

DUCKREY

HEALTHY POST

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Duckrey gets to know Dawn Staley

Dawn Staley is a generous, approachable person. But to get her Temple team on track, she said, she also is full of discipline.

“Discipline is the key to success,” she said.

The *Healthy Post* interviewed Ms. Staley after the Owls’ 66-53 win over the Charlotte 49ers at the Liacouras Center in early February. The game was played in front of more than 3,000 Philadelphia school students, including Duckrey 6th through 8th graders, attending the annual Dawn Staley School Day.

Before the game, Ms. Staley stood before the crowd and talked about how important education is. She told the students that they were there not only to watch a good game, but also to gain the experience of being at a higher education institution.

“You have to do what you don’t want to do to get what you



Illustration by Kahlil Smith

want,” she told the crowd.

Ms. Staley was a basketball standout at Dobbins High School before playing at the University of Virginia and becoming a three-time gold medalist in the Olympics. She played for 10 years in the WNBA with the Charlotte Sting and the Houston Comets before retiring in 2006. She has coached at Temple since 2000, leading the Owls to four Atlantic 10 championships.

In the interview, she said, her coaching philosophy is to be supportive of her team. That may mean to criticize them or work with them.

She stressed the importance of being disciplined mentally as well as physically.

When growing up at 25th and Diamond, she said, she didn’t have a role model. Basketball be-

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School deals with temperature changes

When it is cold in a classroom, Duckrey students keep on their winter jackets all period.

But when they change to a hot classroom, they take the jackets off and put them on the back of their chairs.

This can go on all day because the temperature in the building can be different in each classroom. Students can feel like they have a fever or the chills.

Principal Mr. Baugh said the heating and cooling systems at Duckrey are “very old.”

Miss Scott, vice principal, said the school has

been trying to fix the problem for a while. Until it can be corrected, Miss Scott suggested that teachers open windows. If it is still too hot, they should tell the office that they are taking their class to a cooler room or outside.

Mrs. Hassan, school nurse, said the change in temperature can cause people to become “tired and dehydrated.” Some children can have nosebleeds.

When asked whether the temperature affects her, the nurse recalled a day when it was so hot that even

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Staley says hard work matters

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came her life, she said.

She said she now tries to give back to the community. She has a foundation that provides a place for 50 girls to go after school in her old neighborhood.

She is involved in the WNBA's program focused on educating teens and women about the health prob-

lems linked to obesity. When asked how she became interested in childhood obesity, she said she likes to help improve lives, particularly for girls and women. Since she retired, Ms. Staley said it is a challenge for her to stay in shape. But she keeps an elliptical in her office and tries to lift weights when she can.

“Discipline is the key to success,” says Dawn Staley.

She's scheduled to take part in a 4K run during the Women's Final Four championship in April.

She said she doesn't know if she will be in shape physically, but she will be ready mentally.

— *By Kahlil Smith and the Duckrey Post staff*

Reach for healthy snacks

When it comes to healthy snacking, there are so many things you can eat.

For example, you can eat vegetables that are high in vitamins, according to KidsHealth.org. Or, you can eat fruit that will help you stay energized and can satisfy your sweet tooth.

If that's not enough, you can eat yogurt instead of chips and water ice.

Duckrey students have been learning about healthy snacks through the school district's Eat.Right.Now. program.

“We're about getting the message out about being healthy and educating children on what they need to eat and things they need to do to stay healthy,” said Kamia Baylor, a nutrition educator who comes to Duckrey school.

“Hopefully, [the students] will learn to make better food choices and the importance of making better food choices,” she said.

Here are some other tips for healthy snacking from, according to KidsHealth:

- A whole-grain muffin will keep away hunger longer than a candy bar.
- Oranges can perk you up and give you vitamin C.

— *By Jared Selby*

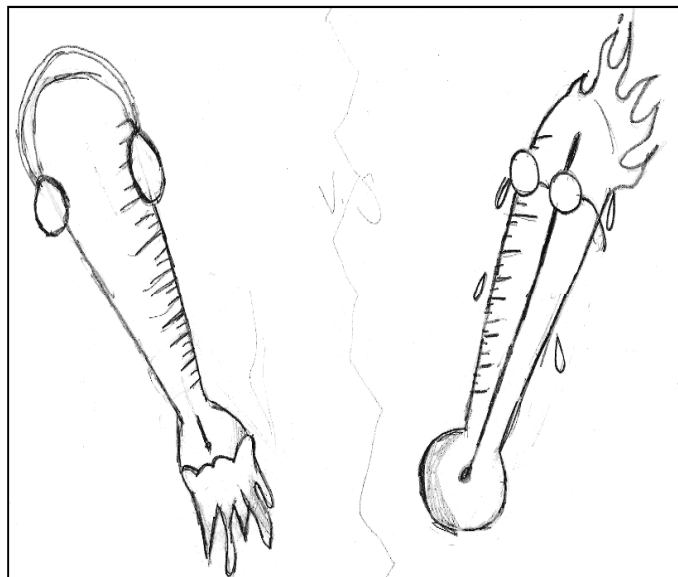


Illustration by LaShonda Marsh

School copes with heat, cold

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her desk and her chair were hot. When a child came in, she took the student's temperature and realized that her thermometers “were blown out.” She disposed of them, she said.

Mr. Barren, the physical education teacher, said the temperature goes up and down a lot in the gym. When it is cold, he said, the students don't mind because they warm up when they run around.

— *By Christian Williams and Christopher Williams*

Duckrey Healthy Post

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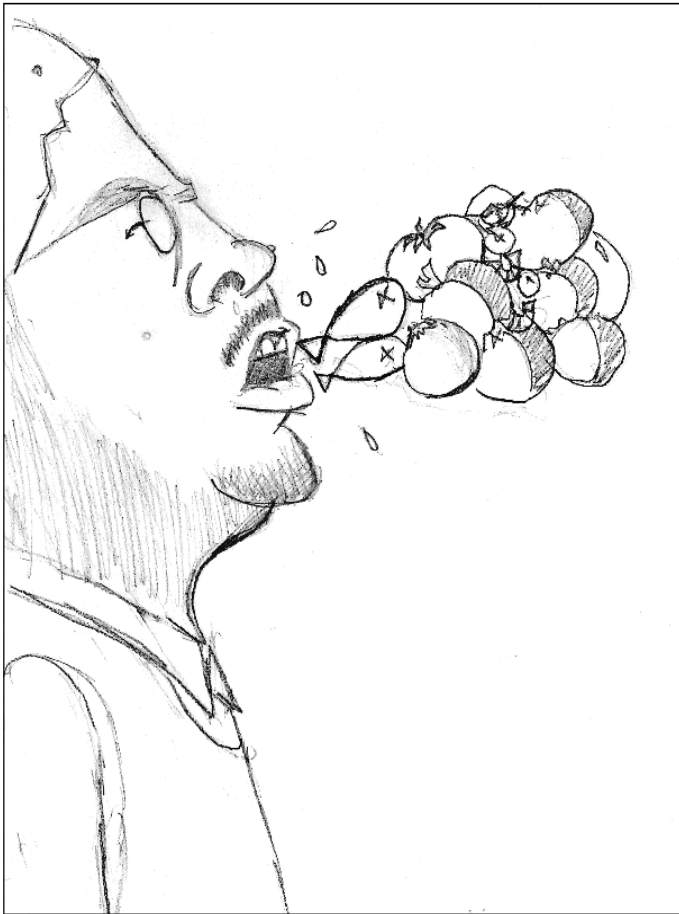


Illustration by Kahlil Smith

Food allergies can be a challenge. About a half dozen students at Duckrey have a true food allergy, according to Mrs. Hassan, the school nurse. Common food allergies include nuts, seafood, milk, eggs and wheat, according to KidsHealth.org. The symptoms can include itching of the palm, swelling, wheezing, throat tightness and cramping, according to the Asthma and Allergy Foundation of America.

— By LaShonda Marsh

Soup book is a hit

We chose to read *Stone Soup* by Marcia Brown to Ms. Mackaman's kindergarten class.

Ms. Mackaman's students had a great time and learned new words.

Their favorite part was when three soldiers showed up in a village and tried to find a place to eat and sleep. Everyone in the village told them they did not have a place for them to sleep or anything for them to eat. When the soldiers told them they could make a soup out of stones, the villagers decided they could give them a place to sleep and found food for the soup.

We think it would be great for other children at Duckrey to hear this story. If they did, they would have an experience as Miss Mackaman's class did.

Book review

Website suits younger girls

I recently looked at the website, GirlPower.gov. It tells girls between 9 and 13 how they can stay healthy and gives them information about their body.

It shows them how to make games and puzzles. It tells the girls right from wrong, and discusses drugs and alcohol. There is a section where girls can join a Girl Power club. They will find out about events.

I think GirlPower is a good website for younger kids between 8 and 10. It can teach them a lot of things. When they are bored, the website can show them how to play a game. Unfortunately, you can't play the games on the website. The website is not that exciting, but it's not the worst website, either.

— By Chinyec Deal

Web review

Healthy diet helps keep you fit, strong

How does healthy food give your body strength?

What you eat is important to your health. Eating right and being physically active are the keys to good health. Your muscles – and your entire body – need a variety of nutritious foods to be strong. When you eat different foods, you get the nutrients your body needs. Foods that will help to make you strong are proteins (found in meat, eggs and dairy foods), carbohydrates (grains like whole wheat bread), vitamins (found in fruits and vegetables), and minerals such as calcium (found in dairy foods). Children need some fat, too, but not too much.

Chow Chat

(Fat is found in meats, cheeses, nuts, oils and butter.)

Can you have a piece of cake at breakfast?

While I must admit I eat a piece of cake for breakfast once in a while, cake is not a healthy breakfast. It is tempting, but you should try not to give in to the temptation more than once or twice a year. Cake is high in calories, sugar and fat and does not contain the nutrients children need. A healthy breakfast includes grains (breads and cereals), protein (meats, beans and nuts), fruits, and dairy (milk, cheese, and yogurt). So, enjoy your cake once in a while, but enjoy a healthy breakfast every day.

— By Dr. Sandy Sherman is the nutrition education director for The Food Trust

Be a *Healthy Post* winner!

Let's see how much you have learned about good nutrition. You may enter the *Healthy Post* contest by answering the questions for your grade below. We will have questions for 5th through 8th grade in the next issue.

Directions:

1. Fill in your name, grade and teacher's name.
2. Answer the questions for your grade.
3. Cut out your entry and give it to your homeroom teacher by March 13.

The staff of the *Healthy Post* will have a drawing from among the correct entries. The top two winners in each grade will get a prize. Good luck!

Third and fourth grade

Your name:

Your grade and teacher's name:

1. Good sources of calcium are ...
 - A. Cereal and bread.
 - B. Butter and cream cheese.
 - C. Milk and yogurt.

2. Examples of whole grains are ...
 - A. White pasta and rice.
 - B. Oats and brown rice.
 - C. Carrots and spinach.

First and second grade

Your name:

Your grade and teacher's name:

1. Name 3 foods in grain group.
 - A.
 - B.
 - C.

2. Name 3 foods in milk group.
 - A.
 - B.
 - C.

Kindergarten

Your name:

Your grade and teacher's name:

Use this space to draw a game you like to play that keeps you on the go.