

GLOBAL LEADERSHIP ACADEMY

HEALTHY GLOBE

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Introducing GLA's school newspaper

Welcome to the *Global Leadership Academy Healthy Globe*.

Sixth-grade scholars in Ms. Seawell's class took on the job of reporting and writing this issue.

The newspaper features health-related topics. In this issue, the reporters focused on walking, building resilience, and heat-related illnesses. All three topics are related to the connection between health and the environment, specifically around climate change.

"Climate change describes a change in the average conditions—such as temperature and rainfall—in a region over a long period of time," according to the National Aeronautics and Space Administration (NASA).

You might be asking yourself, "why is our school newspaper about health and wellness?" We are writing about health because health is one of the most important subjects in life and it affects everyone. Think about all topics that are linked to health: nutrition, sports, sleep, stress, friendships, exercise, and so many more.

(Please see Welcome Page 4)



Illustration by *Healthy Globe* reporter

Learn why walking is important to several GLA staff members. See Page 2.

Staying cool is good for your health

When it's hot outside, experts say it's important for people to keep cool in order to avoid getting a heat related illness. Even health experts can be affected, as Dr. James Buehler, former Philadelphia health commissioner, learned several years ago.

"I was exercising heavily outside, and I got a little lightheaded and dizzy and dehydrated. I had to take a break and rest and recover from that," Dr. Buehler said.

Heat-related illnesses can include heat cramps, heat exhaustion, and heat stroke. In a recent interview with Dr. Buehler, *Healthy Globe* reporters

learned of some of the symptoms to look out for in warmer weather.

Children can be affected by heat-related illnesses, said Dr. Buehler, who is now a Drexel University professor. He said it's important for kids to know that so they can stay healthy and help others who might need help in the heat, he said.

Some signs to look out for when you're active in hot weather include muscle cramps, increased thirst, weakness, dizziness, nausea and vomiting, according to KidsHealth.org, an award-winning website.

(Please see Staying on Page 4)

Building resilience is important

Healthy Globe staff recently interviewed GLA school nurse Miss McGuigan about resilience. Resilience means bouncing back from a challenging situation, according to the American Psychology Association which is a large group of professionals who help people with their feelings and behavior. Being resilient helps people cope with change.

The following are some questions *Healthy Globe* reporters asked Miss McGuigan and her answers. The answers have been lightly edited.

Question: Why are resiliency skills important?

Miss McGuigan: It's important to be resilient to stick with things. I would say when you have a lot of tasks, it's important to prioritize your tasks at hand so you don't get overwhelmed.

Question: How can kids build resilience?

Miss McGuigan: If you are in any extracurricular activities, we all have days when we feel like "we don't want to go to practice, we don't want to go to school." I think sticking with things is a great start.

Question: How long did it take you to build resilience?

Miss McGuigan: I think your whole life you're working towards something. You're working towards certain tasks. Some days I'm more resilient than others.

Question: Is there a moment in your life when you lost resilience?

Miss McGuigan: When I was in nursing school it was really challenging to push through clinical practice at 6 in the morning. There were plenty of days when I wanted to stay in bed. Seeing the end goal and

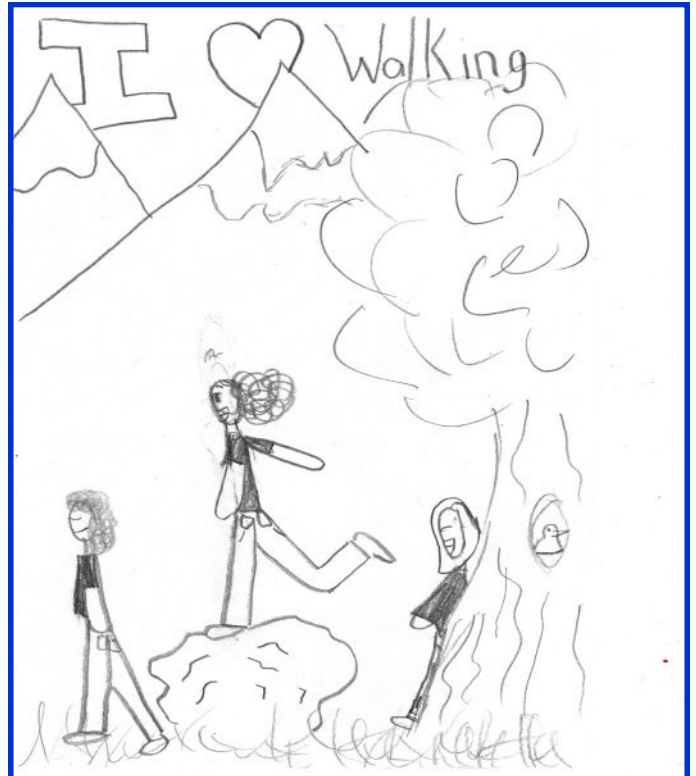


Illustration by *Healthy Globe* reporter

Spending time in nature is a good way to build resilience. Even small actions like gardening can help kids feel calmer and part of the solution to the climate change, according to the American Psychological Association.

the light at the end of the tunnel helped me stay motivated. I continued to show up and get good grades. Sometimes it's hard when you're a kid to see the bigger picture. You have to take it day by day.

Ways to cope with a changing climate

It can be confusing and even scary to hear about problems created by climate change such as floods, fires, and very hot days.

The American Psychological Association

suggests ways to help meet challenges such as climate change. Below are several of the group's recommendations. (Psychologists help people with their feelings and behavior.)

Connect with family and friends. Talk to trusted adults about your concerns.

Take action. Work with others on a project to help the environment.

Identify a reason to be optimistic or hopeful. Learn about someone who helps the environment.

Helps the environment, too

Take a walk! It's a healthy activity

Several GLA West staff members said they feel refreshed after taking a walk.

Healthy Globe reporters recently spoke to Ms. Maples, Ms. Seawell, and Ms. Payne about their walking habits.

Ms. Maples, GLA dance instructor, said she likes to walk because it makes her feel good and changes her mood. But she said she will avoid walking on hot days. "The weather has to be perfect."

Ms. Maples said she walks frequently and her longest walks are about an hour. She likes to walk by herself, but she doesn't walk in her neighborhood. She said she likes to be in a place with different scenery.

"I really like to walk at the beach and in New York" City, she said. She said she particularly enjoys walking on paths near the Brooklyn Bridge and the Hudson River.

Walking is good for your heart, can improve your sleep and mood, and can strengthen your muscles, says the American Heart Association.

Health experts also say walking is an easy way for children to add exercise to their lives. Kids should get at least an hour a day of physical activity.

Walking is also good for the environment. When people choose to walk instead of drive, their cars isn't releasing carbon dioxide into the atmosphere. Too much carbon dioxide in the atmosphere contributes to global warming, says the Environmental Protection Agency.



Illustration by *Healthy Globe* reporter

Like Ms. Maples, sixth-grade teacher Ms. Seawell said walking makes her feel good. She said she enjoys walking with her friends. She said she walks in her neighborhood because she feels safe there.

Ms. Payne, who works on S3, said she likes walking because it is better than driving. Walking helps her clear her head and it's good exercise. She said she walks at least once a week. She spends at least 30 minutes walking with her partner or sister.

She said she likes to walk in her neighborhood because it's convenient for her. Walking makes her feel refreshed. "It's like meditation," Ms. Payne said.

—By *Healthy Globe* staff

Remembering a special walk

A memorable time I went walking was with my sister and mom. It was snowing, which was super exciting because it literally never snows in Philly. Like ever!! We were walking to my Grandmom's house, and I was listening to music in my AirPods as per usual. I talked from time to time, though.

We spent around 10 to 15 minutes out there, which was great! But I was soo tired and beyond freezing! Plus it was like 8 in the morning. Despite my tiredness, my sister and I still had a 9-minute snowball fight when we got back to our house. I won,

too! It was pretty quiet when we were out. Guess nobody wanted to freeze to death!—By Nadia Brown

Healthy Globe

A publication of Global Leadership Academy in Philadelphia. Sixth-grade reporters include Kayla Brown, Nadia Brown, Madison Brown-Kennel, Alasia Daniels, Samiyah Moore, Brianna Owusu, Sophia Reid, and Cyonni Rose. The *Healthy Globe's* faculty advisor for this issue is Ms. Seawell. Dr. Johnson-Booker is the school's founder and chief executive officer. Mrs. Saunderson is the school's principal.

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Heat-related illnesses

Below are several heat-related illnesses and their symptoms.

- * **Heat cramps:** Painful cramps, especially in the legs, which come on during or after exercise in hot temperatures.
- * **Heat exhaustion:** More severe than heat cramps. It occurs when the body has too little water and salt, and neither gets replaced quickly enough.
- * **Heat stroke:** Heat overpowers the body. A life-threatening condition that requires medical attention.

Source: Children's Hospital of Philadelphia



Illustration by *Healthy Globe* reporter

Staying cool when it's hot outside

(Continued from Page 1)

Heat-related illnesses are becoming more and more common because days are getting hotter due to global warming, according to Dr. Buehler.



People can prevent heat-related illnesses by staying cool and staying hydrated, he said. When it's very hot outside, he advised avoiding "being outside too much." Stay indoors where

there's air conditioning. Fans are okay, he said, but air conditioning is better.

"If it's very hot outside you shouldn't be doing a lot of heavy exercise," Dr. Buehler said.

Dr. Buehler said the city operates some cooling centers, which are free places that you can go to cool off if you don't have air conditioning. Libraries are designated to be cooling centers. Some SEPTA buses park in neighborhoods and let people board so they can sit in the air conditioning, he said.

More tips to avoid heat-related problems

To stay hydrated, drinking water is the best option, Children's Hospital of Philadelphia says on its

website. Avoid drinks with caffeine, such as tea and sodas, they say. They also advise to wear a hat and sunglasses, and dress in light-colored, loose-fitting clothing.

"Dark-colored clothing absorbs heat while light-colored clothing will reflect heat. So, it would be helpful to avoid wearing dark clothing," Dr. Buehler said.

And never leave anybody in a hot car—even if you want to run into the store for just one minute, he said. If you're shut in the car with the windows up it can get dangerously hot inside.

He said to check on friends and older relatives to make sure they are okay, especially if they live alone.

What to do if you feel overheated

If you begin to feel that you may have symptoms of a heat-related illness, such as feeling dizzy or sick to your stomach, you should get to a cool spot as quickly as possible, according to Dr. Buehler.

"Stop what you're doing, lie down, get hydrated, and cool off. Remove any extra clothes like a jacket, drink fluids, and let somebody know how you're feeling," Dr. Buehler said.

—By Nadia Brown and *Healthy Globe* reporters

Welcome to the *Healthy Globe*

(Continued from Page 1)

GLA's administration team members invited Healthy NewsWorks, a Philadelphia-area organization, to help launch this issue, to help promote health in the school.

Ms. Seawell said she hopes that scholars will learn more about why it is so important to be fit and

healthy. "I feel happy about participating in the newspaper program," said one new reporter.

"I feel nervous," said another reporter.

We also want to hear from you. Write a letter to let us know what you think about our first issue.

We hope you enjoy the *Healthy Globe*.

—By *Healthy Globe* staff