

# ST. MARTIN DE PORRES HEALTHY SAINT

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Illustration by Kamaiyah Brady

## School staff share how they deal with stress

When they feel stressed, St. Martin de Porres staff members say they rely on creative tactics to combat it.

In recent interviews, they listed a number of stress-busting activities such as: Taking laps around Temple University's track, crocheting, bowling, reading, watching television, praying, taking deep breaths, and singing in the car.

In today's busy world, it's not unusual for people to feel stressed. It's a feeling of discomfort or worry, according to KidsHealth.org, a leading health site for kids. If it occurs over a long period of time, stress can lead to many health problems, including heart disease, according to doctors at the Mayo Clinic.

However, not all stress is bad for people, according to KidsHealth. Some stress is good. For instance, it can inspire you to get your work done or do a better job.

Many things cause stress. "I feel stress when I don't have con-

## Ways Sr. Meaghan stays calm

In her new role as school principal, Sister Meaghan Patterson said the stress she now experiences is different from the stress she had as assistant principal.

"Now that I have the full responsibility for making decisions I wasn't responsible for before, there's more stress," she said in a recent interview.

She said she also feels stressed "when things don't go to plan, or when too many things happen at once." However, she

said, "the joys of being principal outweigh the stress."

Sr. Meaghan added that "stress is not a bad thing if you handle it appropriately. It can become damaging when you don't recognize the symptoms that can lead to a bigger issue."

So what does Sr. Meaghan do to manage stress? She said she really enjoys cooking, baking, drinking coffee, and watching television shows about food. She

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# How teachers handle stress

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trol over a situation," said Ms. Edelman, a math teacher. She said reading and talking to supportive friends help calm her down.

Mr. Joram, who is the school's new assistant principal, said he feels stress when students are sent to him for not doing what they are supposed to be doing. He recently moved to a new home and that caused stress, too.

He said he can reduce his stress by talking with

**Stress can lead to problems such as headaches, sadness, trouble sleeping, and stomachaches, according to Healthfinder.gov.**

his wife because he likes to have someone listen to how he feels. It takes his mind off stress for a while.

Ms. Hale-Garland, school social worker and disciplinarian, said she feels stressed "when

situations don't go as planned." She likes to crochet or bowl when that happens because these activities "release tension" and help her refocus her attention.

Ms. Streeter, a first grade teacher who has three other jobs, said she feels stressed "when people don't do what they're supposed to do." She walks or jogs 20 laps around Temple's track to reduce the stress. She also works out and gets to bed on time, she said.

Mr. Neef, a sixth grade teacher, said a busy day or "not finishing grading" can be stressful. To reduce it, he said he spends time playing with his baby son or getting some sleep.

Ms. Lennox, the school's new seventh and eighth grade science teacher, said starting a new job makes her feel stressed. She sings really loudly in the car because it takes her "to a peaceful place of mind" and helps her reduce stress," she said.



Illustration by Nyannah Harden

Ms. Sophia, administrative assistant, does a few things to reduce stress. She said, "I pray, talk about it, and take deep breaths."

What should kids do to manage their stress?

"Kids should not hold it in," Ms. Edelman said.

"They should talk to somebody when they feel stressed or find an activity that helps them let it out, like exercise or punching a pillow."

Mr. Joram said kids should "talk to someone they trust, or write feelings down in a notebook."

Ms. Streeter said kids also should get enough rest and exercise.

Mr. Neef said kids could manage school stress by "staying organized and studying for tests."

Ms. Lennox said she believes kids could "practice mindfulness so they are able to recognize they are stressed." She added that "children need to have energy and enough sleep." —By Healthy Saint staff

## Strategies to reduce stress in your life

There are many ways to deal with stress. KidsHealth.org recommends the following:

- ♥ Talk to a trusted adult such as a parent or a teacher about what's bothering you.
- ♥ Drop an activity for a while if you are stressed from doing too many activities.
- ♥ Join an after-school activity if it helps you take your mind off problems that are causing stress.
- ♥ Eat a healthy diet.
- ♥ Get enough sleep.
- ♥ Breathe slowly a few times.

But the most important thing, the website says, is to have a balanced life. In other words, be smart about how you use your time. KidsHealth says kids need to keep "SELF" in mind, which stands for sleep, exercise, leisure, and food.

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### Focusing on heart health

The *Healthy Saint* is reporting stories this year about how you can take care of your heart. Topics will include heart-healthy activities and nutrition. In this issue, the eighth grade reporters also write about stress reduction.

# High marks for healthy kabob

Craving a snack? Before you reach for just any old snack, you might want to think about a tasty cup of low-fat milk or some cheese made from part-skim milk.

These foods are loaded in calcium, which builds your bones and teeth, but they're also important for heart health, says Ms. Amy Deahl-Greenlaw, a registered dietician nutritionist with Healthy News Works.

However, some dairy products aren't good for heart health even if they're good for your bones. The problem is that some dairy foods contain a lot of saturated fat. Saturated fat can increase a bad type of cholesterol that can clog arteries that transport blood to your heart and brain, says Choosemyplate.gov, a government website.

Ms. Deahl-Greenlaw recommends eating dairy foods that have reduced fat or no fat at all. You can get the benefit of calcium without the saturated fats – plus something more.

The *Healthy Saint* compared saturated fats contained in a variety of milks and cheeses and found:

- ♥ An 8-ounce glass of whole milk contains 5 grams of saturated fat, but a cup of low-fat milk has only 1.5 grams of saturated fat. An 8-ounce cup of fat-free milk has zero saturated fats, making it the heart-healthiest milk option.
- ♥ 1 ounce of cheese made from part-skim milk contains 3 grams of saturated fat. Cheese made from whole milk has 4.5 grams.

Encouraged by the research, the *Healthy Saint* sampled a cheese snack made from part-skim milk for a taste test. Ms. Deahl-Greenlaw introduced report-



Illustration by Zakirah Woolard-Bryant

ers to the healthy kabob, a fun-to-make, colorful combination of two small chunks of part-skim mozzarella, a pair of red grapes, and a slice of cucumber – all loaded onto a thin straw. The healthy kabob passed with 94% of reporters saying they would recommend the snack.

Describing the snack as "creamy and savory," Madison said she would recommend it because eating cheese paired with another food is like "a flavorful party in my mouth and it's great for the heart."

Cailiyah said she gives it thumbs up because she found it "quick and easy to make, plus the cheese complements the other ingredients and makes the cucumber taste better." Abigail considers the snack "earthy, crunchy, balanced, and sweet," and she wants people to know that "it's very delectable and extremely healthy." Isaiah said, "I thought it would be nasty, but it was good."

Other reporters made a few suggestions about other fruits and veggies they could pair with cheese. Anthony said the cheese would go well with apples and oranges. Taj offered "peaches and apples." Sanae would pair cheese with strawberries, apples, mangos, and peaches to make a kabob, and Claretta said apples, tomatoes, strawberries, and peppers would go well with chunks of part-skim cheese.

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**Did you know?** Low-fat and fat-free dairy products are rich in potassium. Potassium is a mineral that may help to maintain a healthy blood pressure, says Choosemyplate.gov.

—By Healthy Saint staff

## Tips from Sr. Meaghan

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said these activities help her to lose herself, gain focus, and be creative.

Sr. Meaghan had a few suggestions to help students manage their stress. She said kids should "plan their time well and do what needs to be done for school." She also said that kids shouldn't get involved in too many activities so that their schedules become overloaded. They should ask for help when needed, she said.

—By Abigail Richardson, Amani Rivers, and Madison Smith

### St. Martin de Porres Healthy Saint

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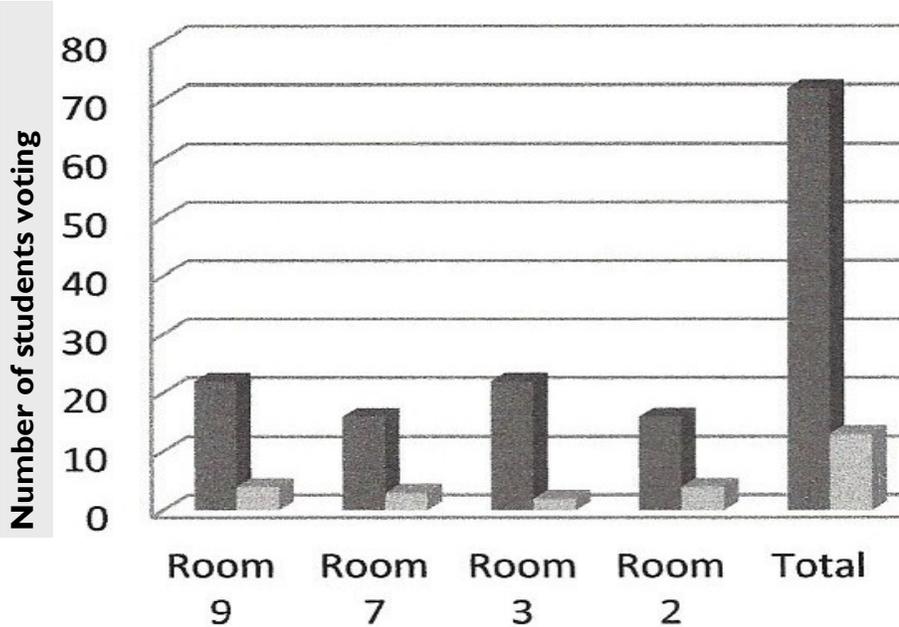
The *Healthy Saint's* faculty advisor is Mrs. Dana. Sister Meaghan Patterson is the school principal.

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## Thumbs up for applesauce!



### Who tasted the applesauce recipe?

Room 9 is Ms. Ackels' first grade class  
 Room 7 is Ms. Streeter's first grade class.  
 Room 3 is Mrs. McCarthy's kindergarten class.  
 Room 2 is Mrs. Morrison's kindergarten class.

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### What does this chart tell you?

1. Dark bars are kids who liked the applesauce recipe.
2. Light bars are kids who said it's OK or didn't like it.
3. Numbers on the left side show how many kids voted.
4. A total of 85 students tasted the applesauce recipe.

### Tasting applesauce

The reporters tasted a **recipe** with **unsweetened** applesauce. Look at the picture to see the other **ingredients**. "It has vitamins A and C and I like it," said Riley, a first grader.

This recipe is healthy for the heart. It has **no** added sugar.



Illustration by Jordan, first grade

## Apples are healthy for your heart

St. Martin de Porres junior reporters learned that apples are fruits.

Fruit is **naturally** sweet and is healthy for your heart, says Ms. Amy Deahl-Greenlaw, a registered dietitian nutritionist.

Fruit can be eaten in different forms, including **fresh, dried, and canned**, Ms Amy says. Raisins are dried grapes.

Ms. Amy shared these apple facts with the school's junior reporters:

- ♥ Apples have **vitamins** A and C.
- ♥ Apples like to grow in cooler states.
- ♥ Pennsylvania is a state where apples grow.
- ♥ Apples grow on trees.

### Editor's note

*Hearty Kids* is a special section of the *Healthy Saint* for the school's younger students. Its focus is on ways to keep your heart healthy.