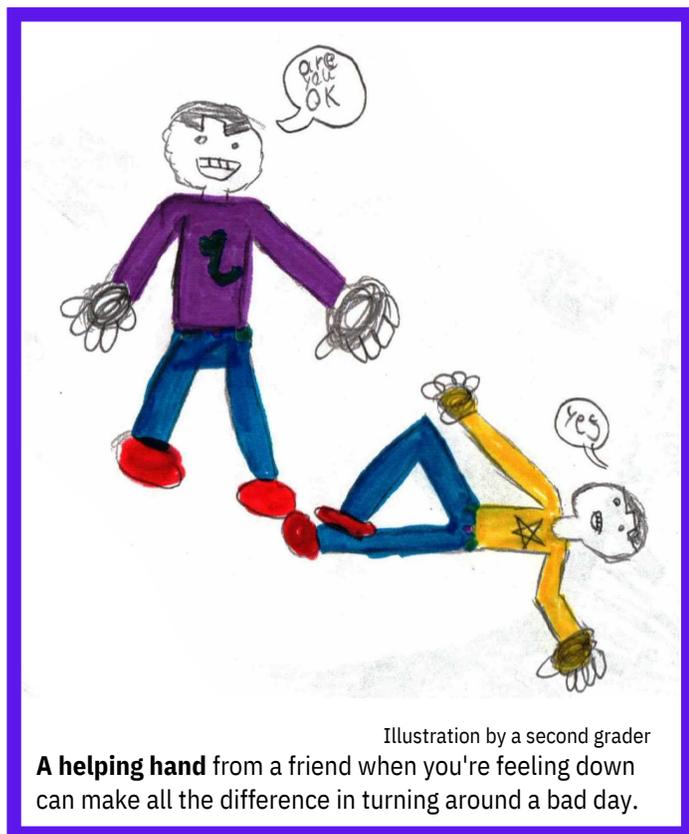


# HEALTHY ROAR



## Mindfulness lets us find time to pause

Mindfulness is a practice of noticing what's around you and how you are feeling "without judging it," according to Laura Romano, an expert on the practice.

She recently shared information about mindfulness with Mrs. Jones' fourth-grade students during their computer class with Ms. Hromadka. The students participated in a health reporting program for the *Healthy Roar*.

"Mindfulness lets us take more pauses," said Ms. Romano, who is the director of spiritual care and mindfulness for Einstein Healthcare Network.

For instance, if you get really angry, you might blurt something out that you would regret later. By practicing mindfulness, you can learn how to take a moment to think about what you want to say.

"There are a lot of benefits," Ms. Romano said. If you start worrying a lot, mindfulness can help you calm down. "The worries don't really help us," she said.

*(Please see **Mindfulness** on Page 2)*

## Nurse explains why staying healthy is important

*Dr. Pearl English, who is the school nurse at Emlen School, is a runner. It's just one of the activities she does to stay healthy. She recently spoke about health with fifth-grade reporters in Ms. Preston's class. This interview has been edited and shortened.*

**Question:** What does health mean to you?

**Dr. English:** To me, health means the absence of illness. When I'm not sick, I'm healthy. There are different types of health: mental health, physical health, and social well-being. When you're worried about something, for example, it can make you feel sick.

**Q:** Why is it important for a

**person to try to stay healthy?**

**Dr. English:** All of you are growing and it's important for your body to grow healthy. If you're sick or ill, you might not be able to get your schoolwork done, and we want you all to be healthy—growing taller and smarter.

**Q:** What did you do to stay healthy during the pandemic?

**Dr. English:** During the pandemic I spent time running, walking, and biking. I live near a trail on the river, so I spent a lot of time there. I also made sure I was eating healthy. I love eating fruits and vegetables. I am a pescatarian, which means I only eat fish. I also love eating apples—my favorite

are honey crisp apples.

**Q:** What health topic would you like to read about in the *Emlen Healthy Roar*?

**Dr. English:** I would love to read about healthy eating. When I did my doctoral studies, I spent time learning about nutrition in kids your age. Healthy eating is so important. We want to help you prevent illness and disease, so we want to make sure you are growing, eating healthy, and getting exercise.

**Q:** What inspired you to become a nurse and work at Emlen?

**Dr. English:** I love helping people, I love working with kids, and I love health.

# Listening to music can be relaxing

Stress can happen when you're worried, scared, feeling mad, and feel lonely. Too much stress is not good for your body, according to kidshealth.org. KidsHealth is a trustworthy health website written by experts.

To reduce stress, kids can do art, practice yoga, exercise, and breathe. Second graders took part in an activity to learn how music makes them feel. They wrote down their feelings before listening to music and then afterward.

Students in Ms. Thorn's room listened to classical music played on string instruments, guitar, and piano. They reported that listening to music made them feel calm and relaxed. One student who felt happy before the music felt "a different kind of happy" afterward.

Ms. Thorn's students recommended this activity for people around the world of all ages, because, as one student said, "everybody likes songs."

Here are some other comments:

- "I would do this activity again."
- "I felt positive. The second song made me feel positive."
- "The second song made me feel excited and happy."

To reduce stress, Mrs. Fabian's class listened to instrumental music from Disney movies. Their results were similar to those in Room 311. One student reported being frustrated before listening to music and happy afterward. Another said he felt stressed before and elated afterward.

The class recommended this music for kids and grown-ups. "It's amazing," one student said. "I think this music was perfect," another said.

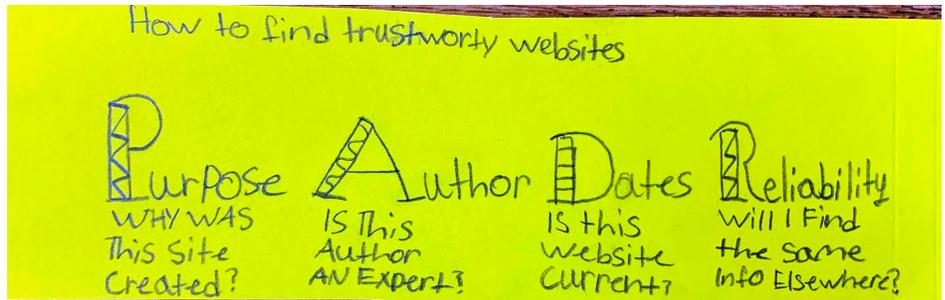


Illustration by Healthy NewsWorks participant

**Knowing what websites you can trust** is important as students research their articles. This bookmark offers helpful tips for telling if a site is trustworthy: Consider its purpose, author, publication date, and overall reliability.

## Mindfulness can reduce stress

*(Continued from Page One)*

The practice can help you relax and take more joy in life's pleasures such as a good meal or a walk in the park. It also teaches you to focus better, which could help you do better in school.

Ms. Romano also said mindfulness can reduce stress. "It helps us remember to stop and notice what we are stressing about and take some breaths and come back to the very present moment we are in right now."

Ms. Romano suggests three steps to get started with mindfulness:

- Make a plan. Decide how many minutes you want to practice.
- Pick something to focus on. It could be something you feel, hear, or see.
- When your mind wanders, bring your attention back to what you picked as your focus.

### Try this at home

Ms. Romano recommends this mindfulness activity. Give it a try!

Your mind will go other places. That's not a problem—it's what minds do. Just bring your attention back.

- Stand up with your arms at your sides.
- Swing your arms fast; now stop.
- Raise your right arm. Turn your hand and look at your palm.
- Keep feeling the stretch. Notice when your mind goes other places. See it without judgment and bring your mind back again.
- After one minute, lower your right arm and repeat with your left arm.

When you finish, ask yourself: How did you feel? How did your arm feel? Did you judge yourself when you thought about other things? Was it hard to stay focused?

*Eleanor Emlen Healthy Roar*

The *Healthy Roar* is a publication of Eleanor Emlen Elementary School in the School District of Philadelphia. Mrs. Pierce-Thomas is Eleanor Emlen's school principal.

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