

ELEANOR EMLEN

HEALTHY ROAR

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Nurse offers tips to reduce stress

Third-grade students in Mr. Shulman's class recently sat down with a health expert, Dr. English, who is the school nurse at Emlen School. They asked her some questions about stress. Dr. English's answers have been shortened and edited.

Question: What causes stress?

Dr. English: Anything that makes you nervous and makes your body out of its normal condition. If you're in a fight or if someone is calling you names, it can make you feel bad and you don't feel right. That can cause stress.

Question: Can stress be good?

Dr. English: So some stress can be good. Some can make us better. Let's say you got some homework that you had to do in a subject that you don't like. It could be positive because maybe you go home and ask someone to help you with it or you ask another teacher for help and you learn to do it. And so you feel smart because it pushed you to do something that you

would not have normally done and you came out feeling better and knowing more.

Question: What can kids do to reduce stress?

Dr. English: There are lots of things kids can do to reduce stress, like going outside and playing with your friends.

If you're in a stressful situation, mommy gave you something to do and you didn't want to do it, or it made you angry, you could play with Play-Doh. You can squeeze it and put pressure on it instead of slamming doors.

If you like to sing, sing. If you like to dance, dance. Some people like to listen to music. All these things can reduce stress.

If you're in a stressful situation, like someone is saying something and they're not being nice, you can take deep breaths, in and count 1-2-3-4 and out count 1-2-3-4. You can imagine yourself doing something that you like to do. Let's say you love to go to

(See Nurse's advice on Page 2)

Hello, Eleanor Emlen!

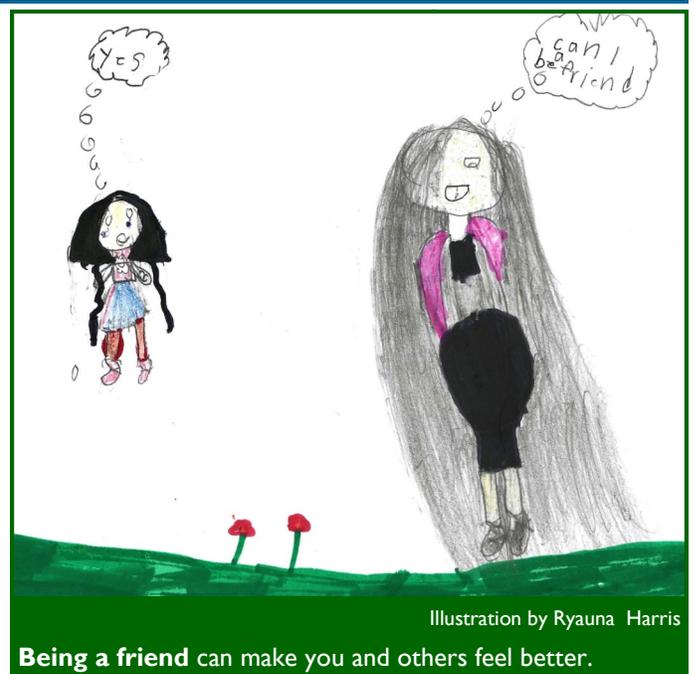
Welcome to the first edition of the *Eleanor Emlen Healthy Roar*.

Our newspaper focuses on health topics. Why? Because we believe that good health matters to everyone, and we want to provide trustworthy health information that is helpful to the Emlen community.

For instance, in this issue, you will read about stress and how to handle it. You will also learn about a stress-reducing activity. Future issues may include articles on exercise, vaccines, healthy foods, and much more.

Our first issue has been reported by students in Mr. Shulman's third-grade class. We want the whole school to get involved by reading the *Healthy Roar* and contributing to it as writers and illustrators.

Please see Ms. McHugh, K-3 lead literacy teacher, to see how you can get involved.



Being a friend can make you and others feel better.

Illustration by Ryauna Harris

Check out these poses to de-stress

Mr. Shulman's third-grade class recently tried an activity called "stretching with yoga pretzel poses" to see whether it reduces stress.

The students did yoga poses called tree, mountain, downward dog, and triangle pose.

A number of students said the poses made them feel calm, happy, and relaxed. They said the poses gave their bodies and brains a chance to rest. They were excited to try it.

"It gave me a chance to think about things," Rhea said.

Jaleyla said it made her feel a little bit tired, while it made Danielle

feel sad.

In our words...

Ryuana said it made her feel a little bit less stressed. Evy said it made her feel relaxed.

"One pose made us feel wobbly a little bit," one third grader said.

Jayden said, "It just felt relaxing."

One student said it made her feel dizzy while it made another feel happy.

One student was surprised that the poses made him feel less stressed.

We recommend this activity for children of all ages. It was easy enough that younger children could try it.

People need to be able to stand up, balance, and follow directions to try different poses.

Nurse's advice on how to de-stress

(Continued from Page 1)

the beach, you can sit down and think about having a nice day at the beach or at a theme park.

Question: What causes *you* to feel stress?

Dr. English: When I have a very sick patient who has asthma and is struggling to breathe, and I can't help them because they don't have their inhaler.

Question: How do *you* reduce stress?

Dr. English: I love to run. I go on the running track or along the river. I go for a nice, long run and I think about the beautiful trees, the birds, the colors, so I don't think about whatever stressed me that day.

Question: The pandemic has caused a lot of stress. What have you noticed at school?

Dr. English: I've noticed that a lot of the kids seem to be more stressed, and getting in trouble in the classrooms. I think it's because they haven't seen their friends in a long time. They missed them but don't know how to show it. Sometimes when you don't know how to show it that causes you to get in trouble and then THAT makes you feel even more stressed.

Question: How can the school reduce stress?

Dr. English: We do send you to recess so you can play with your friends. We have a lot of afternoon clubs where you can go and learn to do different things. My club is fun, we talk about health issues. Some of you go to a cooking class and you learn to cook. It's relaxing and not as hard as schoolwork. Plus, you get to go to gym and exercise. The school

provides gym for everyone. While you exercise, you forget about hard work in the classroom. Exercise is one of the best ways to reduce stress. At home you can ride your bike or jump rope. Some people learn to play a musical instrument. Reducing stress is doing something different that makes your mind relax and think about something different.

Question: How do you fix stress?

Dr. English: You don't "fix" it immediately, but there are things you can do slowly to reduce your stress level. Exercising, singing, dancing, playing with your friends. If one friend is stressing you out, go and find another friend to play with. Doing happy things will help you feel happy. If music makes you happy, listen to music.

Question: How can you help a stressed friend?

Dr. English: Help them think about something that makes them happy. Suggest they take time to relax, take deep breaths, and forget about whatever is stressing them out.

Eleanor Emlen Healthy Roar

The *Healthy Roar* is a publication of Eleanor Emlen Elementary School in the School District of Philadelphia. Third-grade students who contributed to this edition include Jayden Boothe, Jaleyla Bray, Tyrone Dangerfield, Evy Delaine, Ryuana Harris, Danielle Lewis, Madison Pearson-Green, Ke'Ara Robbins, Michael Starling, Sean Walker, and Rhea Wideman. Third-grade teacher Mr. Shulman was the faculty advisor for this edition. Mrs. Pierce-Thomas is Eleanor Emlen's school principal.

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