



# HEALTHY TRAILBLAZER JOURNAL

VOLUME 3, NUMBER 1

FALL 2022



Illustration by *Healthy Trailblazer Journal* artist

## Walking benefits you and the Earth

You may think that walking might not benefit you. But walking can help relieve stress, give you an opportunity to be in nature, and help the environment, several DePaul staff members said in recent interviews..

Ms. Welsh, DePaul assistant principal, said she enjoys walking in her neighborhood and in Philadelphia parks. One of her favorite places is Fairmount Park.

“I love walking,” she said. “It helps my stress levels, keeps me stay healthy, saves gas, and helps me learn about a lot of other places.”

Walking also gives her a chance to think creatively, she said.

She said she tries to take 10,000 steps every day—or about five miles. But sometimes she doesn’t accomplish her goal. She doesn’t get discouraged, she said. She tries to reach it the following day.

(Please see *How walking* on Page 2)

## How to handle feelings of anxiety

Feeling anxious can happen when you experience a loss or worry, said Ms. Dickson, a DePaul school counselor.

In a recent interview with the *DePaul Healthy Trailblazer Journal*, Ms. Dickson said that anxiety can also be triggered by a change in your life.

Anticipating high school could cause some eighth graders to be anxious. Other people can experience anxiety when they are in an uncomfortable situation such as being around people they don’t know, she said.

Anxiety can take different forms, Ms. Dickson said. It is a normal human feeling.

When you feel anxious, “know that you aren’t alone,” she said.

“There are many people to talk to,” she said, suggesting a counselor or a trusted adult.

Ms. Dickson said she dealt with anxiety when she was in high school. To cope, she went to her school counselor. She said it was a tough time because her dad lost his job and two of her grandparents died.

After she graduated from college, she said she worked in a school with young kids. She enjoyed her job and realized some children needed help like she had received when she was in high school. She then decided to go back to college to learn counseling skills so she could work in a school like DePaul.

(Please see on *Anxiety* Page 2)

# How walking helps DePaul staff

*(Continued from Page 1)*

Taking a walk has health benefits such as cheering you up, helping you sleep better, and building your muscles, according to the American Heart Association. It is also healthy for your heart, the group says.

Walking is a “greener transportation,” which means that it doesn’t create pollution, according to the Environmental Protection Agency (EPA), a government group that seeks to protect the environment. A car releases carbon dioxide, which pollutes the air and contributes to climate change.

Ms. Trice, middle school math teacher, said she likes to walk in her neighborhood with her pit bull when she gets home for work. Walking helps her relieve stress and sleep well at night, she said.

Ms. Trice offered a few reasons why walking is a good activity. She said it can help people keep a healthy weight. It also saves money on gas and keeps the climate cleaner.

Ms. Richter, a school secretary, said she likes to walk on a pleasant day, not when it rains. She walks every day since she heads the DePaul’s after-school program. She also walks in her neighborhood, which knows and feels comfortable in. Sometimes, she said, she walks in city parks.

Walking makes her feel relaxed and clears her mind, Ms. Richter said.

Mr. Leonard, a DePaul religion and social studies teacher, said he usually doesn’t walk for leisure. “I am one of those purpose walkers,” he said. “I have to have a reason to do it.”



Illustration by Lorraine Brown-Gause

When he visits his mother in Center City, he said, he refuses to pay \$40 in parking. He leaves his car about a mile from his mother’s home and walks.

He said he also likes to walk when he is reconnecting with friends. A favorite destination is Valley Green.

Ms. Dickson, a school counselor, said she takes time every morning and afternoon to walk with her two dogs. She also said she likes to bike on trails because it makes her feel “refreshed and relaxed.”

“I like to walk because I love going outside and getting fresh air,” she said.

Ms. Westfield, the family connections liaison, said she likes to walk every day in the spring and summer, mostly around the school. On a typical day, she spends between one and two hours walking. Ms. Westfield said she will sometimes “take my niece and nephew” on walks.

She said she walks in places like Pennypack Park because walking in her neighborhood isn’t the safest thing to do. —*By Healthy Trailblazer Journal staff*

## Anxiety is a normal human feeling

*(Continued from Page 1)*

On reflection, she said, her high school counselor also inspired her to be a counselor. She was a great listener. Ms. Dickson said she wants to help anyone with what they need.

She said there are many ways to deal with anxiety, including deep breathing, walking, eating well, taking a warm bath, reading, and talking with other people, she said. She also said seeing a therapist or counselor can be important for some people to feel validated and listened to.

Ms. Dickson said anxiety can have a “big effect on the body.” It can cause people to sweat, shake, fidget

with their nails, lose sleep, and pace. It also can lead to headaches and digestive problems, she said.

And, she said, if you don’t deal with it, anxiety also can lead to stress and other emotional problems.

Anxiety “is not a good feeling, but trying to forget about it can make it worse,” Ms. Dickson said.

Her advice for kids who may be experiencing anxiety includes: Never manage alone. Find things that make you happy. Learn strategies to deal with anxiety. Spend time with friends or family. Also, be active, exercise, eat healthy. And take a walk because it “can get stuff out of your head.”

—*By Healthy Trailblazer Journal staff*

# Activities that can make walks more fun



Illustration by Kyaira Edwards

*Editor's note:* Healthy Trailblazer Journal reporters offer a few ideas about activities you can do on a walk.

**Match That!** This is a game where you and a friend can see who can spot two things that are the same color first. You can play until someone reaches 10 points.

**1-2-3 Game.** First look for one of something like a tree. Then find two of something like two bushes. Then, you try to see three, four, or more objects.

**Musical Hops.** If you are listening to music, hop on one foot to the beat then the other and keep on switching until you get tired.

**Counting Cars.** You can count the number of cars you see on your walking trip. Or you can count the number of red vehicles.

## What's 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 *DePaul Healthy Trailblazer Journal* reporters will explore this year through our theme, Caring for Our Earth and Ourselves.

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

The climate is always naturally changing but some things that humans do are causing the change to happen more quickly. Look for ideas in the *Healthy Trailblazer Journal* this year that will help you make small changes that can help keep you and the Earth healthy.

As you read the newspaper, please feel free to send your ideas, reflections, artwork, or letters to Mr. Leonard, the newspaper's faculty advisor. We will consider including your work in our newspaper.

# What reporters say about taking a walk

*Editor's note:* Eighth-grade reporters have researched the connection between walking and climate change. Below are several of their reflections.

Walking is good for the climate because it helps create less air pollution and doesn't harm air quality. Walking is good for your health because it puts you in a better mood, helps you sleep well, builds your muscles, and plays a role in keeping your heart healthy.

—By *Kayaira Edwards*

Walking helps us reduce stress, lose weight, and makes us feel accomplished. Walking also can help us get over things. When you are walking, you can calm your nerves.

—By *Ariyanna Aziz*

Walking is good for your health and the climate because walking keeps your heart and you stay healthy in an easy way. Walking also helps the climate and the world because when you walk you don't drive. Cars and other vehicles release toxins into the air.

—By *Dawson Marshall*

Have you ever wondered why your parents are always talking about how back in their day, they played outside all day, every day? But now, it is not always safe to go outside and play because of shootings.

But when it is safe, walking is very good for your body and the mind. But did you know that it's good for the climate as well? By walking instead of driving, people reduce pollution. People get very good air.

—By *Lorraine Brown-Gause*

### *DePaul Healthy Trailblazer Journal*

A publication of The DePaul Catholic School, an Independence Mission School in Philadelphia. Eighth grade reporters include Ariyanna Aziz, Q Bryant, Timothy Brisbon, Lorraine Brown-Gause, Kyaira Edwards, Janet Hall, Shaniece Harper, Kayla Hicks, David Holman, Dawson Marshall, Nyomi Morant-Mason, Osinakachukw Orji, Ayah Sheed, Leiland Sims, Johneya Taylor, and Luaren Tilghman.

The newspaper's faculty advisor is Mr. Leonard. DePaul's school principal is Ms. McKenzie.

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**Comic strip by  
Lorraine Brown-Gause**

## Cub Corner: A book review and heart facts

Ms. Meaney’s first-grade reporters read The Invisible Boy by Trudy Ludwig. It’s a book about friendship.



In the book, Brian doesn’t have any friends to play with or eat lunch with at school. One day, Justin comes to his class and sees that Brian is a good artist. Justin asks Brian to work together and Brian is happy.

Sixteen of 25 reporters said they liked the book. Here are some of their thoughts:

- \* “I liked that the new kid helped Brian fit in.”
- \* Brian felt lonely until Justin invited him to have a friendship.”

- \* “The kids don’t want to be Brian’s friend and that makes me sad.”
- \* “At the end, Brian is back to normal.”

Ms. Meaney’s reporters recommend this book for students in grades K-2 because it is “very cool,” but they feel that third graders are too old for the book.

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Ms. Meaney’s class also recently learned about the heart by reading Hear Your Heart by Paul Showers. These are a few facts:

- \* Your heart is the size of your fist.
- \* The heart is always pumping blood.
- \* The heart pumps faster when we run.
- \* We need our hearts to live!