

WARING HEALTHY TIMES

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Illustrations by Aritra Kundu

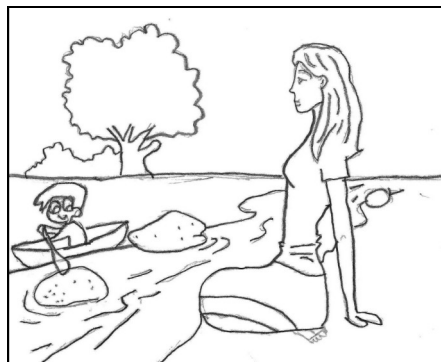
Survey of favorite water activities

Pool and beach tie

Playing at the beach and spending time at the pool tied as the most popular water activity in a recent survey of 28 Waring Elementary School students, according to the *Healthy Times*. Both activities each received 11 votes.

The *Healthy Times* survey seond and third graders. One third grade student said she likes going to the beach because she likes playing in the sand and swimming in the ocean. Another third grader said the beach is his top choice because he can build sand castles and have fun with his family.

The survey asked the students to choose their favorite water activity among: fishing, spending time by the river, playing in the sprinkler, going to the pool, and going to the beach. They also could pick the “other.” The “other”



Illustrations by Amarea Atwell

category allowed the second and third graders to name an activity that wasn't on the list.

Three of the 28 students who participated in the survey picked the other category. They put down going to a water park, playing with water balloons, and playing on a water slide. Two students selected spending time by the

(See **Survey** on Page 2)

Leader says: Appreciate the city's two rivers

Joanne Douglas wants kids to spend more time by Philadelphia's two rivers—the Delaware and the Schuylkill.

“I'd like them to think about how precious it is, and how lucky Philadelphia is to have two rivers and lots and lots of creeks,” said Ms. Douglas, who works with youth at Bartram's Garden in Philadelphia.

She recently was interviewed by several *Healthy Times* staff members for a book called *Leading Healthy Change In Our Communities 2020*. The book features 10 leaders who are making the Philadelphia area healthier and safer for kids and families by the year 2035. Ms. Douglas is one of the leaders.

Seventh grade *Healthy Times* reporters Lorrell Pageant, Amber Thompson, and Mya Tyler will be listed as authors in the book. Amaera Atwell, who is also on the *Healthy Times* staff, contributed illustrations, including the one at the top of this page. The book will be published in May.

Ms. Douglas said she was

(See **Reporters** on Page 2)

Reporters become book authors

(Continued from Page 1)

about 10 that she wanted to work as an environmentalist. While growing up in Detroit and Philadelphia, she often played near the rivers.

“Being near the water all the time, I was very curious,” she says. “The water is dark. I can’t see the bottom. I have never stopped being curious about what life is like in the river.”

Today, she works at Bartram’s Garden. Her job title is Watershed Interpretation and River Youth Program Manager. Bartram’s Garden is located along the Schuylkill. Ms. Douglas has won awards for her work in conservation.

She said one of her accomplishment is that she started a river youth program. She works with about a dozen students. They learn how water moves through the city. She takes th students out on the river in rowboats and kayaks. They test the water for germs such as bacteria. She talks to them about how trash harms the fish and plants.

Back on land, she teaches art and science lessons that help connect students to water in other ways.

Ms. Douglas’s advice about water? “We don’t have a lot of it. We have to take care of it. Don’t be afraid to touch it. The rivers and lakes are really important. There are a lot of plants and animals that live underneath the water. And the things we do above the surface can affect them. It can harm or help them.”

—By Healthy Times reporters



Illustration by Imani Irvin

Survey shows kids like to play in water

(Continued from Page 1)

river as their favorite water activity. One student said fishing was his favorite activity. No one chose playing in the sprinkler.

One second grader said he liked going to the pool because “it is cold.” A second grade girl said she favors the pool because she likes “to be wet.”

When kids play in and around water, it is important for it be clean and safe, according to the Centers for Disease Control and Prevention (CDC). Otherwise, they could get sick.

Drinking clean water is important for your health for many reasons. Here are a few, according to health experts from the CDC and KidsHealth.org:

- * It makes it easier for your heart to work well.
- * It helps keep your temperature normal.

- * It helps flush out waste from your body.
- * It helps keep your spinal cord healthy.

—By Sherri Phien and Aritra Kundu

Did you know?

Drinking water is good for your heart. “If you’re well hydrated, your heart doesn’t have to work as hard,” said Dr. John Batson, a sports medicine physician and spokesperson for the American Heart Association.

Answers to Word Scramble

1. rowing 2. compliment 3. ocean 4. climate change
5. friendship 6. Schuylkill River 7. clean
8. community 9. nature 10. plants 11. student
12. waste

Kids show kindness through praise

Giving a compliment is the way most fourth and fifth grade Waring students said they were kind to someone else at school, according to a recent *Healthy Times* survey.

Of the 51 students who took part in the survey, 16 said they had complimented someone else at least once in the past week. The second most common act of kindness with 14 votes was helping to clean up at school, according to the survey.

After giving a compliment, one fourth grader said “I felt proud of myself.”

A fifth grader said giving a compliment made her feel “like I am a good friend.”

Students in fourth and fifth grade participated in the survey. The survey asked them whether they had been kind to someone at school in the past week. They could choose the following acts of kindness: 1. gave a compliment; 2. asked someone to play with you or eat with you; 3. Wrote a kind note to someone; 4. helped clean up. If they did something else to show kindness, they could write that down.

According to Stopbullying.gov, it is important to be kind because it can make a school “better and even reduce bullying behavior.”

“Kindness is one of the most significant contributors to a positive school environment,” according to StopBullying.gov.

The survey had several interesting findings:

- * Four fourth graders said they invited someone to play or eat. No one in fifth grade said they did that.

- * Only four of the 51 students said they had not been kind in the previous week.



Illustration by *Healthy Times* staff

- * Five students wrote a kind note. One fifth grader said that writing the note made her “happy and I wanted to do it again.”

- * Eight students said their kind act was something that was not on the survey. One fourth grader said she gave a friend a hug. A fifth grader said it “feels a lot better than getting something,” after giving others a gift.

—By *Kayla Jauss*

Did you know? Showing kindness in different ways has been shown to increase feelings of happiness and improve overall well-being, according to doctors at Cedars-Sinai Medical Center. When someone behaves kindly, hormones are released that make the person feel good! A **hormone** is defined by Collins Dictionary as “a chemical, usually occurring naturally in your body, that makes an organ of your body do something.”

It’s easy to add protein to your diet

Several members of the *Waring Healthy News* staff recently sampled Strawberry Pie Dippers. It is a snack with protein that consists of strawberry Greek yogurt and graham crackers.

Three out of four students who tried it liked it.

“Other students should try this snack because it is very healthy and delicious,” said one reporter. “Also, it is a snack to make at home.”

Protein is a key nutrient that people need for growth and good health, according to Ms. Amy Deahl-Greenlaw, a registered dietitian nutritionist who brought the healthy treat to the Waring newspaper staff recently.

Ms. Amy said it is easy to include protein in your daily meals. It includes more than meat.

“For most people, eating a balanced diet with a variety of protein-rich foods is all you need to get enough protein,” she said.

Protein can be found in three food groups. The food groups are:

- The Dairy Group. Examples are milk, cheese, and yogurt.

- The Vegetable Group. Examples are beans such as kidney beans.

- The Protein Group. Examples includes beef, chicken, nuts, and seeds. —By *Healthy Times* staff

Check out your smarts!

Unscramble these words found in this issue (Answers on Page 2)

1. iorgwn	Sport or pastime of moving a boat with oars
2. mipcnotlme	Praise of someone else
3. ceano	Place with huge amount of water
4. micltae hgance	Major change in weather
5. snepfirhid	Having a best pal
6. kshcllyui vrier	Major waterway in Philadelphia
7. elcna	Sanitized; not dirty
8. mcmontiuy	Area you live in
9. tnuera	The outside world with trees, water, grass
10. lspatn	Grow from the part
11. sdetnut	A child who attends school
12. swtac	What is left over

Creating a healthier future by 2035

Editor’s note: Healthy Times reporters were asked to write about their ideas for creating a better world for tomorrow. They described a way that they can make their community a healthier, safer, or better place to live by 2035. Here is one vision of the future. We will print others in the spring issue of the Healthy Times

A way I think I can make the world a better place in 2035 is to be a therapist because I want to help people. I want to be an outlet whom people can talk to because not everyone has someone to talk to.

One of the many reasons I want to do this is because suicide rates are high and may even be higher before 2035. The world is so caught up in judging others. Because of others’ opinions, some people become depressed.

People often get bullied because of social media and things they don’t own. For instance, they can be

bullied for owning an android rather than an iPhone, or having 20 followers on Instagram instead of 100. People are criticized over their looks. There are many assumptions and stereotypes that people have of other people.

I want to help people understand that everyone else’s words don’t matter. I want people to be happy by loving themselves.

—By Sherri Phien

Waring Healthy Times

A publication of Laura W. Waring School in the School District of Philadelphia. Seventh grade student staff members include Amarea Atwell, Kayla Jauss, Aritra Kundu, Lorrell Pagent, Amber Thompson, Sherri Phien, and Mya Tyler. The *Healthy Times’s* faculty advisor is Ms. Mitchell. The school principal is Ms. Brown.

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