

ST. MARTIN DE PORRES

HEALTHY SAINT

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Reporters create health video

Four *Healthy Saint* reporters recently partnered with Wisconsin college students to create an educational video about Ebola. The video will be shown to students and their families in Sierra Leone.

The video will help shed light on the disease outbreak that started in the West African nation in March 2014. The countries affected by Ebola were Sierra Leone, Liberia, and Guinea. More than 11,000 people died before the disease stopped spreading.

The *Healthy Saint* reporters appearing in the video are Siani Ruley, Samantha Knox Johnson, Noah Abel, and Isa Ayers. They partnered with a group called KidsGive at Lawrence University in Appleton, Wisconsin, that raises money for scholarships for several schools in Sierra Leone. They learned

about the disease while working with a script written by the college students.

In the video, the reporters described how Ebola spreads: bodily fluids of a person who is sick with or has died from Ebola, from objects that have been contaminated with bodily fluids, such as blood, from a sick person, and from eating fruit bats, apes, and monkeys. The video also shows how Ebola is not spread: A person cannot get Ebola from the air, water, or through food grown in the soil.

The video features an interview with Professor Claudena Skran who is a Lawrence professor and started the KidsGive club. She has spent a lot of time in Sierra Leone.

(Please see Reporters on Page 2)

Nutrition Mission

Smoothies can give a calcium boost

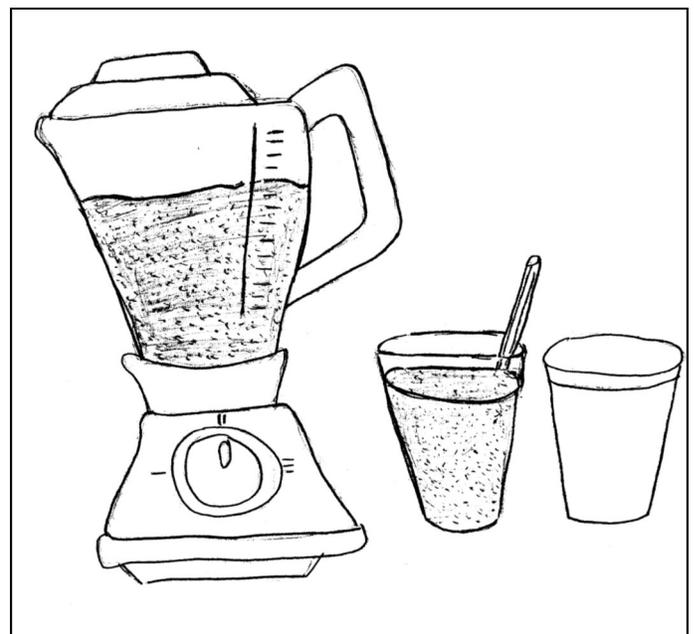
Have you been drinking your milk lately? When was the last time you reached for a helping of dark green leafy vegetables? A handful of almonds? How about cheese or canned salmon?

If you can't remember, then maybe you're one of those kids who isn't getting enough calcium. These foods, and all dairy foods, contain generous amounts of calcium.

The Office of Disease Prevention and Health Promotion's *health.gov* website reports that children between 4 and 18 often get less than the recommended daily amount of calcium. The Academy of Nutrition and Dietetics says eating calcium-rich foods promotes healthy, strong teeth and bones.

Special assignment reporters collected information from the academy that indicates:

* One cup of plain yogurt contains 45 percent of the recommended amount of calcium in a daily diet, along with other nutrients such as vitamin D.



(Please see Smoothies on Page 3)

Illustration by Kaira Mack

Learning about Sierra Leone

You've probably heard about the Ebola virus. Starting in early 2014, it infected many people in West Africa.

One West African country that was severely affected by Ebola was Sierra Leone. It claimed 4,000 lives there before the virus stopped spreading.

Some 16,000 children in Sierra Leone lost their mothers, fathers, or other important caregivers because of Ebola, according to Professor Claudena Skran, an expert on Sierra Leone.

The schools were closed for eight months in Sierra Leone in an effort to stop the disease's spread. The country's 1.8 million school children lost more than a billion hours of school time, Professor Skran estimated.

Ranked the poorest country in the world in 2004, Sierra Leone's population of 6 million people face many health problems.

There are several reasons for Sierra Leone's health care challenges. A 10-year civil war, which started in 1991, weakened its health care system, Professor Skran said.

Today, the country only has two doctors for every 100,000 people. To put that in perspective, Pennsylvania has about 300 doctors for every 100,000 people, according to a 2013 report by the the Association of American Colleges.

About 70 percent of the population lives on two dollars per day, and only about 20 percent of the population can read, Professor Skran said. The life expectancy in Sierra Leone is 45 years for men and 46 years for women.

One of the biggest health care challenges is the lack of clean water. Not surprisingly, the lack of clean

Editor's Note: The *Healthy Saint* recently attended a special presentation on Sierra Leone given by Claudena Skran, Professor of Government and Edwin and Ruth West Professor of Economics and Society at Lawrence University in Appleton, Wisconsin, and founder of KidsGive, a scholarship program for children in Sierra Leone. The first U.S. Fulbright scholar to Sierra Leone after its 1991-2002, Professor Skran was also a Rhodes Scholar at Oxford University, where she earned her doctorate in international relations. She is currently writing *Ebola Time*, a book about children, school, and the Ebola epidemic in Sierra Leone.

water contributed to the spread of Ebola in Sierra Leone, according to Professor Skran. It was difficult to keep stop the disease from spreading without clean water.

Even before the Ebola outbreak, Professor Skran recognized that it's important for children to have access to clean water. She decided to raise money for a new well and water system for KidsGive, an organization she created in 2006 to provide scholarships and other assistance to children in post-conflict Sierra Leone. KidsGive, has partnered on a project to build a new well and water system for the Conforti Primary School and its 500 students.

The well is being funded by the Appleton, Wisconsin, Rotary Club, Northeast Wisconsin District Rotary, Global Rotary, and Freetown, Sierra Leone, Rotary. KidsGive is providing volunteers and educational materials for the project.

—By Healthy Saint staff

Reporters star in new health video

(Continued from Page 1)

She said the schools were closed for nearly a year, and children stayed home. Many were left orphaned, while others got sick and even died.

Moreover, she explained that there are lasting health problems from the outbreak. "Though children who survived Ebola are very strong, they now suffer from ongoing medical problems," she said. "They need special eye care."

When asked what can be done to help children in Sierra Leone, Professor Skran said Ebola orphans need scholarships to continue their educations.

"This is where KidsGive and other organizations step in," she said. "We provide uniforms and pay school fees. So even though they lost their parents, they will still be able to get an education."

The educational video was scheduled to be shown in Sierra Leone in March 2016.

—By Healthy Saint staff

Looking for a reliable health web?

Healthy Saint reporters turn to several kid-friendly health websites when they need trustworthy information. They include www.KidsHealth.org and www.cdc.gov/bam/.

Not all water is the same

Like millions of people around the world, you may sometimes reach for an ice-cold sweetened beverage when you're thirsty. But wait! Do you have any idea what you're putting into your body?

According to a 2015 government report, almost half the added sugar in a person's diet comes from sugar-sweetened drinks. Beverages with added sugar include soft drinks, fruit drinks, and sports drinks, says ChooseMyPlate.gov.

Medical experts say that consuming too much sugar can cause health problems such as cavities, obesity, type 2 diabetes, and heart disease. In fact, leading health organizations recommend setting limits on drinking beverages with added sugar.

The *Healthy Saint* recently investigated a few bubbly water beverages and studied the Nutrition Facts label and ingredients list on bottled drinks. Reporters knew that soda was filled with sugar, but they were surprised to find out how much sugar is in drinks that are supposed to be healthy. They include popular vitamin and sports drinks.

However, one drink that passes everyone's health test is plain water. The American Dental Association

says water is the most "tooth-friendly" beverage. Water helps clear away food particles and sugary foods that stay on your teeth and harm them.

If you enjoy bubbly beverages, you may be happy to know about carbonated water, such as seltzer water and club soda. Carbon dioxide gas added to plain water makes the bubbles. Still, smart shoppers need to know how to choose the bubbly water beverages carefully. It's important to look at the Nutrition Facts label and ingredients.

The *Healthy Saint* decided to give bubbly seltzer water a try. Seltzer water definitely passed the health test. It contains no sugar and zero calories.

"It's healthy plus it's very tasty," said Kamare. "I think more kids should drink this if they want soda." Other testers agreed with him about the health benefit, but many did not like the taste.

The *Healthy Saint* added a splash of 100 percent grape juice to add flavor without adding a lot of sugar. Most of the reporters said they enjoyed the taste of the flavored seltzer. "It was an interesting and tasteful way to drink water and take care of your body," said Samantha.

Smoothies are nutritious

(Continued from Page 1)

* Yogurt is an option for people with lactose intolerance, a condition that makes it hard to digest the sugar in milk.

The reporters used plain yogurt as the main ingredient in a smoothie. They combined 8 ounces of plain, fat-free yogurt, 2 medium frozen bananas, a half cup of crushed pineapples, and ice in a blender. They mixed in whey (that calcium-rich pool of liquid that sits at the top of a yogurt container).

The smoothie is "very nutritious and delicious," Jada said. "I recommend this highly."

Several reporters used the word "creamy" to describe the smoothie. "It was amazing," reported Zaair.

Most reporters gave it a thumbs-up for taste.

"Eating healthy can be hard sometimes," Emani said, "but a smoothie is a delicious, calcium-rich snack that can be whipped together in just three minutes."

The smoothie taste test was conducted by special assignment reporters Jada Allen, Darius Bryant, Emani Bryant, Hakim Byrd, Samia Carter, Jasir Cook, Nakoya Dunn, Autumn Fanning, Maliyah Gregg, Ahmir Harris, Ron Lightey, Ahzayah Lunsford-Ellis, Kaira Mack, Jordon Murray, Siani Powell, Mikal Scott, Anya Smith, Dayona Watts, and Angel Williams.

Sister Meaghan shares recipe

Several special assignment reporters for the *Healthy Saint* confirmed reports that Sister Meaghan is a huge fan of smoothies.

In a recent interview, Sister Meaghan said she drinks smoothies because "they are sweet and flavorful and an easy and fun way to get a serving of dairy foods, protein, and other nutrients." In fact, Sister Meaghan said that she prefers drinking smoothies to other beverages.

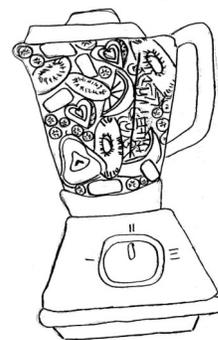


Illustration by Kaira Mack

She is so serious about smoothies that she shared her secret smoothie recipe for the first time in the hope that you will try it yourself. She said she would like to hear what you think!

Blend the following ingredients in a blender.

(Remember to ask an adult for help.):

- 1 cup of plain Greek yogurt
- ½ cup frozen fruit (berries)
- ½ cup banana
- ¼ cup V-8 Splash Berry Blend
- Some chia or flax seeds

—By Kaira Mack and Dayona Watts

Dear *Healthy Saint* Editor ...

Editor's Note: St. Martin de Porres eighth graders recently wrote letters to the Healthy Saint staff. Below are some of the letters. We really appreciate hearing from everyone!

Dear Editor,
The Character Counts program contributes to being a better player on the Saints. We respect, care, and trust each other on and off the court. Being on a team is like having brothers ... fourteen of them! My character has been enhanced, and I've become more considerate of my teammates. As one of the oldest members of the squad, I share advice with the younger teammates.

Trust is important on the team. When there are seconds left on the clock, it takes trust to pass the ball to a teammate for the perfect buzzer beater shot. Caring is not feminine—even on an all-boys team. When one teammate is down, you must bring him up to give him a boost for the next game. Respect comes along when you see your opponent down. You walk up and give him a hand up, which is called sportsmanship. Being a *Saint* is more than being a player. It's about being a better character all around.

Sincerely,
Ahzayah L. Ellis

* * *

Dear Editor:

Some people think playing sports is about winning, but it's about sportsmanship and team work. Character Counts is a program that helps with that. Character Counts teaches trustworthiness, citizenship, responsibility, fairness, respect, and caring. These pillars of good conduct help me as a Lady Saint. For example, I feel I am a better teammate because of Character Counts.

As Sister Nancy said, "It all starts with respect." Character Counts is a terrific program, and I am happy we're using it at St. Martin de Porres.

Sincerely,
Autumn Fanning

* * *

Dear Editor:

In response to your recent article, "In an emergency stay calm and listen," all schools should have security, no matter how good or bad the school is, just as

ATTENTION TEACHERS: Your students can also write letters to the editor for the *Healthy Saint*. Handouts to help students write letters are available on the Teacher Resource page at: HealthyNewsWorks.org. See (Lesson 9).

we do at Saint Martin de Porres. Every school should go over safety drills just in case something such as a shooting or fire occurs. Not every school is located in a safe area either, and you never really know whether someone with bad intentions is lurking around the neighborhood. This is why I believe there should be regular safety drills. I also believe all schools should have strong locks, gates, cameras, and anything necessary for the safety of all school children.

Sincerely,
Dayona Watts

* * *

Dear Editor,

The Character Counts news story was important to write about and it was lovely. I am very happy that Character Counts is now a part of our education at St. Martin de Porres. It has affected our school in the best possible way.

Character Counts is needed every day and everywhere. ... The smallest things contribute to building good character. For example, holding the door for someone, or even saying thank you, can go a long way in a school day.

Not only do our students use Character Counts, but the staff members do, too. They lead by example. Character Counts should be in the newspaper every time it's issued, and I hope the editor makes a note of that.

Sincerely,
Nakaya Dunn

St. Martin de Porres Healthy Saint

A publication of the St. Martin de Porres Catholic School in Philadelphia, PA. St. Martin is an Independence Mission School. Sister Nancy Fitzgerald, SSJ, is the school's principal. Student staff members include Noah Abel, Isa Ayers, Kamare Bailey, Maurice Brown, Imani Butler, Kiyanna Conover, Skye Debnam, Malaka Hammie, Ke'Shawnda Hines, Jeremy Jackson, Samantha Knox Johnson, Markera Little, Michael McCline, Taje Parks, Siani Ruley, William Talington, Elijah Taylor, Zamirah Wheeler, and Taylor Wilson. The *Healthy Saint's* faculty advisor is Mrs. Dana.

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