

COLE MANOR

HEALTHY COMET

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Experts say

Too much screen time is unhealthy



Illustration by Karl Morales

Too much screen time can lead to poor sleep habits, reduced physical activity, and even poor social skill development, according to the Mayo Clinic Health System.

Screens can provide entertainment and distraction, but they don't always lead to healthy habits and experts say to "choose your screen time carefully."

The Mayo Clinic Health System website shares that too much screen time can lead to poor sleep habits, reduced physical activity, and even poor social skill development.

After considering what types of screen time are active or passive, *Healthy Comet* reporters spent a week keeping track of how they use screens and reflected on their usage. Dr. Reem Tarazi says in a *Healthy NewsWorks* video that while it's OK to relax with some passive screen time, it should be limited.

(Please see **Screen time** on Page 2)

The best ways to enjoy the summer heat

Editor's note: Healthy Comet reporters recently shared what they like to do when the weather is warm.

In summertime I enjoy going to the pool, even though I can't swim. I also like going to the park and falling off the monkey bars. Sometimes I get ice cream, or I go to my cousin's house, and I usually play Roblox and Fortnite.

— Cameren Nixon

The summer is amazing, but I sometimes overheat. I'm taking some of my friends to a pool for my birthday. So before I go into the pool, I

rest, put on sunscreen, eat a bit, and then enter.

— Karl Morales

I love how hot it is during the summer. It is nice, and I have sleepovers with my uncle and play outside and play video games and go to a waterpark.

— Vicente Tellez-Lizama

I love the hot weather of the summer. I enjoy throwing water parties at my house because it's so much fun. The way I keep myself cool is playing in water.

— Juliana Hankerson

I feel good about the summertime. I enjoy playing in the pool. I mostly like to keep cool by playing games with my cousins or my friend Sophia in the pool.

— Katherine Resendiz

Three things about summer: I think the weather is good and you can go in pools. I enjoy no school, pools, and playing games. I like drinking lots and lots and lots of water.

— Josiah Rodriguez

(Please see **Ways** on Page 3)

Screen time should be intentional

(Continued from Page 1)

Healthy Comet reporters considered how they spend time on screens.

I think my pattern is that I use the same devices every day. The least amount of active time is 30 minutes, which is not bad. The most hours have been 4 hours and 23 minutes, which could be better. I think I could use more active time, as the most is 1 hour and 40 minutes, which is not a lot.

— Josiah Rodriguez

I notice that I do 30 minutes of screen time on school days but I do it on purpose. My use of devices is not always healthy, but mostly it is. My phone is everything to me, but I need to be more active with it.

— Juliana Hankerson

I have been thinking of setting limits for myself. An active thing I have done, not on a screen, is playing soccer. Yes, games can help with eye coordination, but it's good to use technology less because you can get addicted so that you barely go outside. — Karl Morales

I noticed that I watch my phone for a long time, and that I don't really read a lot or play a lot. — Katherine Resendiz

Cole Manor Healthy Comet

A publication of Cole Manor Elementary School in the Norristown Area School District. Fourth-grade reporters include Antonio Alfarano, Brayden Barnett, Juliana Hankerson, Jonathan Jones, Karl Morales, Cameren Nixon, Katherine Resendiz, Josiah Rodriguez, Michael Sosa, and Vicente Tellez-Lizama.

The newspaper's faculty advisor is Ms. Rathgeb. Cole Manor's school principal is Dr. Poncheri.

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Passive vs. Active Technology Use

Reporters determined whether the screen use in this chart is passive or active.

Passive Screen Time	Active Screen Time
Playing video games for a long time	Playing video games for a reasonable amount of time
Bingeing Netflix	Talking to far-away friends and family online
Scrolling social media	Watching a documentary
Watching multiple movies	Watching and doing an exercise video
Watching YouTube	Watching tutorials or how-to videos
Watching TikTok	Doing school assignments

Book teaches about adapting to new circumstances, experiences

My Two Blankets

Author: Irena Kobald

Illustrator: Freya Blackwood

My Two Blankets is a story of a girl who moves to a new country after fleeing a war. Reporters in Ms. Kim's third-grade class recently read and reviewed the book.

At the beginning of the story, after the girl moved to the new country, she felt lonely, uncomfortable, anxious, and unsure. She said that she didn't think she'd ever feel like herself again. Once she makes a friend, she starts to feel comfortable and confident. Her friend starts by smiling and waving. She then starts to teach her words in her own language.

Reporters said they enjoyed the book and illustrations, but had some suggestions. One student wished

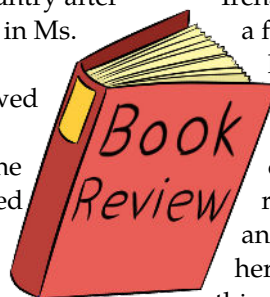
the author had brought the story around full circle by ending the way it started. Another student enjoyed how the author used the words and

illustrations to compare and contrast Irena Kobald shows the reader how a friend can benefit our mental health by helping us feel less lonely and more confident. When the girl in the story first comes to the new country, she relies on her old blanket. It's not an actual blanket but represents her culture and language—the things that keep her comfortable.

In the new country, she starts to create a new blanket. It represents how she is becoming more comfortable in her new surroundings.

We think students in grades K to 3 would enjoy this book. We also think that people who have moved or found themselves in a new or unfamiliar situation would like this book.

—Reviewed by Ms. Kim's third graders



Ways to beat the heat

(Continued from Page 1)

I enjoy the summer because I get to play baseball and go to the beach and sit inside in the air conditioning. I enjoy the pool, playing sports, and having free time. I keep cool in my room and in my cousin's pool.

—Brayden Barnett

During summer I don't like the heat, because I don't want to get heatstroke. I usually play sports in the summer. I do this because I want exercise. I keep cool by putting water on my head to cool me off.

—Jonathan Jones



Illustration by Healthy Comet reporter

Swings are a great way to enjoy summer, but be sure to drink plenty of cool water while you're playing outside to help avoid heat-related illnesses.

Tips to be safe when playing in the heat

While Cole Manor reporters are looking forward to summer, they also researched heat-related illnesses and learned what they can do to stay healthy in the summer heat. On their website, experts at Children's Hospital of Philadelphia shared tips to avoid health-related problems :

- Drink plenty of water when playing outside
- Stay away from drinks with caffeine
- Dress in light-colored and loose-fitting clothes
- Wear a hat and sunglasses

Learning the power of words

Tyaja Uses the Think Test

Author: Linda Ryden

Illustrator: Shearry Malone

Tyaja Uses the Think Test, written by Linda Ryden, is about the power of words. Tyaja's teacher shares the THiNK test with her students, which means you should stop and THiNK before you talk. Is what you're about to say True, Helpful, Necessary, and Kind? The words that you say can make you feel good or bad, so it's important to use words that will make people feel good.

Students shared that they liked how

the book used such positive language. The book was an example for some students about the power of our words and how they can affect people. Students also felt like the book was related to our health, because when we are kind to our friends it makes them feel good and makes us feel good, too. Some students did think the book sounded too "young" for them.

You might like this book if you like to hear stories that also teach lessons. This would be a good book for people who are having trouble being kind.

—Reviewed by Mrs. Schuler's third-grade class

Being brave even when facing fears

Brave Everyday

Author: Trudy Ludwig

Illustrator: Patrice Barton

Brave Everyday is about a little girl named Camila who hides when she's worried. Her class is planning a trip to the aquarium, which makes her think of a lot of her fears, like being eaten by a shark or inked by an octopus. On the day of the trip, she gets so worried she goes to hide, but finds a friend who is also worried. When she realizes how scared her friend is, Camila realizes that her heart is bigger than her fears, and the two of them face their fears together.

Some students felt that the book was sad, but also liked how Camila was brave. Students liked the illustrations, which they said helped to tell the story even when there weren't any words in some parts. Students thought the book was related to health because instead of giving in to her fears, Camila faced them and gained confidence and ended up feeling really good about herself.

While some students enjoyed the book and could relate to the trip to the aquarium, other students who don't like the ocean didn't enjoy it as much.

If you like books with good illustrations, we think you would like this book. Most students felt like this was a book they'd like to share with family members and even some of their teachers. It's a good story that also teaches a good lesson about being brave even when you're worried. —Reviewed by Ms. Evelyn's second-grade class

CUB CORNER

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Zentangle by a Cub Reporter

Zentangle is a way to deal with stress

Because everyone will experience stress, it's really important to learn strategies to reduce it. According to kidshealth.org, you can reduce stress by doing yoga, listening to music, drawing, and breathing.

Ms. Kim's third-grade Cub Reporters practiced an art activity called a Zentangle, where you spend time drawing and doodling. When you sit and draw, your mind stops thinking about your worries, your breathing starts to slow down, and you focus on the activity in front of you.

Submit your own Zentangle to Ms. Rathgeb!

Having friends is good for your health

People do many things to keep healthy, such as exercise and eat healthy food. Cub reporters in Ms. Evelyn's second-grade class recently learned that friendship also has health benefits. Friends can help keep our bodies, hearts, and brains safe.

Friends keep our bodies safe

- Friends help us make good behavior choices.
- Friends get us help when we need it.
- Friends can look out for you and warn you about danger.
- Friends stick up for each other and keep us safe from harm.

Friends keep our hearts and brains safe

- Friends make us feel happy.
- Friends help you not be lonely.
- Friends cheer you up and cheer you on.
- Friends encourage you.
- Friends listen to you.
- Friends celebrate with you.