

# GOTWALS

# HEALTHY PRESS

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## Be sure to get enough sleep!

Many Gotwals students need more sleep, said school librarian Ms. McKinnon in a recent interview with the *Healthy Press*.



“It is important because they need to be ready to learn,” she said. She said some students fall asleep during her class. She believes some kids may not be getting enough sleep because they are worried about the pandemic.

The *Healthy Press* recently surveyed nearly 200 Gotwals students and asked whether the pandemic has changed their sleep habits. Here is what students reported about the typical number of hours they sleep at night since schools shut down in March: 39 sleep less; 42 students sleep more; 78 sleep about the same amount of hours; and 33 weren’t sure.

(See *Sleep* on Page 2)



Illustration by Julian Lopez

**Remember** to wash your hands for at least 20 seconds or use hand sanitizer to help prevent the spread of germs.

## Learn about germs in a fun way

*Germs: Fact and Fiction, Friends and Foes*

Written by Lesa Cline-Ransome

Illustrated by James Ransome

*Germs* is a story that informs readers about germs that are good and bad for people. The lead character is a germ named Sam or Salmonella and he takes us through the history of germs.

There are billions of germs all over. He discusses how humans learned to get rid of some of his family. Some of his family members are really bad, but many can be good for humans.

The *Healthy Press* staff listened to the author read this book on YouTube. The reporters gave the



book and the illustrations good reviews. Here is what several reporters said:

**Brianna H.:** I really like this book because it is a funny way to teach you about germs. I really liked the part when Salmonella/Sam said: “When humans learned about us germs they started to wash their hands and take medicine and destroyed many members of my family.” The book actually teaches us information.

**Amanni:** It was a good book because I learned a lot about germs. The author’s husband drew awesome pictures.

(See *Understanding* on Page 2)

# Sleep tips

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Getting enough sleep helps kids’ bodies and brains because it allows them to rest for the next day, have more energy, and helps their growth, wrote Dr. Rupal Christine Gupta, in a kidshealth.org article.

Dr. Gupta said if children don’t get enough sleep, they “may feel tired or cranky, or unable to think clearly.” It also may be difficult for them to follow directions because their brains didn’t get enough rest to function as needed the next day.

Kids in elementary school should sleep between 9 and 12 hours a night, according to the American Academy of Pediatrics. The group is made up of children’s doctors.

According to KidsHealth, some good bedtime habits to follow are:

- \* Don’t sleep with pets in your room
- \* Don’t watch TV right before bedtime
- \* Follow a bedtime routine like reading a book

—Story by Briana Hernandez & Kimberlyn Santiago  
—Illustration by Nadia Caesar

# Understanding germs

(Continued from Page 1)

**Kimberlyn:** I really enjoyed this book because I felt like it was a good way to learn how germs started. My favorite part about the book was when the scientist discovered germs in 1673. I also liked it because it reminds us to wash our hands ... so I don’t get sick.

**Katelynn:** I really liked this book because it tells kids about germs in a funny and fun way. The parts in this book that shocked me the most is when Sam, the germ, tells us that all germs can fit on one pencil top. Did you know that good germs are in your pizza?

The *Healthy Press* reporters said other people should read this book, too. **Ian** said he would recommend this book for kids ages 6 to 10 “because they can enjoy this book and learn something new.”

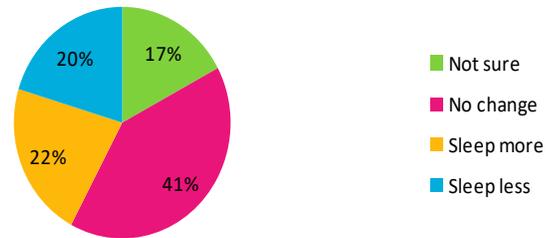
“All ages will love this story,” said **Oscar**. “It tells facts about germs.”

**Ahmad** said anyone from second grade to adults would benefit from reading this book “so we can work together to defeat the coronavirus.”

## What’s salmonella?

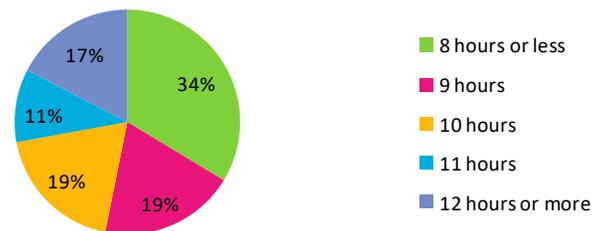
Salmonella is a bacteria that can cause diarrhea and nausea. It may be in the soil, food, water, and in animal poop, according to kidshealth.org, an award-winning health website for children and parents.

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



The *Healthy Press* asked 192 Gotwals students in grades 2 to 4 whether the pandemic has changed their sleep habits. The chart above shows that most students sleep about as much or more per night as they did before the pandemic. But 36 students—or 20%—said they are getting less sleep today than before the pandemic.

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



The 190 Gotwals 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

## Did you know?

Animals also need to sleep. Compare the number of hours you sleep a day to the following animals:

Horse	3 hours	Pig	8 hours	Dog	11 hours
Lion	13 hours	Tiger	16 hours	Bat	20 hours

Source: American Academy of Sleep Medicine

### Gotwals Healthy Press

The *Healthy Press* is a publication of Gotwals Elementary School in the Norristown Area School District. Third grade student staff members include Nadia Caesar, Katelynn Gibbs, Oscar Gonzalez-Chavez, Amanni Greer, Brianna Hernandez, Ahmad Hicks, Julian Lopez, Mason Polite, Ian Rodriguez, Adreanna Sanders, Kimberlyn Santiago, and Denim Swittenburg.

The *Healthy Press*’ faculty advisor is Mrs. Ogooussan. Ms. Fernandez is Gotwals’ school principal.

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