

CATHOLIC PARTNERSHIP SCHOOLS

HEALTHY COURIER

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Want to be successful? Get enough shut-eye!

The proper amount of sleep helps you focus and stay alert during the school day so that you can become a more successful student, according to teachers and others interviewed recently by St. Cecilia and Holy Name reporters.

Teachers say that advice applies to them too!

"When I don't get enough sleep, I feel out of it and I have very little patience," said Mrs. Buchhofer, Holy Name third-grade teacher.

Ms. Elizabeth, a volunteer at the Mary, Queen of All Saints



Illustration by Zoey Stroman-Santiago,
6th grade, Holy Name

Food Pantry, said when she doesn't get enough sleep, she is grouchy, not focused, and is often in a bad mood.

The interviewees spoke to *Healthy Courier* reporters at Holy Name and St. Cecilia about the importance of sleep for everyone and how to get a good night's sleep. According to health experts at KidsHealth.org, lack of sleep can cause kids to feel grouchy and

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Healthy Courier expands its staff

The *Healthy Courier* staff now includes reporters from St. Cecilia and Holy Name schools. The St. Cecilia reporters are fifth graders and they are led by Ms. Woerner. Reporters from Holy Name are seventh graders, and they are led by Dr. Rood.

The new reporter teams join the eighth-grade staff at St. Joseph Pro-Cathedral to produce the

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To be fit: Move

Several St. Joseph Pro-Cathedral School staff members say exercise is good for kids' health and growth. In recent interviews with *Healthy Courier* reporters, the staff talked about the importance of exercise and about how they exercise.

"Exercise is important for all ages for heart health," according to Ms. Dressel, St. Joseph Pro's physical education and art teacher.

Kids and teens should get aerobic exercise for at least 60 minutes a day, according to the American Heart Association (AHA). But the AHA says research

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Illustration by Ruby Marcelino, St. Joseph Pro-Cathedral reporter

Exercise your way to good health

(Continued from Page 1)

shows only 25 percent of kids are getting enough exercise.

Aerobic exercise includes activities that make your heart beat faster, use large muscle groups, and increase how much oxygen your body uses, according to the Cleveland Clinic. Some types of aerobic exercise are running, swimming, and biking, experts say.

Ms. Dressel said exercising is important to kids because it helps improve their health and helps them in their growth. Ms. Dressel exercises four times a week for 30 minutes each day. During her exercises, she lifts weights and does cardio to get her heart rate up. Ms. Dressel said going to the gym helps her feel better about herself because it helps relieve stress.

Mr. Culbertson, instructional aide at St. Joseph Pro, said he likes to go to the gym because he can bring his kids there and spend quality time with them.

He goes to the gym for 90 minutes to two hours regularly, switching up his body workouts. Going to

the gym is “a good activity for kids because it helps with their emotions and keeps them healthy,” Mr. Culbertson said.

Ms. Castro, food service director at St. Joseph Pro, said she is an active person who cares about her and her family’s health.

Ms. Castro said she loves riding pedal bikes, running, swimming, and hiking. She enjoys these activities during the summer, almost every day. In the winter, she said, she barely does them because of the cold.

Ms. Castro said her activities make her feel relaxed and happy since she is spending time with her family. Ms. Castro recommends exercise for kids because it helps them to stay in shape and have amazing health. —By St. Joseph Pro-Cathedral reporters

Did you know?

Cardio, short for cardiovascular, is any activity that gets you breathing a little harder and increases your heart rate, according to Harvard Health.

Survey results

Students want to be active at recess

The majority of St. Joseph Pro-Cathedral eighth graders said they choose to be active during recess.

In a recent survey of 30 students, 22 reported their favorite thing to do at recess is a sport or an activity that gets them moving. Popular sports that students like to play are soccer and volleyball. They also enjoy walking, running, and playing football.



Eight students reported that they prefer not to move around much during recess. They said their favorite activities are eating, sleeping, doing homework, and painting.

St. Joseph Pro reporters observed recess and learned that most of the students are getting a lot of exercise by doing their favorite sport.

The American Heart Association recommends that kids get 60 minutes of moderate or vigorous activity every day. What does that mean? If you are sweating but can talk while you’re exercising, you’re probably doing a moderate activity. If you’re breath-

ing hard, sweating, and can’t talk, you’re exercising vigorously.

The *Healthy Courier* survey shows that most students are getting moderate activity during recess.

— Story by Josh Rivera and Daniel Contreras
and illustration by Sebastian Ramos
St. Joseph Pro-Cathedral reporters

In my opinion ...

Schools should let their students have more time being active outside during recess as it can help with children’s growth and health. Letting kids enjoy and spend their time outside can make them focus more on what they are doing than on devices. Adding extra time to recess may also help students get more energetic. Students will enjoy their pleasant time talking or playing with their friends. Students should also have more space to play and have fun because not many schools have a lot of space so their students may get bored easily. —Wilder Cabrera-Juarez

More student opinions on Page 6.

Surveys reveal kids need more sleep

A survey of 10 Holy Name reporters found that fewer than half are getting the recommended amount of sleep daily.

Health experts suggest that children between the ages of 5 and 12 should get between 9 and 12 hours of sleep each night. Teenagers should get at least eight hours of sleep, according to the American Academy of Pediatrics.

Just three reporters said they typically sleep at least eight hours a night.

"I have a set routine and simply go to sleep the same time every night," said one Holy Name reporter who gets at least 10 hours of sleep on average.

Students said that spending time on video games and cell phones were the main reasons they do not get the recommended amount of sleep.

—By Holy Name reporters

* * *

The St. Cecilia fifth-grade reporting team recent-



Illustration by Cristina Robles and Merida Hudson
St. Cecilia reporters

ly discovered that most of them don't get the recommended amount of sleep on a typical night.

In a survey of 18 reporters, four said they slept on average nine or more hours a night. Fourteen students said they get eight or fewer hours of sleep, including three who only get five hours of sleep. Health experts recommend that kids ages 5 to 12 get between nine and 12 hours of sleep at night.

Reporters who said they get at least nine hours of sleep observed that their parents have set a strict bedtime routine for them. Getting the proper amount of sleep helps you have a better day at school, according to the students who fell into this category.

Some students acknowledged that they are up late playing video games or looking at Tik Tok. The students who are not getting the recommended amount of sleep said that they do have a tough time staying awake during the school day and easily become tired

—By St. Cecilia reporters

Video features an act of kindness

A Sticky Situation

Written and illustrated by Liliana Diaz

Editor's note: Holy Name reporters recently viewed this video developed by Liliana based on a reflection she wrote last year for the Healthy Courier.

* * *

In this video, a girl is sent to the store with a list of things to buy at the grocery store. After getting all the items, the girl realizes that she does not have enough money to pay for everything. To her surprise, a kind stranger gives her the remaining money she needs to purchase the items. In the end, she got everything her mom sent her to the store for.

The *Healthy Courier* reporters at Holy Name unanimously chose the video "Sticky Situation" to watch when they viewed their options on the *Healthy NewsWorks* video page. Please see the web page below.

The *Healthy Courier* reporters highly recommend that other students watch this video.

"I can relate to this video because this has happened to me before," said Ashley.

"It shows that there are still kind people out there," said Demetrius.

This is a helpful video, and the art is enjoyable and entertaining. "Sticky Situation" teaches an important lesson about generosity and being kind. Most kids can relate to the situation the girl finds herself in the video. Most importantly, the video is about helping others and paying it forward. —By Holy Name reporters

* * *

To view A Sticky Situation and other student videos, please visit:
healthynewsworks.org/student-videos-community-ourselves

Catholic Schools Partnership and Healthy NewsWorks teamed up to produce the video.

St. Cecilia embraces mindfulness

St. Cecilia's *Healthy Courier* reporters have researched how mindfulness can help you focus the mind to make good decisions and handle challenges in a calm way. The reporters followed up their research with an interview with Ms. Sorto, the school's social worker. Below are the reporters' questions followed by Ms. Sorto's answers. The interview has been lightly edited.

Question: We understand that there are discussions about using mindfulness at St. Cecilia. Why?

Ms. Sorto: The main reason we are discussing mindfulness at St. Cecilia is to help students stay focused.

Question: When you think about mindfulness, what comes to mind? What would it look like at St. Cecilia?

Ms. Sorto: Students using the five senses. The goal is to help students remain focused on activities throughout the school day. This is usually done with special guided videos and discussions.

Question: What could be the benefits of mindfulness that you know of for students at St. Cecilia?

Ms. Sorto: The benefits for the students are that they would have an opportunity to take a mental break, practice activities that help them clear their minds, and set goals on staying focused.

Question: Who is discussing mindfulness at St. Cecilia with students and staff?

Ms. Sorto: At St. Cecilia, all hands are on deck. Teachers, students, and staff all take part in mindfulness practice.

Question: Whose idea was it to explore bringing mindfulness practice to St. Cecilia?

Ms. Sorto: Practicing mindfulness is happening in school districts throughout New Jersey.

Question: What are the pros and cons of bringing mindfulness to St. Cecilia?

Ms. Sorto: There are no cons to practicing mindfulness. However, there are a lot of pros. Improving students' focus, giving students mental breaks, and helping students stay present are some important pros of mindfulness.

Question: Are there any faculty at the school currently who practice mindfulness? If so, who?

Ms. Sorto: Yes, about all the staff at St. Cecilia practice mindfulness.



Illustration by Ruby Marcelino

Question: Do you practice mindfulness yourself?

Ms. Sorto: Yes, my job can be incredibly stressful at times. When I find myself becoming stressed or losing focus, I tend to view the videos that I share with the students. I also like listening to nature sounds and practicing meditation.

Question: Is there anything you would like to add?

Ms. Sorto: I would like everyone to feel encouraged to practice mindfulness. Find something that involves using your five senses to help you stay present and focused. Sometimes this can be something simple—from taking a walk and listening to nature to simply having a piece of candy. It is about staying present without judging yourself.

Catholic Partnership Schools Healthy Courier

The *Healthy Courier* is a publication of the Catholic Partnership Schools in Camden, NJ. This issue has been created by reporters at St. Joseph Pro-Cathedral, St. Cecilia, and Holy Name.

Fifth-grade reporters from St. Cecilia include Tatiana Andujar, Justin Brito, Jaden Fructuoso, Ariane Goodwater, Yara Sophia Gutierrez, Aria Alhaja Hayes, Merida Elise Hudson, Charlie Nguyen Mai, Chelsie Martinez-Ramirez, Dallas McHarris, Devon Eugen McHarris, Felicity Kathryn McWilliams, Aylin Mercado, Mia Bella Mesa, Selena Le Nguyen, Jose Gabriel Reyes Morales, and Cristina Phan Robles. Their faculty advisor is Mrs. Woerner. Sr. Alicia Perna is school principal.

Eighth-grade reporters from St. Joseph Pro-Cathedral include Emely Botello-Morales, Wilder Adrian Cabrera-Juarez, Luis Angel Colon, Daniel Alexander Contreras, Zamir Joseph, Limon Vargas, Hantzel Luciano Nohpal-Silva, Sebastian Pagan Ramos, Jesus Pina, Joshua Rivera, Bryan Rodriguez, Katherine Vaguero, and Ruby Marcelino. Their faculty adviser is Mrs. Wittman. Mrs. Orosz is the school principal.

Seventh-grade reporters from Holy Name include Yeiren Espinal, Milanj Fleming, Milania Frias, Demetrius Haynes, Benjamin Martinez, Taluyah Nock, Mia Roque, India Schenck, Eiliyah Singleton, and Ashley Torres. Dr. Rood is their faculty adviser. Mrs. Kent is the school principal.

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Read what teachers say about sleep

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tired, and to find it difficult to stay motivated. They can also lack energy and have mood swings, behavior issues, and learning problems. According to the website, school-age kids need 9 to 12 hours of sleep each night.

"A Child's Need for Sleep," an article by Harvard Medicine, also says that a lot of kids' brain growth and development occurs during sleep.

Sleepyheads

"It's really hard to focus throughout the school day if you are not getting the proper sleep," said St. Cecilia fifth-grader teacher, Mrs. Woerner.

Ms. Mary McGinley, who is in charge of the food pantry and former substitute teacher, said sleepy students become cranky, lazy, and miserable.

"When students are caught sleeping, they tend to go into denial and say they were not sleeping," she said.

Teachers have different ways of dealing with students who fall asleep in class.

Mr. Clark, eighth-grade math teacher at Holy Name, says he talks to parents when he finds students who tend to fall asleep in class.

Mrs. Buchhofer said she once found a student sleeping in class. "I woke them up, and they became angry and went back to sleep," she said.

Talking to students and finding out why they aren't getting enough sleep is important, says Ms. Elizabeth.

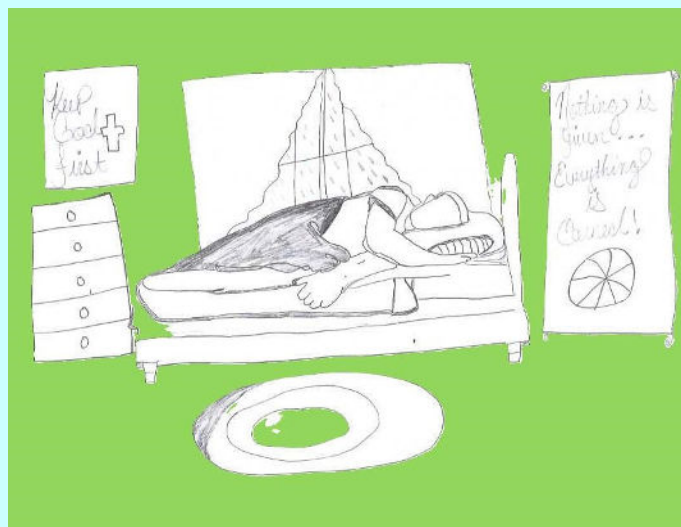


Illustration by Xzavier Valdez-Sharp, 6th grade, Holy Name

Ms. Trzcinski, St. Cecilia first-grade teacher, says she sometimes allows students to rest or offers them activities that increase energy levels.

Mr. Magano, Holy Name seventh-grade science teacher, said having conferences with students who fall asleep in class to discuss why they aren't getting enough sleep often helps.

"Sometimes I just allow some students to take a nap if they didn't get enough sleep at home," said Mrs. Johnson, fourth-grade teacher at Holy Name. When she sees a student yawning and putting their head down, Mrs. Johnson knows they haven't had enough sleep.

—By Holy Name and St. Cecilia reporters

Welcome, St. Cecilia and Holy Name staff

(Continued from Page 1)

Healthy Courier. The newspaper is a collaboration among the Catholic Partnership Schools.

"I hope that the reporters will gain confidence in their writing as their skills improve," said Ms. Woerner. "I hope that they learn to love and appreciate the power and beauty of the written word. Some of the reporters are very quiet and shy, and I already see them establishing a confident voice during the interviewing process."

"I hope my reporters learn the value of clear, concise, and impactful communication," said Dr. Rood. "Through researching, writing, and editing their articles, I want them to develop critical-thinking skills, understand the importance of integrity in their work,

and gain confidence in expressing themselves. I also hope they learn collaboration by working together as a team to meet deadlines and produce a cohesive publication."

For the readers of the *Healthy Courier*, Dr. Rood said she hopes they gain a sense of connection to their school and community.

"I hope it informs, inspires, and engages them, encouraging thoughtful conversations on topics that matter," she said. "Ultimately, I want both reporters and readers to experience how the written word can educate, empower, and build a stronger sense of community."

Readers can expect to see art and reflections from students throughout the Catholic Partnership School Network in this issue and in the following issues.

What we learned about sleep

Editor's note: St. Cecilia fifth graders consider why you should pay attention to getting enough shut-eye every night.

What I learned about sleep through Healthy NewsWorks is that getting enough sleep is an important part of your life. If you do not get enough sleep, you will be tired and less energetic. Without sleep you would not be able to pay attention in class or focus on your work, and you would fall asleep in class. It is not good to take long naps during the day, because it will prevent you from falling asleep later at night. I suggest giving yourself a curfew and turning off your electronics one hour before bedtime.

—Tatiana Andujar

Sleeping is one of the most important things you need in life. Sleeping is what you should do every day. You will need about 10 hours of sleep per day. If you do not get enough sleep, you will be tired, cranky, and even mad. Sleeping can be fun if you are tired.

—Selena Nguyen

To make sure you are getting the proper amount of sleep, I learned you should do these three things. First, slow yourself down and turn off electronics one hour before bedtime. Second, do something to relax your mind before bed. And lastly, try not to stay up too late.

—Ariane Goodwater



Illustration by Cassie Urena, 6th grade, Holy Name

I think getting enough sleep is very important. After completing interviews, I learned that getting enough sleep is more important than I thought. Sleep helps your body have energy and improves your growth. If I do not get enough sleep, I will get lazy, tired, and cranky. One way to get enough sleep is by turning off all your electronics one hour before going to bed.

—Christina Robles

I did research on sleeping and made sure it [the source] was reliable and trustworthy. If students do not get enough sleep, they will get cranky and tired. They will not have enough energy to get through the school day.

—Yara Gutierrez

Ways to help kids be more active

Editor's note: The eighth-grade staff at St. Joseph Pro-Cathedral offered their suggestions about how kids can get more physical activity at school. Below is a sample of their reflections.

I think that the school could use more engaging physical activities to learn instead of just sitting on desks writing. I also think the school could incorporate a better gym class that encourages the students to constantly do healthy exercises like running, climbing and jumping. The recess could also use an improved area that has different exercise activities instead of forcing students to come up with something themselves.

Music class can help teach students different dances that are fun and get their heart pumping. The

school could give students physical activity breaks that get them out of their desk.

—Bryan Rodriguez

Our school could provide students with equipment to use outside during recess to give the students an open area for children to run and play. The school could provide students with sports equipment for students to use while they play to make sure children are optimizing their amount of daily exercise that is needed. The school could also give students a longer amount of time outside so they can get enough exercise. The school could start a program for children to play sports outside of school to make sure children can make use of their time and receive enough exercise. Our school could advertise to students how they can get enough exercise and continue to stay active. Our school could also provide students with P.E. to be twice a week.

—Jesus Pina