

# EAST NORRITON

# BULLDOG BULLETIN

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## Keep your community safe and clean

What exactly is a community? According to *Encyclopedia Britannica*, a community is a group of people living together as well as a group of people with common interests. In science, a community means plants and animals living together.

Caring for our community is important because it helps our community to be safe and clean, said Brother McGrier, global leadership teacher.

"Pollution doesn't only hurt us, it also hurts animals," he said. "Something we can do to stop it from hurting the animals and people is

that we can stop littering and start to throw our trash in the right trash can." That means separating the things people recycle from the rest of their trash and putting those things in recycling containers.

Fifth-grade science and social studies teacher Ms. Driscoll agrees with Brother McGrier. "It is important to protect not only the surroundings but also our community," she said.

"Protecting our community is more than just about pollution, though; it is also about protecting each other," Brother McGrier said. "If

you see someone who needs help, help them."

Mrs. Brewster, an art teacher, said it is important to have a good community in school, too.

"When we are in a community and feel connected to people, it allows us to believe we can achieve things that we otherwise might not believe," she said.

So in order to help both the environment and each other, make sure you're paying attention to the community around you!

—By *Kyleigh Stewart*  
and *Sophia Sotomayor*

## Tips for staying healthy during the winter



Illustration by Allison Mark

**Many people get sick** during the winter months, but there are steps you can take to try to stay healthy, East Norriton Middle School nurse Mrs. Zangara told the *Bulldog Bulletin*.

There are a lot of fun things to do in the winter, like playing in the snow and drinking hot chocolate, but getting sick is not one of them. Why do many people get sick in the winter?

According to researchers at Harvard University, there are three main reasons that people tend to get sick more in the winter.

1. During the winter, people spend more time indoors with the windows sealed, so they are more likely to breathe the same air as someone who has the flu, for example, and thus contract the virus.
2. Days are shorter during the winter, and lack of sunlight leads to low levels of vitamin D and melatonin, both of which require sunlight to produce. This compromises our immune systems, which in turn decreases our ability to fight viruses.
3. The influenza virus may survive better in colder, drier climates and be able to infect more people.

So what can you do to try to stay healthy in the winter?

(Please see **Simple ways** on Page 3)

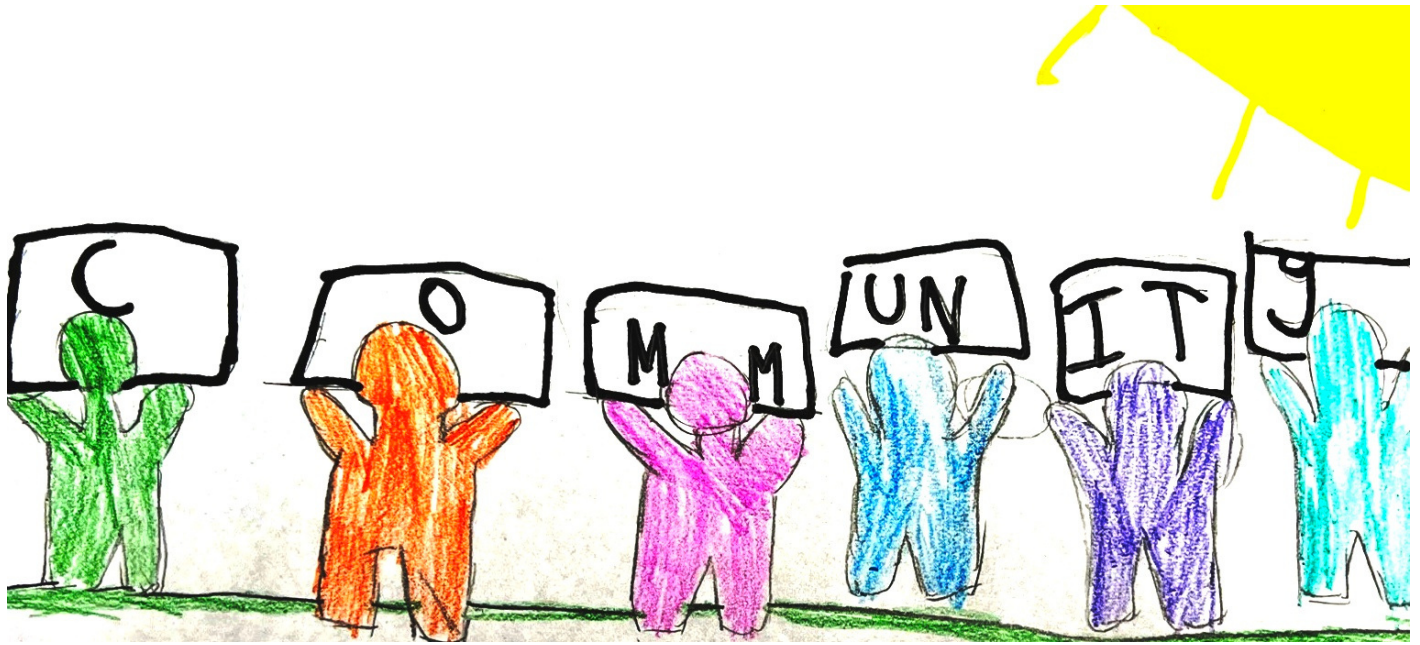


Illustration by Allison Mark

A **community** is a group of people who live together or who have common interests. East Norriton is a community.

# School community promotes belonging

A community is a group of people who share a connection. According to the American Psychological Association, “students are more likely to engage in healthy behaviors and succeed academically when they feel connected to school.”

Teachers at East Norriton Middle School believe that having a strong school community is important.

“It lets people feel like they have a place to belong,” said Mrs. Ford, a fifth-grade science and social studies students teacher.

Here is how she creates that sense of community in her classroom: “I do a lot of partner work and let my students have a choice of whom they feel comfortable sitting next to. I also make sure everyone feels safe and comfortable.”

Fifth-grade reading teacher Mrs. Brennan creates a sense of community by establishing a positive rapport with students so they feel comfortable and safe being themselves.

“I really care about getting to know every student and making connections

with them,” Mrs. Brennan said.

Fifth-grade math teacher Mrs. Casselli said she also uses group work to create a sense of community.

“I try to have individual talks with students,” Mrs. Casselli said. “I let the kids know I’m there for them.”

Mrs. Brennan has some words to live by. “I try to live and teach by a motto that if we all took the time to get to know and understand each other, then the world would be a better place,” she said. —By Allison Mark

Students are more likely to engage in healthy behaviors when they feel connected to school, the American Psychological Association says.

## East Norriton Bulldog Bulletin

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## New Year's resolutions

# It's important to set achievable goals

Making New Year's resolutions can be a good idea, but only if they don't cause stress, according to East Norriton Middle School teachers.

"I think it's a good thing for people. I think it is something fun, something to look forward to," said Mrs. Elias, a health and physical education teacher. "I think that sometimes people put a lot of stress on what to select and feel that they need to change themselves."

According to the U.S. Department of Health and Human Services, some of the most common New Year's resolutions are losing weight, exercising more, eating more healthy foods, reducing stress, and getting more sleep. But the government agency also notes that most people who make resolutions end up breaking them.

"I think there's so much pressure when it comes from a New Year's resolution and if you don't follow through, it feels like a failure," said art teacher Mrs. Brewster. She said instead of getting stuck on that, keep moving forward and just call the slip a bad day.

"New Year's resolutions are tough because I think they're a good idea but lots of times people find that they don't follow through with them," said art teacher Mrs. Kelly. I think setting attainable goals is really important when you make New Year's resolutions."

Mrs. Kelly also said to start small. "Don't choose something that is necessarily big and huge and you're not going to be able to achieve, but something like small changes that you can improve yourself and improve your life."

"I think they're valuable but you have to follow through and not just do it for a week then give up," said

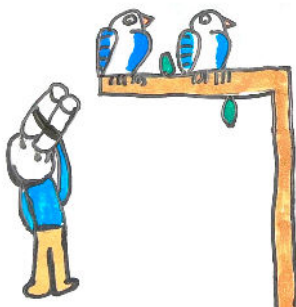


Illustration by Emily McCann

**People make many** types of New Year's resolutions. Becoming a bird-watcher can be one of them.

fifth-grade math teacher Ms. Baker. "You have to keep trying and even if you fail, keep doing it because eventually you will be really good at it."

Lead teacher Mrs. Drumbore agrees. "I think lots of people make New Year's resolutions and never follow through with them," she said. "I think maybe in the second or third week in January people usually forget about resolutions."

Mrs. Drumbore said she doesn't make one specific resolution. Instead, she focuses on goals she'd like to accomplish during the year.

It is probably a good idea to be reflective on what you have to work on, but normally a week later you forget to do it," said sixth-grade science teacher Mr. Toner. "But it's a

good idea to think about what you can work on for the new year."

Mr. Toner said his resolution this year is to try to work out more.

Instead of making New Year's resolutions, some teachers do something a little different. "I like to think of a word I'm going to focus on for the year, kind of like athletes do when they're going into the football stadiums," said sixth-grade reading teacher Mrs. Possoff. Her word is perspective.

Not all teachers say they are fans of New Year's resolutions.

"I hate them, I do," said music teacher Ms. Pugliese. "I don't like them because if I see something that I need to fix or change about myself I don't wait until New Year's (day) to just start right away."

"It's a good way to jump start a positive change in your lifestyle but it doesn't need to happen at New Year's," said computer science teacher Mrs. DiVirgilio. "I think resolutions are a great way for someone to identify what they would like to improve. I don't think that you should have to wait until New Year's to make resolutions though."

So if you're looking to make a positive change in your life and you didn't make a New Year's resolution, it isn't too late to get started!

—By Danielle Bennett

## Simple ways to keep illness away

(Continued from Page 1)

Mrs. Zangara says there are some simple ways to try to not get sick.

"Wash your hands, cover your mouth and nose when you cough or sneeze, and do not share cups," Mrs. Zangara said.

Proper nutrition and rest are also important. "Eat healthy foods, sleep at least 8 hours a night, and drink plenty of water," she added.

She also said to try to get outside and get some exercise, even if it is cold.

—By Brayden Barnett



# Respect essential to school success

"Every person deserves to be respected."

Those are words from East Norriton Middle School Principal Mr. Hutchinson. He says every single person deserves respect simply because we are all human beings.

What is respect? According to the Oxford English Dictionary, respect is "a feeling of deep admiration for someone or something elicited by their abilities, qualities, or achievements."

The United Nations Office on Drugs and Crime says that when people show kindness and respect, their brain releases what we call the "happy" chemical, also known as serotonin.

Several East Norriton teachers say respect of others is important within the classrooms, gym, and lunchroom.

Mrs. Maffei, a seventh-grade math teacher, said, "It's most important because it makes people feel good and accepted. It makes people feel positive."

Mrs. Pugliese, an eighth-grade math teacher, said respect is all about trust. "I think respect makes people trust each other, so if you garner respect from someone else, they are going to trust you more."

Other teachers said respect has to do with paying attention to how you want to be treated.

"Respect is important because you should always follow the golden rule and treat others the way you want to be treated," said Ms. Brennan, a fifth-grade English teacher.

"Respect is important in everyday



Illustration by Bulldog Bulletin reporter

## Creating community

Communities build parks and other green spaces where people can play, picnic, and gather. Having a strong community is important, because it makes people feel that they belong, East Norriton teachers told the *Bulldog Bulletin*.

life because it is the way that you want to be treated and the way you treat others," said Mrs. Garvey, an eighth-grade science teacher. "If you are kind and respectful to me, I am going to be respectful right back. I'll treat you like I treat anybody else."

Other teachers said respect helps self-esteem.

"Respect is important because if you feel respected, it helps your self worth, helps you feel better about yourself," said eighth-grade social studies teacher Mrs. MBuy.

Mr. Grego, an eighth-grade math teacher, agrees. "Respect is important because it shows the value you have," he said.

Teachers also explained why it is important that respect goes both ways between students and teachers at East Norriton.

"Respect is something that is mutual and should come from both parties," Mrs. Garvey said. "I think if you have respect both ways, then more work gets done, test scores and quiz scores are better, and relationships are good."

"It's so important because respect is the first step to success in a student and teacher relationship and without respect you wouldn't have that relationship," Mrs. Maffei said.

"Students need to know and feel that

they are cared for and respected, and vice versa."

"The relationship of a student and teacher will not be a healthy one if you don't respect each other," Mrs. Brennan said. "You should show mutual respect toward each other, and that's the best way to be successful."

"It creates a relationship or a connection if the teacher respects the student and the student respects the teacher," said Mrs. Cairns, a sixth-grade math teacher. "Then they have a relationship and it is easier for them to work together."

"If you do have respect for each other, then there is just a level of trust, comfort, and safety," Mrs. MBuy said. Mr. Hutchinson said he thinks respect isn't something people have to earn. He said everyone deserves respect. He even talks about it on the morning announcements.

Mrs. Brennan has some advice for those struggling with respecting others. "You should think about someone who means a lot to you and you love and think how you would like them to be treated by other people, and that's how you should treat others."

Over all, respect is supposed to be a comfortable thing for you, and others around you. — By Kai Hughes