CATHOLIC PARTNERSHIP SCHOOLS
HEALTHY COURIER

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Counselor says

Show empathy rather than judgment

Let people know you care, avoid criticizing or judging others, and don't blame others. That's the advice of Ms. Best, St. Joseph Pro-Cathedral School's guidance counselor, who teaches students how to share and spread empathy.

Ms. Best defines empathy as the ability to relate to someone's feelings and emotions in a way that you can understand what they feel.

When asked what ways students can show empathy, she said, "Be understanding, ask questions, try to be non-judgmental, and listen actively. … Let friends know that you understand how they feel."

Ms. Best also educates students about how to understand their own emotions.

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

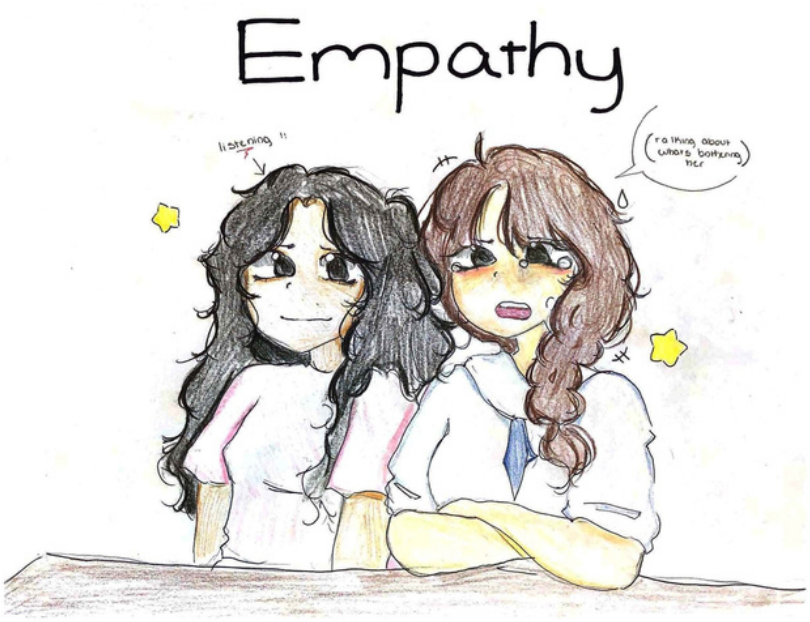


Illustration by Maria Rodriguez

Empathy is the ability to relate to someone's feelings and emotions in a way that allows you tounderstand what they feel, guidance counselor Ms. Best says.

EMT gives advice to keep the heart healthy

Mrs. Bergen's third grade *Healthy Courier* cub reporters at St. Joseph Pro-Cathedral School interviewed Mr. Robert Bergen, an emergency medical technician (EMT) and an instructor with American Medical Response.

"Healthy habits can help you live a long, happy life," said Mr. Bergen who is Mrs. Bergen's husband.

Below are Mr. Bergen's answers to our questions. The interview has been lightly edited.

Question: Can you describe your job?
Mr. Bergen: When you call 911, an EMT comes in an ambulance to check you out and will take you to the hospital if you are sick or injured.

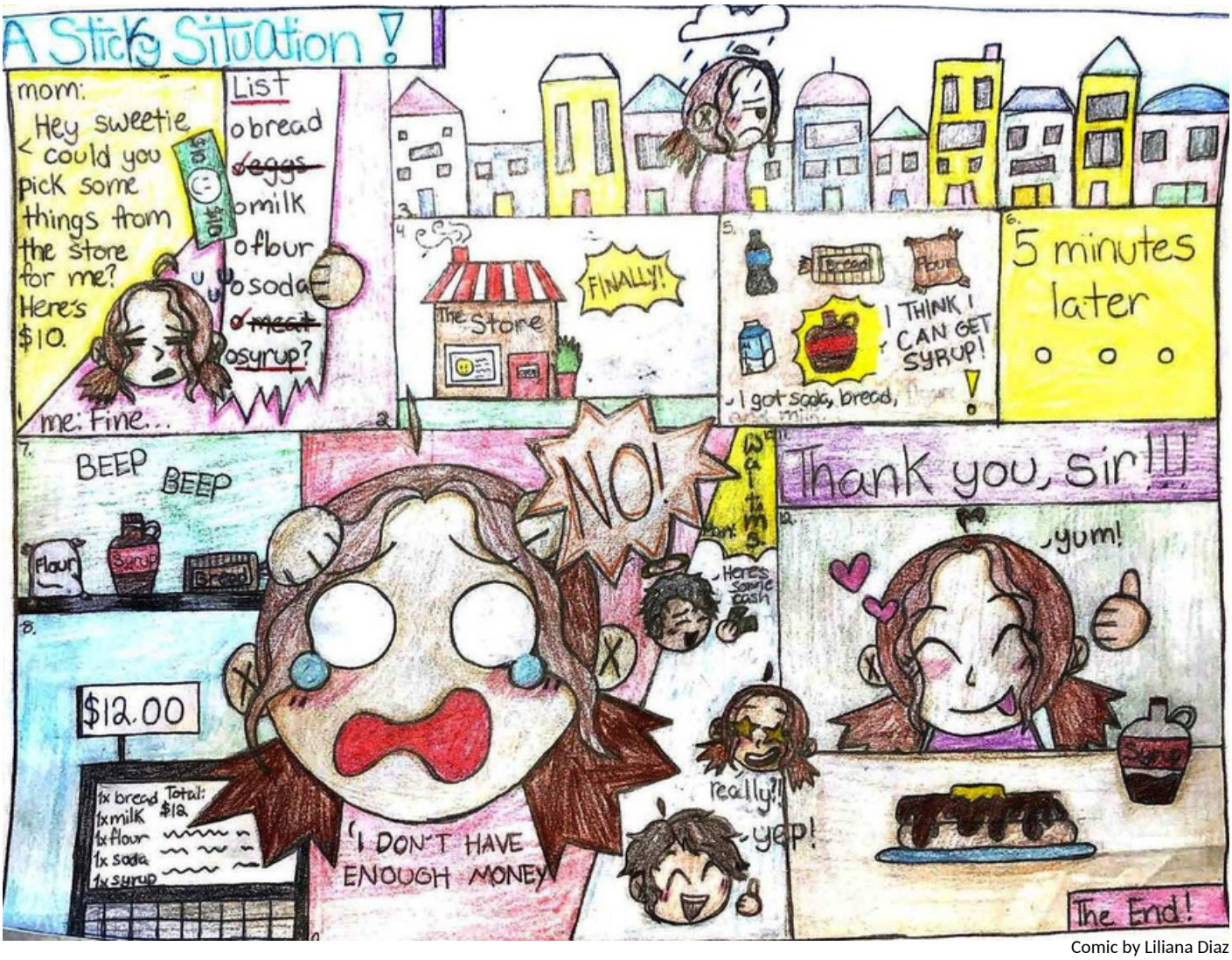
Question: What do you do when you don't have a patient?
Mr. Bergen: When I don't have a patient, I am restocking the truck or I am teaching a class.

Question: What do you want children to know about the heart and heart health?
Mr. Bergen: Good heart health starts at a young age. The younger you are when you start taking care of your heart, the healthier you heart will be as you grow up.

Question: Why is this topic important to know about?
Mr. Bergen: Heart health is essential to good health.

Question: What is the heart's job?
Mr. Bergen: The job of the heart is to pump blood all the way around the body; it delivers oxygen and nutrients.

(Please see **Learning** *on Page 4)*



Comic by Liliana Diaz

All about asthma and how to handle it

When someone has asthma, it can be difficult for them to breathe.

Asthma is the most common chronic disease in children, according to the Centers for Disease Control and Prevention, and it affects kids differently throughout childhood.

Overall, 10 percent of Americans experience asthma, according to the Asthma and Allergy Foundation of America.

Healthy Courier reporters interviewed Ms. Pino, R.N., St. Joseph Pro-Cathedral school nurse, to understand what happens when someone has asthma.

"Asthma comes in a variety of different ways," she said. "It may be triggered by the seasons, exercise, or aspirin."

Anyone who has asthma can experience an asthma attack, regardless of what triggers it. An asthma attack is when the muscles surrounding the bronchioles, or tiny branches in the lungs, tighten up. The lungs overproduce mucus and the airways narrow, making it extremely difficult to breathe, Ms. Pino explained.

Fortunately, an asthma attack can be prevented. Many people who have asthma have an asthma inhaler, which contains medication, Ms. Pino said.

When someone is having an asthma attack, Ms. Pino said, they should "know their asthma action plan." An asthma action plan is a guide that a doctor gives to the patient as a way to combat an asthma attack. If someone is having an asthma attack and you don't know their asthma action plan, give them a paper bag to breathe in, call 911, and try finding their inhaler while you wait for help, according to Ms. Pino.

—*By* Healthy Courier *staff*

Amazing experiences touring Temple

Editor's note: Healthy Courier *reporters recently traveled to Temple University to spend a day learning from experts at the university's Lew Klein College of Media and Communication. Below are reflections of what they learned from and about professional journalists.*

From the time we arrived at Temple University, I could tell that this trip was going to be an experience that was not going to disappoint, and it didn't.

In the video and voice class, the teacher let us record our own audio, even if it was embarrassing to hear! We also watched Temple's news crew in action. I learned there are more than 30 people working to get a 5-minute segment on TV. I also learned news anchors don't have to memorize any scripts. The words are on the cameras.

Ms. Dawn treated us to a pizza lunch, after which we went to our last class of the day with four podcasters who talked to us about podcasting and the process. I felt privileged to be a part of this Temple experience and I'm not going to forget it.

—Anthony Castro

Based on the three college classes we took, Temple University is an exemplary school. My favorite class was (without a doubt) the news class. We got to view the news anchors make various retakes and clips to perfect the final result. We saw how many steps and people it took to finish with the best outcome. I found it fascinating! I thought there were a lot less people involved, but I was proved wrong. This was one of the most educational field trips I've had in a while. Considering that this trip was meant to educate us, they managed to make it entertaining and fun at the same time! *—Maria Rodriguez*

My trip to Temple University was so educational and inspiring! I never had an idea about what college I'd like to attend or my future career, but by having a tour of Temple, I've seen how amazing this school is and it made me consider my choices of colleges.

The classes were so entertaining and I took in so much knowledge. We learned skills from photographers, news anchors, journalists, and even podcasters. Our first class was with Mr. Saleem. He taught us how to edit our voice recordings and showed us the pictures he took on his trips. Our next class was with the behind-the-scenes crew of the *Temple News*. Lastly, Mr. DiCarlo, a podcaster and journalist, talked about his experiences with journalism and podcasting.

Since we're young journalists (and some podcasters), it was very helpful to hear advice from people who've been doing this as a lifestyle. This experience visiting Temple University was very helpful and pleasing!

—Joanna Tran

I would say my trip to the Temple University Klein College of Media and Communication was amazing. I was able to experience classes that ranged from photography, sports anchoring, and podcasting. These classes showed me what really goes behind what the community sees. I also learned how news and journalism are able to give back to our community. Overall, it was an astounding experience and I am glad I was able to go. *—Holly Kim*

Showing compassion and empathy can stop bullying

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During the school year, almost one in four students are bullied in U.S. public schools, according to the National Center for Education statistics.

Ms. Best said having compassion can lessen bullying. "The more compassion you have, the less bullying there is. Bullying is all about fear, all about criticism," Ms. Best said.

She also said the bully may be reacting to criticism they have received. It takes empathy to lessen the act of bullying.

In discussing teens' insecurities and judgmental behavior toward others, she said that with concern, "You're not in competition with everyone else; you're in competition with yourself."

—By Anthony Castro, Holly Kim, and Joanna Tran

Catholic Partnership Schools Healthy Courier

This issue was created by reporters at St. Joseph Pro-Cathedral, which belongs to the Catholic Partnership Schools in Camden, N.J. Eighth-grade reporters include Arvi Abreu, Anthony Castro, Aidan Columna, Liliana Diaz, Dauda Fofana, Sophia Hernandez, Holly Kim, Joshua Limon, Alexander Medina, Bryan Medina, Karen Medina, Julian Oliveras, Maria Rodriguez, and Joanna Tran.

The *Healthy Courier*'s faculty advisor is Ms. Guernon. Mrs. Orosz is the school principal.

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CUB CORNER

Learning ways to keep our hearts healthy

(Continued from Page 1)

Question: What is blood?
Mr. Bergen: Blood is a liquid that is made of many different things that all work together to keep us healthy.

Question: What is the job of blood?
Mr. Bergen: Blood feeds all of our cells. It also takes waste away from the same cells and organs. Blood is also what is needed to fight off infection.

Question: What are blood vessels?
Mr. Bergen: We know them as veins, arteries, and capillaries. They are tubes that carry the blood.

Question: What are three things we can do to keep our hearts healthy?
Mr. Bergen: You should eat healthy foods, exercise, drink plenty of water and see a doctor regularly. Also avoid junk foods, smoking, drugs, and alcohol.

Question: How often do you exercise?
Mr. Bergen: I exercise daily.



Illustration by *Healthy Courier* cub reporter

Question: What kind of exercise do you like to do?
Mr. Bergen: My favorite exercise is walking and hiking with our dogs.

Question: How do you feel when you do not get regular exercise?
Mr. Bergen: I feel tired and crabby.

Question: How do you know a patient has something wrong with their heart?
Mr. Bergen: Usually a patient will complain of pain in their chest, or I will notice their pulse is too low or even too high.

—By Mrs. Bergen's third-grade cub reporters