

# HEALTHY OWL TIMES

## Introducing our school newspaper

We are proud to publish the first issue of the *Inquiry Charter Healthy Owl Times*.

Our school newspaper will focus on health and wellness. You will read about a wide range of topics that can help you and your family lead healthy and safe lives.

For instance, in this first issue, you will learn about why it's important to spend time in nature, some ways school staff members enjoy the outdoors, and even why bike riding is a healthy way to exercise

In future issues, we are planning to explore topics such as why vaccines are important and how to handle stressful situations. Readers should also expect to read student reflections on health topics and find illustrations, games, and school-wide surveys.

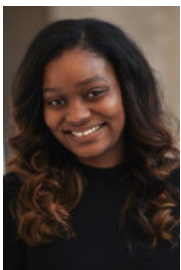
Who are we? The *Inquiry Charter Healthy Owl Times* staff is made up of third-grade students from the Pteranodons and Raptors. Ms. Hope Trenga is their ELA teacher and newspaper advisor.

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## Riding a bike can take you places and keep you fit

Being outdoors has many physical and emotional health benefits, say health experts.

When you are outdoors, experts say, you are more likely to exercise, which is healthy for your



Waffiyyah Murray

body. Being outdoors also improves your mood, helps you focus better, and reduces stress. Kids need 60 minutes of exercise a day, according to the American Heart Association, which educates people about healthy living. Running, riding a bike, and swimming are all heart-healthy activities.

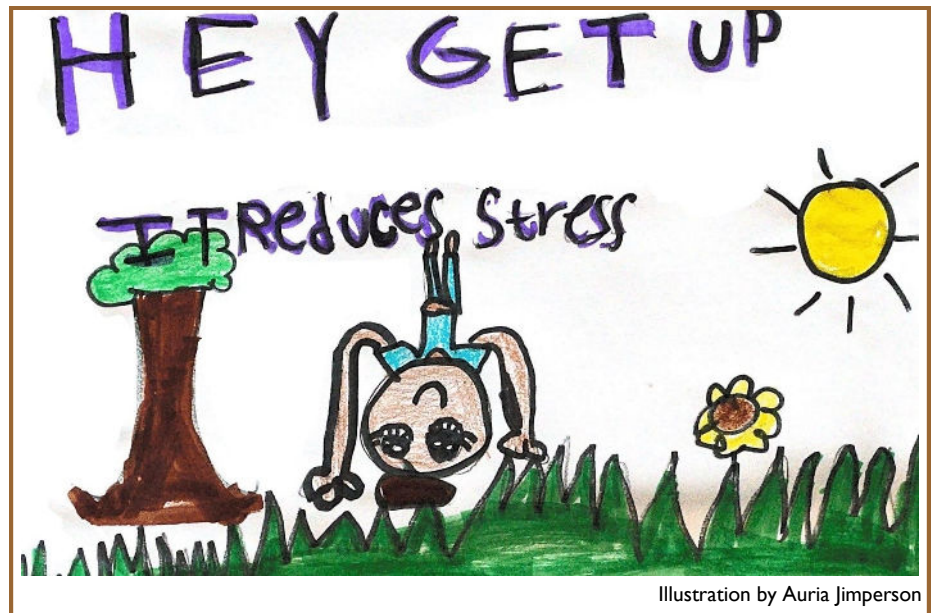


Illustration by Auria Jimperson

The *Healthy Owl Times* staff recently interviewed Waffiyyah Murray. She is the program manager at the Better Bike Share Partnership in Philadelphia. The reporters had the chance to ask her some questions about her work and why being outdoors is good for you.

The following interview includes the questions asked by the

*Healthy Owl Times* reporters followed by Ms. Murray's answers.

**Q: Can you tell us about what your job is with the bike share program?**

Ms. Murray: I work for the city of Philadelphia. I make sure there are bikes available to rent and use so people can use them to

(Please see **Biking** on Page 4)

# Sharing favorite outdoor activities

*Editor's note: Healthy Owl Times reporters recently considered what they like to do when they are outdoors and why they enjoy it.*

Three activities I like to do outside are ride my scooter, go play with my friends, and go to the park. When I play with my friends, we ride our bikes and scooters. At the park I play with my dolls and slide down the slide and draw. It makes me relaxed.

—*McKenzie Ingram*

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Three activities I like to do outside are sitting down, running, and basketball. Sitting down makes you relaxed.

Running is oh so fun and playing basketball is my favorite. Do you like basketball? 'Cause I do!

—*Bruce Huger-Allen*

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The three things I like to do outside are jump roping, talking with my friends, and walking

and running to some places. Jump roping is relaxing and is fun. I have learned how to so now I can talk to friends when I jump. When you talk to friends you can sit somewhere and relax and when you talk to your friend it makes it fun. When you walk to you can think about some stuff you like. It will make you happy.

—*Basma Akabouche*

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I ride my bike outside to relax. I can do tricks on it. I like to play with my cousin outside. I like to play basketball games outside with my brothers.

—*Kingston Liles*

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One activity I like to do outside is riding my bike because it feels good to get exercise on my legs from pedaling. Also I like to meditate in the rain because it helps me calm down.

—*Jace Mallory*

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To relax I play soccer, football, and baseball. Soccer helps me stay relaxed because I get my heartbeat up and it helps me to not stay inside all day. I like it because it helps my foot work and speed. I think football helps me relax because it helps me with my speed and strength and I like it because I can make friends and have fun. I think baseball helps me relax because it helps me with my strength and throwing power. I like the sport because I make lots of friends.

—*Louis Heck*

Three things I like to do is draw and play tennis and football. Drawing is something that is relaxing because it takes no energy. Tennis is a skill and it makes me tired and that's why it's relaxing. Football also makes me tired.

—*Nathan Gravely*

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Three activities I like to do to help me relax are the park, the backyard, and the air. I like to go to the park so I can run and meet new people. I go to my MomMom's home to play in the backyard with my friend. I've known her since I was a baby so I play with her. I like the air because I can be relaxed cool or hot. The air is so nice and fresh and it is good for my health.

—*Madison Ejiogu*

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I like to ride my bike to get fresh air. I play catch with my brother. I like to go outside and take deep breaths. I like doing all this stuff because it reduces stress.

—*Kahyir Lambeth*

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I like swimming because it is relaxing when the water is flowing on me. It feels good when I am swimming outside

—*Mason Worthy-McCray*

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*Here are more reflections from third-grade reporters about their favorite outdoor activities. What do you like to do when you are outside?*

I like to go on the trampoline and get relaxed by getting my energy out. I go skating and I have fun so when I go in the house I just get in the shower.

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The three outdoor activities. I like to do to relax are rollerblading, reading in the sun, and calmly flipping. Sometimes when I rollerblade, I glide and skate.

I think it is fun to jump over holes, lines, and rocks. I tried to do a cartwheel and it failed! I loved when I went down a hill.

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I like to find stray cats and give them flea protector and make them a cardboard house and see what foods they like and become friends. It helps by watching a poor baby turn into a wonder.

I also like to play lots of types of games such as tag and hide and seek. I play with my friend and I like it because I really like playing outdoor games.

# Teachers enjoy outdoor time, too

The *Healthy Owl Times* interviewed two Inquiry Charter School teachers about what they liked to do when they were kids outdoors and what they enjoy doing today outside.

Ms. Melanie McCafferty, school interventionist, said her favorite outdoor activity today is playing in her backyard with her kids. She said they play outside whenever the weather is nice, spending at least half of the day outside on weekends.

Ms. Melanie said this activity makes her feel happy and “it brings so much joy to the days.”

Ms. Melanie said she spent a lot of time outside as a child. She loved to play basketball with her brother and they were very competitive. Beating her brother at basketball made Ms. Melanie feel happy and powerful. She said, “my brother is a lot taller than me but I was faster!” Did you know Ms. Melanie

is from Greencastle, Pennsylvania? It’s about 165 miles west of Inquiry Charter School in South Central Pennsylvania. That’s where she spent time outdoors as a child.—By Healthy Owl Times staff

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Ms. Hope Trenga, third grade teacher, said playing basketball is her favorite outdoor activity because it is fun. She said she plays a few times a week for about 30 minutes each time. Ms. Hope said she plays at a court in South Philly and also at recess with students. She said that, “playing basketball makes me feel happy and energized.”

As a child, Ms. Hope spent a few hours each day after school outside. She especially enjoyed riding her bike. One time, as a result of a race gone bad, she hit a pothole, flipped over the handlebars, and fractured her collarbone!—By Healthy Owl Times staff

# Tips to cope with difficult times

Everyone experiences difficult times. Sometimes those can feel big or small.

Since everyone has difficult things to overcome, it’s important that you learn how to manage your stress and have ways to cope.

*Inquiry Charter Healthy Owl Times* reporters recently read the article, “Stress: Coping with Life’s Stressors” on [my.clevelandclinic.org](http://my.clevelandclinic.org). The website is produced by the Cleveland Clinic. It is well-known medical center based in Ohio, and it employs many healthcare experts.

The *Healthy Owl Times* reporters learned from their research that change can be stressful because it requires

people to “adjust and to adapt” to new situations, according to the Cleveland Clinic article.

Experts say it can take time to cope with a difficult situation.

After learning about stress and coping, the *Healthy Owl Times* reporters brainstormed and came up with a list of tips about how to handle challenging times. Here are some of their suggestions:

- \* Eat a balanced diet.
- \* Meditate.
- \* Go outside to play, relax, and breathe fresh air.
- \* Practice yoga frequently.

- \* Find a private space and yell or scream into a pillow.
- \* Stretch and do some deep breathing.
- \* Play your favorite game.
- \* Do a quiet activity like drawing or coloring.
- \* Draw pictures of your emotions to express how you’re feeling.
- \* Get enough sleep.
- \* Spend time with people you love.
- \* Do something fun with a friend.
- \* Go out in nature.
- \* Exercise.
- \* Watch something funny.
- \* Listen to calm/favorite music.
- \* Read a book.
- \* Snuggle with a blanket.
- \* Take a bubble bath (with help from a grown-up.)
- \* Learn something new.



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How have you coped with a challenging time? Write a short reflection and tell us about it. Please send it to Ms. Hope Trenga, the school’s third grade ELA teacher. Maybe you will read it in the next issue of the *Healthy Owl Times*.

# Biking is a great way to get outside

(Continued from Page 1)

bike to work, school, or just for fun out in nature. I've worked for the Bike Share program for 4 ½ years.

**Q: Right now, Bike Share bikes are only available for children over the age of 14. How can younger students get involved?**

Ms. Murray: You can still bike on your own—you need to learn how to ride safely so that when you turn 14 you'll be ready to use the Bike Share safely and effectively. If you don't have a bike, there are many bike shops around the city that will rent bikes to kids.

**Q: What's your favorite part of your job?**

Ms. Murray: I love being able to provide my city with something that is helpful, fun, and healthy all at once. People use the bikes to go back and forth to jobs and appointments, which is helpful, but bike riding is also fun and healthy. I love hearing how people use and enjoy the bike program.

**Q: What do you like to do outdoors to relax? What are your favorite outdoor activities?**

Ms. Murray: I like walking and biking. I like to be at the park so I can go lie in the sun and feel the fresh air. I like to have picnics and meet up with friends and family. My 1-year-old daughter likes the playgrounds so we enjoy those activities together.

**Q: What tips do you have for someone who wants to learn how to ride a bike?**

Ms. Murray: FIRST, you need to have a helmet because you must be safe and protect your brain. You should learn with an adult so that you can learn how to ride safely and effectively. You also need a bike in good condition. You need air in your tires, working brakes, and a safe chain. We use ABC to teach this (Air, Brakes, Chain).



Illustration by Ethan Dent-Harris

**Q: Why do you think it's important to spend time outdoors?**

Ms. Murray: It's great to get fresh air and explore your neighborhood. It is really nice to be outdoors so you can see all the beautiful things, like trees in the fall! Being outdoors is a great way to connect to your city and community.

## Introducing health newspaper

(Continued from Page 1)

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 and it affects everyone.

We also want to hear from you. Let us know what articles you would like to read. We also want to encourage you to contribute a reflection or letter to the editor.

Please send your ideas and newspaper contribution to Ms. Hope.

We hope you enjoy your new school newspaper!

### *Inquiry Charter Healthy Owl Times*

A publication of Inquiry Charter School, which is part of the Belmont Charter Network in Philadelphia.

Third grade reporters for this issue include Basma Akabouche, Cooper Alarcon, Gia Carnegie, Ethan Dent-Harris, Madison Ejiogu, Jayden Green, Louis Heck, Nathan Gravely, Bruce Huger-Allen, McKenzie Ingram, Perry Ivory, Auria Jimerson, August Jones, Kahyir Lambeth, Kingston Liles, Jace Mallory, Amara McCray, Jordan Minnick Jr., Nahir Topping, Amiya Palmer, Daylen Patterson, Amari Palmer, Alana Ratcliff, Zuri Smith, Kiley Walker-Ross, *Mason Worthy-McCray*, and Jamar Young.

The *Healthy Owl Times's* faculty advisor is Ms. Hope Trenga. Inquiry Charter's School Principal is Ms. Cohen.

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