

COLE MANOR

HEALTHY COMET

VOLUME 15, NUMBER 1

Celebrating 15 consecutive years of service

FALL 2020

Sleep helps you learn and listen

Cole Manor school nurse Mrs. Cleary recently said students should get a good night's sleep so their brains will work well and it is easier for them to learn.

Students need enough rest to get ready for the day. Adequate sleep is important for learning, memory, good behavior, and general health and fitness, according to the American Academy of Pediatrics. The big organization has many doctors who specialize in taking care of children.

If you don't get enough sleep, you can have headaches and feel grumpy, Mrs. Cleary said. "It can affect how well you're able to listen and learn," she said.

The Academy of Pediatrics says children ages 6 to 12 need to sleep between 9 and 12 hours a day. Teens need between 8 and 10 hours.

People who work long hours may have a hard time to relaxing and sleeping at night, Mrs. Cleary

(See Sleep on Page 2)



Illustration by Teagan Farrell

How life has changed in a year

Editor's note: Healthy Comet fourth grade staff reflected on how life is different from a year ago.

Landon: I could actually go in public places without masks and have sleepovers with my friends. And go to my friends' houses.

Elliot: I did not wear a mask when I was in school a year ago. I still play sports and I get to spend time with my family.

Alba: Some things that changed are online school, social distancing, and wearing masks. Also, another thing that has changed is that I'm stuck at home with not many activities and I don't see many friends. Some things that are the same are learning

new subjects in school, answering questions from the teachers, and even doing homework.

Melanie: Last year was great. I could go outside without a mask and not worry about sick people, or staying six feet apart. I didn't have to constantly worry about whether I have to use hand sanitizer or wash my hands after I hold something.

Teagan: Last year I was starting 3rd grade and I was in a new school. I never could have imagined Covid. I didn't have a dog last year.

How has your life changed in the past year? Tell us about a special day or event during the pandemic. We might print it in our next newspaper edition.

Sleep tips

(Continued from Page 1)

said. The pandemic also has had an impact on some people’s sleep habits, she said.

Mrs. Cleary said that you should get enough sleep to keep your body healthy. “If it is not in fighting shape ... you can’t fight off germs as easily,” she said.

She also suggested setting a routine and doing the same things at the same time every day. Her tips about how to get enough sleep include:

- * Stay off computers and other electronic devices before bed.
- * Don’t drink soda with caffeine.
- * Wear comfortable clothes to bed.
- * Make your sleeping space dark and peaceful.

Here is more advice from Cole Manor staff:

- * **Mr. Valasquez**, PE teacher: Get off the cell phone or the video games or the computer an hour before going to bed so your brain can start to wind down and relax before you go to bed.
- * **Dr. Poncheri**, principal: Get outside and be active every day. It helps with sleeping better.
- * **Mrs. Sharpe**, first grade teacher: Have a daily routine and stick to it.
- * **Ms. Festa**, fourth grade teacher: Try to do a relaxing activity that doesn't involve technology. I recommend reading before bed. It is great for your brain, and it'll help you get to sleep.
- * **Mrs. Reitz**, special education teacher: Start a nighttime routine. Something easy to follow each night to get your mind ready to rest.
- * **Mr. Norton**, instrumental teacher: If possible, keep devices and electronics charging somewhere besides your room so that once you go to bed you are not tempted to use them.
- * **Mrs. Corrado**, English language development teacher: Read before you go to bed to help your body relax.

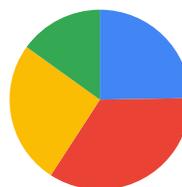
—By Healthy Comet staff

Cole Manor Healthy Comet

The *Healthy Comet* is a publication of Cole Manor Elementary School in the Norristown Area School District. Fourth grade student staff members include Catherine Arena, Jose Arteaga-Moreno, Braelynn Baker, Mayar Baoum, Landon Barnett, Elliot Bartlett, Kaeley Cazares, Hanna Chen, Evelyn Deskins, Teagan Farrell, Daniel Fuller, Camila Zarate Garcia, Neveah Jones, Melanie Merchant-Rojas, Dayana Blas Reyes, Ryan Ritter, Kira Ryan, Alba Aria Salgado, and Vanessa Valentin-Robinson. The *Healthy Comet’s* faculty advisor is Ms. Rathgeb. Dr. Poncheri is Cole Manor’s school principal.

A Healthy NewsWorks® project www.HealthyNewsWorks.org
 This document is protected by applicable law. All rights reserved.

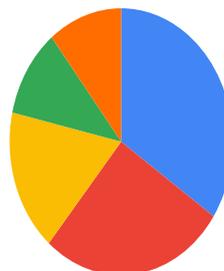
Has the pandemic changed student sleep habits — Grades 2-4?



- Not sure
- No change
- Sleep more
- Sleep less

The *Healthy Comet* asked 93 students in grades 2 to 4 about whether the pandemic has changed their sleep habits. The above chart shows that most students sleep about the same amount of hours a night as they did before the pandemic.

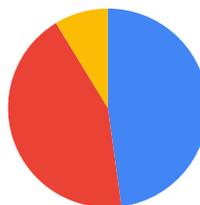
Number of hours a night students sleep — Grades 2-4



- 8 hours or less
- 9 hours
- 10 hours
- 11 hours
- 12 hours or more

The 93 students in grades 2 to 4 also reported how many hours they sleep a night. The chart above shows that most students sleep at least 9 hours a night. Health experts say kids in elementary school should get between 9 and 12 hours of sleep a night.

Has the pandemic changed Cole Manor staff sleep habits?



- No change
- Sleep less
- Sleep more

The *Healthy Comet* surveyed 23 members of the Cole Manor staff about whether the pandemic had an impact on the number of hours they sleep a night. Eleven said they sleep about the same number of hours. Ten said they sleep less. And two said they sleep more.

Did you know that adults should sleep between 7 and 8 hours a night? That’s according to the U.S. National Medical Library.