

# HEALTHY HERO

## Learn how to handle stressful situations

*"I feel stressed."*

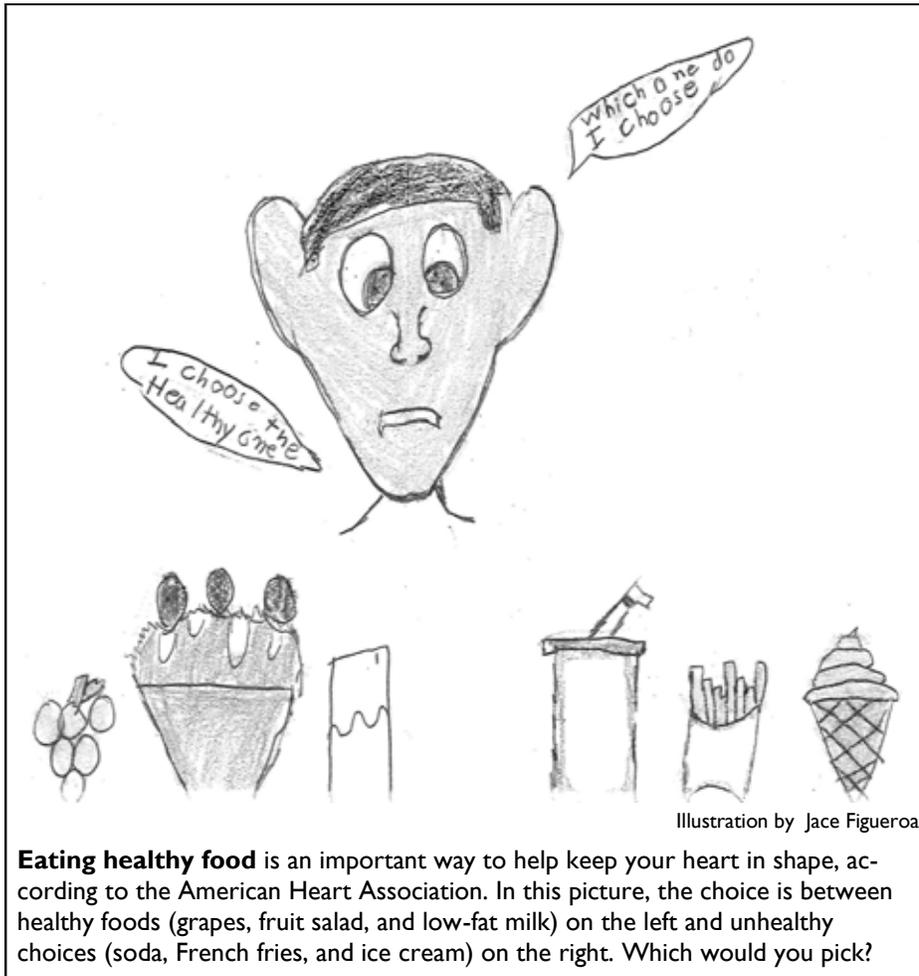
You probably have heard someone recently say those three words. You might have even said them yourself.

Stress is common. Stress happens when something makes you feel uncomfortable, frustrated, or worried, says KidsHealth.org.

In recent interviews, St. Veronica teachers described what makes them feel stressed and how they handle it.

Mr. O'Neill, a math and social studies teacher, said he can feel stressed when he prepares for the

*(Please see Teachers on Page 2)*



**Eating healthy food** is an important way to help keep your heart in shape, according to the American Heart Association. In this picture, the choice is between healthy foods (grapes, fruit salad, and low-fat milk) on the left and unhealthy choices (soda, French fries, and ice cream) on the right. Which would you pick?

## ‘Hearty Kids’ focuses on young readers

The *Healthy Hero* is proud to launch a new section by and for young readers.

You will find the “Hearty Kids” section on Page 4 of this issue.

Students in kindergarten, first, and second grades are receiving special lessons about heart health this year. They will learn about foods and exercises make their hearts stronger.

For instance, in this issue they tasted an applesauce recipe and learned that apples are healthy for people’s hearts. Apples are a sweet snack, and they don’t have extra sugar added like soft drinks and

cookies. Too much added sugar in a person’s diet can lead to heart disease, according to the American Heart Association.

Using information from their special lessons lessons, the junior reporters will contribute articles the “Hearty Kids” section of the *Healthy Hero*.

This is a pilot project for St. Veronica and for Healthy NewsWorks. We’d appreciate your ideas and suggestions.

Finally, check out the special “Hearty Kids” page at [www.HealthyNewsWorks.org](http://www.HealthyNewsWorks.org).

# Teachers share ways to de-stress

(Continued from Page 1)

school week. He said he needs to get ready for for 30 classes. It takes him six hours to plan his lessons..

Mr. O'Neill said he relieves stress by playing softball on a softball team. He is the pitcher. He said he likes playing softball because it helps him forget about work and he can spend time with his friends.

Ms. Fernandez, the dance instructor, said she gets stressed when she doesn't get a lot of sleep. To feel better, she said she sings and dances.

**Stress can lead to problems such as headaches, sadness, trouble sleeping, and stomachaches, according to Healthfinder.gov.**

Ms. Drybala, a sixth grade teacher and *Healthy Hero* advisor, said two stressors are paying bills and making sure her students are happy and learning every day.

Cuddling puppies calms her down, she said. She also said she deals with stress by walking her dog, going outdoors, and listening to music.

Mrs. Muller, the vice principal, said she feels tense when she has too much to do and not enough time to do it. She described several stressors in her life. She has many tasks to complete every day such as answering the phone, talking to adults, sending emails, and testing children. Looming large in her job is the constant pressure to make sure all the St. Veronica students are on track with their schoolwork.

At home, she said, getting the laundry done, especially folding it and putting it away, can contribute to stress, she said.

Mrs. Muller said she destresses by praying, reading, watching television, and exercising. She also said she likes to spend time with her family and hanging



Illustration by Leanna Troche

out with her friends. Talking with her friends about her feelings also helps, she said.

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Not all stress is bad. A little stress can help you get things done or react quickly in an emergency.

But too much stress can make you feel worried, angry, or sad. It can make it hard to focus, cause your head to hurt, and give you a stomachache. Long-term stress can contribute to health problems such as heart disease, say health experts at the Mayo Clinic.

So what can you do if you feel stressed?

Mr. O'Neill said kids should develop a hobby such as cooking, sports, and reading. They should figure out what makes them happy and stressed.

Ms. Drybala said kids should go outside instead of playing video games and that they should talk to their friends instead of texting. Mrs. Muller said children can reduce stress by doing the things that they love to do.

—By *Healthy Hero staff*

## Strategies to reduce stress in your life

There are many ways to deal with stress. KidsHealth.org recommends the following:

- ♥ Talk to a trusted adult such as a parent or a teacher about what's bothering you.
- ♥ Drop an activity for a while if you are stressed from doing too many activities.
- ♥ Join an after-school activity if it helps you take your mind off problems that are causing stress.
- ♥ Eat a healthy diet.
- ♥ Get enough sleep.
- ♥ Breathe slowly a few times.

But the most important thing, the website says, is to have a balanced life. In other words, be smart about how you use your time. KidsHealth says kids need to keep "SELF" in mind, which stands for sleep, exercise, leisure, and food.

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### Focusing on heart health

The *Healthy Hero* is reporting stories this year about how you can take care of your heart. Topics will include heart-healthy activities and nutrition. In this issue, the eighth grade reporters also write about stress reduction.

# Mrs. Muller tackles new responsibilities

Mrs. Muller found herself in a new job this year. She is St. Veronica's vice principal.

In a recent interview, she shared some facts about herself, including:

She likes to visit the classrooms and check on what the students and teachers are doing.

She works about eight or nine hours a day.

She marks her 24th year as a teacher this school year.

She has taught every grade from first to eighth. She particularly likes teaching fourth, fifth, and sixth grades, she said.

Earlier in her career, she taught at a school for children who are blind or visually impaired.

When she learned that she would be the vice principal, she said she was happy, excited, and nervous. This is the first job she has had as an assistant principal.

In high school, Mrs. Muller was a cheerleader.

She met her husband while she was in college. She said that she and her husband worked at a store called Woolworth.

She said that her favorite hobbies are cooking and reading. If she were not a teacher she would want to be a cook. Her dream is to be on a cooking show.

—By Healthy Hero staff

## Did you know?

You may already know that dairy foods such as cheese, yogurt, and milk are excellent sources of calcium. You need calcium in your diet because it is a key nutrient that helps build strong bones and teeth.

Many dairy foods contain saturated fat—and saturated fat is a type of fat that is not healthy for your heart. Saturated fats tend to raise bad cholesterol in the blood. Bad cholesterol can clog arteries.

What's a solution? Look for dairy foods low in saturated fat such as low-fat milk, fat-free milk, and low-fat cheese. *Source: ChooseMyPlate.gov*

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Here's another fact! Low-fat and fat-free dairy products are rich in potassium. Potassium is a mineral that may help to maintain a healthy blood pressure.

*Source: ChooseMyPlate.gov*



Which heart would you like to be?  
Don't Smoke!

Illustration by Kimora Reyes

# Reporters learn to dance

*Healthy Hero* fifth grade reporters spent the fall learning to waltz, rumba, merengue, and swing dance.

They started dance classes in September and practiced twice a week. They practiced during their Monday gym class and on Thursday afternoons. Each class was about 45 minutes. In early December, they had a dance performance at St. Veronica.

"I sort of liked dance class because I like learning new things," said Jose Santos.

Enmanuel Sanchez said he likes dance class because he could spend time with his friends and have fun.

"It's all about your attitude," said Zalisse Colon. "Some dances are dramatic and some you have to smile."

When you work up a sweat on the dance floor, you are giving yourself an aerobic workout.

"Aerobic means 'with air,' so aerobic exercise is a kind of activity that requires oxygen," according to KidsHealth.org.

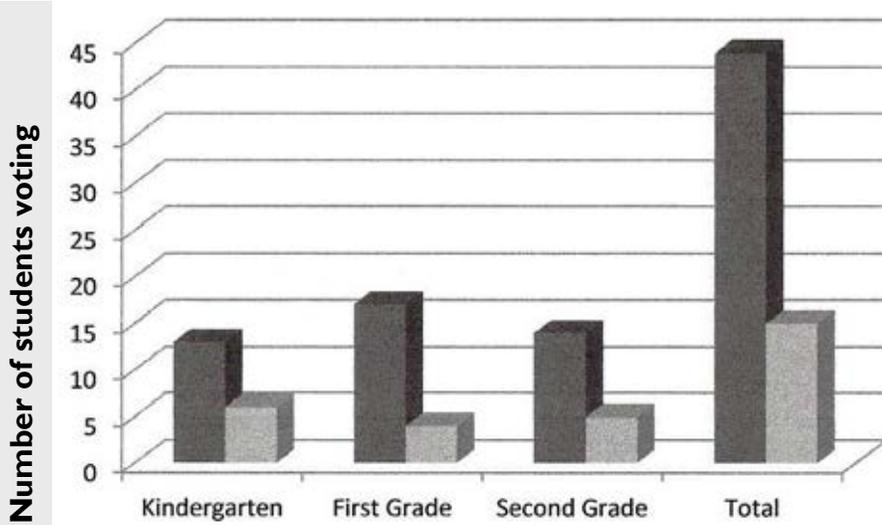
### *St. Veronica Healthy Hero*

A publication of St. Veronica Catholic School in Philadelphia, which is a member of the Independence Mission Schools. Student staff members include Adriana Burgos, Zalissa Colon, Kendisa Duran, Jimmy Espinales, Bo Greenfield, Franklin Guzman, Brandon Maldonado, Jose Medina, Gustavo Morales, Aneudi Mota, Mia Myrick, Adrian Pomales, Kimora Reyes, Mary Rivas, Anyah Rodriguez, Enmanuel Sanchez, Jose Santos, Lia Tejada, and Leanna Troche. The *Healthy Saint's* faculty advisor is Ms. Drybala. Sister Eileen Buchanan is the school principal.

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## Thumbs up for applesauce!



### Who tasted the applesauce recipe?

Kindergarten is Ms. Wissman's class.

First grade is Ms. Sciasci's class.

Second grade is Ms. Hartke's class.

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### What does this chart tell you?

1. Dark bars are kids who liked the applesauce recipe.
2. Light bars are kids who said it's OK or didn't like it.
3. Numbers on the left side show how many kids voted.
4. A total of 59 students tasted the applesauce recipe.

### Making applesauce

The *Healthy Hero* junior reporters in kindergarten to second grade tasted a **recipe** for applesauce.

They first learned that applesauce is made with cooked apples. They added two more **ingredients** to their applesauce. The ingredients were **cinnamon** and **raisins**. A **total** of 59 junior reporters voted on whether they liked the recipe:

- ♥ 44 reporters said they found it **tasty**.
- ♥ 15 reporters said it was OK or they didn't like it.

This recipe is healthy for the heart. It has **no** added sugar.



## Apples are healthy for your heart

St. Veronica junior reporters learned that apples are fruits.

Fruit is **naturally** sweet and is healthy for your heart, says Ms. Amy Deahl-Greenlaw, a registered **dietitian** nutritionist.

Fruit can be eaten in different forms, including **fresh, dried, and canned**, Ms Amy says.

Fresh fruit has not been cooked or frozen. Water has been taken out of dried fruit. Canned fruit has been **sealed** into cans or jars.

Ms. Amy also shared these apple facts with the school's reporters:

- ♥ Apples have **vitamins** A and C.
- ♥ Apples grow on trees.
- ♥ Apples like to grow in cooler states like Pennsylvania.
- ♥ The center of an apple is called the **core**. The core has **seeds**.