

Summer 2022

Words of gratitude

Healthy NewsWorks moved forward on multiple fronts this year, even as our schools experienced a lot of pandemic-related uncertainties, from masking policies to in-person learning.

We reached a total of 1,200 K to 8 students in our three programs, almost entirely virtually via videoconferencing. We partnered with 13 schools—including our first in Camden, N.J.—and one after-school program. In addition to publishing 35 school newspapers, our reporters contributed to our annual book and to a new film—both featuring our theme this year on healing.

We are especially grateful to have been selected as the recipient of a three-year grant from the Quest Diagnostics Foundation as part of Quest for Health Equity (Q4HE), an initiative focused on addressing health disparities in under-resourced communities. The Quest Foundation's generous financial commitment and access to the com-



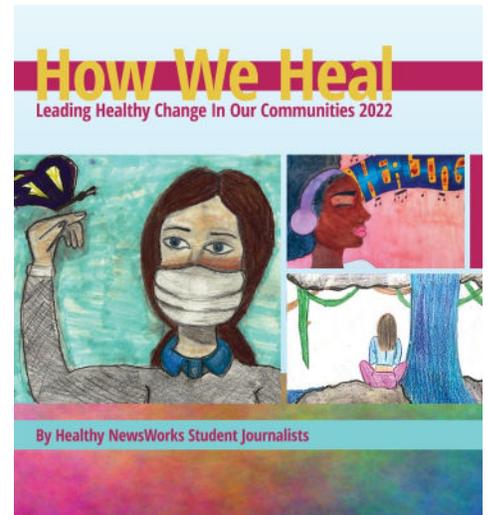
(Please see **Thank you** on Page 4)

Kids focus on healing

Healthy NewsWorks students every year inform their peers, families, and school communities about wellness and healthy behaviors.

Because of the pandemic's impact on children's social and emotional well-being, we chose healing as our theme this past school year. Our reporters researched and wrote about ways to cope in challenging times. Their topics included the health benefits of spending time in nature, showing empathy to others, and practicing mindfulness meditation.

In the process, they interviewed more than three dozen health and community experts for their school newspapers as well as our 2022 book and film—both with the title "How We Heal." They talked to therapists, educa-



How We Heal is our 11th book.

tors, scientists, an athlete, and others to learn about the many paths to heal-

(Please see **Sharing** on Page 3)

Sharing reporting experiences

Healthy NewsWorks reporters, ages 8 to 14, spent the past school year focusing on the theme of "How We Heal," addressing the social and emotional challenges that kids are experiencing today.

The young journalists spoke with therapists, educators, scientists, artists, athletes, and others to produce 35 newspapers; a book, *How We Heal: Leading Healthy Change in Our Communities 2022*; and a film.

We asked participants in our program to tell us what this year's theme

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

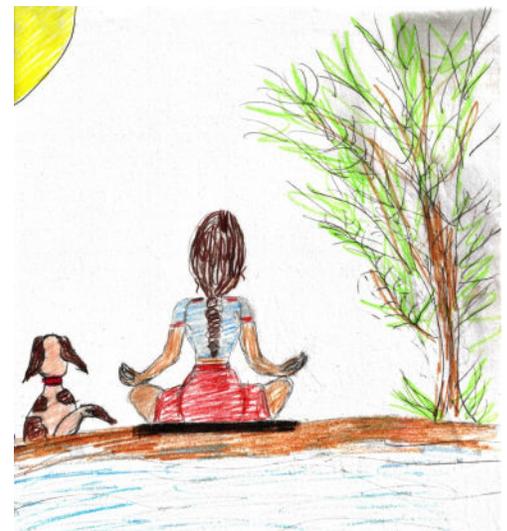


Illustration by Neveah Rivers, La Salle Academy

Reflecting on lessons learned about healing

(Continued from Page 1)
meant to them, and what they learned. This is what several reporters told us:

“First, I learned about emotions and feelings when we are in a certain situation. And if we are feeling a negative emotion, we can use coping skills like taking a walk, using [a] fidget, talking to someone, and taking a power nap. Second, I took part in some interviews, and I talked about mindfulness and emotions. Also, we talked about ... what teachers would do if they are getting frustrated with their students or with themselves.”

—4th grader

“I learned that some of the smallest things can change your life. Maybe it’s something that helped you heal mentally or physically.”

—5th grader

“What I have learned this year is that we should take some time to relax yourself, because a lot of things are going on in our life. Also, I have learned [to take] time to understand nature and looking all over our beautiful world.”

—5th grader

“Healing is important because if you’re not healed, you aren’t happy. Something I also learned this year was that in order to heal, you need to accept what has happened. Focus on the future, and don’t stress yourself too much.”

—7th grader

Applause for reporters

Two *East Norriton Bulldog Bulletin* reporters received the Healthy NewsWorks Distinguished Journalist Award. The award is given to eighth graders who have been leaders on their school newspapers, have participated in our *Leading Healthy Change In Our Communities* book project, and have gone above and beyond in their participation in the program.

The 2022 recipients are Jordan Chhay and Sara Chharaoui. In addition to their work on the *Bulldog Bulletin*, Jordan and Sara were also among the group of Healthy NewsWorks journalists who participated in our film, “How We Heal.”

Sara and Jordan worked on the *Bulldog Bulletin* during each of their four years at East Norriton.

“Jordan came to East Norriton Middle School in fifth grade already a seasoned pro, since he was involved with Healthy NewsWorks at his elementary school,” said Mrs. Victoria Strickland, an East Norriton teacher and newspaper adviser.

Over their years with the program, the two were able to interview numerous experts including Dr. Paul Offit, director of The Vaccine Education Center at Children’s Hospital of Philadelphia (CHOP), and Dr. Saba Khan, director of CHOP’s Food Pharmacy.



Jordan and Sara are top reporters.

“Jordan is a very personable young man, well liked by others and always willing to work. I learned not to question whether Jordan wanted to be involved or work on a story, as he would always step up and deliver,” Mrs. Strickland said. “Jordan has great drive and intelligence and I am confident wherever his journey leads him, it will be successful.”

“Sara is a force to be reckoned with and I learned that the second she stepped through the doors at East Norriton,” Mrs. Strickland said. “Sara is an amazing young lady with incredible motivation to figure things out. When conducting interviews, Sara reminds me of a veteran journalist who knows all the right questions to ask and is always ready and willing with follow-up questions.”

Sara and Jordan are heading to Norristown Area High School in the fall.

What’s on tap for 2022-23?

In the year ahead, our reporters will explore the connection between health and the environment with a focus on climate change. As they do their research, they will also be identifying ways young students can be part of the solution—from ensuring their phones are properly recycled to using a reusable water bottle.

Because of the feedback we received about the “How We Heal” curriculum, students will also report on social and emotional topics that address their questions and concerns.

Our reporters will be delivering their findings in their school newspapers, in a film, on the web, and in a new magazine format. Stay tuned!

Other highlights from past year

Beyond our direct services to students and schools, Healthy NewsWorks has been busy in several other ways. Here are a few highlights:

- Updated our logo and brand guidelines and we are re-designing our website to make it more user-friendly for kids, teachers, and community members.
- Started strategic planning. The board received pro-bono help from George Day, a leading marketing expert at the Wharton School, to launch us on a five-year plan.
- Improved the format of our print lessons and expanded our online curriculum to help with delivery of our classroom programs.

Congressional Record

An interview with Dr. Tami Benton, psychiatrist-in-chief at Children’s Hospital of Philadelphia, led to two of our reporters being included in the Congressional Record.

Dr. Benton told the U.S. Senate Finance Committee about “an experience that reflects my hope for the future.” She said Daniel and Katelynn [from the Norristown Area School District] “asked me, ‘When can normal feelings like depression and anxiety become bad for you?’ These are questions that all Americans should be asking at this time and should be able to answer.”

Sharing reliable information

(Continued from Page 1)

ing. They not only shared their findings with others, but they also absorbed relevant and important information for themselves.

“I learned that healing can help you and other people around you,” one eighth grader wrote. “You can help people but you also need to take care of yourself because you matter. And you can help other people by checking in or asking how they are doing.”

Another eighth grader told us: “Being outside can lower your blood pressure. Also, being outside can help you relax and lower stress. I also learned from Dr. [George] James [Psy.D, chief innovation officer at the Council for Relationships] that to be a good friend you have to show empathy. You should celebrate when others celebrate and cry when others cry.”

You can view our students’ work in several ways:

Schedule a film screening: Our 20-minute film is available for community

groups, companies, schools, religious organizations, and others. Contact Diane Davis, community outreach manager, at ddavis@healthnewsworks.org for more information. You can also see film trailers on the “How We Heal” page: www.healthynewsworks.org.

Read our book: Electronic copies of the book are free and easy to access on our “How We Heal” page. While you are there, take a moment to watch extended interviews with people who appeared in our film including, Dr. Sandra Bloom, associate professor at the Dornsife School of Public Health at Drexel University, and Jordan Mailata, offensive tackle for the Philadelphia Eagles.

Read student newspapers: Our reporters produced 35 school health newspapers this year. You can scroll through them by clicking on this link: <https://tinyurl.com/HNWpapers>

Visit By Kids, For Kids: Our online health news service on our website has a collection of student articles, reflections, illustrations.

Back in person for annual celebration

Healthy NewsWorks’ annual in-person event was back!

We were delighted to host so many of our supporters and program participants in person (and even more virtually!) at our annual event May 18, held outdoors at Merion Tribute House.

Beautiful weather and catering provided by Misconduct Tavern provided a terrific ambiance for our Film and Book Fest.

We were pleased to welcome a number of students as representatives of the 360-plus students involved on our Core Reporting Teams this year.

After grabbing a bite, attendees masked up and headed under the tent for the world premiere of *How We*



Talkback with Tracy Davidson

Heal, our 20-minute student-created film on healing.

After the screening, NBC10 anchor Tracy Davidson joined student film participants on stage to emcee a talkback. Use this link to view highlights:

<https://tinyurl.com/HNWtalk22>

What we do

Healthy NewsWorks helps elementary and middle school students develop skills to be successful as students and in life. Through our program, they learn how to ask questions, identify factual information, write accurately, and share what they learn.

Their work is published in health-focused newspapers, books, and digital media that are distributed in their schools and in the broader community.

Our young reporters are empowered as health messengers, educators, and role models for their peers, schools, families, and communities.

Meet our board

President: Amy B. Ginensky, J.D.

V. P.: Andrew D. Magnus

V.P.: James W. Buehler, M.D.

Secretary: Laurita Hack, D.P.T., M.B.A., Ph.D.

Treasurer: H. George Shoffner, CPA
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Elizabeth Rappaport, M.D.

Eileen G. Ruby

Deborah Stern, M.A.T., Ph.D.

Ellyn Jo Waller, Ed.D.

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Chelsea Dellavella, J.D., board observer, Philadelphia Bar Association program

Get involved



Healthy NewsWorks deeply appreciates the contributions and in-kind support we receive from individual donors, foundations, community groups, volunteers, and corporations. Keep an eye on our website at HealthyNewsWorks.org to stay informed about program news and upcoming events. We'd appreciate hearing your questions and ideas: editor@HealthyNewsWorks.org

Thank you to our supporters!

(Continued from Page 1)

pany's thought leaders on health topics will help us build our program's capacity and reach more schools and communities.

Einstein Healthcare Network, which is now part of Jefferson Health, has been a steady Healthy NewsWorks community partner for almost 10 years. Enon Tabernacle Baptist Church again provided much-appreciated support for our students.

We also received a significant gift from GSK as a recipient of the pharmaceutical company's Impact Award. This is the second time Healthy NewsWorks received the prestigious award that recognizes 10 nonprofit organizations in the Philadelphia area annually.

We also were honored by Comcast NBCUniversal as one of the 10 Philadelphia-area winners of their 2021 Project Innovation Grant Challenge.

Shout-out to dedicated HNW friends

Since our start in 2003, Healthy NewsWorks has grown through the hard work of many people, from our students to their teachers and our board. The 2021-22 school year was no different.

We were fortunate to add a new staffer this year, Ginger Ragland, as a program associate to our team that includes Mia Blitstein, program manager; Sarah Lowing, program associate; and Diane Davis, community outreach manager. They all bring passion, dedication, and talent.

For a second year, we teamed up with Rodney Whittenberg of Melody-Vision, who directed and edited our "How We Heal" film. He also taught skills to our students involved in our film. Stacey Carlough, a teacher and



It's so meaningful to receive these awards for our work. We are deeply grateful to all our supporters, including our corporate and community partners listed on this page. Please visit the Healthy NewsWorks website to see a full list: www.HealthyNewsWorks.org.

former journalist, helped the young filmmakers with script development.

We got a big assist this year from Katy Tipson from Bloom Planning who helped us create our print and online versions of our 2022-23 curriculum.

Lisa Tracy stepped in again to guide our 11th book—*How We Heal: Leading Healthy Change In Our Communities 2022*. She received help from Andrea Miller Tan, Mary Lowe Kennedy, Ted Duncombe, and Dana Reddington.

We also want to acknowledge the help we received from several behind-the-scenes key contributors: Alison Smith, Jayme Gittings, Debi Hoxter, and Addie Pagano.

Thanks also to our Event Committee, chaired by Ilene Rothblat, and our Event Host Committee, chaired by Drs. Paul and Bonnie Offit.