next?" The player can choose from three options. Players get points for selecting the right answer.

By playing the game, children learn that bullying can be physical, such as stealing someone's lunch. It can also be verbal, such as saying something mean about a person's clothes. One type of bullying is called cyberbullying. It involves posting or sending unkind messages or pictures through technology.

The student reporters said the game was "fun" and "challenging."

Stella said this game taught her that "when people are bullied, they can be sad or afraid which makes them feel unhealthy." She also learned that "getting help from an adult will help them feel better."

Carlyn learned that "bullying can start anywhere. People who are bullied deserve respect."

Fourth grader Isabella said the game "teaches kids how to stand up for someone who is being bullied." Kyemani said she would recommend the game if a kid "was getting bullied and they didn't know what to do."

—By Healthy Reporter staff

Be a friend to other kids

(Continued from Page 1)

They can play a role in stopping the bullying. They can say something to the bully. If that doesn't seem like a good idea, they can find an adult who can help.

Whitehall tries to teach children positive behaviors such as respect, Mrs. Hilton said. The school organizes assemblies and rewards good behavior with tickets. The tickets are collected in homerooms for a weekly drawing. The winner gets to pick a prize.

—By Healthy Reporter staff

Healthy Reporter seeks student-written letters

You are invited to write a letter to one of the leaders who have been featured in a Healthy NewsWorks book, *Leading Healthy Change In Our Communities*. Your letter may appear in the *Healthy Reporter*. Or, Healthy NewsWorks may publish it on its website, www.HealthyNewsWorks.org.

Whitehall has classroom sets of all three leaders' books published between 2012 and 2014. Teachers can ask Mrs. Peterson for copies of the books.

Whitehall Healthy Reporter

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