

WILLIAM ROWEN

HEALTHY ROAR

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Introducing the *Healthy Roar*

We are proud to publish the first issue of the *William Rowen Healthy Roar*. Our school newspaper will focus on health and wellness. You will read about healthy ways of living.

For instance, you will learn about healthy sleep habits, the ways that the pandemic has affected students' sleep habits, and even how much sleep school staff members get. In future issues, you will read about germs and stress. The *Healthy Roar* will also be reporting on friendship, COVID-19, and much more.

Readers should also expect to find information about human health, student reflections on the pandemic, and school-wide surveys.

Who are we? The *Healthy Roar* staff is made up of fifth grade students from Rooms 211 and 215.

You might be asking yourself, "Why is our newspaper about health?" We are writing about health because health is one of the most important subjects in life. Right now, especially because of the coronavi-

*(Please see **Welcome** on Page 3)*

Nurse says: Turn off your devices for better sleep

Getting a good night's sleep is important because if you don't get enough sleep, you will be tired and have trouble concentrating, Ms. Beverly Miles, Rowen school nurse recently told *Healthy Roar* reporters.

"While you're sleeping, the body repairs itself, it heals, and refuels. If the body doesn't have a chance to fix itself, it affects your growth and everything," she said.

Ms. Miles is Rowen's new nurse and is a registered nurse, which, according to merriam-webster.com, is a nurse who was trained at a nursing school and is licensed by the state.



Taking a test is easier when you have a good night's sleep, according to Jayvyn Harrison who illustrated the picture above. He based his picture on researching the topic on kidshealth.org and interviewing Ms. Miles, Rowen's school nurse.

Kids should get 9 to 12 hours at night, says kidshealth.org, an award-winning website about health for kids, teenagers, and parents.

Ms. Miles said kids require more sleep every night than adults because their bodies are growing.

Sleep benefits people's health because when they wake up they won't be tired and they'll be more focused, Ms. Miles said. While you're sleeping, the body repairs itself, heals, and refuels, accord-

*(Please see **Be sure** on Page 3)*

Pandemic can make it hard to sleep

Mrs. Sophia Carter-Parker, Rowen school counselor, recently told *Healthy Roar* staff that the pandemic has affected her sleep habits.

"It's thrown me off of routines," she said. "Sometimes I'm staying up a lot later than I normally would. Normally I'm an early bird."

Before the pandemic she'd go to bed about 9:30 to 10 p.m., she said. Now she will go to sleep "a lot" later. "I am probably staying up later because I don't have to get up quite as early to get to school," she said.

Mrs. Carter-Parker said it is important to get enough sleep. If you don't, you, you'll be tired and dragging. You won't want to do anything, she said.

"If you're well rested, and you have energy, you'll be ready for whatever you want to do," she said.

Fifth grade teacher Ms. Berrian also said that she has not slept well since March, when the coronavirus started to spread in the United States.



"There has been so much going on in the news, so many questions and changes," she said. "I can say my sleeping has not been regular. Usually, as a mom and teacher, your sleep habits are sporadic, but this is more than ever before."

Mrs. Carter-Parker and Ms. Berrian offered advice to help kids and grown-ups get more sleep.

Mrs. Carter-Parker said you should play games and talk on the phone early in the evening so when it's bedtime, you'll be able to fall asleep straight away.

Ms. Berrian said you should be strict and keep a set time to go to sleep. She suggested setting an alarm clock to remind you to wind down activities and turn off technology.

"Lie down and allow yourself to fall asleep," Ms. Berrian said.

—By *Healthy Roar* reporters

Q & A: Curious about sleep?

Healthy Roar reporters from Room 215 recently spoke with Ms. Beverly Miles, the new school nurse at Rowen to ask her about sleep and health. Here are some reporter questions and Ms. Miles' answers, lightly edited for clarity.



Q: Do we breathe when we sleep?

A: Yes, you do breathe while you're sleeping. ... Certain things in your body are automatic, designed to happen. Your heart beats, your eyes blink, you breathe automatically.

You don't have to think about it, you don't have to do anything at all. ... When you're awake, you're breathing, when you're asleep, you're breathing.

Q: Why do some people snore when they sleep?

A: That is a physical thing that happens. Sometimes the muscles in the back of your throat and nose close down and when you're pushing the air through it makes a snoring noise.

Have you ever pushed air through a balloon and it makes a noise? Sometimes it is as simple as changing the way you sleep. If you sleep on your back, try sleeping on your side. If it's really bad, you may have

to make an appointment with a doctor so they can see what's going on.

Q: My mom says if you take a nap you're going to stay up all night. Is that true?

A: Everybody is different. It depends how close to your bedtime it is when you nap. Parents know their children. Taking a nap ... might not affect the bedtime for one child, but another child might have a hard time sleeping later at night. Trust the judgment of the people taking care of you.

Q: Why do people have nightmares?

A: Sometimes it could just be because you have thoughts or a stressful day. Nightmares can be caused by things that happen. If you have a nightmare, definitely talk to a parent or an adult that you trust so you can get the thoughts and feelings off of your mind and your heart. And just talk to somebody about things that are going on in your heart and mind. Nightmares happen to a lot of people.

Q: Do we need to feel safe to go to sleep?

A: You need to feel safe to have proper sleep. Sleep is something your body will do if everything is working fine. Proper sleep is when you feel safe, you lie down, concerns are taken care of, and you can sleep.

Be sure to get enough sleep

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ing to kidshealth.org. Everything that’s alive needs to sleep because sleep gives the body a little vacation, says kidshealth.org.

“Getting enough sleep is very important for students,” Ms. Miles said. “When you don’t get enough sleep, you have trouble concentrating. You don’t feel good.” It even can lead to weight gain.

A school assignment that should be easy may feel really hard, or you may feel drowsy when you’re playing a favorite sport or playing an instrument, according to kidshealth.org.

Ms. Miles said that grown-ups are told they shouldn’t drive a vehicle if they have not had enough sleep. When working the night shift as a nurse, she recalled a few times when she was so tired she had to pull “pull over and take a nap before I could drive.”

She said the pandemic also makes it harder for some people to sleep. They are worried or stressed. “Anything that stresses you can affect your sleep,” Ms. Miles said.



Illustration by Healthy NewsWorks student reporter

Ms. Miles offered some tips that can help you get a good night’s sleep:

- * Dim the lights in your room.
- * Keep your room at a comfortable temperature.
- * Read a book.
- * Listen to relaxing music before bedtime.
- * Exercise during the day.
- * Limit sugary foods.
- * Avoid soda that has caffeine, which can keep you awake.

* Limit your time in front of computers and other devices before bedtime.

“I know we like to be on the [computer] games at night,” Ms. Miles said. “If you can cut down the computer an hour or two hours before bed, it will help you get sleep.”

“When you’re on the computer or your phone, it emits a blue light that stimulates hormones in your body that make you think it’s time to be awake,” she said. “If you turn it off early and read a book, that’s an excellent way to relax and get some sleep.”

—By Healthy Roar staff

Welcome to the Healthy Roar

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rus pandemic, it is important to know about staying healthy.

“People should read the *Healthy Roar* to learn about how they can get better sleep or learn about germs,” said Brooklyn, a fifth grade reporter.

“People should read our newspaper because they might be able to relate to what we write,” said another *Healthy Roar* reporter. “We are learning about health, and readers can learn along with us. It’s always easier to learn with someone who has the same level of understanding as you.”

We hope that you enjoy our newspaper and that you will want to get involved. We’d love for you to write us letters about what you think of our newspaper. If you want to contribute an article, an illustration, a poem, or something else, please contact Ms. Berrian, a fifth grade teacher who is the faculty adviser of the *Healthy Roar*. You can also send a message to the fifth grade staff.

“People can read *The Healthy Roar* to learn how to take care of themselves,” said Lyric, a *Healthy Roar* reporter.

—By Healthy Roar staff

William Rowen Healthy Roar

A publication of William Rowen Elementary School in the School District of Philadelphia. Fifth grade reporters from Room 211 include Akirah Bunn-Holmes, Mekhi Carter, Lyric Cooper, Brooklyn Davis, Imani Fischer, Alana Gaines, Zachary Greer, Taylor Jacobs-Riley, Taylor Manning, Kareem Pettiford, Kenneth Stokes, and David Ward. Reporters from Room 215 include Stephen Berrian, Jayvyn Harrison, Rachel Pressley, Jacob Robinson, and Chiamaka Udem.

The *Healthy Roar*’s faculty advisor is Ms. Berrian. William Rowen’s School Principal is Dr. Murray.

A *Healthy NewsWorks*® project www.HealthyNewsWorks.org

Healthy NewsWorks is an independent nonprofit organization that seeks to empower elementary and middle school students to become researchers, writers, critical thinkers, and confident communicators who advance health understanding and literacy through their factual publications and digital media.

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Reflecting on a year like no other

Editor's note: Healthy Roar reporters submitted essays to compare how life this year is different from a year ago before the pandemic. These are excerpts from some of the essays. We'd really like to hear from you!

A memorable moment that stands out to me is when Joe Biden won the election. He is going to be our president in 2021.

My life today is boring because I miss going outside and playing with my friends. A year ago we could do that without wearing gloves or an uncomfortable mask or a piece of plastic covering my face. I understand it keeps us safe. I don't complain so often.

Something I would have never found out about was TikTok, I say this because when we were bored we found that app that kept us cool, and

we can express our feelings. Without TikTok I don't know where the world would be right now.

The thing I miss most is having fun and going outside and going to Sky Zone or Dave and Buster's. Little things like that make me happy. Since COVID has hit, we are not allowed to do these things because of the risk.

—By Kenneth Stokes

The memorable moment was when I went to Wildwood. It was fun. I went with my sister, friend, and my friend's family. I went on this long [amusement park] ride and it was so scary. But my sister and friend thought it was fun and they got on it like a billion times.

—By Akirah Bunn-Holmes

Something I have learned or been able to do that I might not have discovered without the pandemic is how to ride my bike. Every day when it is not cold outside, I ride my bike.

—By Chiamaka Udem

My life today compared to my life a year ago is really different. What's different is that we need to stay in our house and we need to wear gloves and a mask when we go to stores and you can't go anywhere fun really. We need to work on computers instead of going places like school or work, and everything needs to be sanitized every day.

—By Taylor Jacobs-Riley

Something I learned to do during the pandemic was how to do a back flip. I did it since I could not practice sports (baseball, track, or football) at first. So I decided to start working on my flips. Then I flipped the wrong way and landed a back flip. When I showed my mom she said "good job but keep on working on it."

—By Stephen Berrian

A year ago, I was outside more and now I can't go outside. The thing that is the same is that I still got to go to school.

—By Kareem Pettiford

Thanksgiving was just so good because of vibes and stuff. I got to see my great-great grandma. I went to my auntie's house. My aunt gave everyone gifts.

—By Taylor Manning

A memorable moment in my life during the pandemic was on my brother's birthday. His birthday was in September and things were somewhat back to normal. He had a surprise birthday gathering at my grandparents' house.

We haven't seen each other in months so to see them was awesome. It was like that whole weekend was a celebration. The next day we went to the arcade and the mall with my mom, dad, brother and myself.

We ended the weekend with my cousins. We went to Urban Air. It's a trampoline park that had bumping cars that flipped over. We all had a good time and it was like normal again except having to always wear a mask. That's why now I just stay home to keep safe.

—By Mekhi Carter

The Healthy Roar wants to hear from you!

We'd love to consider your articles or illustrations to publish in the *Healthy Roar* and in the 2021 book created by children in the *Healthy NewsWorks* network of schools. William Rowen belongs to the network!

Here are two ideas to write about!

1. Describe something you have learned or been able to do that you might not have discovered without the pandemic.
2. What have you missed the most during the pandemic? If so, what have you missed? Have you found something to replace it?

