

GOTWALS

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Children's doctor says outdoor time is healthy for you

A children's doctor said that kids should spend time outside at least three or four days a week.

But they need to be safe, said Dr. Catherine Cheng in a recent interview with the *Healthy Press*.

That means when kids go outside they should be with a responsible adult. They should play when it's daylight because they need to see what's happening around them. Even in winter months, kids should have time outside, Dr. Cheng said. But they need to bundle up with coats, scarves, mittens, and hats.

Dr. Cheng said there are important health benefits from spending time outside. It can help put you in a good mood, increase your memory, keep you healthier, and sleep well at night. Outdoor time also can help you do better in school, she said.

(See *Nature* on Page 2)



Illustration by Sanvi Patel

Act of kindness made a girl happy

Editor's note: Mrs. Quinn's fourth-grade class recently has been learning about empathy. Empathy is showing others that you understand what they are dealing with. It could be something that has made a person sad. Or it could be a big challenge they face or they are scared. Katelynn Gibbs shared an experience of a time when someone showed empathy to her.

One time when I was 6 years old, I was sad and lonely. Nobody wanted to play with me. I tried making new friends and even just playing by myself. Nothing worked for me.

I tried everything I could possibly think of, and nothing came to mind. I basically was starting to lose hope. I felt hurt. Just seeing all of the other kids on

the playground with a buddy, and me not having one, just hurt even more. I felt invisible and just knowing that my friends were playing without me, made me feel even more invisible.

So, I sat down at the buddy bench. (at my school, there is a buddy bench. You can sit down on if you feel alone. Kinda like me.) I sat there in disgrace, when suddenly a little boy came up to me and asked, "Hi! Do you wanna play basketball together?" I hesitated for a second and responded with "yes please!" Then, we played for the rest of recess.

That little boy showed me that empathy could mean anything. Big or small. You don't know what a kind act could mean to someone, even if it's just holding the door.

Nature can help people feel better



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Dr. Cheng is a medical resident at St. Christopher's Hospital for Children in Philadelphia. A medical resident is a doctor who is training in a special area of medicine. Dr. Cheng is specializing as a children's doctor. Another word for a children's doctor is a pediatrician.

She said she encourages her patients to go outside every day. She recommends that children "do what makes them happy" outdoors. That could be riding a bike, going to the playground, or playing catch.



Dr. Cheng said any outdoor time has its benefits, whether to play in the park or go for a hike in the woods. She said kids should ask a trusted adult to take them to safe place to enjoy the outdoors if they live in a dangerous neighborhood.

They can go by car, bus, train, or bike.

She said she works long hours as a doctor, but tries to get outside as much as possible. She just got a new puppy that she loves to take for walks. She also plays catch with friends and enjoys riding her bike.

—Article and illustrations by Healthy Press staff

Did you know?

Exercise can put you in a better mood, according to kidshealth.org, an award-winning health website for kids and teens. When you get moving, your brain releases chemicals that can make you feel happier. Also, exercise helps your heart become stronger. It can then do a good job at getting oxygen to other body parts of your body.

Gotwals Healthy Press

The *Healthy Press* is a publication of Gotwals Elementary School in the Norristown Area School District. Third-grade student staff members include Alexia Alcantara, Christian Amici, Darryl Bennett, Rafael Cardenas, Dayana Hernández, Kimberly Juanez Ramirez, Robert Leary, Sherlyn Lopez, Rod'myre Saxon, Naomie Ortiz Martinez, Sanvi Patel, Alan Rojas Romero, Nathanael Stant, and Tabitha Vixamar. The *Healthy Press's* faculty advisor is Mrs. Ogoussan. Ms. Fernandez is Gotwals' school principal.

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Five ways to show empathy to others

Editor's note: Students in Mrs. Quinn's class list ways that they can show they understand other people. By relating to how other people feel, they are showing empathy.

Edwin's list

1. I can show empathy by asking people questions about their life.
2. I can be nice by helping people when they are sad, and I can give them something to cheer them up.
3. I can be respectful by respecting people and helping them out.
4. I can be a good listener by looking at the person who is talking.
5. I can be responsible for my stuff.

Alasia's list

1. I can give someone food if they are homeless.
2. I can show empathy by helping a teacher carry her books.
3. I can help my mom clean the house.
4. I can show empathy by cleaning up all the trash on the ground.
5. I can show empathy by helping kids with a math lesson.

What it would be like to borrow an author

If I was in a human library I would borrow an author who writes books and reads to kids.

I would ask what is it like to write a book and how many hours does it take to write a book? I would ask the author: when you were a kid did you think you could become an author? Did you like to read when you were a kid? I would ask if the author could help kids read and write their own book. And I would ask if they like reading books to kids at school in person or virtual better.

—By Amanni Greer, Mrs. Quinn's class

Attention teachers!

Ms. Quinn's class had a special lesson with Healthy NewsWorks staff that resulted in several articles for this issue of the *Healthy Press*. If you would like an activity contact Mia Blitstein, program manager, mblitstein@healthynewsworks.org.