

WILLIAM CRAMP

FIT FLYER

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Illustration by Miguel Soto

FIND OUT WHY two William Cramp school leaders like to spend time outside. Please see article on Page 2.

Principal helps keep school safe

To bring students and staff back in the building this fall, William Cramp Principal Ms. Logan had to take some steps to prevent the spread of germs.

William Cramp “makes sure each and every person who enters our building can be as safe as possible by wearing a mask that covers the nose and mouth,” Ms. Logan said in a recent interview with the *Fit Flyer*. “If anyone doesn’t have a mask, no worries, we hand them one at the door.”

William Cramp has bought extra masks. School leaders wanted to make sure that they had enough for everyone who enters the building to be able to wear one and that they could replace a mask if a child loses, forgets, or breaks one. Luckily, Ms. Logan says, “Children know already to get a mask. We have never had children say we don’t want to wear a mask. We have no issues with that.”

Some other ways that the school helps to prevent the spread of germs is to encourage everyone to sanitize and wash their hands after using the bathroom, before eating, after sneezing or coughing, after eating, and after playing outside. The school also has rules in place so everyone is socially distanced. That means students should stay at least 3 feet apart when they are in line, in the classroom, and the cafeteria. Students also must use their own crayons and other materials so they aren’t sharing.

According to Ms. Logan, all teachers have seating charts in classrooms, so if someone tests positive, teachers can easily notify close contacts of exposure.

In the lunchroom, only four people can sit at a table, and there are Xs marking seats to keep people from sitting on them.

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School leaders share joy of nature

William Cramp School-based Teacher Leader Mrs. Cabeza likes to get outside with her family, hiking and exploring, just like she did when she was younger, she told *Fit Flyer* reporters in a recent interview.

A regular dose of nature can improve kids' health, according to health experts. But way too many spend too much time indoors, using electronics. Health experts say that outdoor exercise promotes healthy body weight, better moods, and the ability to focus.

Spending time outside in nature improves kids' health, according to Dr. Christopher Renjilian, who was featured in the Healthy NewsWorks book, *Leading Healthy Change In Our Communities 2018*. He is a doctor from Children's Hospital of Philadelphia and works with NaturePHL. Nature PHL is a program that encourages doctors to write prescriptions for kids to get outside.

Hiking makes Mrs. Cabeza 'feel like an explorer.'

Mrs. Cabeza said she likes to go hiking with her family because it's a time they can be together. She said they don't just hike, "we examine everything."

"Hiking is something I can do with everyone in my family, that everyone enjoys," includ-

ing her dog, Odie, Mrs. Cabeza said.

She said she goes hiking once a week, for one to three hours, depending on where she hikes and the weather. Her favorite place to go hiking is Waitsfield, Vermont, but she mostly hikes in state parks. She enjoys seeing a lot of waterfalls and lakes. Her family plans whole vacations around hiking.

Hiking makes her "feel like an explorer and happy to be outside," she said.

Even when she was a kid, Mrs. Cabeza said, she liked to go exploring in creeks and fields. She would play games outside with her friends, and that made her feel like part of a group or community. "There was always someone to play with," she said.

Ms. Gates, who is also a William Cramp School-based Teacher Leader, said she loves to go to the mountains in the summer. Her family has a house and a boat on Lake Wallenpaupack in the Poconos. "It's gorgeous, beautiful scenery," she said.



Illustration by Miguel Soto

She said she visits the house with her nieces and nephews and her siblings—about 20 people in all. They consider it a family house.

When they are together, they swim and boat during the afternoon. Being there makes her feel happy and relaxed, she said.

As a kid, she played outside with her friends every day. "We didn't have cell phones," she said. "We went outside and played with our friends. I played a lot of sports so I was always doing something."

Ms. Gates loved to play with her friends. "It was fun! Hanging out with friends, getting a lot of energy out, just being a kid."

—By *Fit Flyer* staff

Did you know?

Kids were spending way too much time using electronics — more than seven hours per day — even before Covid. And they were only outdoors about 30 minutes a week, according to NaturePHL.org.

Kids need to spend more time outdoors because it can increase body movement, boost their immune systems, promote healthy body weight, improve mood, increase memory, improve attention and ability to focus, according to "Nature Rx: Go Out and Play." The publication was written by doctors at Children's Hospital of Philadelphia and staff members at The Schuylkill Center and the City of Philadelphia.

Kids need an hour each day of aerobic activity, like riding bikes, playing tag, and running, swimming, jumping rope, and dancing, according to the American Heart Association.

How nature makes fifth graders feel

My favorite outdoor activity is hiking in the woods. Now I really just play in different parks and fields, but I used to go to the woods about once a week. I don't go anymore because I don't live near the woods anymore. I would be in the woods for about two to four hours, depending on the trail. I don't know the name of the woods, but it's in Philadelphia. I hike mostly with my family, including my mom, sister, and cousins. It makes me feel connected to nature, and so calm and relaxed.

—Aidah Sanders

My favorite outdoor activity is to go camping because it is relaxing and I love to walk in the woods. I go camping mostly in July and I stay for sometimes two or three weeks. I'm outside all day, because why be in a tent when you have the smell of fresh air? It's so relaxing and calms you down.

I went to the Pocono Mountains and I also went to a few other places. I go camping with my dog and my siblings, my mom, my dad, grandpa, and grandma. Camping makes me feel relaxed and happy and calm when I'm stressed by my siblings. It was lots of fun. We made s'mores and it was all over the firewood! I was very happy.

—Amiyrah Velez

My favorite outdoor activities are dancing and running. Dance comes naturally to me. It was something I could always do. It really helps when I am sad



or mad — I dance, and I feel some calm. With running, I feel stress-free. They are both really easy activities to do.

Every few hours I go outside to dance, or I stay in and dance in my living room. I run outside in the playground near my house or run on the circle track around the playground. I can also run in place in my room.

Sometimes I dance or run with my friends or family, like my dad and his girlfriend and her daughter. I do these activities every day—like I said, they're easy things to do. They make me feel happy, stress-free, and calm.

—Imani Reese

My favorite outdoor activity in nature is hiking, because I can be with my family. I hike in the summertime at my uncle's house with my family. I do this for an hour. Hiking makes me feel happy.

—Marilyn Maysonet

My favorite outdoor activity is playing tag. It's my favorite because you run a lot and it gets your heart pumping. I do this activity every day outside with my friends and at school sometimes. I play for three to four hours at home and five minutes at school.

I play tag at home because I have more places to run with my friends from school and family. It makes me feel good inside. I like when I run — it makes my blood pump and makes my heart beat faster.

—Peyton Crawford

Working together to stay healthy

(Continued from Page 1)

Ms. Logan says the lunchroom and maintenance staff “are working nonstop to ensure that the lunchroom and the kitchen are as sanitary as possible. They constantly clean. They are cleaning tables and chairs where students sit to make sure they are clean and sanitary for the next group of students.”

When a parent calls to let Ms. Logan know that their child has tested positive for Covid, the first thing Ms. Logan says she does is alert the school nurse. Next, she alerts the School District. Then, parents, students, and staff are notified of a positive case, she says.

Ms. Logan says that these safety practices are in place for the rest of the school year. “Then at the end of the school year, we need to assess what safety concerns are still present.”



Illustration by Amiyrah Velez

When asked about vaccines, Ms. Logan recommends students and families talk to their pediatricians and follow their recommendations.

—By Fit Flyer staff

Doctor says spend time outdoors

Dr. Shruti Patel, a physician at St. Christopher's Hospital for Children, was recently interviewed by reporters on the staff of the William Cramp Fit Flyer in Philadelphia about the benefits of spending time outdoors. Answers have been edited.

Q. How much time on average should kids spend outside?

Dr. Patel: I like to say it's a flexible answer. I recommend at least an hour each day, every single day. That's seven hours each week! If you can do that, you'll be getting all the good stuff the outdoors has for you.

Q. Do you talk to your patients about going outside? If so, what do you tell them?

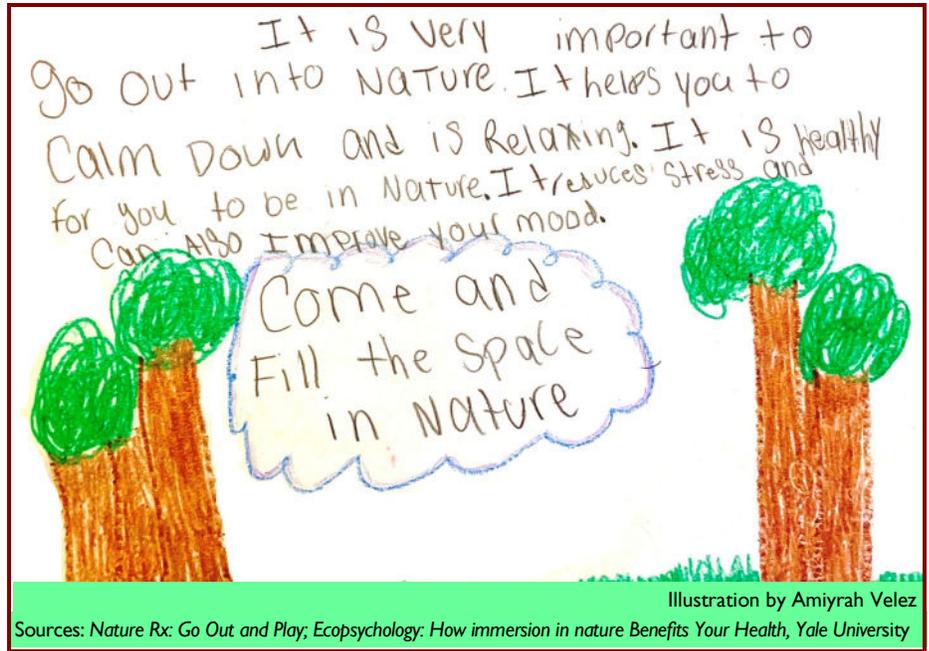
Yes, I tell all my patients to go outside. It has a lot of health benefits, emotionally and physically. When you're young, you're active, and it's important to stay active. ... Any type of activity outside has been shown to make you guys happier, and who doesn't want to be happier? Mentally, it has been shown to help your brain to spend time outside. It helps you to be more creative and help your brain develop more.

Q. Are there different health benefits playing on the playground versus going for a walk in the woods?

In both scenarios you're getting activity. You should do whatever is more accessible. In the woods, you find different things you can play with or that pique your curiosity. But you also play in different ways on monkey bars. As long as you're outdoors, it's great.

Q. What if you live in a dangerous neighborhood — what are some ideas for spending time outside safely? Or getting the same benefits of spending time in nature?

I'm really glad you asked that question — it's very important to talk about. I would say if you live in a dangerous neighborhood, always be in a group, with a parent or an elder who can keep you safe. If you don't feel safe, I would recommend not going outside. The



No. 1 priority is safety. If you can't be safe, you can't be healthy. School is a safe place, so if you can, get your outdoor time while you're at school. Other than that, there are multiple trails you can try. You can do a nature walk and spend quality time together with your family, too. If that's not possible and you can't make it out, there's always different ways to be active and creative at home. There are so many YouTube videos some of my patients like to do, like Dance Revolution at home.

Q. What would you tell patients who don't spend much time outside?

I think it's important to understand why they don't spend so much time outside. I tell them about the benefits, and I try to gain an idea of why they don't. Sometimes they live in a dangerous neighborhood or they don't know where to go. I like to look up nature trails or playgrounds nearby, or there's plenty of basketball courts that I like to recommend as well.

Q. Should kids and parents go outside together?

Yes, that way your parents are also getting activity and you get to bond. It's great to go outside together!

William Cramp Fit Flyer

A publication of William Cramp Elementary School in School District of Philadelphia. Student staff members are fifth graders and include Lillie Boone, Peyton Crawford, Josuel Laboy-Ferrer, Marilyn Maysonet, Imani Reese, Aidah Sanders, Miguel Soto, Lelanni Torres-Hernandez, Amiyrah Velez, and Mackenzie Velez.

The *Fit Flyer's* faculty advisor is Mr. Fitzsimmons. Ms. Logan is the school principal.

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