

# CATHOLIC PARTNERSHIP SCHOOLS

# HEALTHY COURIER

VOLUME 2, NUMBER 2

FALL 2022

## Taking a walk has many benefits

Walking is enjoyable and has health benefits, said several St. Joseph Pro-Cathedral School staff members in recent interviews.

Walking promotes better sleep, better health, stronger muscles, and even better mood, according to the American Heart Association. Choosing to walk instead of driving a car reduces your carbon footprint, says the Environmental Protection Agency (EPA).

What's a carbon footprint? "Your carbon footprint is the amount of carbon dioxide released into the air because of your own energy needs," according to NASA. For instance, you ride in cars. Cars give off carbon dioxide and other gases, which harms air quality and contributes to climate change, says the EPA.

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Illustration by Fernando Jardon

**Taking a walk** instead of riding in a car or truck can help keep the Earth healthier.

## What health means to *Courier* reporters

**Editor's note:** Eighth graders at St. Joseph Pro-Cathedral School have been considering Healthy NewsWorks' theme for the 2022-23 school year, *Caring for Our Earth and Ourselves*. Here, they reflect on what it means to be healthy.

Health can be thought of as physical, social, and emotional health.

**Physical health:** The way you present yourself. Did you brush your teeth? Did you take a shower? Did you put on clean clothes today? All these subjects are extremely important since you don't want to smell.

**Emotional health matters too:** Are you feeling okay today? Your emotions are something that de-

scribe you. If you are mad all the time, people may choose not to be around you.

**Social health** is if you have friends. Some people are not social which is okay but having one or two friends is good.

—By Fernando Jardon

Health is important because it can help you lead a productive life and keep your body going. Health also includes maintaining your body, like staying clean. Staying fit is another way to stay healthy because it keeps your bones and body strong. It's also important to keep in check your mental health be-

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# Climate change can prompt anxiety

Climate change is causing problems. It's harming air quality. It's making the Earth hotter. It is also causing some people to be fearful about the future.

**Eco-anxiety** "is a term that is being used to describe emotions" people are feeling about climate change, according to *National Geographic* magazine.

Ms. Fattah, St. Joseph's school counselor, said anxiety is a powerful feeling. She said anxiety is common. "It's very normal to have anxiety," she said. It can be "a very healthy emotion. It can help you get things done."

For instance, Ms. Fattah said, taking a test can cause anxiety. But it may prompt a student to prepare for the test so they can do well.

The symptoms of anxiety may include feeling uneasy and being unable to focus on everyday tasks. Other symptoms include fidgeting, shakiness, feeling warm, growing hot in the face, and a fast heartbeat, Ms. Fattah said.

Mayo Clinic medical experts say anxiety can lead to depression, trouble sleeping, and headaches.

A simple way to calm yourself when you feel anxious is deep breathing, Mrs. Fattah said. Finger breathing is one exercise she suggests. Spread the fingers of one hand. Use the index finger of your other hand to trace the outstretched fingers. Breath in as your index finger goes up, and breathe out when it goes down.  
—By Healthy Courier staff

## Walking appeals to reporters

Walking always helps me take time to think and plan things out. Sometimes there are obstacles because I get tired and then I stop walking.  
—*Maria Urbina*

Walking is fun and you can get good exercise. The obstacles that I face are the weather. The weather might be bad walking conditions but I still walk anyway.  
—*Erick Castro*

I love walking. I walked all the time in the summer for exercise and because I loved breathing in the fresh air. My only obstacles in walking are that I hate walking when it is very hot and sunny, I rather walk when it is cool outside.  
—*Chinwe Chukwueke*

Walking is very productive and I get good exercise. Obstacles I face are trash, pets, and people.  
—*Cristofer Lopez*

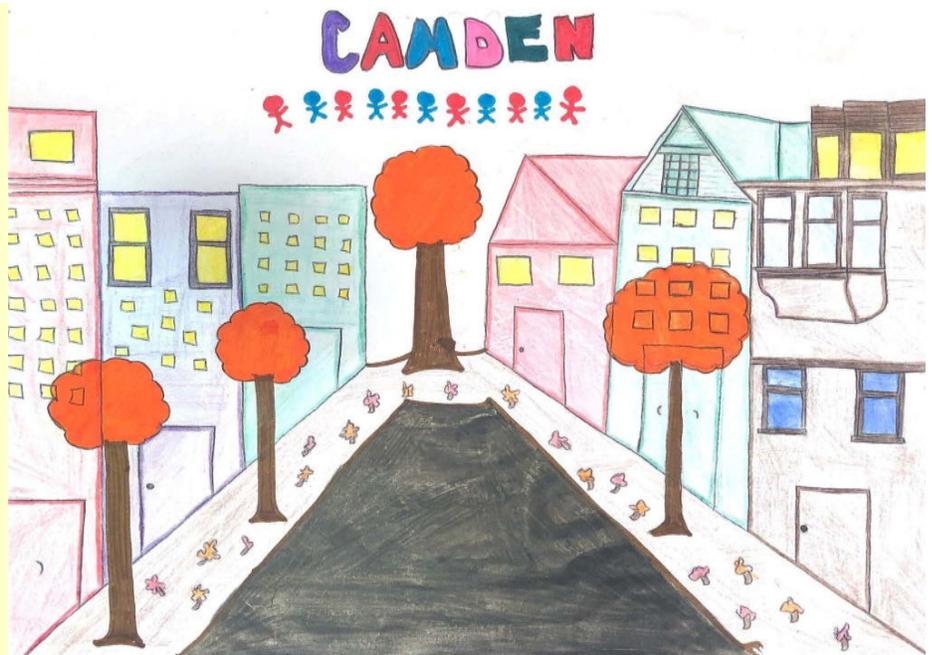


Illustration by Cynthia Rojas

Walking helps me get my daily exercise, so I like doing it. Because I use my treadmill inside my house to walk, there are hardly any obstacles.  
—*Damin Nguyen*

I enjoy the environment outside and sometimes I would like to have a simple breather. It also keeps me calm and happy.  
—*Luis Tenorio*

I do enjoy walking but I don't do it often. My struggle is that I don't have a place to walk near

my house. My neighborhood isn't the safest place to walk in.  
—*Yarilis Ceron*

Walking calms me down and I like to make my calves hurt. The only obstacles I see when I walk is when the pain gets unbearable. But after you fight through, it gets way better.  
—*Christopher West*

I like taking walks because it is a way to refresh my mind and to maintain my health.  
—*Zuryal Rigney*

# Learning about climate change

Climate change is on many people's minds. But what is it? What does it mean for the environment? What impact does it have on your health?

Those are some of the questions that *Healthy Courier* reporters will be exploring this year through our theme, Caring for Our Earth and Ourselves.

For starters, let's define what climate means. Climate is "the weather found in a certain place over a long period of time," according to kids.britannica.com.

The climate is always naturally changing. But some things that humans do are causing the climate to change more quickly. Here are a few examples of climate change, according to the U.S. Geological Survey, a government agency focused on science.

- \* Temperatures are getting hotter.
- \* Droughts are becoming longer and more severe.
- \* Sea ice in the Arctic is melting.

A lot of people are seeking solutions to these and other problems. You can help. Learn more by reading our newspaper about the small changes that you can make to help the Earth and you stay healthy. We'd love to hear from you. Send your ideas, reflections, artwork, and letters to Ms. Guernon at St. Joseph.



Illustration by Fernando Jardon

# Read why school staff like to walk

*(Continued from Page 1)*

Mrs. Walsh, the school librarian, said that she loves to walk outside. It gives her exercise and time with her golden retriever, Murphy. He is very sweet and greets people, she said.

Mrs. Walsh said she walks seven days a week, even in the rain and snow. She usually walks up to an hour in her neighborhood.

Mrs. Walsh said walking makes her feel "energetic, peaceful, and appreciative of nature." After finishing the walk, she said, she likes to return indoors to a toasty home.

Sometimes, Ms. Walsh is joined on her walks by her daughter and husband.

Mrs. Washart, academic title coordinator, said she also enjoys walking.

"I find it to be very relaxing," she said. It's a good way to de-stress after a long day."

She said she tries to walk about two miles at least three or four times a week. Although she usually walks by herself in the neighborhood, her brother joins her on Wednesdays. Walking makes her feel "energized and relaxed," she said.

Mr. Orosz, a religion and geography teacher, said he likes to walk "because it relieves stress and improves my mood."

Mr. Orosz walks with his wife and two dogs, Danny and Jackie. He said he walks every day of the week—at 5 a.m. on weekdays and at 6 or 7 a.m. on weekends. He walks 30 minutes on the weekdays and one hour on the weekends.

Mr. Orosz walks in his neighborhood. "It's safe, and you can make plenty of friends," he said.

—By Healthy Courier staff

### Catholic Partnership Schools

This issue has been created by reporters at St. Joseph Pro-Cathedral which belongs to the Catholic Partnership Schools in Camden, N.J.

Eighth-grade reporters for this issue include Erick Castro, Yarelis Ceron, Chinwe Chukwueke, Alexander Garcia, Joselyn Herrera, Fernando Jardon, Cristofer Lopez, Bryan Luna, Damin Nguyen, Zuryal Rigney, Cynthia Rojas, Adriel Tavarez, Luis Tenorio, Kayla Tran, Maria Urbina, Thabata Velazquez, Angelina Ventura, and Christopher West.

The *Healthy Courier's* faculty advisor is Ms. Guernon, who is a seventh/eighth-grade teacher at St. Joseph Pro-Cathedral. Mrs. Orosz is the school principal.

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# Views on what makes a healthy life

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cause it can help you better control your emotions or thoughts.

—By Yarilis Ceron

Health is important for many reasons. It can help you have a longer life and a stronger body. Good health can also lead to a productive life.

—By Luis Tenorio

Health is important because it can lead to longer life without problems. You can accomplish a healthier life with exercise, a healthy diet and good hygiene. A healthy lifestyle does not only benefit you physically, but it also benefits your mind.

—By Angelina Ventura

Health is critical to human happiness. Being healthy means you get to stay out of hospitals and out of bed. It means you get to spend time with the people you love the most. To be healthy you need to eat well and exercise.

—By Chinwe Chukwueke

Health is important because it can help you live a long, happy life. It is important to make sure you stay healthy because it can reduce the risk of getting diseases.

—By Zuryal Rigney

We need to take care of our bodies to live a healthy and long life. Examples on how to stay healthy are to have a good diet, hydrate yourself, shower daily, and practice good hygiene.

—By Damin Nguyen

Health is important to survival. Everyone should care about their health and how to maintain a healthy body. To me, health is something that I care about because it determines how I can live my life on a daily basis. Having good health helps you live an active and fun life. Health is survival and life.

—By Kayla Tran

Health is one of the most important things because if you don't take care of your health you can just simply die. Health is one of the most important things for humans because health is very complicated. There are a lot of diseases and viruses that threaten to ruin your health. Always make sure to be



Illustration by Angelina Ventura

eating healthy and getting the amount of foods a human body needs.

—By Maria Urbina

Health is important in many ways. Staying healthy extends your life. It is said that being healthy brings you happiness.

—By Joselyn Herrera

Why I think that health is important to me is because it is my body that I am living in. I don't want to live in an unhealthy body. Also, if I have a healthy body, I will live longer. Exercising is considered very healthy for your body. If I exercise I can keep my body healthy and strong.

—By Erick Castro

When some people think about health, images of exercise, a doctor, or types of food may pop up. All are important to keep your body healthy. But the most overlooked aspect of health is mental health.

Mental health is never easy to talk about. It's consistent throughout our lives, affecting how we think, feel, and act. As an eighth grader, mental health is more prominent than ever with the stress of applying to high schools, making good grades, and leaving longtime friends behind.

Writing about mental health can help us identify what we've struggled with and furthermore find ways to cope. It can also bring awareness to problems. This could cause students to check up on their classmates more frequently. Students may also learn about compassion.

—By Thabata Velazquez