

FERNHILL HEALTHY FOX

SCHOOL LIBRARIAN SAYS

Walk for health, planet



Illustration by Sarah Minott

School librarian Ms. Kourtney Gavin said she walks every day to help keep her body active. It gives her an opportunity to clear her head and stay healthy, she told sixth-grade *Fernhill Healthy Fox* reporters recently.

“When I’m walking with my friends or family, it helps bring the walls down and opens up opportunities for talking,” she said.

“It’s a great way to connect with your friends and family.”

Walking offers many health benefits, including building stronger muscles and putting you in a better mood, according to the American Heart Association.

Health experts advise that children

*Please see **Walking** on Page 2*

Welcome to our health newspaper

We are excited to present Wisshickon Charter School’s first edition of the *Fernhill Healthy Fox*.

Our paper is focused on all things health. Why health? It’s a topic that is important to everyone at every age.

Who are the members of the *Fernhill Healthy Fox*? We are Ms. Carlin’s fifth-grade students and seventh-grade students in Room 702. Mr. Berman, Fernhill’s health and physical education teacher, and Ms. Wright, Fernill’s discovery teacher, served as the newspaper’s faculty advisors.

“I am excited for our readers to see what we have accomplished,” said Morgan Hopkins, a sixth-grade reporter.

*Please see **Introducing** on Page 2*

Things to do to ensure a good night's sleep

Editor’s note: Did you know that school-age kids should sleep between 9 and 12 hours a night, according to kidshealth.org? Fourth-grade Cub Reporters interviewed Nurse Michelle Jackson to learn more about sleep. The interview has been shortened and edited.

Question: Does VR count in the list of things that you should stop doing an hour before bedtime?

Nurse Michelle: All screen time counts. TV, virtual reality, everything should be off an hour before bed.

Question: Can noise help you sleep?

Nurse Michelle: White noise is really good to help you calm down and go to sleep. I use it every night for my son. Listening to rain noises and other soothing noises can be soothing. Some sounds may not be good for you. You have to find what works for you.

Question: What’s something you can do if you wake up in the middle of the night?

Nurse Michelle: Keep the light off. Don’t look at the phone. Switch positions. Adjust your pillows and covers. Just lay there. Don’t become active, or your body will think it’s time to do something.

*Please see **Sleeping** on Page 4*

Biking has physical, emotional benefits

In an effort to learn more about combating climate change and maintaining healthy lifestyles, *Fernhill Healthy Fox* reporters recently researched the positive effects that biking has on your body and the environment. This is what they found.

Biking has physical and emotional benefits. Physically, it can strengthen your muscles, help you maintain a healthy body weight, and give your heart a workout, according to kidshealth.org, an award-winning website. Emotionally, biking can improve your mood, the website says.

Biking is an aerobic activity. Aerobic exercise is an activity that makes your “heart beat faster and causes you to breathe harder and sweat,” according to the Centers for Disease Control and Prevention (CDC). Examples of other aerobic activities include skateboarding,



Illustration by *Fernhill Healthy Fox* reporter

Biking gives you a different view of the street and your surroundings.

running, rollerblading, swimming, and dancing.

Biking not only is good for people’s health, but it also is good for the environment. It is an alternative to driving your car. Cars powered by gasoline emit carbon dioxide and other

harmful gasses into the environment, according to the Environmental Protection Agency (EPA). Carbon dioxide warms the air, contributing to climate change, according to the EPA. Most bikes don’t use any gasoline.

—By *Fernhill Healthy Fox* reporters

Walking is good for people, and the environment, too

(Continued from Page 1)

should be active at least 60 minutes a day. Walking can help kids reach this daily goal, says the American Heart Association.

Aside from helping people stay healthy, walking also benefits the environment. When people walk instead of drive, they need less gas for their cars or trucks. That reduces the amount of harmful gases that cars release into the atmosphere, according to the Environmental Protection Agency (EPA).

Ms. Kourtney says that she walks whenever she can. She will take a quick walk around the school during her breaks which helps her relieve stress, she said. When the weather is nice, she will go outside during the

school day.

When she has more time, she will walk for more than an hour. She will take the trails at Wissahickon Park and Germantown area.

“When I am in the woods, I feel happy,” she said.

Ms. Kourtney also said she enjoys walking because it makes her feel like she is doing a little something to help the environment.

The next time you see Ms. Kourtney walking the halls of the school, say “hi” or join in on the healthy fun.

“I highly recommend walking because it’s good for your health and you can enjoy nature while connecting with friends.”

—By *Fernhill Healthy Fox* reporters

Introducing our paper

(Continued from Page 1)

Asha Whitman, also in sixth grade, said she is proud that their work will be in all parts of the paper.

In this edition, we focused on climate change. We researched how walking and biking are good alternatives to cars for getting around. They also are good activities for your health. Although climate change is a big concern, we learned that we can take steps to combat it.

Our paper also includes contributions from second- and fourth-grade Cub Reporters about heart health, kindness, and sleep.

We hope that after reading our articles, you will make positive changes in your health and the environment. Enjoy our first issue!

—By *Fernhill Healthy Fox* reporters

CUB CORNER

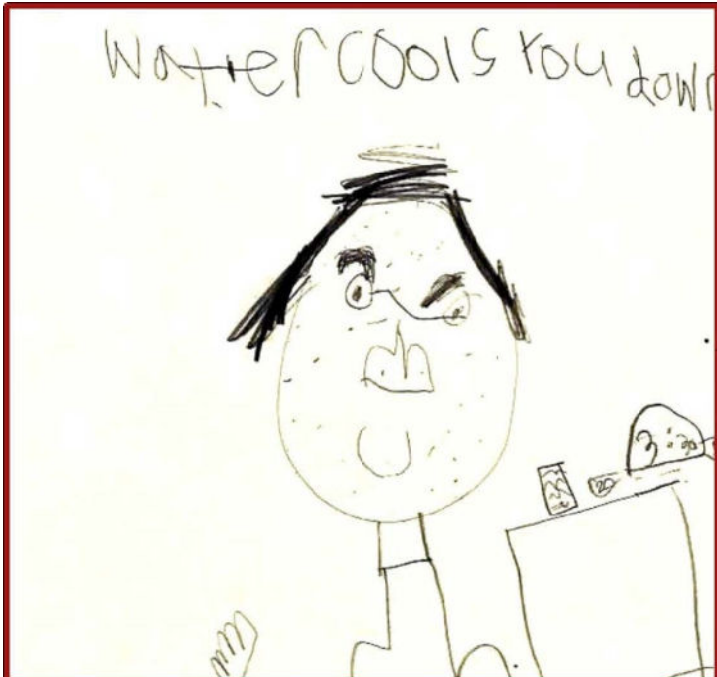


Illustration by Fernhill Healthy Fox Cub Reporter

How our bodies work

The Busy Body Book

By Lizzy Rockwell

This book is about your body and how it works. In this book, students learned that your brain controls your body and thoughts.

We thought it was really entertaining. "It was stuff I never knew before and it was cool to learn it," one reporter said.

"I think the artwork is really good because the drawings were realistic to me and I liked looking at them," another reporter said.

We recommend this book for children of all ages because, as a third reporter said, "it's not for babies or adults but anyone can read it, and everyone should know about their body."

—By second-grade Cub Reporters

UNO! Moves is fun for wigglers

UNO! Moves is a game you play using a deck of Uno cards. Someone holds up a color and number cards. Red tells you to hop, yellow tells you to stomp, green means twirl, and blue means touch elbows to opposite knees. The number tells you how many times you need to do that movement. Playing this game makes your heart strong, helps your muscles grow, and keeps you healthy by keeping you moving.

Kids should be getting an hour of exercise every day, according Rachel DeHaven, an exercise physiologist at Children's Hospital of Philadelphia.

Other ways to get your heart pumping include running, jumping rope, and playing basketball. Doing pull-ups, push-ups, and playing tug-of-war can help your arm and leg muscles to grow stronger. Gymnastics, yoga, and karate can help you be more flexible, according to kids health.org.

These are a few of our thoughts about UNO! Moves:

"I think it was cool and it helped to get me feeling stronger."

"This game can give you energy when you're tired."

"I think it was healthy for us to play."

We recommend this game for grownups and kids who like to wiggle.

—By second-grade Cub Reporters

We tried the yoga poses crow, deer

Yoga is an activity that combines movement and breathing, according to kidshealth.org.

We learned that it can relieve stress and make you calm. We tried a few yoga poses, watching a Cosmic Kids Yoga video. They included crow, dolphin, deer, flamingo, and eagle poses.

Eighteen out of 27 students enjoyed trying the yoga poses. Here are some of our comments:

“It was hard because the instructor is flexible and we aren’t.”

“It felt good because the stretching woke me up.”

“It felt difficult because some things I couldn’t do because my legs aren’t that

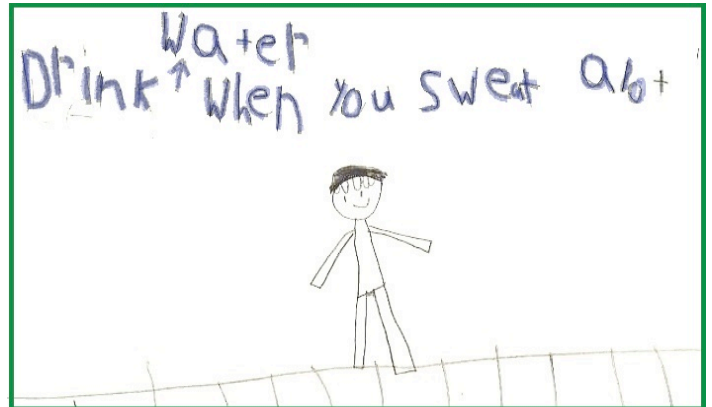


Illustration by Healthy Fox Cub Reporter

flexible.”

“I felt happy because I am flexible and it was super easy.”

We recommend this yoga video for anyone ages 4 and up who is able to follow directions.

—By fourth-grade Cub Reporters

Learning more about sleep

(Continued from Page 1)

Question: What if you are concerned about sleepwalking?

Nurse Michelle: That is something you would tell Mom, and go to the doctor to have them check you out. Maybe you were awake but still sleepy, so you didn’t know what you were doing.

Question: How can you be asleep and fall out of bed?

Nurse Michelle: You were sleeping too well! You

didn’t realize you were at the edge of the bed.

Question: How can you sleep all night but still not feel like you got enough rest?

Nurse Michelle: Your body is completely at rest, so you don’t recall. Maybe your body was more tired than usual and you needed a few more hours rather than waking up when you usually do. You possibly needed more rest.

Wissahickon Charter School
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A publication of Wissahickon Charter School in Philadelphia. Reporters include Aven Cameron Evans, Kristian Dennis-Mitchell, Jeremiah Fox, Tori Griffin, Morgan Hopkins, Enzo Hudgins, Saniej Kosh, Camille McClain, Sarah Minott, Tariq Mitchell, Zachariah Pearsall, Amari Spaddy, and Asha Whitman. The newspaper’s faculty advisors are Mr. Berman and Ms. Wright. The school principal is Ms. Benarroch.

To read more articles by Fernhill Healthy Fox reporters, check out By Kids, For Kids at:
www.HealthyNewsWorks.org

A Healthy NewsWorks® project

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