

# COMMUNITY PARTNERSHIP SCHOOL

# HEALTHY HERALD

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## CPS staff describe how they handled a challenge

Several Community Partnership School staff members recently described how they bounced back from a disappointment when they were young athletes. In interviews, Mr. Lamay, Mr. Jones, Ms. Kraft, and Ms. Debra said they each experienced a setback that made them stronger individuals.

For instance, Mr. Lamay, the fourth grade teacher, recalled when he had scored near the end of a basketball game during high school. He thought he had made the winning shot. However, a player on the other team was able to score in the closing seconds.

At first, Mr. Lamay said, he was upset. His teammates encouraged him with kind words and lifted his spirits. He felt better.

"If you lose, you know there will be another chance," he said.

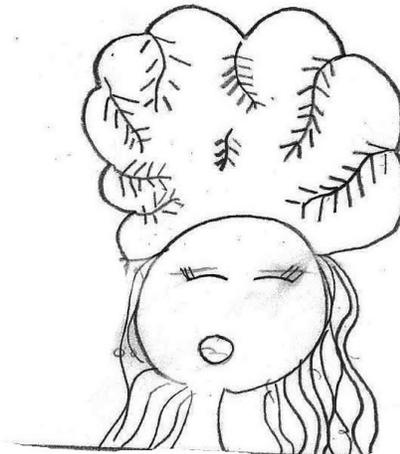
The ability to bounce back from a challenging situation is called resilience, according to Dr. Arthur Evans, commissioner of Philadelphia's Department of Behavioral Health and Intellectual disAbility Services. Learning to be resilient helps you handle problems.

(Please see *Learning* on Page 2)

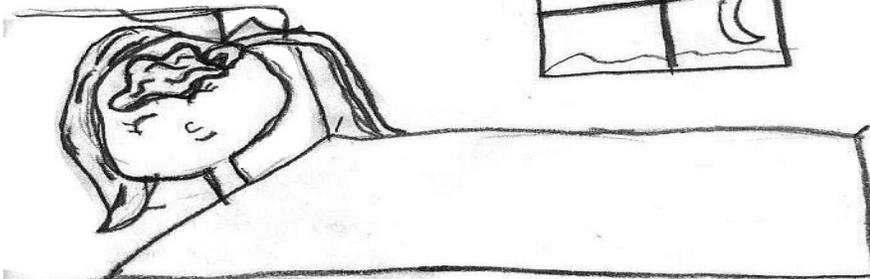
A good night's sleep will help you be ready for school.

## Get enough zzz's

The American Academy of Pediatrics recommends that children ages 6 to 12 sleep from 9 to 12 hours a day. Sleep is important for learning, memory, good behavior, and general health and fitness. Sleep is when the brain can absorb and file information in a person's long-term memory, says the National Sleep Foundation. "Healthy sleep is critical for everyone, since we all need to retain information and learn skills to thrive in life," the foundation says.



Sleeping recharges the brain.



Illustrations on this page are by *Healthy Herald* staff reporters: Michaila Matthews (top), Bailey Spivey (center), and Ashiyah Fletcher (bottom)

# Learning to rebound from a setback

(Continued from Page 1)

Ms. Debra, school reading specialist, said her parents told her when she was young that she was a good swimmer. One summer she went to camp and discovered other kids who were better than she was. They won prizes in swimming, but she didn't.

Her mother told her that even though she didn't win a prize, she is still a good swimmer. However, her mother suggested that she could take more swimming lessons so she could improve. Ms. Debra said she did. The experience taught her that "sometimes I win contests and sometimes I don't," she said.

Ms. Kraft, the music teacher, said she was a gymnast in fifth grade. She fell on a bar routine and broke her arm.

She said she was worried that she couldn't play her recorder in the school concert. She said she gave herself positive self-talk to overcome the challenge.

She figured out how she could position her fingers so she could still play her recorder in the concert.

"Getting over a disappointment can make you stronger," she said. "It really depends on your attitude."

Mr. Jones, head of school, said he was on the track team in the ninth grade. His event was the high hurdles. A week before a track competition, he was practicing when he tripped over a hurdle and broke his wrist. His coach put him into his car and brought him to the hospital. The doctor told him he could not compete in the race. His mother agreed. Mr. Jones said he was disappointed.

It took some time, but he got over it. "That's how life works; you have to move on," he said.

Bouncing back from the disappointment made him feel stronger, he said.

—By Healthy Herald staff

# Nutrition Mission: Try a healthy snack

*Healthy Herald* reporters gave high marks to a nutritious snack called pumpkin yogurt dip with apples. Of 11 reporters who tried it, nine said they would recommend it.

"I like the taste and I think it's wonderful," Bailey said. "I want them to know that it tastes delightful and tasty," said Ashiyah.

The reporters learned about the pumpkin yogurt dip when Ms. Amy Deahl-Greenlaw, a registered dietitian nutritionist, recently visited the newspaper staff. She first asked the reporters to name a healthy snack. They easily listed a lot of foods such as bananas, yogurt, apples, carrots, cheese, and crackers. However, when asked what they would buy for a classroom party, they listed snacks that were not healthy such as soda, chips, cookies, and cake.

"How can we get you to think of healthy snacks when we say the word 'snack'?" asked Ms. Deahl-Greenlaw? Everyone agreed: A healthy recipe needs to taste good.

## Preparing for a healthy life

The *Healthy Herald* is reporting stories this year about why it is important to eat nutritious food, exercise regularly, get enough sleep, and be resilient. It's part of our "Play Well: Preparing for a healthy life" special topic.

How are you preparing for a healthy life? Let us know by writing a letter to the *Healthy Herald*. We might print it in our next edition.

"The more food groups that are in your snack, the more nutrition you will get," she said. The pumpkin snack contains three of the five food groups:

1. Yogurt is in the dairy food group. It is high in calcium needed for strong bones and teeth.

2. Pumpkin is in the vegetable food group. It is loaded with fiber and vitamin A. Vitamin A is especially good for your eyes. Fiber is important for a healthy digestive system.

3. Apples are in the fruit food group. Apples are a great source of fiber and some vitamin C.

People often think about pumpkins only in the fall. Ms. Deahl-Greenlaw said you can buy canned pumpkin throughout the year.

### Pumpkin yogurt dip (Portions: 4)

**Ingredients:** 1 cup low-fat vanilla yogurt; 2 tablespoons 100% orange juice; ¼ cup canned pumpkin; ½ teaspoon cinnamon; ½ apple

**Directions:** 1. Mix together yogurt, juice, pumpkin, and cinnamon. 2. Cut apple into slices. 3. Dip apples into yogurt pumpkin dip.

Source: [www.SuperTracker.usda.gov](http://www.SuperTracker.usda.gov)

### Community Partnership School Healthy Herald

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