

# EAST NORRITON BULLDOG BULLETIN

VOLUME 12, NUMBER 1

WINTER 2021

## There are things you can do to reduce stress

Stress can affect a person in many ways. It can affect you both positively and negatively.

According to the American Heart Association (AHA), the long-term negative effects of stress may increase a person's risk of high blood pressure, depression, and anxiety.

When East Norriton Middle School students feel this way, they can go to the school nurse, Mrs. Zangara. When a student is overly stressed, Mrs. Zangara said, they may start to exhibit physical symptoms, such as stomachaches, headaches, nausea, and trouble breathing.

Mr. Toner, a sixth grade science and social teacher, said when his students feel this way he makes sure to let them know to contact him if they need help. He also said he lets students know they

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

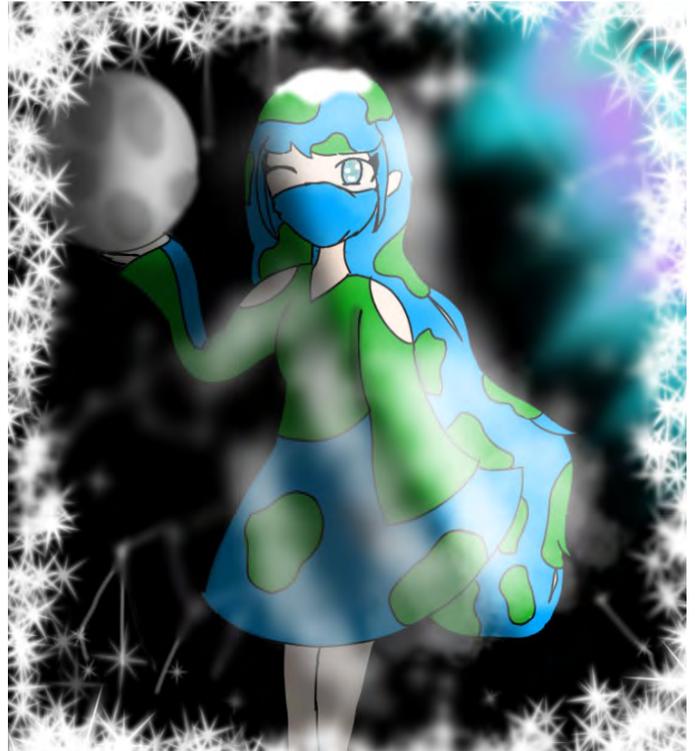


Illustration by Chloe Wang

**COVID-19** has affected every corner of the planet. Words like social distancing that would have seemed strange a year ago now are part of every day conversations. See Page 3.

## A shot of hope: Coronavirus vaccine

To get back to normal pre-pandemic times, we need a way to stop the coronavirus. The most complete way to do that is to have everyone receive a vaccine against the virus so they are immune. It looks like that is starting to happen.

The Food and Drug Administration approved emergency use for a vaccine against COVID-19 developed by Pfizer-BioNTech on Friday, December 11, 2020. So what does that mean?

According to the World Health Organization (WHO), vaccines train people's immune system to create proteins known as antibodies to fight diseases it is exposed to. But vaccines do the job without making people sick, according to WHO.

Now that a vaccine has been approved for COVID-19, there will be a rush to get them to people with the greatest need. *The New York Times* recently said the first available doses are going to healthcare workers, first responders, and older people at high risk.

Most people won't be able to get a vaccine until later in 2021. That means we still have to wear masks until the population has herd immunity. WHO says herd immunity protects a population from a certain virus once a certain amount of people get vaccinated.

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

# Tips to handle stressful times

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can turn in assignments late if it is causing too much stress.

However, stress isn't always bad. Some East Norriton teachers said stress can be a motivator. Mrs. Young, a fifth grade reading teacher, said a student's character and confidence can be boosted during a stressful situation.

Here are some simple ways to deal with stress and anxiety during time, according to the AHA:

- \* Listen to music.
- \* Get enough sleep.
- \* Go for a walk.
- \* Take a few slow, deep breaths.
- \* Work out. "Exercise is one of the best antidotes for stress," the AHA says.

Mrs. Kile, a fifth grade math teacher said "meditating, going on walks, and talking to friends and fellow teachers is how I deal with stress."

Mrs. Hoag, a seventh grade reading teacher, said she likes to de-stress by going outside, exercising, spending time with family, and crocheting.

Mrs. Matazzo, a sixth grade math teacher, said having a routine is an important way of dealing with stress. "I try to make to-do lists with reasonable deadlines as to what needs to be accomplished by when and in what order," she said.

## Ways to Reduce Stress



Illustration by Andrea Ritter, an East Norriton Middle School alum

Ms. Devlin, an eighth grade reading teacher says she tries to collect her thoughts when stressed before talking to students. "I feel it is important to not put that stress on students, as they do not need a teacher who adds to their stress," she said.

Stress is especially common now with everything happening with the coronavirus, so if you're feeling stressed, these are some great tips to follow.

—By Sara Charaoui and Emma Mulligan

# A pandemic moment that stands out

During the beginning of the pandemic, Easter felt very strange to me. I usually go and meet up with all of my cousins and relatives and eat food in the backyard and play baseball, football, or just talk. But this year, we weren't able to.



There were other holidays that we had to celebrate during COVID-19, but this one certainly stood out. It was SO different from all the other years. The thing I had been doing for my entire life suddenly was canceled.

This has happened for every single event. We spent the entire day inside, and that was it.

I will always remember this because it's a one-time thing. A pandemic destroying and canceling Easter for my entire family for an entire year? That's too crazy to forget. —By Grace Charokopos

A day in my life that really stands out to me dur-

ing the pandemic is the day my family was ready for some fun. We were ready for a big trip and we were going on a cruise! Then ... the pandemic hit, no one was allowed to go anywhere.

When we were at home all of the things we got for the cruise were not useful – we had even bought an ornament of our trip for Christmas.

We wondered how we were going to do this! It was a catastrophe, we had to get all our money back for the flights and cruise! Finally, we were all back to normal.

I did end up spending two weeks in Georgia with my aunt, uncle, grandpa, and grandma and we had a blast! My family came down for a week, then we were quarantined in our house for two weeks except for my dad.

The pandemic hit hard and fast. That is what the pandemic did to us. —By Navah Walley

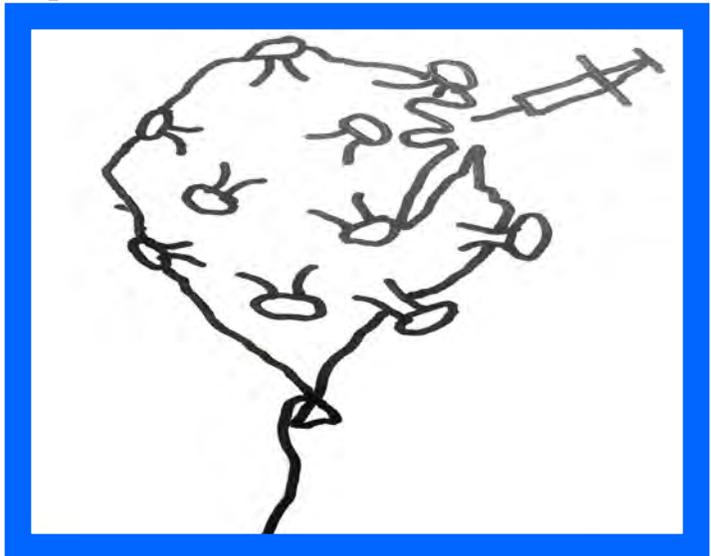
# Vaccine brings hope for ‘normal’

*(Continued from Page 1)*

Even though waiting until later in 2021 for the vaccine seems far away, it is amazing to think that scientists have developed a working vaccine in under a year to protect against COVID-19. Rarely has a vaccine been created in less than five years in the history of vaccine development, according to the Kaiser Health Network.

In just a few months, I look forward to life being normal again. I can't wait to play with my friends without a mask, to be able to go out to eat at a restaurant, to go on vacation, and to even be able to go back to school in person. When all this happens, it will be because many people worked very hard to do something amazing that was never done before.

—*Story and illustration by Cameron Ferraro*



## How walking can be healthy for you

Walking can have a positive impact on your health, says the American Heart Association (AHA).

Walking—especially brisk walking—can put you in a better mood, help you sleep better, and build your muscles, according to the AHA. It can also help you keep your heart healthy.

Brisk means that you would walk fast enough to go 2.5 miles in an hour, the AHA says

Walking briskly is good for both adults and children, according to Dr. Priya Patel, a pediatric resident at St. Christopher's Hospital for Children in Philadelphia.

"It can make a big difference to your health," Dr. Patel said. "Kids should be outside exercising for an hour or more every day."

Dr. Patel said that going outside and exercising can also wake you up and help your concentration levels.

—*By Grace Charokopos*

### Health benefits of friendship

It is nice to have friends, but they can also be good for your mental and physical health, according to the Mayo Clinic, a leading U.S. medical institution.

Having good friendships can decrease loneliness, make you feel happier, and improve how you feel about yourself, say Mayo Clinic experts. They say good friends can also help you choose healthy habits and actually reduce stress.

Having strong and good friends can also add years to our lives, according to a review of scientific studies by the Mayo Clinic.

East Norriton teachers agree that friends are important, "Friendship is all about loyalty and honesty," Mrs. Mason, a fifth grade science and social studies teacher, said. If you're having problems, you can always talk to a friend about them, she added.

Mrs. Kile, a fifth grade math teacher, said a good friend can help you be yourself.

How can you be a good friend? The Mayo Clinic says be kind, listen to your friend, and be open with your feelings.

—*By Arelyn Robles and Bulldog Bulletin staff*

### Social distancing is key

Just a few months ago, students were at school and playing sports or going to events with friends.

Now, though, everything has changed due to COVID-19 and because both children and adults have to practice social distancing.

Social distancing means keeping at least six feet away from other people, according to kidshealth.org

Social distancing is important because it keeps people who are ill with the virus—and people who may have it, but don't have symptoms—from spreading the virus to people who are healthy, according to experts. By helping stop the spread of the virus, hospitals and doctors can keep up with treating people who are ill.

—*By Charlene Beers*

**Health news  
in brief**

# Music offers a way to calm down

Listening to guitar music helped most of Ms. Young's English Language Arts Block 2 relax.

Here's how two students reacted:

"I was anxious and now I feel calm," said Clairra.

"It's not my type of music, but it's a calm music," said another.

The purpose of the lesson was to learn about stress and how to reduce it. Stress is a feeling of worry or discomfort,

says kidshealth.org.

Before they listened to the calming music, the students wrote a word about how they were feeling. For three minutes, they sat, rested, and focused on the music. The music was instrumental guitar music, so there were no words to distract them.

Thirteen of the 17 students thought the music was relaxing while four students did not:

"That was relaxing. I had a headache and now it went away," said one student.

"I was tired, but the music made me feel awake," said Tionne.



"The music was really calm, it almost made me fall asleep," Menad said.

Students were asked if they would recommend this strategy to others. Here are a few comments:

- \* "I would recommend this strategy for little kids because it is calming and could help them when they are upset," Londyn said.
- \* "I think we should recommend this stress music to doctors because it will really help them through this COVID-19 crisis," said Alvena.
- \* "I would recommend this to adults because it could help them calm down when they are mad and stressed out," said Saniyah.
- \* "I would recommend it to all people because it could calm them down. It didn't calm me down but it might work for other people."

Overall, the students in Ms. Young's second block feel that this strategy to reduce stress is beneficial. It was a quick, easy and inexpensive way to feel better.

\* \* \*

For more information, please visit:  
<https://tinyurl.com/HNWmusic>

# Art project helps to reduce stress

A group of fifth graders recently tested whether an art project could reduce their stress.

They started the experiment in Ms. Young's and Ms. Foster's English Language Arts Block 1 by tracing one hand with the pointer finger of the other hand. They wrote down how they were feeling. They would compare the feeling before the art project and afterwards.

The project involved using a pencil and paper to draw a Zentangle which is a two-dimensional design. They started by drawing a large square with random lines across the page to make smaller sections. Each student drew simple patterns in each section. There were no "correct" designs so they enjoyed having artistic creativity.

They doodled for five minutes in silence except for when sharing ideas with each other. Some students who finished early were able to start coloring or shading in their patterns.

In a poll conducted by the class, 13 out of 19 participants thought that the drawing was relaxing and helped to reduce stress.

"I felt relaxed after we drew the Zentangle," said one student.

"Before drawing I was tired," said Marwan. "I was cool, calm, and collected after drawing."

Overall, 95 percent of the students in the class felt that Zentangle exercise helped with reducing stress.

Demetrius said this could be a fun, easy, and free activity for families to enjoy together.

For more information about creating a Zentangle, go to [mindsinbloom.com](http://mindsinbloom.com)

## *East Norriton Bulldog Bulletin*

A publication of East Norriton Middle School in the Norristown Area School District. Participating students represent all four grades in the school. They include Charlene Beers, Sara Chaaaraoui, Grace Charokopos, Alvena Edwards, Taha El Mahdaoui, Cameron Ferraro, Emma Mulligan, Tahlia Pascucci, Giovanni Pavese, Natalia Pavese, Arelyn Robles-Hernandez, and Maggie Sgararella.

The *Bulldog Bulletin's* faculty advisor is Mrs. Strickland. The school principal is Mr. Hutchinson.

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