

# GOTWALS

# HEALTHY PRESS

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Illustration by Savion Hernandez

**Playing soccer outside** is a way to get aerobic exercise and have fun with your friends.

## EXPERTS SAY

# Exercise improves health and mood

Exercise gives your heart a workout. That's important because your heart is a muscle.

Exercises that strengthen your heart muscles include playing basketball, riding your bike, and jumping rope. These are called aerobic exercises, according to kidshealth.org.

"Aerobic means with air," according to the website. "When you do aerobic exercise, you breathe faster, so you take in more air. Your heart beats harder, too."

That's how it gets stronger.

Did you know that exercise also can put you in a better mood? "When you exercise, your brain releases chemicals that make you feel happier," kidshealth.org says.

Ashley Vargas Gonzalez, a *Healthy Press* third-grade reporter, said she thinks people should go bike riding because it is good for your body and it is good for the environment. Bike riding is good for your body because it

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## Book teaches about clean water, hard work

### The Water Princess

Written by Susan Verde

Illustrated by Peter H. Reynolds

This book is about a little girl named Gie Gie in Africa. She and her mother walk every day to get clean water from a well. They walk in the hot sun because they do not have any water where they live.

The water is not clean when they get it. They have to clean the water by

boiling it. They use the water to wash clothes, cook and drink.

This book teaches us that we are lucky to be able to drink water when we want. We don't have to travel far to get it. The pictures show us a vision of what life is like for Gie Gie. The pictures show us the hard



work that is done to get the water.

My whole class liked the book. One of my friends said she "liked the pictures in the story, and Gie Gie looks like me!" Another friend said she "liked that I got to see real pictures at the end of the story."

I think all kids would like this book because it's a good story and it is important to know and understand how things are in other countries.

—By Miley Morales, third grade

# Yoga is a method to control stress

Long-term stress can contribute to health problems, according to health experts. For instance, it can make people feel depressed, according to health.gov.

But not all stress is bad. There is good stress that helps you get things done, says kidshealth.org. For instance, if you play baseball, you may feel a little bit stressed because you want to help the team do well. This stress may make you want to practice more. That's a good thing.

One way to help control stress is through exercise like yoga. Yoga is a way of stretching your body, slowing down your breathing, and relaxing your mind, according to kidshealth.org. It has other benefits, too. Yoga can make you stronger and more flexible and help you sleep better.

*Healthy Press* reporters tried a few yoga poses. They had some things to say.

"I felt balanced the whole time," Lyric said.

"I stared at something to keep my balance strong," Michael said.

Another student said it was "hard to stand using only one leg."  
—By *Healthy Press staff*



Illustration by Lyric Speaks

**Yoga is a way of slowing your breathing,** stretching your body, and relaxing your mind, according to kidshealth.org.

## Caring for the Earth and ourselves Exercise can improve your health, mood

### To Change a Planet

Written by Christina Soontornvat

Illustrated by Rahele Jomepour Bell

This is an amazing book. It is about how to help our planet and what is affecting it. It's also about how one person can make a difference in changing the planet. If we take care of our planet and keep it safe from pollution, we will live healthier lives.

The illustrator did a great job! The pictures are bright, and children can relate to them. I could see myself in the illustrations. She draws people and kids of all backgrounds.

My class absolutely loved the book. One of my friends gave it 4 stars! I think everyone would love this book. I would recommend this to my best friend because we both enjoy learning about our planet. —By *Kamali Terry*

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is exercise and exercise builds your muscle strength and it can make you feel happy, she said. It is good for the environment because it means they may use cars less. Cars put gases in the air that are unhealthy. Ashley said she learned these facts about exercise and pollution through her research.

Savion Hernandez, another *Healthy Press* reporter, said he recommends that students play soccer outside because it is an aerobic exercise. "I love running around with my friends at recess and playing this sport," he said.

—By *Healthy Press reporters*

### Gotwals Healthy Press

The *Healthy Press* is a publication of Gotwals Elementary School in the Norristown Area School District. Third-grade student staff members include Malaysia Anthony, Royce Arias, Sofia Cordova, Ayaan Dixon, Miley Etanislado Morales, Malyn Fuqua, Ashley Vargas Gonzalez, Summer Rose Rosario, Xavier Smith, Michael Orozco, Lyric Speaks, Savion Hernandez, and Kamali Terry. The *Healthy Press*'s faculty advisor is Mrs. Ogoussan. Ms. Fernandez is Gotwals' school principal.

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