

HOPE PARTNERSHIP FOR EDUCATION

HEALTHY HOPE

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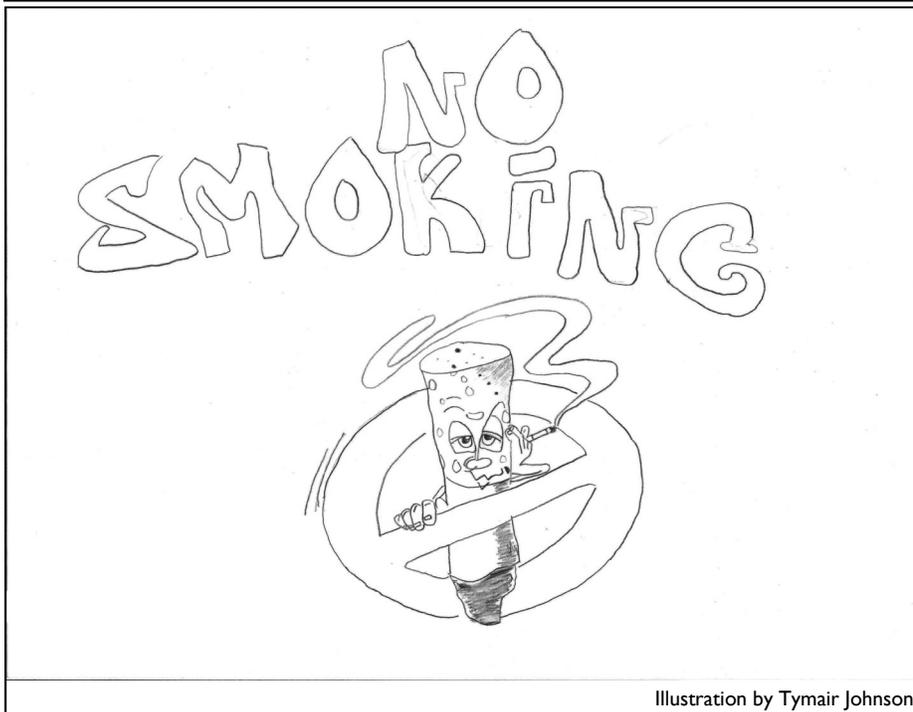


Illustration by Tymair Johnson

Recess benefits health

Recess is an important part of the school day, according to recent interviews with Hope teachers and staff.

"Most of the day you sit still, so you need to be able to move around," said Ms. Barbara Quaintance, executive assistant.

Students need a break in their day to exercise, talk, and play, she said.

"It gives them a break from their busy day," said Ms. Holiday, graduate support director. "I think it is very important."

Health experts recommend that children exercise 60 minutes a day to stay fit. Daily activity doesn't have to be done all at once, according to the Centers for Disease Control and Prevention, also known as the CDC. Many activities—including recess—can count.

Experts say the exercise needs to get you moving. It should be *moderate* or *vigorous*. The CDC says moderate exercise is when you can talk during the activity but you can't sing. Vigorous exer-

Teen is health role model

A 17-year-old high school senior is trying to make an impact on children's health in Philadelphia and across the country.

Kaseir Archie serves on a national youth advisory board that encourages children to stay fit. He also teaches middle school students about nutritious food. For instance, he said, he promotes choosing natural food items over artificial foods.

"I try to help the kids make the right eating choices," said Kaseir. "It's about preparing your body for the future."

As a member of the Alliance for a Healthier Generation Youth

Advisory Board, Kaseir said he tries to take what he learns from the group to raise awareness among his peers about leading a healthy lifestyle. The alliance has a mission to create healthy changes in schools and communities to reduce childhood obesity.

He said he applied to be a member of the alliance's advisory board. He said it was one of the best decisions he ever made.

Kaseir said he thinks he has an advantage when he is spreading the healthy living message.

"Kids pay more attention to other kids because they know

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

(Please see **Recess** on Page 2)

Enter "Act of Kindness" poster contest. See Page 2.

We want your letters and artwork!

Welcome back to the *Healthy Hope!*

We are marking our fourth birthday this year.

You can help us celebrate by participating in some of our newspaper activities. Here are three ways you can get involved:

1. Act of Kindness Poster Contest

You are invited to create a poster that illustrates a child being kind to another person. It could be a picture of someone sharing a book or keeping the classroom tidy. Think of a way children help others and turn it into a poster.

The poster contest is part of our new project, *Think, Don't Fight*. In the project, we will be reporting about bullying prevention in the year ahead.

Posters should be illustrated on white paper that is 8 1/2 by 11 inches. Please turn in your poster by **December 12** to your homeroom teacher. For more information, please ask your teacher.

You can also ask Mrs. Wilson, Ms. Holiday, or Ms. Konshak.

2. Letter to a Leader

We want you to write a letter to one of the leaders who have been featured in a Healthy NewsWorks book, *Leading Healthy Change In Our Communities*. Your letter may appear in the *Healthy Press*. Or, Healthy NewsWorks may publish it on its website, www.HealthyNewsWorks.org.

Hope has classroom sets of all three leaders' books published between 2012 and 2014.

3. Letters to the Editor

We want to hear from you. Did you read an article in the paper that you liked? If so, why did you like it? Did an article inspire you to think about your health habits? If so, what healthy habit would you like to adopt?

Or, maybe you would like to suggest an article we could write in a future newspaper edition. Please send your letters to the *Healthy Hope*. We would love to hear from you.

—The editors

Writing letters to leaders

Health leaders inspire Hope students

Editor's note: The excerpts of letters below are written to Dr. Amy Goldberg and Scott Charles, who people featured in the book, Leading Healthy Change In Our Communities 2014. They run a violence prevention program for teenagers called Cradle2Grave at Temple University Hospital. Classroom sets of all three Leading Healthy Change books have been donated to Hope. Please consider writing your own letter to a health leader!

Dear Mr. Charles,

I feel bad for that boy who died at the age of 16. I wish that he were still alive to see his family. Kids should always stay away from drugs and guns.

Students should take your classes at the hospital. I wish I could take one of your classes at Temple. The reason is I could tell others about your lessons not to play with guns. Sincerely, Mekhi Strong

Dear Dr. Goldberg,

I hope one day that I can meet you because you are a great person. I think you are doing a great job. You give people knowledge to stop killing. I think everybody should take your advice and stop hurting each other. Sincerely, Evanna Baker

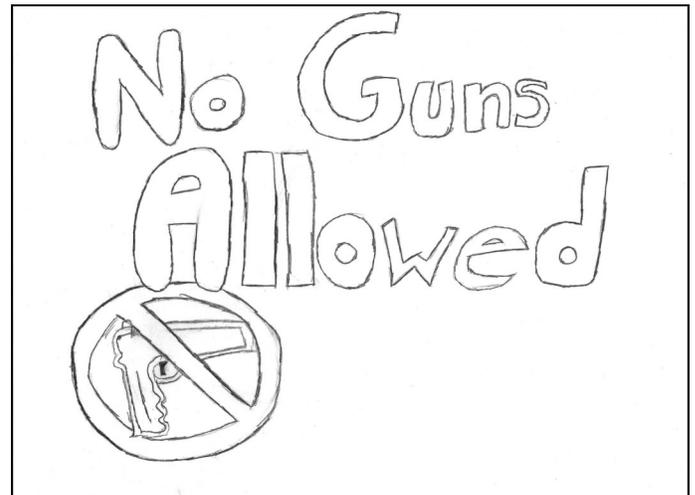


Illustration by Dana Zayas

Dear Dr. Goldberg and Mr. Charles,

You make such a great team. I hope to someday be like you both. The way you both try to get the victims' families and friends to move forward with their lives after such a tragedy is hard to do.

The way you decided to ... do safety lessons about guns and violence is very thoughtful of you both.

Sincerely, Dana Zayas

Healthy Futures In program, good choices are priority

Ms. Lorina Marshall-Blake wants children to develop healthy eating and exercise habits.

"I want to stomp out childhood obesity," said Ms. Marshall-Blake, who is the president of the Independence Blue Cross Foundation. "But not one of us can do it alone."

The foundation recently co-hosted a conference in Philadelphia so community leaders could learn from each other how to help children make healthy choices. The Children's Hospital of Philadelphia was the other host.

"We wanted to get the word out," Ms. Marshall-Blake said. "It takes a village to raise a healthy child."

In 2012, the Independence Blue Cross Foundation launched a special program called Healthy Futures to help children "get fit,

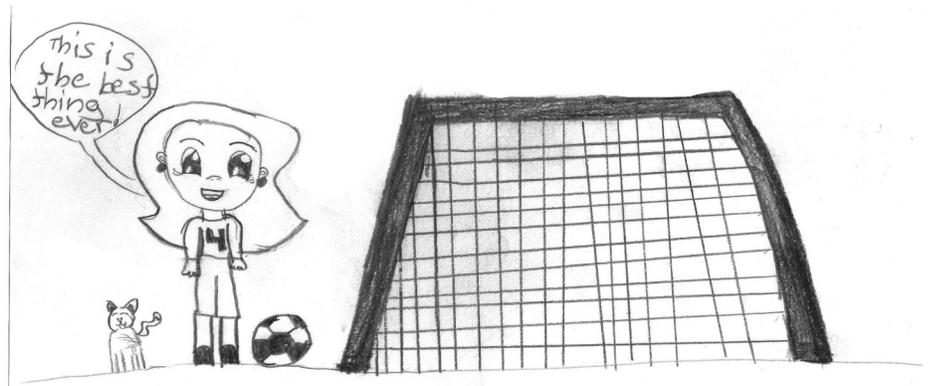


Illustration by Nakeya Williams

eat right, and stay well." The program will run for three years in 25 schools in the five-county Philadelphia area.

In the "get fit" part of Healthy Futures, children get exercise tips from fitness experts like the Philadelphia Union, a major league soccer team. The Union helps promote physical activity and rewards children who stay on target with their health and fitness goals.

"Eat right" is about teaching children how to choose a healthy diet and listen to their body, said Ms. Marshall-Blake. That part of the program teaches children about nutritious food through farm visits and other hands-on learning experiences.

Finally, "stay well" has a goal of reducing the number of students who are absent from school because of illnesses such as asthma. Another goal is for more students to be a healthy weight.

In her spare time, Ms. Marshall-Blake tries to stay healthy too. She walks for 45 minutes each morning on a local school track. She also goes to the gym.

She said she hopes the Healthy Futures will continue to bring people together around the topic of making kids healthier and meeting the goal of reducing childhood obesity. "When you dream, you dream big," said Ms. Marshall-Blake.

—By Isaiah Outlaw, Alyse Nichols, and Shyann Davis

Teenager makes impact on health

(Continued from Page 1)

where they are coming from," he said. "They can relate to each other."

He suggests to other students that they start by making a small change. "You don't have to change your whole diet," he said.

For example, many football players at his school would stop for a snack at a nearby fast food restaurant after practice. Instead, Kaseir said, he urged them to stop at a store on the way that sells granola bars and whole grain snacks. "It is equally convenient," he said, but the store offers healthier options.

To stay fit, Kaseir plays ice hockey and runs track. He was the captain of his 16 & under (Midget) hockey team this past year. He plays for the Ed Snider Youth Hockey Foundation.

Because of Kaseir's leadership on health issues, he was invited to speak recently on a panel at the Healthy Futures: A Recipe for Childhood Wellness Conference. He was the only youth on the panel of childhood wellness professionals.

He said he wishes that somebody would have taught him about eating the right foods when he was younger. Now, he said, he feels great that he can be a health mentor. —By Alyse Nichols, Isaiah Outlaw, and Shyann Davis

Editor's note: Alyse, Isaiah, and Shyann are veteran *Healthy Hope* reporters and recently attended the Healthy Futures conference cohosted by Independence Blue Cross Foundation and The Children's Hospital of Philadelphia. The conference featured local and national experts who talked about ways to make children's lives healthier.

Walking, music can help reduce stress

Most people experience stress.

Hope staff members and students are no exception.

Ms. Holiday, the graduate support director, experiences stress when she has "too much work." Similarly, Mrs. Wilson, the sixth grade teacher, said stress rears up when "I have too much to do and not enough time."

Special report on heart health

Sometimes stress is good because it can spur you to stay on task or to chal-

lenge yourself, according to KidsHealth.org. But too much stress can be harmful.

Government health experts say it can make people feel angry or sad. They can have trouble sleeping or eating. They can get headaches and stomachaches.

The American Heart Association says stress can cause people to overeat, smoke cigarettes, and make poor food choices. These activities can increase a person's chances of developing health problems such as heart attacks, strokes, and high blood pressure.

To avoid stress, Ms. Holiday said she likes to take naps. "It gives me energy so I can get the job done."

Shaiya Tyler, a baby sitter and a sixth grader, said her younger siblings make her feel stressed. Going outside and hanging out with her friends is one way she can feel better. Other ways she handles stress is by breathing in and out and counting to five when she is angry.

Tymair Johnson, a sixth grader, said "lots of homework stresses him out." Playing football and basketball help him get his anger out. It also helps to stay focused on your goals and pay attention, he said.

Hope Partnership for Education Healthy Hope

A publication of Hope Partnership for Education, an independent middle school and adult education center serving eastern North Philadelphia.

Student staff members include Evanna Baker, Samiyah Beddan, Eric Bryant Jr., Aasiyah Johnson, Tymair Johnson, Blessings McAdams, Nathaniel Montgomery Jr., Damon Motley, Mekhi Strong, Kyf Sullivan-de Jesus, Tyline Sutton, Shaiya Tyler, Nakeya Williams, and Dana Zayas. The faculty advisors for the *Healthy Hope* are Mrs. Wilson, Ms. Holiday, and Ms. Konshak.

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Illustration by Blessings McAdams

Ms. Marrone, the eighth grade teacher, said she gets tense when she doesn't manage her time correctly. She has many ways to deal with the stress, including exercising, dancing, walking, writing, and meditating. These activities make her feel better and release the tightness that she feels in her chest when she is upset, she said.

Mrs. Lofton, director of development, said she deals with stress by listening to calm music, reading books, and taking a vacation. It's important to live a balanced life to stay healthy, she said.

Kyf Sullivan-de Jesus, a sixth grader, said he feels irritated when someone ignores him when he is talking to them. Playing basketball is one way that he reduces his stress.

—By Healthy Hope staff

Recess releases energy

(Continued from Page 1)

cise is when you can't say more than a few words before you need to stop and take a breath.

Teachers also benefit from students having recess, because it gives them time to eat lunch and prepare for the next class lesson, said Ms. Holiday.

She also said it can have a good effect on student behavior, "because students can get their energy out in recess so they can be focused in class."

Mrs. Lofton, the development director, said another benefit of recess is that children "have a chance to interact with other students."

After recess, Ms. Barbara said, children should come back to class relaxed.

—By Nakeya Williams, Kyf Sullivan-de Jesus, Mekhi Strong, and Evanna Baker