Mr. Miller sets goals for health

Principal Mr. Miller wants to make Hope Partnership an even better, healthier school.

He plans to focus on cooperation, teamwork, and mental health with students in 2012, he said in a recent press conference with the Healthy Hope. If Hope students cooperate, it will be easier for them to get their work done without problems.

He compared Hope students to a sports team. “I feel in general my students work as a team but there are some areas that we’re struggling in,” he said.

He thinks Hope students could do a better job by listening.

—By Siani Shaw and Monae Jett

Tidy desk helps you to be organized

A neat desk and tidy book bag can help your health grade.

Mr. James, Hope Partnership's gym and technology teacher, has been inspecting students’ book bags and desks since the start of the year.

He said he started this program because students told him that they had lost their homework or it was stuffed inside their book bags. Being organized is healthy for one’s brain, he said.

It also means less stress and more time for reading a book or playing, according to KidsHealth.org.

The program is working. Mr. James said more students know what is in their bags and desks.

However, when Mr. James finds a messy desk, a student can get a zero marked in the grade book. If a student continues to get zeros, Mr. James will give a detentions.

He uses this example to drive home the value of being organized: Imagine you went to the airport for a vacation to Hawaii. The flight attendant told you and your family that your flight will be four hours late. You ask, “Why?” The flight attendant answered, “because the airlines lost the airline.” How would you feel? Probably you wouldn’t be too happy.

—By Siani Shaw and Monae Jett

The new year is a traditional time for people to promise to make positive changes in their lives. For instance, they can choose between making healthier food choices. The Healthy Hope staff interviewed students and faculty about their 2012 resolutions. Story on Page 2.
Teamwork will make school healthier place

(Continued from Page 1)

to each other. Mr. Miller said he “wishes that Hope students would listen instead of thinking they’re always right.”

He said teamwork makes a person healthy because it lets them feel relaxed.

Bullying is not tolerated at Hope Partnership, he said. He wants students to be respectful to each other, to their teachers, and to everyone else. No one should be rude. If a student gets into trouble, he or she should not talk back to the teacher, he said.

Mr. Miller also promotes health through its food policy. He said students should not bring unhealthy foods to eat such as soda, candy, and chips.

Hope adopted the healthy food policy last school year. The policy states that students should only bring healthy snacks during the day.

Mr. Miller said by eating healthy snacks, students will be more energized during the school day. It also will help keep their teeth healthier.

—By Healthy Hope staff

Hope makes pledges for healthy 2012

Happy New Year!

The start of the year is a time when many people promise to be healthier.

The Healthy Hope staff asked people at R.W. Brown Community Center and Hope Partnership for Education about their healthy resolutions

Mr. James, the health and gym teacher, said his healthy resolution is to eat fresh foods instead of canned goods. He wants to eat more vegetables, rice, and yogurt.

He also said he wants to read more in 2012. “We also need mental health, not just physical health,” he said.

In 2012, Kione Gary, a fifth grader, said he wants to play sports and eat healthy foods, including vegetables and oranges and apples. He will spend more time outside instead of playing video games.

Kione said he would like everyone to eat healthier foods and to exercise more in 2012. Some healthy choices are fruits, vegetables, and dairy products, Kione suggested.

Ms. Diane, a Hope staffer, said she plans exercise by going to the gym. She will also eat salads and fruit to stay healthy. Her favorite healthy snacks are grapes, cucumbers, and salad.

She wishes that Hope students would stop eating junk food early in the morning. Instead, she wants them to try the school breakfast. She wants them to exercise and eat more salad, fruits, and veggies, too.

Miss Brittney, a R.W. Brown staffer, said she will try eat a healthy diet, work out in the gym, and take Zumba classes.

Ms. Latiyfa, who works at the R.W. Brown front desk, said to stay fit she will take her daughter to the playground and run around with her.

Isaiah Outlaw, a fifth grader, said he will continue to eat healthy food such as greens, apples, and salad. He also will exercise more to become stronger.

Shaderra Jenkins, an eighth grader, said her healthy goal is to exercise. She wants to stay fit and doesn’t want to be overweight. Shaderra said she eats corn, broccoli, peas, celery sticks, carrots, string beans, and collard greens. Listening to music motivates her to stay healthy.

Katera Smalls, an eighth grader, said kids in the 21st century are not all that healthy. Some have diabetes. Others are overweight. Many eat junk food and don’t exercise. In 2012, Katera hopes that more children have healthy snacks, exercise more, and eat plenty of vegetables. —By Healthy Hope staff
Rice cakes are tasty discovery

The Healthy Hope recently tried two types of rice snacks. We recommend them as a good alternative to high-calorie treats.

The main ingredients in the rice snacks we tried were brown rice and corn. We sampled Quaker Rice Snacks with kettle corn and with sea salt and cracked black pepper.

Nine of us enjoyed the rice snacks with salt and cracked black pepper, while three reporters said they weren't fans. The rice snack looked like a flat piece of popcorn, wrote Tyreen. It reminded Na'Mirh of a waﬄe. "It looks like a chip with pepper and butter on it," wrote Siani Shaw. "I tasted it and was amazed."

"I really love the taste of the black pepper," Malvin wrote. "It really pops out."

Ashlin said she would buy the snack and would recommend it because it has an interesting flavor and is healthy.

Nutrition mission

However, Ahmeer wasn't so sure. He didn't particularly care for the rice cake with salt and black pepper, but still would recommend it because people have different tastes.

However, all 12 of us gave high marks to the rice snack with kettle corn. "I like this one over the sea salt and cracked black pepper because this one tastes like honey," wrote Tiani.

Tyreen said the sugary-looking kettle corn was "very sweet" and he preferred it to the black pepper snack. Because it is sweet, he said it would be popular with kids. We were impressed that a serving size for the kettle corn is 130 calories and the cracked black pepper is 110 calories.

We think rice snacks would be a good, healthy item for the sixth grade snack sale.

—By Healthy Hope staff

Health briefs: From safety to snacking

Editor's note: The following health briefs are from articles published in the January 2012 issue of Current Health Kids magazine.

Are you one of the kids who spends time at home without a parent? Here are some tips you can use to keep yourself safe. Lock all doors and windows. Ask your parent if you may have one trustworthy friend over. If someone calls and asks for your parents ask the person if you can take a message because your parent is busy. —By Malvin Vega, Na'Mirh Rahim, Tiani Bey, and Ashlin Nepumuceno

If you are ever in a place where there is a gun, don't touch it. Tell an adult about it.

Here are some other tips: You should also tell an adult if you see someone else touch a gun. Don't ever play with a gun. Tell an adult if you hear that someone has brought a gun to school or even talks about bringing a gun to school. —By Ahmeer Johnson

Did you know you get healthier when you exercise? Remember you also need to drink plenty of water, eat healthy food, and go outside and be active.

An 11-year-old boy from Atlanta has taken that advice a step further. He has created an exercise DVD called the "Workout Kid." He hopes his DVD catches on with kids. —By Tyreen Jabbar

When a divorce happens, kids may feel left out. They may feel as though one parent is not spending enough time with them. It can be a stressful time.

Here are some tips to help deal with divorce:
1) It's not the child's fault.
2) It takes time for things to settle down.
3) Children should be active.
4) They shouldn't get involved in their parents' fights.
5) Children should never pick one parent over the other.

—By Monae Jett

Hey, are you hungry? Try a bag of nuts. Nuts are a lot healthier than chips and candy bars. Nuts are healthy because they have a lot of nutrition in them. There are different nuts that you can try: pistachios, cashews, almonds. If you need a snack get a bag of nuts. Have a pistachio day. Go nuts.

—By Nashay Crosby-Bey, Siani Johnson, and Kiani Bey

Healthy Hope

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Test your knowledge

Here is a chance to test the new things you have learned about health and fitness in the February 2012 edition of the Healthy Hope. Enter the contest by reading your copy of Healthy Hope and then answering questions for your grade below. (Healthy Hope staff is not eligible.)

Directions:
1. Fill in your name, grade and teacher’s name.
2. Answer the questions for your grade.
3. Cut out the coupon for YOUR grade.
4. Hand in the sheet to your homeroom teacher by February 24, 2012.

This month’s quiz questions were composed by Ahmeer Johnson. The staff of the Healthy Hope will have a drawing from among the correct entries. Two winners in each grade will get a prize. Good luck!

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**Eighth grade**

Your name: ________________________________

Your grade and teacher’s name: ________________________________

1. What is one way Ms. Diane plans to stay healthy?
   A. Exercise in a field
   B. Go on a diet
   C. Play sports
   D. Go to a gym

2. What is one safe thing you can do if you’re home alone?

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**Seventh grade**

Your name: ________________________________

Your grade and teacher’s name: ________________________________

1. How many calories are in a serving of cracked black pepper rice cakes?

2. What’s one way Mr. Miller is trying to keep students healthy?

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**Fifth grade**

Your name: ________________________________

Your grade and teacher’s name: ________________________________

1. What is one way to deal with divorce?

2. Are rice cakes healthy for you?
   Circle the correct answer.
   Yes          No