

COMMUNITY PARTNERSHIP SCHOOL

HEALTHY HERALD

VOLUME I, NUMBER I

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School launches health newspaper

Welcome to the Community Partnership School *Healthy Herald*. It's our new school publication focused on health and safety issues.

Why are we writing about health? It's so important. We want all our readers to be healthy.

Our newspaper will inform you about eating healthy foods, exercising regularly, and getting enough sleep. We also plan to write about people's feelings and how they can be handled. For instance, what can you do to calm down when you are angry?

Our newspaper will focus on topics of interest to CPS students, their families, and school staff members. We also plan to share our newspaper with CPS volun-

teers, Project HOME staff, and special guests.

We take our jobs seriously as newspaper staff members. We are CPS third grade reporters. To bring you the news, we will research our articles and conduct interviews. We will do our best to give you accurate information.

Our newspaper also will include illustrations, games, and even healthy recipes.

We want your feedback. Please send us letters and news tips. We want to know what you are interested in reading.

Submit your ideas and letters to our editor, Mr. Conway, the third grade teacher. We hope you enjoy our newspaper. Thank you for being a reader.

Students run before class

Community Partnership School started a running club in late September.

About 30 students participate in the club, which meets for 20 minutes a day starting at 7:30 a.m. The runners usually work out in the back of the school in the parking lot.

Mr. Seidle, the school's physical education teacher, said he started the club after noticing how much energy one student had in the morning. "He needs to spend

his energy in a positive way," Mr. Seidle recalled thinking.

He invited the student into the hallway and they did jumping jacks together, Mr. Seidle said. Other children soon joined them. As they exercised together, Mr. Seidle said he realized that they could do this every day.

In a recent press conference with the *Healthy Herald*, Mr. Seidle said he decided to focus on

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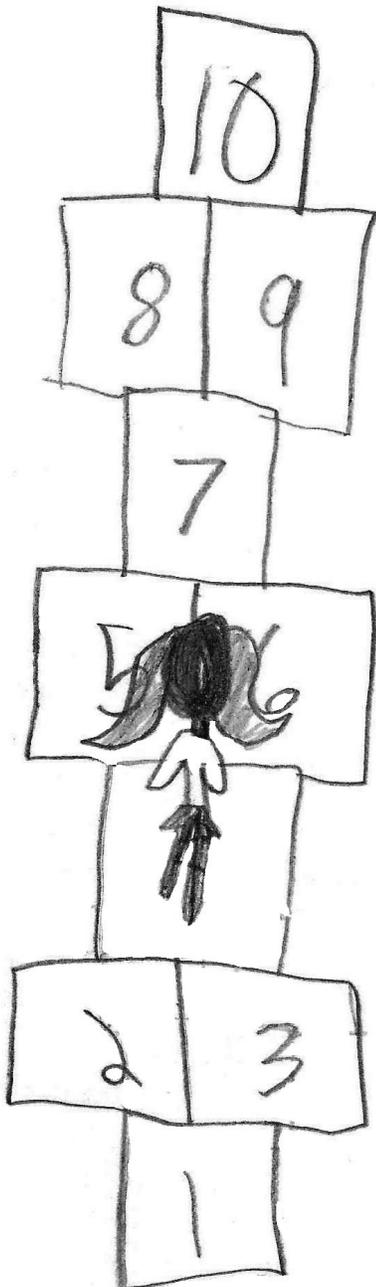


Illustration by Michaila Matthews

Do you know when you play hopscotch that you are exercising? Health experts say children should exercise at least 60 minutes every day.

Working up a sweat to stay healthy

CPS staff members said they exercise regularly to stay in shape. They know they are getting a good workout when they sweat.

Ms. Lutz, a reading teacher, said she sweats when she works out on her treadmill at home. "Exercise is good for me," she said.

However, she said she doesn't like the feeling of sweat. It makes her feel too hot, she said.

Sweat is made mostly of water, according to KidsHealth.org, an award-winning health website geared to children. Another name for sweat is perspiration.

KidsHealth says sweat helps the body cool down when it is heating up. For most people, the body temperature should be about 98.6 degrees Fahrenheit.

One type of exercise that can produce a lot of sweat is called aerobic exercise. Aerobic exercises also make you breathe hard and get your heart pumping. Running, biking, and swimming are three aerobic exercises.

Ms. Taylor, a school counselor, said she likes to run before work. It makes her sweat, she said.

"It makes my heart and other muscles feel good and stronger," she said.

She said she has mixed feelings about sweating. "I like to because it tells me I'm working hard. But sometimes it feels icky," she said.



Illustration by Michaila Matthews

She said she started to run when she was 10 years old. Her father was training to run a marathon. In a marathon, a runner must complete 26.2 miles.

"I liked running with my dad," Ms. Taylor said.

She also said that running helps her think clearly and feel calm.

Mr. Seidle, the physical education teacher, said he also sweats when he runs. He started to run when he was in college because it was fun and a good experience.

He said he doesn't mind getting sweaty because he knows he is "getting exercise."

Mr. Seidle encourages everyone to "make running part of their daily routine."

Ms. Katie Greenbaum Neff, a school administrator, said she sweats when she bikes. She bikes in an indoor studio. The activity is called spinning. The rider pedals on a stationary bicycle for the workout while music is playing.

Ms. Katie said she started riding the bike 3 years ago because she wanted to be healthy and try something new.

"It is really good for me," she said. "It is fun and they play really good music."

She said she likes to sweat because it lets her know that she is doing something good for her body.

—By Healthy Herald staff

Students start the day in running club

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running because "it is the easiest thing to do." Plus, he said, "running is fun" and "good for you."

Mr. Seidle said all CPS students and staff are welcome to participate in the running club. "All you have to do is show up," he said.

If you don't want to run, you can walk, Mr. Seidle said. He suggested that students wear sneakers.

"The sneakers offer support and they are very comfortable," he said.

Other footwear is OK, too, Mr. Seidle said.

On Fridays, the club members play Gaga, which is similar to dodge ball.

As an incentive for students to participate in the club, Mr. Seidle said students will win a T-shirt after they run or walk 100 miles.—By Healthy Herald staff

See if you can solve this puzzle

If a student runs 1 mile each day of the school week, how many weeks will it take for that student to run 100 miles and earn a special T-shirt from Mr. Seidle?

Community Partnership School Healthy Herald

A publication of Community Partnership School in Philadelphia. Student staff members include Jaylynn Artis-McKnight, Mohamed Bashir, Nazhir Dungee, Ashiyah Fletcher, Imani Hall, Keith Harris, Jaden Jarmon, Hassan Johnson, Z'nya Love Johnson, Luis LaTorre, Michaila Matthews, Amir Prince, Bailey Spivey, and Julius Williams. The faculty advisor is Mr. Conway.

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