

# WHITEHALL HEALTHY REPORTER

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## Reporters learn about a hospital

*Editor's note: The Healthy Reporter staff recently visited Einstein Medical Center Montgomery to get an inside view of some ways medical professionals help people who arrive in the emergency department.*

The Einstein emergency department has long halls with rooms for patients. The rooms don't have doors, but each has a bed. When they are not with patients, doctors and nurses are seated in front of computers in the center of the emergency department. They are looking at patient information and figuring out what is wrong.

The emergency department uses a lot of technology. It smells like soap. And it is very organized.

\* \* \*

At Einstein, reporters learned what would happen if you arrived and needed care in the emergency

department. The medical staff would check your heart, breathing, oxygen, and blood. They would also take your temperature. They might also need to take a urine sample. Their goal is to figure out what is wrong and how to make you better.

The reporters also saw some equipment that is used in the emergency department. Nurse Manager Ms. Kim Vitelli had a special tool called an AccuVein. It shines a light that shows your veins.

\* \* \*

At the bone fracture station, the reporters found out that doctors take an X-ray to find out if a bone is broken. They learned that it takes six to eight weeks for a bone to heal, according to Dr. Robert Czincilla, the chief of emergency medicine at Einstein.

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## In book, boy searches for healthy food

Gloria Rosanio likes to write books because it's a way to express herself.

She said she also can share her thoughts with other people.

Ms. Rosanio recently visited Whitehall Elementary School to read her book, *Pedro's Hungry Ride*. Her husband, Jim, illustrated the book and he came to Whitehall too. They read to two kindergarten classes, two second grade classes, and two fourth grade classes.

Mrs. Rosanio said she wrote *Pedro's Hungry Ride* because it's

(Please see **Boy** on Page 4)

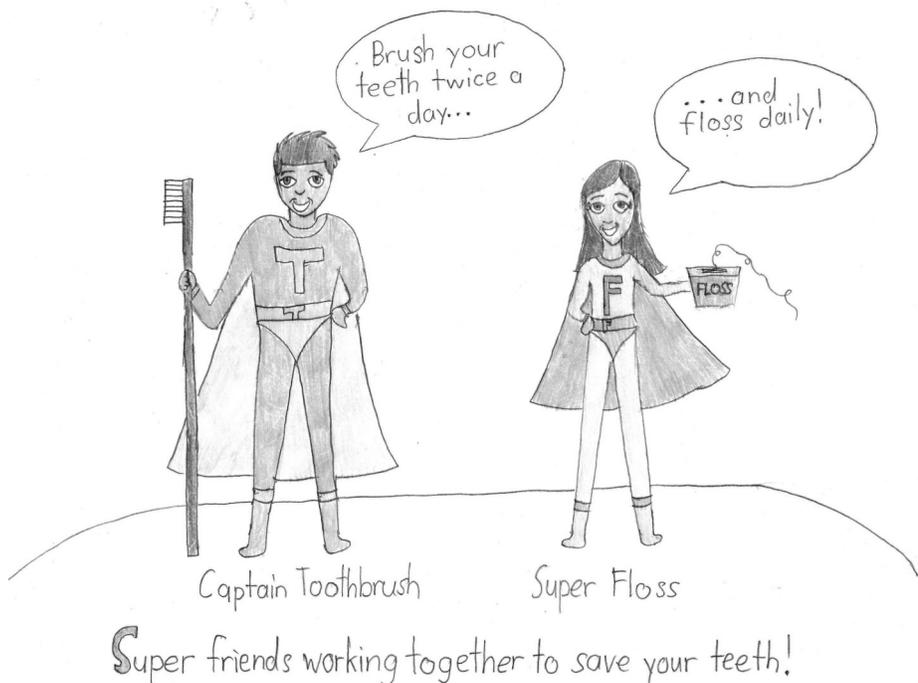


Illustration by Stella Menzies

**This illustration** is one of several dozen drawn by Whitehall students who entered the Healthy NewsWorks "Healthy Smile" poster contest. Winners will be announced this spring.

# Dear Whitehall Reporters ...

*Editor's Note: Whitehall students wrote letters to the Healthy Reporter staff after reading the fall issue of the newspaper. Below are some of the letters. We really appreciate hearing from everyone at Whitehall!*

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I really like smiling when I am together with my family and friends. You inspired me to smile whenever I feel down. It is great and important to have healthy and clean teeth. We should respect our teeth. The sound of nature also is a great reason why to smile. Thank you!

From,  
Jada Lomax

\*\*\*

I like your article about smiling and brushing your teeth. I learned that you shouldn't use too much tooth paste. I also learned that you should change your toothbrush every three months.

From,  
Emmanuel

\*\*\*

I really enjoy reading every article in your paper, but one I like a lot is A smile can help make days better. In fact, that story makes me smile. The healthy reporters are an important part of this school. You really inspire me. I really appreciate you. I respect you and enjoy reading your paper. I can't wait until

your next paper.

From,  
Dajah

\*\*\*

Thank you so much for giving us healthy facts. You guys make our body get really healthy by sharing healthy information. You guys are really smart. ... I am proud of you guys. I wish I was a reporter.

From,  
Brallan

\*\*\*

Thank you for the article about respect. It really inspired me to teach other kids to respect others. So now they can tell their family about respect.

From,  
Katie

\*\*\*

I enjoyed reading the article about A smile can make your day better. I smile when I visit a warm place such as a beach. It is a way to spend time with my family. I learned how to care for my teeth. It is important to brush my teeth two times a day. I brush for two or three minutes every time I brush my teeth.

From,  
Mahogany

# Dear teachers and students ...

We are eager to include more student writing and illustrations in YOUR school newspaper.

Here are two easy activities:

1. Write a brief letter to your school reporters, telling them about an article you found interesting. Or, write your opinion about a health topic that is important to you.

2. Write a letter to a health leader featured in *Leading Healthy Change In Our Communities*. The school library has classroom sets of all four editions.

Teachers, we also have lesson plans and handouts that will help your students with these lessons. You can easily access them in the Teacher Resource section of the Healthy NewsWorks website: [www.HealthyNewsWorks.org](http://www.HealthyNewsWorks.org).

While you are there, check out the other classroom activities that you can use with your school newspaper and the *Leading Healthy Change* books. Here are few of the activities:

- \* Create a Health Superhero.
- \* Learn about kindness by reading about Philadelphia radio personality, Dr. Dan Gottlieb.
- \* Explore a career in health.

If you have any questions or suggestions, please contact Healthy NewsWorks at: [editor@HealthyNewsWorks.org](mailto:editor@HealthyNewsWorks.org)

### *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, Elaina Rivera, Micah Talbert, and Samantha Valdon. The faculty advisor is Mrs. Peterson.

*A Healthy NewsWorks® project [www.HealthyNewsWorks.org](http://www.HealthyNewsWorks.org)*

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# Health leaders inspire students

*Editor's note: These letters are written to health leaders who are featured in the Healthy NewsWorks book, "Leading Healthy Change In Our Communities 2015."*

*\* Marla Davis, Director of Philadelphia CeaseFire*

*\* Steve Bandura, a Recreation Leader for the City of Philadelphia*

*\* Ana Diez Roux, Dean of the Dornsife School of Public Health at Drexel University*

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Dear Ms. Davis,

After reading your story about building relationships, I have to believe that you are really right for fighting for kindness. For example, you said "people can change for the better, including people who have gotten themselves on the wrong side of the law."

You also said you make visits to prison to talk to inmates. That is a great idea. You help people in prison understand what is right to do and wrong to do. Finally, you said you can deal with a lot of stress by leading a healthy lifestyle and not drinking alcohol. I wonder what people would do if you were not there. I believe you make a difference because you want to change the world and make it a better place to live in.

Your work makes me want to try even harder and be a leader and follow my dreams.

Yours truly,  
Asia Kirtz

\*\*\*

Dear Mr. Bandura,

It is amazing how you keep your players in a positive frame of mind. Your special job helps kids become better players.

You coached baseball, basketball, and soccer, and you make sure your players have tutoring help. ... You also teach kids about the rich history of African Americans in baseball. It is awesome that you coached a team that went to the Little League World Series.

You help kids have something fun to do and encourage them to play their sport. Thank you for helping me and other kids.

Yours truly,  
Tyler Chhay

Read  
Every  
Day

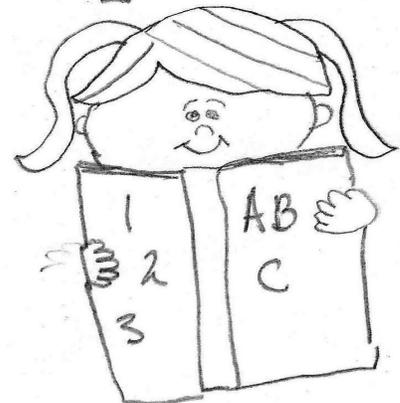


Illustration by Perla Mancera

Dear Dr. Diez Roux,

After reading about you, you inspired me to help other children. I really love how you do your job. The facts speak for themselves.

You wanted to learn the connections between people's health and where they live, work, and play. You discovered that ... if you live in a healthy neighborhood, you will have a better chance to be healthy.

All of us must help the unhealthy neighborhoods be clean. I don't know what we would do without you teaching us how to protect our homes.

Thank you for inspiring me.

Sincerely,  
Ana Nunez Luna

# A view of how a hospital works

(Continued from Page 1)

Dr. Czincilla also showed the reporters a special calcium wrap that hardens when it's put in water. The doctors use it when they make a splint for a broken bone. The splint is not completely closed because the injured area will swell. Doctors need to wait until the swelling goes down to put a cast on.

The emergency room doctor will send the patient to an orthopedist to care for the patient. An orthopedist is a doctor who specializes in bone care.

Here's an interesting fact: Blood is produced inside the bones in the bone marrow. Bone marrow is a spongy tissue inside some bones.

\* \* \*

At the basic first aid station, reporters learned what to do if you get a cut. The first thing you want to do is clean your cut with soap and water, according to Mr. Ken Bullwinkle, an Einstein nurse. After you clean your cut, put a clean, dry dressing on the cut. A dressing is a piece of material such as a bandage or gauze that you put over a cut.

Reporters also learned that to prevent serious accidents, you should always wear a helmet when riding a bike.

\* \* \*

At the heart station, reporters learned that your heart is a strong muscle. To understand its strength, Mr. Tom Gaylets asked them to squeeze a tennis ball he had at the station. That's how hard the heart works to pump blood around your body, he said.

Children should exercise 60 minutes every day, said Mr. Gaylets, who is a nurse and an Einstein assistant vice president.

He also said children should watch that they don't eat too many fatty or sweet foods. He told the reporters that fatty foods can build up in the arteries so that blood has a hard time passing through them. If they are clogged, blood can't go anywhere. The person can have a heart attack.

If an artery is clogged, Mr. Gaylets said a small metal tube may be inserted into it to help keep it open. It's called a stent.

\* \* \*

CPR stands for cardiopulmonary resuscitation. It can keep someone breathing until emergency medical help arrives. The reporters learned that a person may not be able to breathe if they choked on something. They learned about the Heimlich maneuver. It's a way to help force out the object that is making the person choke. —By Healthy Reporter staff

# Healthy food is the focus of book

(Continued from Page 1)

a way to help people think about eating healthy foods such as fruits and vegetables.

In the story, the main character, Pedro, wants to find healthy food in his neighborhood. He lives in a food desert. A food desert is a place where stores don't sell many fruits, vegetables, and other healthy foods. In the book, Pedro finds a solution to the problem.



Ms. Rosanio said likes to write about health topics because people can learn to make healthy choices.

Ms. Rosanio said she has been writing books since she was 8. Mr. Rosanio has been illustrating since

he was 3. They also wrote another book together, called *Flip Flop Flow*.

It took Ms. Rosanio three months to write *Pedro's Hungry Ride*, she said. Her husband also needed three months to illustrate the book.

—Story by Gianna Kavash; illustration by Asia Kirtz

## Reviews of Pedro's Hungry Ride

Second graders at Whitehall recently listened to *Pedro's Hungry Ride*. Here are some of their reactions: "In this book, the words and pictures get you interested in the story," Carmen and Jessica.

"Kids that like vegetables and fruit would really like this book," said Jada

"We like Pedro's story because it makes you want to eat more vegetables and fruit," said Vanessa and Melissa.

"This is a good book because it is about fruits and vegetables," said Esrick. "It is important because made good food choices."

"We like the book because we like to read it for fun and we like to eat fruit and vegetables," said Madison and Lauren.

"We like to eat fruit and vegetables because they are delicious."

**Book review**

Copies of *Pedro's Hungry Ride* can be found in the library at Whitehall.