

## Schoolyard to transform

AMY Northwest schoolyard is getting a makeover—and the students are in on the planning.

After three years of grant writing, planning, and fundraising, AMY has all the funding and partners needed for the makeover.

The project will be led by The Trust for Public Land (TPL), an organization that works with many communities to help them build neighborhood parks and create usable green spaces.

The AMY and Trust for Public Land Schoolyard Redesign project includes a budget of more than \$500,000 and is scheduled to open by Fall 2019.

About 30 AMY students are leading the research and planning of the project. They will use the Geographic Information System to help plan the yard's design. They toured the Philadelphia Waterworks to learn about water conservation, water run-off, and us-



Illustration by Kareem Swain-Holley

able green spaces. They took a trip to William Cramp Elementary School in Philadelphia to see a finished TPL project.

AMY Northwest also won a \$20,000 Hamels Foundation grant and funding from the Schuylkill

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## Heart doctor shares his story at AMY

A highly regarded cardiologist recently traveled from New York City to AMY Northwest for an interview with the *Healthy Bulldog* staff that will be published as an article in the book, *Leading Healthy Change In Our Communities 2018*.

During his career, Dr. Luther T. Clark has taken care of many patients with heart disease, trained medical students, conducted scientific research, and served as chief of cardiovascular medicine at a major medical center in New York City.

In the *Healthy Bulldog* press conference, Dr. Clark emphasized that the heart is an important and

fascinating organ. "Taking care of the heart never starts too early," he told the *Healthy Bulldog*. "You should start now. It is a lifelong process."

Dr. Clark listed several actions to take care of the heart. He encouraged students to get off their iPhone and electronics. Don't smoke. Eat nutritious food.

Dr. Clark faced challenges to become a doctor. When he started college at Harvard, he said some people looked down on him. He had been a good student, but didn't have all the educational opportunities that many of his peers had, he said. "Overcoming that

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# Making sure medications are safe

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forced me to work harder,” he said. He gained confidence. He told the *Healthy Bulldog* to “follow your dreams and never doubt your dreams.”

Dr. Clark currently works at Merck, a pharmaceutical company that seeks to discover and develop breakthrough medicines. Before medicines can be used by patients, they need to be tested to make sure they’re safe and to determine the most effective dosage. Dr. Clark works in Merck’s office of the chief medical officer. In his job, he helps patients express their needs and concerns to the company.

He also has been a leader in the Association of Black Cardiologists. The group promotes “the prevention and treatment of cardiovascular disease, including stroke, in Blacks and other minorities” to eliminate inequalities in care.

After the press conference, he brought his message to two science classes.

During his visit with 804’s science class, Dr. Clark mentioned the need to test medicines in a diverse population. One student asked why that was important. He explained that it is important to test medications in all types of people—including older people, men, women, children and people of different races—to make sure the medicine works properly. People can react differently to medicines.

Another student asked how long it takes to ensure a medication is ready for the general population. He answered that it can take up to 15 years to identify and test a medication before it is ready for distri-

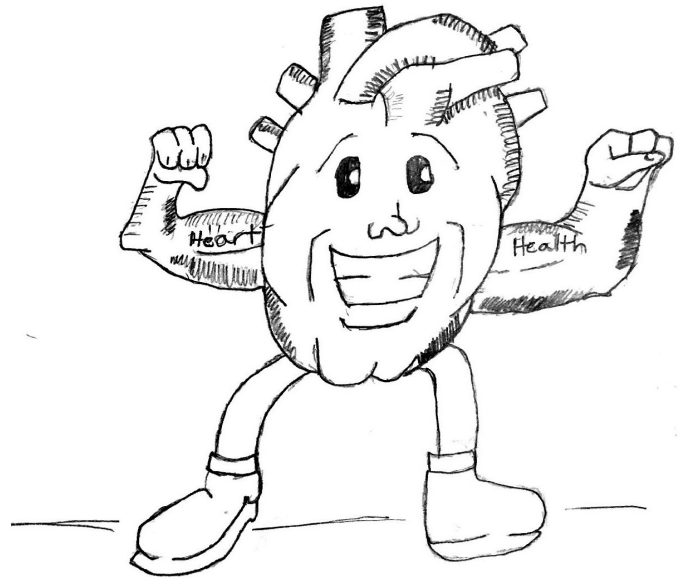


Illustration by Aaron Drumwright

bution. Numerous tests need to be conducted to make sure it will be safe for people to use.

—By Andrea Rogers, Jaydan Wilson, Geliz Torres, and Zaniya Wilson-Knight

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Shout-outs to the five *Healthy Bulldog* reporters whose article about Dr. Clark will appear in “Leading Healthy Change In Our Communities 2018.” They are Zion Brooks, Ayalah Richardson, Andrea Rogers, Latina White-Sasportas, and Jaydan Wilson. Nyla Mitchell’s illustration will be published as well.

# Learning a skill to save lives

Eighth-grade AMY students were taught how to perform cardiopulmonary resuscitation, or CPR.

CPR is an emergency life-saving procedure done when someone’s breathing or heartbeat has stopped, according to the American Heart Association. CPR combines rescue breathing, which provides oxygen to the person’s lungs, and chest compressions, which keep oxygen-rich blood flowing until the heartbeat and breathing can be restored, the association says.

CPR is often done with special medical equipment. But AMY’s eighth-grade students were taught to do hands-only CPR. Hands-only CPR uses chest compressions to keep blood circulating until emergency help arrives, according to the Mayo Clinic. When someone’s blood flow or breathing stops, every second counts. Permanent brain damage or death can

happen in a few minutes, according to the Mayo Clinic.

The AMY students were taught hands-only CPR by Drexel University medical students that came to AMY three times in the fall and winter. Mrs. King, a school science teacher, has had a long-term partnership with Drexel University’s Community Health Experience. As part of the training, AMY students were given inflatable mannequins and taught how to perform CPR. They were allowed to keep their mannequins for practice. For homework, they taught at least five family members or friends how to do CPR.

Knowing how to do CPR could save someone’s life, according to the Mayo Clinic. The life savers could include AMY students who now know how to do CPR. —By Aaron Drumwright and Shawn Harry

# Survey: AMY students like to swim

"I like running because I get to crush and destroy the competition," said Aaron Drumwright, when asked about his favorite aerobic exercise.

Aaron was one of 36 seventh and eighth grade students surveyed about their favorite aerobic exercise by *Healthy Bulldog* reporters.

Swimming, dancing, running, and football were among the most popular aerobic exercise in the AMY survey.

Aerobic exercise helps your heart, which is a muscle, get stronger, according to KidsHealth.org.

Aerobic exercise can also reduce your risk of developing some diseases such as diabetes and heart disease, according to the article "Aerobic Exercise," by Richard Weil, M.D., an exercise physiologist at St. Luke's Roosevelt Hospital Center in New York City.

Experts at the Harvard School of Public Health recommend you engage in moderate intensity exercise between 150 and 250 minutes per week. Moderate aerobic activity includes exercises such as brisk walking or swimming, according to the Mayo Clinic.

"Swimming helps me lose weight, and it is fun for me as well," said Latina White-Sasportas, an eighth grader and a member of the *Healthy Bulldog* staff.

Jaleel Terrell Grinnage, a seventh grader, reported football as his favorite aerobic activity



Illustration by Miracle Price

"because of the running I get to do and learning drills for the sport."

When you exercise your body releases chemicals called endorphins, which, according to Medicine.net, "trigger a positive feeling in the body."

Ashley Scott, a seventh grader, echoed this sentiment when she said, "I like dancing because it helps me feel better when I'm sad."

—By Dream Sawyer, Miracle Price, Nyla Mitchell, Teryn Dark, and Shamiah Bond

# Schoolyard project plows forward

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River Heritage Foundation to create an Outdoor Classroom. The classroom will include seating, tables, planters, and space for instruction.

"The TPL is a good program because it gives a chance for students to be in a better environment," said a seventh grader. "It can also help with their learning and put them in a better mood in general."

Mr. Arnosky, an eighth grade math teacher, is the treasurer of "Friends of AMY Northwest Inc., which oversees the schoolyard project. He said that the most challenging part of the school yard effort was fundraising, which included setting up a GoFundMe page and writing the Hamels Foundation grant.

When asked what Mr. Arnosky is most excited about the schoolyard project, he eagerly responded, "to get the school yard started and to break ground."

— By Dayon McCray, Mitchell Brown, Ayalah Richardson, Zion Brooks, and Lak'ye Powell

### 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, Shamiah Bond, Mitchell Brown, Teryn Dark, Aaron Drumwright, Shawn Harry, Dayon McCray, Nyla Mitchell, La'kye Powell, Miracle Price, Ayalah Richardson, Andrea Rogers, Dream Sawyer, Kareem Swain-Holley, Geliz Torres, Jaydan Wilson, Latina White-Sasportas, and Zaniya Wilson-Knight. The *Healthy Bulldog's* faculty advisor is Mrs. McKenna.

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# Unscramble these words

—By Nyla Mitchell  
and Andrea Rogers  
(See answers below)

1) npsaerew	What's black and white and read all over?
2) rathe	The strongest muscle in your body.
3) hhaltey	Being free from illness.
4) egtesavble	Colorful foods that benefit your muscles, eyes, and bones.
5) xreecies	Helps you strengthen muscles and makes you sweat.
6) wmisginm	An aerobic activity
7) ngirnun	An aerobic activity
8) gkibni	An aerobic activity
9) acndgni	An aerobic activity
10) alasbteklb	An aerobic activity

## Thanking health leaders for their work

*Editor's note: Healthy Bulldog reporters recently read the book "Leading Healthy Change In Our Communities 2017." Each chapter tells a story about a health leader. The reporters wrote letters to several leaders. You can read the book too and write a health leader. Copies of past editions can be found in the library.*

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Dear Dr. Virudachalam,  
After reading about you in the *Leading Healthy Change in our Communities* book, I think your job in pediatrics at Children's Hospital of Philadelphia (CHOP) is a great way to keep kids healthy.

I am very inspired by you because after seeing your sister deal with cancer as a baby, you chose to help families with babies. I appreciate the fact that you have devoted your life to helping kids.

Sincerely,  
Shamiah Bond

*Dr. Senbagam Virudachalam is a faculty member at PolicyLab and the Division of General Pediatrics at CHOP. Her research focuses on understanding and improving home food environments and food preparation practices among families with young children.*

Dear Mr. Gregg,  
After reading your bio, I am amazed at what you have contributed to Philadelphia and its surrounding area. You have helped and motivated lots of students. Without you lots of students wouldn't have a successful education. It was impressive that you [oversaw the construction of] a facility that's worth \$12 million to benefit others.

I admire that you are helping children learn a new sport that can change their lives and get them into shape. I believe you make a difference in this world because you gave kids an opportunity to get involved in a sport they may have otherwise not known about.

Yours truly,  
Aaron Drumwright

*Mr. Gregg is the executive director of SquashSmarts. Squash is a racket sport played by two or four players in a four-walled court with a small hollow rubber ball. The players take turns hitting the ball against the walls.*

### Answers to word scramble

1. newspaper 2. heart 3. healthy 4. vegetable 5. exercises  
6. swimming 7. running 8. biking 9. dancing 10. basketball