

HEALTHY BULLDOG

Stressors change as students grow up

From switching classes to applying to high schools, AMY Northwest students say middle school is stressful.

However, the *Healthy Bulldog* learned after interviewing AMY students that the causes of stress are different in each grade. Here are some of the newspaper's findings by grade.

Sixth grade

Of seven sixth grade students interviewed, most said the transition from elementary school to middle school has been stressful. Switching classes and more chal-

(See *Each* on Page 2)



Illustration by Nyla Mitchell

AMY's new menu has **HOT** food

This year AMY's menus got a makeover. Healthier, HOTTER options are being offered for the first time in a long time.

When asked why AMY Northwest was chosen to get the new school lunch program, Ms. Ford, the cafeteria manager, explained, "I wanted [the students] to experience new types of food."

Instead of students receiving what used to be referred to as "satellite lunches"—lunches that came in small trays that were simply heated up—now stu-

dents get fully cooked, hot meals everyday. The new meals are made in the upgraded school kitchen.

New menu items were added to the breakfast and lunch menus this year. These new types of food include barbecue chicken, tuna salad wrap, egg and cheese biscuits, and waffles.

Ms. Ford said students typically will have a choice of two to three meal options a day.

—By Andrea Rogers and Mitchell Brown

Teachers share ways to de-stress

Sometimes stress is caused by everyday things. For instance, little sisters can be annoying. They pull on your shirttail, ask you a million questions, and run around the house screaming.

For teachers, students can be the source of stress. What else causes stress for AMY staff members? What do they do about it?

Ms. Brathwaite, who is called Ms. B, hesitated when asked what makes her stressed and then said, "a long hectic day." To relieve stress, Ms. B said, she draws. She said she concentrates on her drawings and tunes out the rest of the world.

Ms. B, who is support staff member, also offered some advice for students who are stressed: Do something you love.

Mr. Clark, AMY's head building engineer, said he meditates and takes deep breaths when he is stressed.

"Watching movies and running helps too," he added.

His advice for others? "Take each day one at a time; don't think too much about the future."

Mr. Campbell, AMY's music teacher, said he teaches about 150 students a day, which can be stressful, he said.

He said his stress levels rise when students ignore his directions or disobey his instructions.

He also said he feels hurt when students don't listen, especially when he knows that his students can do much better. He tries to make every class fun and active for everyone to enjoy, he said.

Stress isn't all bad

You've probably heard people say they are stressed. They may look upset, tired, or maybe even angry.

According to KidsHealth.org, these may be signs of stress. The website defines stress as a state of emotional strain or tension resulting from adverse or demanding circumstances.

If you are stressed for a very long time, it can be bad for your health. Stress can lead to high blood pressure and heart problems, KidsHealth says.

KidsHealth offers three ways to handle bad stress: get more sleep at night, manage your time, and get involved in physical activities.

However, stress isn't always bad. There is a such thing as good stress.

"Good or normal stress might show up when you're called on in class or when you have to give a report," according to KidsHealth.

This kind of stress can prompt you to do well or finish a task, the website says.

—By Amari Hoye, Dayon McCray,
and Syair Hutson

Mr. Campbell enjoys exercising, playing golf, listening to music, and playing music to reduce his stress levels. Being outdoors also relieves his stress and helps him feel relaxed.

Stress is "not having the ability to accept what is," Mr. Campbell said. —By Kareem Swain-Hinton,
Aaron Drumwright, and Jaydan Wilson

Each grade brings its own stressors

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lenging schoolwork have been the most difficult aspects of the transition, they said.

Sixth graders said they reduce stress by playing basketball. Several students said talking to others helps him manage stress.

Seventh grade

Most seventh graders in Section 702 said their stressors include homework, school projects, parents, and the PSSA test. They also feel stressed when asked to do too much at one time.

Seventh graders said they reduce stress by sleeping and singing. One seventh grader said he listens to music and plays with fidget spinners when he is stressed.

Eighth grade

Of eight eighth graders interviewed, six said they felt stressed this fall because of the time-consuming high school application process. While they said they feel confident about getting accepted into the high school of their choice, they still had some concerns.

One eighth grader said her biggest fear about high school is not doing well enough. Jaydan Wilson said she is concerned whether she will fit in with the other kids at the school of her choice.

Eighth graders offered advice for the seventh graders: Never give up. Try your hardest. Decide which high schools are your top choices before the application process begins so you can prepare.

—By Zion Brooks, Lak'ye Powell, Miracle Price,
Shamiah Bond, Teryn Dark, Zaniya Wilson-Knight,
and Mara Lafontant

AMY students show their heart

About 110 AMY students—or more than one-third of the student body—recently participated in the Jump Rope/Hoops for Heart event.

AMY students raised about \$800, according to Ms. Kelly, AMY’s physical education and health teacher.

To participate in the fundraiser, each student needed to raise at least \$5 to benefit the American Heart Association (AHA). Students raised money by asking friends and relatives to donate to the event.

According to the association’s website, the AHA is the “oldest voluntary organization dedicated to fighting heart disease and stroke” in the United States. The group funds heart research and educates the public about heart health.

More than 30,000 schools in the United States take part in Jump Rope for Heart events.

Ms. Kelly, AMY’s physical education and health teacher, said she has sponsored this program since she started teaching at AMY about nine years ago.

Why does she believe this event is important? Jump Rope for Heart encourages physical education for a cause, Ms. Kelly said. It is also a cause that means a lot to her personally. Her brother passed away from heart disease at age 52, Ms. Kelly said.

Heart disease is the leading cause of death in the United States, according to the AHA. The association says the money from the event is used to increase awareness about heart disease and to help people dealing with heart disease.

— By Jaydin Dorman, Geliz Torres, and Healthy Bulldog staff

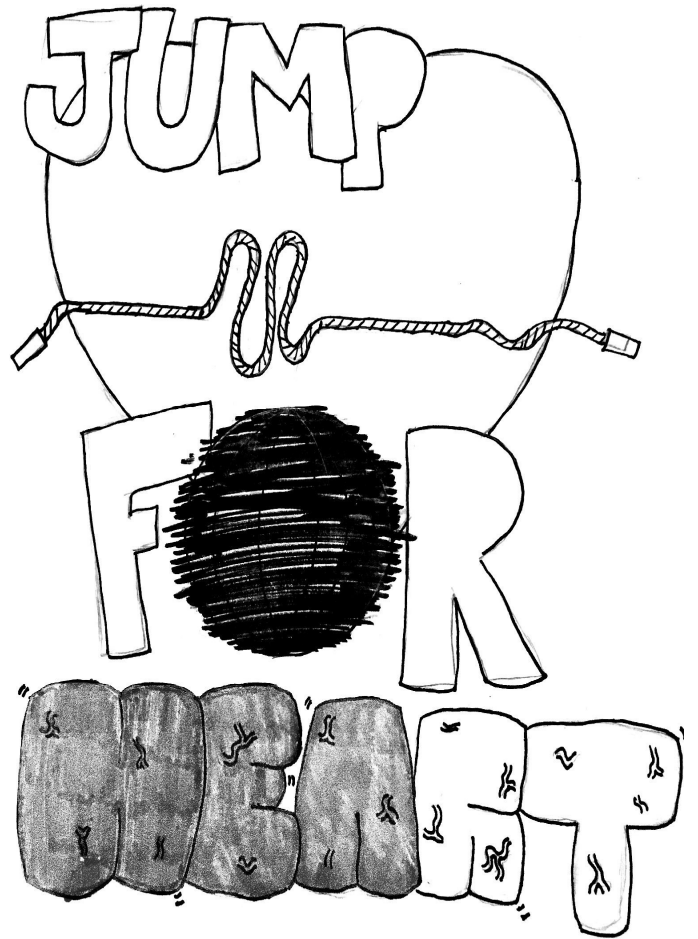


Illustration by Kareem Swain-Holley

What does health mean to you?

Health can mean many different things to people. To some members of the *Healthy Bulldog* staff, it means staying fit and keeping a good mind and soul. Others say it means staying active to avoid lethargy.

In a recent interview, Ms. Ford, school cafeteria manager, said health means “keeping your body healthy, exercising, and having a good mind and good body.”

Ms. Kelly, school PE teacher, said a healthy life-style is “a solid balance between mind, body, and soul. All three work together.”

“It is important to stay healthy because if you do, you can live a longer life,” Ms. Kelly said.

Eating a nutritious diet, participating in regular physical activity, and maintaining a healthy body

weight can help reduce your risk of chronic disease, she said. To stay in shape, Ms. Kelly said she sticks to a healthy diet, which is low in fat and sugar. She also walks her dogs every day on a walking trail.

—By Andrea Rogers and Mitchell Brown

Focusing on heart health

The *Healthy Bulldog* is reporting stories this year about how you can take care of your heart. Topics will include heart-healthy activities and nutrition.

In this issue, the reporters also write about the new cafeteria food. Let us know what you think about it by writing a letter to the *Healthy Bulldog*. We might print it in our next edition!

Unscramble these words *(See answers below)*

1. elhtha	Absence of illness or injury
2. sestrs	Feeling anxious or overwhelmed
3. gexyno	An element you need to live
4. esixceer	Physical activity
5. atreh	Hardworking muscle
6. terilscenv	Lower chambers of the heart
7. muisrta	Upper chambers of the heart
8. pumj pore	Heart-healthy activity
9. plese	You probably need at least 8 to 9 hours every day
10. ioldracsavcura	Body system related to the heart and blood vessels

Let's get to the heart of the matter

Your heart is a hard-working muscle that never rests. It is much more complex than you may think.

Every day it pumps about 10 pints of blood through miles of blood vessels in your body, according to KidsHealth.org.

The heart is a part of the cardiovascular system. This system includes the heart and blood vessels. Here is a brief summary of how the system works, according to the Mayo Clinic, a leader in medical research. Oxygen-poor blood travels from the right side of the heart to the lungs, where it collects oxygen. It then journeys back to the left side of the heart, where it is pumped to the body. According the Mayo Clinic, this circulation is powered by electrical pulses.

The *Healthy Bulldog* wants to share more heart facts with you, including the trustworthy sources where the information was found:

- The heart beats about 60 to 100 times per minute. —*Kids Health*
- Your heart is about the size of your fist. —*Kids Health*
- The heart pumps about 5 quarts of blood per minute. —*Mayo Clinic*

- The heart does more physical work than any other muscle in the body.

— *Texas Heart Institute*

- You can feel your pulse on any part of your body where an artery is compressed by a bone.

— *Texas Heart Institute*

- It only takes 10 seconds for blood to travel from the heart to the big toe and back.

— *Texas Heart Institute*

- The heart beats about 100,000 times a day.

—*Kids Health*

- A woman's average heartbeat is faster than a man's by 8 beats per minute.

—*Cleveland Clinic*

—*By Shawn Harry and Healthy Bulldog staff*

AMY Northwest Healthy Bulldog

A publication of AMY Northwest Middle School in the School District of Philadelphia. Eighth grade student staff members include Zion Brooks, Shamiyah Bond, Mitchell Brown, Teryn Dark, Jaydin Dorman, Aaron Drumwright, Shawn Harry, Amari Hoyer, Syair Hutson, Mara Lafontant, Dayon McCray, Nyla Mitchell, Lakye Powell, Miracle Price, Andrea Rogers, Dream Sawyer, Kareem Swain-Holley, Geliz Torres, Jaydan Wilson, and Zaniya Wilson-Knight. The *Healthy Bulldog's* faculty advisor is Mrs. McKenna.

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Answers to word scramble

1. health 2. stress 3. oxygen 4. exercise 5. heart
6. ventricle 7. atrium 8. jump rope 9. sleep
10. cardiovascular