

WILLIAM ROWEN

HEALTHY ROAR

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Walking is good for many reasons



William Rowen staff members say they like to walk for their health and near their homes, according to recent interviews by *Healthy Roar* reporters.

Choosing to walk instead of drive is good for your health, according to the American Heart Association, a large organization that informs people about their heart health.

“Walking is an easy physical activity to begin and maintain as part of a physically active lifestyle,” according to heart association experts. They also say it helps you build muscles and keep your heart healthy. It also can put you in a better mood and even help you sleep well at night.

Health experts say that kids should get 60 minutes a day of physical activity, and walking can help them do that.

Walking is not only good for your body, but also for the environment, according to the Environmental Protection Agency, which seeks to keep the water, air, and land clean. Every time you drive your car, it gives off carbon dioxide, which is contributing to climate change, the agency says. But if you walk instead of drive, your car or vehicle is not releasing that carbon dioxide into the air.

(Please see *Walking* on Page 2)

Ask the expert! What's anxiety?

Healthy Roar reporters in Room 215 recently spoke with Mrs. Parker, Rowen school counselor, about anxiety and what people can do if they're feeling anxious. This interview has been lightly edited for length and clarity.

Question: What is anxiety? What are the symptoms?

Mrs. Parker: Anxiety is a fear, a fear of the unpredictable of what may happen in the future, a fear of dreadfulness, uneasiness. It's an uneasy type of feeling. If you are playing basketball or doing an activity

in gym and it's your turn, you may be anxious because you don't want to mess up.

Question: What are the causes of anxiety?

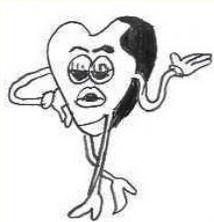
Mrs. Parker: There could be different causes of anxiety. Experiences that a person had in their life could cause them to now have anxiety. Sometimes people don't actually know. That's when therapy can be very important because you can have a professional sit down with you and talk about what the individual

(Please see *What is* on Page 3)

Walking is good for the Earth and you

(Continued from Page 1)

Mrs. Marsh Murdock, a Rowen Elementary staff member, said she likes to walk to keep moving and to stay in shape. Mrs. Murdock walks every day to get to the bus. "It takes about 10-minutes," she said. She said she also goes to the Cheltenham track to stay in shape. Walking makes her feel energized and fit, she said.

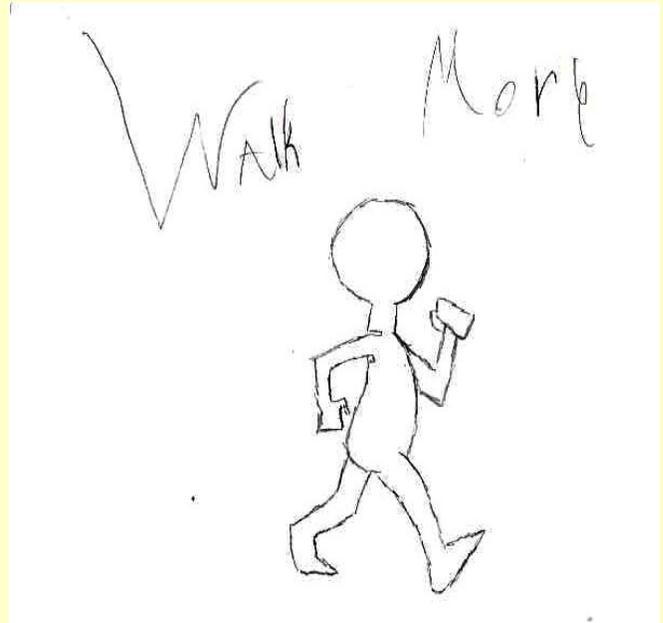


Mr. Bethel, a classroom assistant, said he likes to walk when the weather is not too hot or too cold. He said he walks two or three days a week for 10 minutes each time.

Mr. Bethel said he walks alone or with his granddaughter to the store. He said he doesn't like to walk anywhere besides his neighborhood. "Walking is exhilarating," said Mr. Bethel. "Walking is a good ... exercise."

Mrs. Brown, a computer technology teacher, said she goes on hikes on the weekends with her children or walks in the woods. She said she likes nature. She walks 4.2 miles per day altogether, including the steps she takes at school.

"Just for fun," she said, she goes for a 2-hour hike. After she walks, Mrs. Brown says she "feels energized." She said she feels happy walking because she is getting exercise.



Illustrations by *Healthy Roar* reporters

Miss Smith, a classroom assistant, said that she enjoys walking because it helps her maintain her energy levels. "It makes me feel energetic," Miss Smith said. She said she walks every day after work for about 30 minutes. "Usually I walk alone, but sometimes [I walk] with my daughter," she explained. She said she walks in her neighborhood because it's convenient. —By *Healthy Roar* reporters

Kids help rescue The Haunted Garden

Harlem Grown

By Tony Hillery

Illustrated by Jessie Hartland

This book is about Mr. Tony Hillery, a volunteer at P.S. 175, a school in Harlem, New York City.

Mr. Tony clears out the lot across the street from the school, which Neveah, a student at P.S. 175, calls The Haunted Garden.

With Neveah's help, Mr. Tony puts new soil down and helps the children to plant 400 seedlings. The kids water and weed the garden, but the plants don't all grow. They try with raised garden beds and then what grows are tomatoes, cucumbers, peppers, blueberries, strawberries, collard greens, kale, basil, arugula. The kids take the fruits and vegetables home to their families to eat. In this book, students learned that you can turn an empty lot into a garden.



Eleven out of 19 reporters in Room 213 said they enjoyed the book. Here's what a few reporters said:

- * "What I liked about this book is that the author told us that sometimes they made mistakes so they had to restart planting."
- * "What I liked about it was that they included details like how many seedlings were planted and what types of foods they were growing."
- * "What I didn't like about the book was the art style. I would have liked it better if they used bolder colors and didn't use circles for heads."
- * "What I don't like about the book is that it's too short. I would like to have more of the story."

We recommend this book for children in grades K-2 because the sentences are simple, and it feels like it would be better for younger children.

—By *Healthy Roar* reporters in Room 213

What is anxiety?

What should you do if you experience it?

(Continued from Page 1)

cause. It could be childhood experiences, that as they continue to grow older makes them feel anxious or uneasy about the future. It could be a stressful or traumatic experience that a person experienced in their lifetime.

Question: Is it normal to have anxiety?

Mrs. Parker: Yes, it is normal to feel some anxiety, like the example in the gym room. Another example is knowing your family might not be happy about something you did in school and you're wondering if you're going to get in trouble. You might have a test and you want to pass but you feel like you don't know the material. You might be afraid you won't do so well. Having some anxiety is a normal thing. The problem is when you have a difficult time being able to control it. If you aren't able to control it, that's when it becomes a problem.

Question: What should you do if you are anxious about something?

Mrs. Parker: When you're anxious, it's just like every other problem you might face. You have to think about it as a problem. "I don't like this feeling of uneasiness. Maybe I can take some breaths. I can sit and calm down." Think about strategies that you have for dealing with problems. Talk to yourself in your head—ask yourself: "Why am I feeling so nervous?"

If you find yourself feeling anxious about a test, you can talk to yourself: "I've been doing my homework and paying attention to my teacher, I know that this is a feeling I'm having but I've got this. Even though it's a feeling, I don't HAVE to feel this way. I have some control over this feeling." Search for some answers that will give you some peace.

Use whatever strategies you use to typically calm yourself down. Maybe chill, read a book, watch TV, play a game. Exercise, take a walk, get on the phone and call your friend, text your friend, call your grandmom, auntie, cousin, somebody you know who cares about you and loves you. It might just be sitting with them. You might have an older brother or sister that



Illustration by a Healthy NewsWorks reporter in Camden, N.J.

Climate change can cause 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. They feel anxious.

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

Even small actions to fight climate change can help someone feeling anxious. For example, turn off lights when you are not in a room or walk or bike when you can.

you talk to, tell them how you're feeling and they can help you out.

You're not too young to see a therapist. You can say, "Mom, Dad, maybe we can schedule a time for me to see a therapist." Sometimes your parents don't have the answers. You might have to find a professional.

Question: What can kids do to help themselves if they are feeling anxious?

Mrs. Parker: Think about strategies that you use to calm yourself down. Take some of the things I said for that last one. Face your fears—sometimes you have to face it and say, "okay, Big Bad Wolf, ok Hard Thing, I don't know about this, I don't know how this is going end, but you know what? I'm moving forward anyway." And you might just watch it unravel, you can step right over and keep on moving. You say to yourself, "I see you, and I'm not afraid of a bogeyman."

Question: Do you ever get rid of my anxiety by writing about your day?

Mrs. Parker: You can write your fears down. You might have anxiety because you run out of time. By writing down what you need to do, you become aware of what you need to do and can avoid the anxiety.

Helping the Earth

When asked what steps she could take to help the Earth, fifth-grade reporter Eva Williams responded:

Turn off lights in empty rooms (of course) but also ask yourself, "Do I even require this light on?" If you don't, you should not turn on the light. If you leave the light on, it will waste energy. Plus, you'll have to pay more electricity bills.

Here are other ideas from *Healthy Roar* reporters about what they can do to make the environment healthier.

In our words...

* I can use less water while washing my hands or taking a shower. Turn the lights off when I leave the room or when I leave my house. I can try to turn down the heat and

wear warmer things.

* I can turn off my lights when I leave my room. We can open the windows instead of turning the fans on every day. I can walk instead of asking my dad to drive me to school.

* I will not waste paper when I mess something up. I would just ball up the paper and throw it away. Instead of throwing away the paper, I can erase it. By not wasting paper I can address climate change because paper is made from trees. If I waste the trees, that's going to be harmful to the environment.

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 *Healthy Roar* reporters will explore 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," says kids.britannica.com.

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 Roar* that will help you make small changes that can help keep you and the Earth healthy.

Send your ideas, reflections, artwork, or letters to Mr. Brown-Despar, the newspaper's faculty advisor. And maybe we'll print it in our next issue!



Illustration by *Healthy Roar* reporter

Dealing with anxiety

Healthy Roar reporters in Room 215 created a list of activities kids can do if they are feeling anxious. Their list includes:

- * Drawing
- * Taking a nap
- * Listening to music
- * Going outside
- * Taking a walk in your neighborhood or on a track
- * Playing with your pet
- * Playing with a special toy or game
- * Playing some basketball or another sport you like
- * Reducing screen time
- * Playing with a friend or family member
- * Taking a breather by appreciating a sunset

William Rowen Healthy Roar

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Fifth-grade reporters include Key'mora Council, Skyde Johnson, Mensah Kutisha, Donte McNeil, Emerson Murdock, Ka'Myah Riddick, Armani Ringgold, Nyjah Shepherd, Zahill Sidberry, and Eva Williams.

The *Healthy Roar's* faculty advisor is Mr. Brown-Despar and Dr. Murray is the school principal.

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