

# COLE MANOR

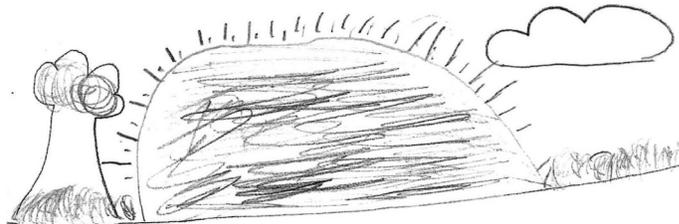
# HEALTHY COMET

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## Find fun activities to do outdoors



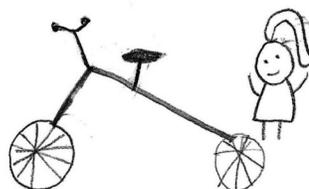
It is important for kids to spend time outdoors, said Mr. Velasquez, health and PE teacher,

It can improve your mood and it is a place where you can exercise, he said. Your heart needs exercise to stay fit and healthy. Spending time with other people is another benefit of outdoor activities for kids, according to Mr. Velasquez, who is known at Cole Manor as Mr. V.

If you can't go outside where you live, "you can skip rope" indoors if there is enough space, he said. "You also can look up YouTube exercises for kids or GoNoodle."

Talk to an adult before you go outside. An adult may need to join you on your nature adventure, especially if the area has safety hazards, Mr. V. said.

Take advantage of recess, too. According to Mr. V. recess is important because it gives you a mental break from your classwork and exercise helps your brain be alert.



(See *Enjoy* on Page 2)

Illustrations by Joslynn Bonamico (top); David Calderon Mendoza (bottom)

## How teachers spent time in nature

*Editor's note: The Healthy Comet recently surveyed Cole Manor staff to find out what their favorite outdoor activities were when they were growing up. Here are some of their answers.*

Mrs. Armour, a fourth-grade teacher, said she spent about an hour a day outdoors when the weather was nice. She played with the neighborhood kids. They rode bikes to the nearby streams and sometimes played soccer. She also often played on her friend's swing set, she said.

"I loved exploring and being with local friends," Armour wrote in the Cole Manor survey.

Dr. Speicher, a music teacher, said he used to play army every day after school when he was a child.

His friends and he would put on army clothes and go on long hikes in the woods pretending they were on a mission. When they would hear a car or motorcycle they would pretend it was a bad guy and hide. "It was a lot of fun to pretend with my friends, and we looked forward to doing it every day," he said.

Mrs. Kim, a third-grade teacher, said she spent time outdoors every day when she was a child. She said she spent her time "making pretend food with sticks and leaves."

Mrs. Snyder, a positive behavior intervention specialist (PBIS), said she spent almost every day out-

(See *Teachers* on Page 2)

## Find out about how nature heals



### Nature Heals: Creating Art in Nature

By Abby Colich

This book is about being out in nature and how nature can inspire art. Creating an art journal is a good way to help you heal and be creative.

Ms. Moorehouse's third graders said they liked this book.

In this book students learned that if you spend time in nature, you can relieve stress. Nature helps you breathe and focus. Being in nature can help you deal with your emotions.

We really enjoyed the photographs in the book because they show art in nature and give you a lot of ideas on how to create art in nature. "Art is cool," said one student.

We recommend this book for anyone who enjoys art or who has stress. The book shows ways to use art in nature to help with stress and emotions.

### Nature Heals: Camping in Nature

By Abby Colich

Did you know that camping in nature can help you relax and reset? Camping helps you focus on nature you can't see at home. Ms. Shuler's third graders enjoyed this book because camping looks fun, and now they know that it's also healthy!

In this book, students learned that camping helps you be mindful. When you camp, there are other things to do like hiking and swimming, and those are forms of exercise. Exercise is good for your body. Camping can also clear your mind, the book says.

The photographs of camping in the book helped the students make a movie in their minds. "I liked this book because I want to go camping one day," one student said. Another one said, "I liked the book because it told me how I can make a tent at home if I can't go camping." We recommend this book for third grade students because they might like to learn about health and camping.

#### *Cole Manor Healthy Comet*

The *Healthy Comet* is a publication of Cole Manor Elementary School in the Norristown Area School District. Fourth grade student staff members include Jesus Vasquez Balanzar, Joslynn Bonamico, London Massey, David Calderon Mendoza, Bryson Perry, Brayan Lopez Rodriguez, Nathaniel Thompson, and Naomi Williams. The *Healthy Comet's* faculty advisor is Ms. Rathgeb. Dr. Poncheri is Cole Manor's school principal.

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## Teachers remember fun outdoor activities

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side. She liked playing in the leaves. "I felt free and invincible," she said.

Ms. Festa, a fourth-grade teacher, said that "as a child, I loved to swing on the swings. It made me feel relaxed and thoughtful." Mrs. Rafter, a paraprofessional, said she spent from 3 to 8 hours a day outside as a child. "I loved to roller skate and ride my bike," she said.

Ms. Foster, a learning support teacher, said she was always outside as a child. She liked to go camping at a state park every summer, she said.

Cole Manor Principal Dr. Poncheri said she spent several hours a day outside as a child playing sports and swimming.

"When I was little my brothers and my sister and I loved to ride bikes and play in the woods near our house," said Mrs. Vail, a first-grade teacher.

Mrs. Smull, a third-grade teacher, said "I was outside all of the time when I was a child." She loved to ride her bike with her friends. "It made me feel excited and happy to get to be outside and spend time with them," she said.

Mrs. Moorehouse, a third-grade teacher, said when she was a kid, she liked to play tag and hide and seek with friends in the neighborhood. She said she spent more time outside than inside.

Mrs. Sharpe, a second-grade teacher, said that she liked to play tag with her friends.

Lead Teacher Mr. Turner said "I was always outside until dinner time." He and his brothers would play sports like football, hockey, and baseball.

Mrs. Regan, a paraprofessional, said she liked to play on the playground and shoot a basketball as a child.

—By Healthy Comet staff

## Enjoy time outside

*(Continued from Page 1)*

Riding your bicycle and playing tag, hide and seek, soccer, and basketball are all good outdoor activities, according to Mr. V. Because these activities are fun, "kids want to keep doing them," he said.

Some of Mr. V.'s favorite things to do outdoors are gardening, walking, playing volleyball, and reading under a tree. Being outside makes him feel free and relaxed, he said. It also clears his mind.

—By Healthy Comet staff