

HEALTHY HERO

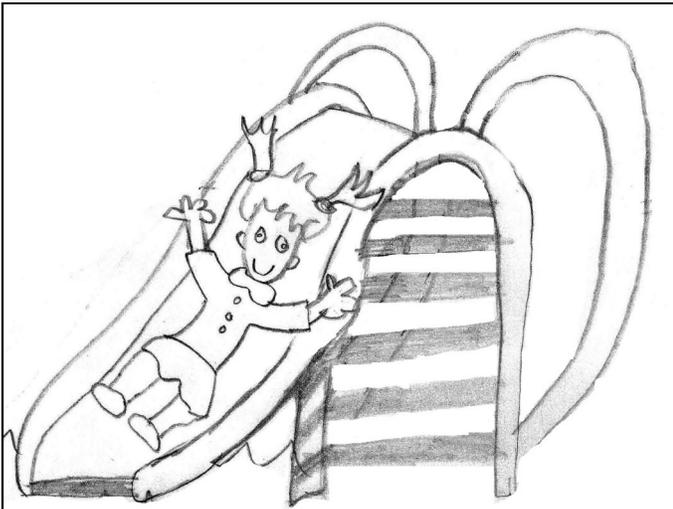


Illustration by Wanderlyn Parmer

Spring days bring more opportunities to play outside. Kids should exercise at least 60 minutes a day, health experts say.

Nutrition mission

Taste bubbly water

Not all beverages that say "water" are the same.

It is important to check the nutrition facts on the label before deciding what to drink, said Ms. Amy Deahl-Greenlaw, a registered dietician. Many drinks that have water in their name also have added sugar.

Plain water is the most tooth-friendly beverage you can drink, according to the American Dental Association (ADA). It washes away food particles and sugar from your teeth, keeps you hydrated, and has no added sugar, according to the ADA.

Many supermarkets stock their shelves with different types of water. Besides plain bottled water, you can find seltzer water, tonic water, club soda, and other kinds of flavored carbonated water. A type of gas called carbon dioxide is added to seltzer water.

Club soda and seltzer water have zero calories and zero grams of sugar. Tonic water is an example of water with added sugar.

The *Healthy Hero* staff had the opportunity to taste this bubbly water. They found that the seltzer

(Please see **Seltzer** on Page 6)

Reporters star in water video

"It was very exciting," said Giani Walker.

She is one of five *Healthy Hero* reporters who recently participated in making a video about the importance of washing your hands.

Handwashing is so important that students from Lawrence University in Wisconsin traveled to St. Veronica to create the video.

This video were later shown to students at a school in Sierra Leone, which is a country located in West Africa. A new well will be built at the school to provide running water for the first time. The students now will have the opportunity to wash their hands.

Besides Gian1, the other reporters in the video are Julissa Rivera, Arianna Mora, Bryan Bueno, and Jaden Hill. They all agreed that they had a lot of fun during the filming.

"We were nervous a little in the beginning and we forgot some of our lines," Arianna said. "But the cue cards really helped us."

Julissa said her favorite part was the handwashing scenes, because "everyone got a little wet."

The best part of participating was being able to help others, said the reporters. "It was great that we were able to help kids all the way in Sierra Leone," Jaden said.

—By *Healthy Hero staff*

Everyone needs clean water

Some children in the world do not have clean water to drink or to use for bathing. They drink water from rivers, streams, and shallow wells. The water is often contaminated and can cause illnesses.

This is the situation for many children living in Sierra Leone, according to Professor Claudena Skran from Lawrence University in Appleton, Wisconsin. She recently spoke to the *Healthy Hero* staff about health in Sierra Leone.

(Please see **Sierra Leone** on Page 2)

Sierra Leone faces many health issues

(Continued from Page 1)

This small country is located in West Africa. Many children do not have access to clean, running water, Professor Skran said.

She is trying to change that situation through a club called KidsGive that she supervises at Lawrence University. With her college students, Professor Skran has raised enough money so a deep water well can be built at Conforti Primary School in the nation's capital of Freetown.

Sierra Leone has about 6 million people—about half of Pennsylvania's population. According to Professor Skran, the country was ranked the poorest in the world in 2004. Even today, about 70 percent of the population lives on \$2 a day or less, she said.

The country endured a 10-year civil war that ended in 2001. Because of the war, many buildings, homes, schools, and hospitals were damaged, Professor Skran said.

The war also weakened its health care system. For every 100,000 people, there are only two doctors. By comparison, Pennsylvania had about 300 doctors for every 100,000 people, according to a 2013 report by the Association of American Colleges.

People don't live as long in Sierra Leone as they do in Pennsylvania, she said. In Pennsylvania, people live on average to 78. In Sierra Leone, they live on average to 45.

In May 2014, the deadly Ebola virus started infecting people in Sierra Leone. Many became sick and thousands died. Ebola begins with symptoms similar to the flu, but it can turn serious and cause bleeding and trouble breathing, according to KidsHealth.org.

Ebola is only spread through direct touch, Professor Skran said. The virus dies when exposed to air or water combined with soap, she said.

Washing hands can help prevent the spread of the Ebola virus and other diseases, Professor Skran said. That's why she and her students have worked raised money for a new well at Conforti Primary School. It will be 100 feet deep. The children will have clean water to drink and to wash their hands.

The well is being funded by the Appleton, Wisconsin Rotary Club, Northeast Wisconsin District Rotary, Global Rotary, and Freetown, Sierra Leone, Rotary. KidsGive is providing volunteers and educational materials for the project. —By Bahyyah Pone, Jaime Neris, Nikauy Fabian, and Valerie Rosa

Try these activities

Green
White
Blue

Color the Flag of Sierra Leone

* * * * *

What does Sierra Leone mean in the Portuguese language?

4 3 6 2 1 6 7 2 5 8 3 2

1=M 2=N 3=I 4=L 5=T 6=O 7=U 8=A

Tips to wash hands

Washing your hands is important because it can help prevent the spread of germs. Your hands may look clean and be covered in germs. According to the Centers for Disease Control and Prevention, hands need to be washed before, during, and after cooking food, after using the toilet, after blowing your nose, coughing or sneezing, and after touching garbage or an animal.

According to the CDC, there are specific rules to follow when washing hands:

- Use clean running water.
- Use soap
- Rub the soap on your hands for about 20 seconds. This is the time it takes to sing the song "Happy Birthday" two times. Remember to clean the back of your hands and under your nails.
- Rinse and dry well with a clean towel or air dry.

If you take the time to wash your hands during the day, you are less likely to get sick, according to the CDC. —By Healthy Hero staff

Letters to the *Healthy Hero* editor

We are grateful for all the letters we received in response to our winter edition. We are printing a selection of the letters. All the letters will be available in a binder.

Dear Editor,

I really enjoyed reading your newspaper. My favorite article in this month's issue was "Reducing Stress." ... It was really interesting and it had a lot of different reasons for why you might be stressed. ...

I find myself getting stressed over the silliest things ever. One of my favorite parts of the article was when the editor said, "For instance, if you are anxious for a math test." I giggled at that part because I get really anxious when I take a math test or any test.

I also enjoyed how at the end of the article we got to circle ways that could help us relieve stress. I thought that was a really good idea because that could help someone who tends to get really stressed.

Overall, I really enjoyed reading your newspaper. I can't wait for your next issue of the *Healthy Hero*. Keep up the good work.

Yours truly,
Brianna Medina

* * *

Dear Editor,

I really enjoyed reading the newspaper written by the fifth grade. I especially liked the "Reducing Stress" article because I can relate to it the most.

I have been very busy studying for the Terra Novas and keeping up with all my class work so that I have been lacking sleeping and having a lot of pain such as headaches. So when your class said that "too much stress can lead to headaches, stomachaches and loss of sleep," I realized that I haven't been addressing the situation.

I loved how all of you included ways on how to relieve stress. I can relate to some of your ideas such as exercising, drinking herbal tea, and taking a warm shower. But you also gave me new options that I

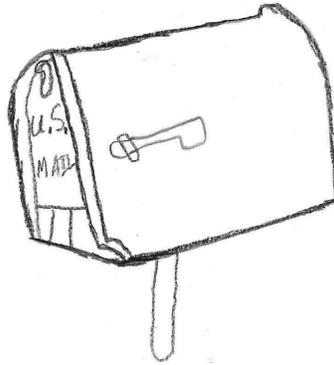


Illustration by Carlos Alvelo

would have never thought of like going outside, practicing yoga, or even laughing out loud.

Good luck on your newspaper. So far you are doing a great job. Thank you for taking time to write, edit, illustrate, and publish this newspaper. I can't wait for your next newspaper.

Yours truly,
Virginia Rivas

* * *

Dear Editor,

I really did enjoy the "Taste Test" article. It made me want to go out and buy one of those apples. One of the apples that you mentioned, which was the Honey-crisp, sounded the most appealing. The way you described the apples made me actually imagine it in my mind.

The ways that you described how the apples tasted and how crunchy they are give an imagery of how good the apples really are. I do want to try new kinds of fruit and other healthy food items. I never knew that there are more than 100 different varieties of apples.

I hope you write another article about anything, because you did a really good job.

Sincerely,
Esteban Duprey

* * *

Dear Editor,

I have been waiting a long time for another newspaper to come out. And I love the drawings! ...

I liked the sections on Page 1 and 2. They made me learn more about lab work. Thank you for that. For the next edition, I thought you could write about some less well-known fruit like dragon fruit. I'm so curious what the next article will be.

Sincerely,
Alyany Santos

More letters to the editor ...

Dear Editor,

Your *Healthy Hero* newspaper is enjoyable. ... My favorite article was "Finding answers under a microscope." When I was reading this article it caught my attention. When you wrote "a pathologist examines human tissues," I had not known that. The article had so many details, which made it great.

Thank you for taking your time on this amazing newspaper.

Sincerely,
Alejandro Gueits

* * *

Dear Editor,

I really enjoyed your *Healthy Hero* newspaper. I especially enjoyed your article on "A peek inside a medical lab." I am very interested in this kind of science so this article pulled me into the science world.

I also enjoyed your article "Think before you wish for crutches." I was interested to hear what it feels like to wear a cast and have crutches. This article inspired me to learn more about broken bones too." In conclusion, I really enjoyed your *Healthy Hero* newspaper and I look forward to reading more.

Sincerely,
Alexa Ryan

* * *

Dear Editor,

I found your article "Finding answers under a microscope" interesting and educational. ... I learned something new by reading this article. Before I would never have thought that tumors can grow in your mouth and how much work being a dentist really is. Also, I really like what Dr. Lucas suggested about pursuing what you want to do in life.

Thank you for taking the time to keep us healthy.

Sincerely,
Nicole Mendoza

* * *

Dear Editor,

I enjoyed reading "Reducing Stress." It talked about different ways to relieve stress, and how stress is both good and bad for you. In this article, the report-

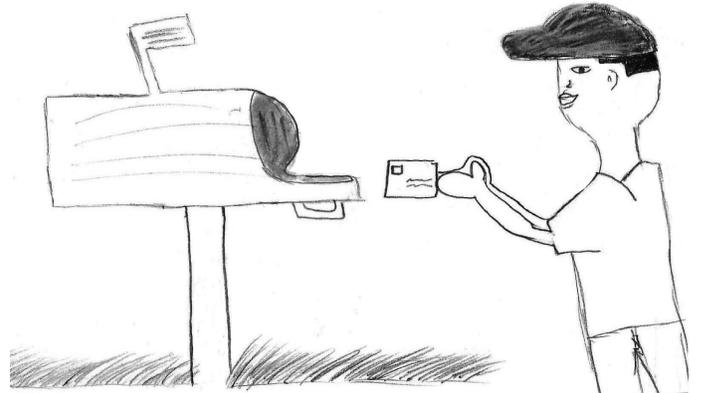


Illustration by Nikauly Fabian

ers asked the readers to circle five ways that you think are good to relieve stress.

When I was younger, I didn't have much stress. But now, I have so much stress, especially because I am going to high school. Reading this article, I've realized that there are so many ways to relieve stress. I chose five ways to relieve stress from your list: Read, take a nap, take a warm shower, pray, and listen to music. ... It's important that we all know the pros and cons of stress.

It's very impressive to know that fifth graders are writing newspapers. It's incredible that you are learning this young because maybe some of them want to become a writer when they grow up. I look forward to reading more *Healthy Hero* articles.

Sincerely,
Delia Perez

* * *

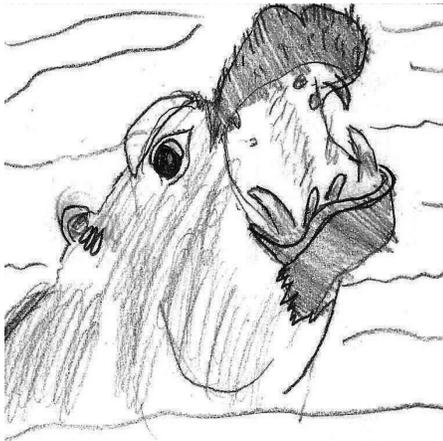
Dear Editor,

I really enjoyed your *Healthy Hero* newspaper. It was informative and entertaining. The section "The Taste Test: Explore apple flavors" was very interesting.

I liked how [it] gave people's opinions. The illustration was well-done. The writers described in detail how the apple tasted. ... I liked the fact that you wrote about three different apples. You did an outstanding job and I really look forward to your next issue.

Sincerely,
Cassidie Soto

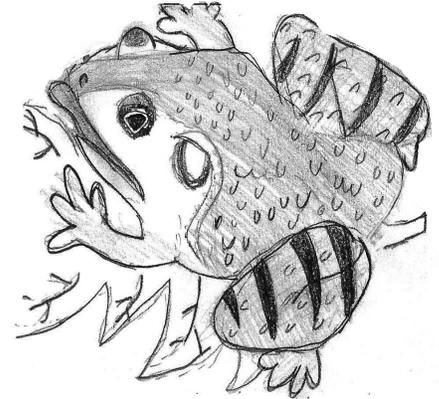
Get to know animal teeth



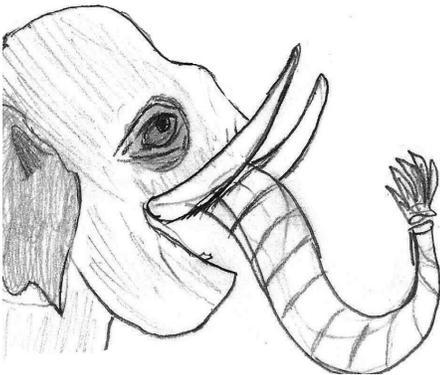
1. Hippopotamus



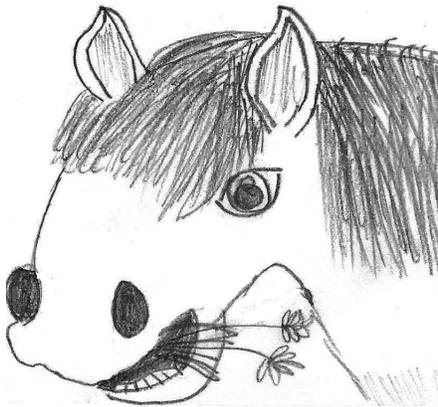
2. Bear



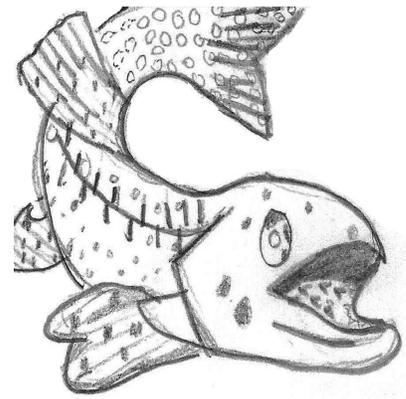
3. Bullfrog



4. Elephant



5. Horse

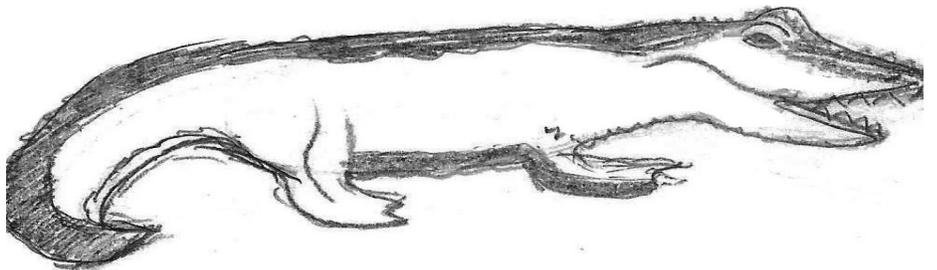


6. Fish



7. Orca

Illustrations 1, 2, 3, 7 by Dominic Rivera;
4, 5 by Nikauly Fabian;
and 6, 8 by Wanderlyn Parner



8. Crocodile

The facts below are from the book "Teeth" by Sneed B. Collard III. See if you can match the correct fact below with the animal pictured on this page.

- A. This animal often doesn't have teeth. When it does, they are small and help catch prey.
- B. A molar on this animal can weigh 9 pounds.
- C. These animals' ancestors had 44 teeth. Now, these animals usually have 48 teeth.

- D. When this animal loses a tooth, another one replaces it.
- E. This animal eats a lot and its incisor and canine teeth keep growing all through its life.
- F. Some types of this animal grow teeth from their tongues.
- G. When this animal shows its teeth, other animals know to watch out.
- H. This animal's jaw moves side to side when it eats.

Please see answers on Page 6.

Seltzer water is a healthy option

(Continued from Page 1)

water tasted like soda without sugar. Five out of 23 reporters said they enjoyed it without any flavoring. When a splash of orange juice was added 20 out of 23 reporters gave it a thumbs up. "It feels bubbly on your tongue and kind of tickles," Wanderlyn said.

Luis mixed 100 percent cranberry juice with seltzer and said, "It was very sweet and enjoyable."

If you are looking for a new way to drink water, the *Healthy Hero* said to try seltzer with a splash of juice.

—By Healthy Hero staff

Common beverages students bring to school

Drink	Sugar (grams) in whole bottle	Calories in whole bottle	First two ingredients
AriZona Iced Tea (24 ounces)	56 g	225	Black tea (water) High fructose corn syrup *
Gatorade (12 oz.)	21 g	80	Water Sugar
vitaminwater (20 oz)	32 g	120	Water High fructose corn syrup *
Water	0 g	0	Water
Seltzer water	0 g	0	Carbonated Water

Note: Bottles represent the typical size that St. Veronica students buy.

* High fructose corn syrup is listed on the label. High fructose corn syrup = sugar.

Thank you for your contest entries

The *Healthy Hero* staff sponsored a contest to challenge the St. Veronica students' creativity.

The staff asked kindergarten through third grade students to create a healthy superhero and describe its special powers.

The contest for fourth through eighth grade students involved writing a poem about being healthy. Because the fifth grade class members are the reporters for the *Healthy Hero*, they were not eligible to participate in the contest. They served as judges.

More than 50 students submitted entries for the contest. All submissions were excellent and the *Healthy Hero* staff had a difficult time choosing the winners, said Mrs. Muller, the *Healthy Hero* editor.

The winners were expected to be announced with the release of this newspaper.

The top three entries in each grade received *Healthy Hero* pencils, ribbons, and fun gadgets. All participants received donated toothbrushes and toothpaste from Pediatric Dental Associates (teethforkids.com/).

Thank you to the students and teachers for supporting the *Healthy Hero*.

We are eager to include more student writing and illustrations in YOUR school newspaper.

Here are three activities:

1. Write a brief letter to your school reporters.
2. Write your opinion about a health topic that is important to you. For instance, what do you think about Mayor Kenney's idea to put a tax on soda?
3. Write a letter to a health leader featured in *Leading Healthy Change In Our Communities*. Ask Mrs. Muller for copies of the books.

St. Veronica Healthy Hero

A publication of the St. Veronica Catholic School in Philadelphia, PA. St. Veronica is an Independence Mission School. Sister Eileen Buchanan, IHM, is the school's principal. Student staff members include Carlos Alvelo, Bryan Bueno, Nikauly Fabian, Jeremiah Figueroa, Luis Figueroa, Jaden Hill, Dayana Martinez, Yarisuanett Monge, Arianna Mora, Abby Natal, Jaime Neris, Wanderlyn Parmer, Bahyyah Pone, Stephanie Reyes, Dominic Rivera, Jose Rivera, Julissa Rivera, Kelvin Rivera, Luisiany Rivera, Valerie Rosa, Amir Ryan, Delilah Vazquez, and Giani Walker.

The *Healthy Hero's* faculty advisor is Mrs. Muller.

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Answers to animal teeth match game

A. Bullfrog B. Elephant C. Orca D. Crocodile
E. Hippopotamus F. Fish G. Bear H. Horse