

HANCOCK HEALTHY TIMES

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Illustration by Toniya Hoyle

Hancock restarts newspaper

Hancock Healthy Times is back! We are publishing our first newspaper since 2015.

“I feel honored because I am one of the first reporters to do work for the *Healthy Times* in seven years,” said Christian, a fourth grader. Maddison said she hopes readers “learn about how to stay healthy.”

The reporters said they will write about food, exercise, and other health topics. This year they also will focus on climate change. Climate change is about changes in the weather over a period of time. It causes icebergs and glaciers to melt, creating problems for people and animals. It is caused by too much carbon in the atmosphere.

In this issue of the *Healthy Times*, we are writing about the benefits of walking. It also helps the Earth because people then don't use cars as much which pollute the atmosphere with carbon.

Mrs. Perez, school librarian, is the editor of the *Healthy Times*. “I am excited to spark their interest in writing and journalism and also teach them skills they can carry throughout their lives,” she said.

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Walking is healthy for the Earth and people

Walking helps several Hancock staff members stay healthy both physically and mentally, they recently told the *Hancock Healthy Times* staff.

Hancock Principal Vaught said she walks to strengthen her muscles. School Nurse Mrs. Schunder said she walks to keep her heart healthy and bones strong. And Ms. Skeates, the school's cafeteria manager, said she walks to release stress, clear her mind, and stay active.

Walking also can help keep the environment healthy, according to the Environmental Protection Agency (EPA). The government agency seeks to make sure Americans have clean air, water, and land.

When people walk instead of using a car, they help limit pollution, according to the EPA. Cars add carbon dioxide and other gases into the atmosphere. That hurts air quality and contributes to warmer temperatures. Over time, the warmer temperatures cause changes in the climate, according to the EPA.

Principal Vaught said she likes to walk with her 2-year-old daughter in her neighborhood. She said walking helps her muscles which have been affected by a disease called multiple sclerosis. “When someone has multiple sclerosis, their nerves don't send signals to the brain the way they

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Read why Hancock staff like to take walks



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should,” according to KidsHealth.org, an award-winning health website for children.

Principal Vaught said she tries to walk 10,000 steps every day. That’s about five miles! She said she stays healthy in other ways, too. She drinks protein shakes for breakfast, practices yoga, lifts weights, and runs with her 13-year-old son.



“Health is wealth,” she said.

Mrs. Schunder said the ultimate reason to stay healthy is to try to live a long life. Along with yoga, weight lifting, and getting at least 8 hours of sleep each night, she walks at the Norristown Farm Park. She said she is fortunate to live within walking distance of this park. She likes to walk almost every day because she has a big, 120-pound dog, and he needs his exercise too! “We’ve got to keep our dogs healthy too,” said Mrs. Schunder.

Walking—especially brisk walking—can play a role in keeping your heart healthy, the heart association says. Mrs. Schunder agreed that walking strengthens your heart and added that it is also very good for your bones because it “is a weight bearing exercise.”

Walking is also good for your mental health, Mrs. Schunder said. You get outside walking and get distracted and start thinking better thoughts, she said. “You don’t have to be healthy to get going, you have to get going to feel good!”

Ms. Skeates, the cafeteria manager, said she likes to walk every day in her neighborhood with her dog and her son. She walks to relieve stress as walking and getting some fresh air makes her feel better.

“Walking is an easy physical activity to begin and maintain as part of a physically active lifestyle,” the American Heart Association says.

Principal Vaught, Mrs. Schunder, and Ms. Skeates could not agree more! —*Story by Healthy Times staff; Illustrations by Starr Volpe (top) and Maddison Rose*

Reporters describe a memorable walk

A memorable walk I took was when I went to the Norristown Farm Park on a class field trip on October 7, 2022. We hiked up a very long path to the trout nursery. Some of the things I saw were trees, bushes, flowers, and a few benches. It was a memorable walk because it was my first school trip since first grade. I was with my best friend and my other classmates. Since the walk was so long, I was very out of breath and tired when we stopped. —*By Starr Volpe*

In October, my dad and I went on the best walk I ever had. We went in my neighborhood at night and we saw all the Halloween decorations. —*By Tori Richards*

My memorable walk was last May when I took a walk to help my mom go into labor. My sister and brother came on the walk. We went up and down the street and around the block. I felt tired when we got home. But soon my mom went to the hospital and had a baby boy. —*By Maddison Rose*

My grandmother took me to Corn Cob Acres around October 22, 2022. I experienced the most memorable walk through the corn maze. I was excited and slightly scared at the same time. The corn maze was surrounded with tall cornstalks and the path was covered with straw and mulch. I became fearful because I could not find the exit. Shortly afterwards, I noticed the exit and I was excited I was able to escape. —*By Toniya Hoyle*

Newspaper returns to Hancock

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We hope you enjoy our paper. You can send Mrs. Perez letters and pictures. We will consider printing them. “I know there are kids in the school who would be willing to do a bunch of things for the *Healthy Times*,” said Christian.

Hancock Healthy Times

A publication of Hancock Elementary School in the Norristown Area School District. Fourth-grade reporters include Gilberto Bastida, Scotlyn Goudy, William Greiser, Christian Hill, Toniya Hoyle, Adam Mohamed El Mahdoui, Tori Richards, Maddison Rose, Starr Volpe, Kailynn Williams, and Khayrriyah Wills.

The newspaper’s faculty advisor is Mrs. Perez. Hancock’s school principal is Mrs. Vaught.

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