

OCTAVIUS V. CATTO FAMILY SCHOOL

HEALTHY NEWS

VOLUME 1, NUMBER 1

WINTER 2026

Welcome to our school newspaper

We are proud to bring you our first issue of the *Octavius V. Catto Healthy News*. We are committed to providing health information to the Catto school community.

The purpose of the *Catto Healthy News* is to share health news that is meaningful to Catto students, their families, and school staff. Why health? Health is important and affects all of us.

Who are we? We are fourth graders in Ms. Brown's class. Ms. Brown is overseeing the *Catto Healthy News* as faculty advisor.

This year our topics will focus on ways kids can make healthy connections with other people. In this issue, we cover how group activities and empathy can strengthen relationships. In future issues, we plan to report on how participating in the arts and sharing humor and food can connect you with other people.

The *Catto Healthy News* will include interviews with interesting people and games such as word scrambles. Some reporters will contribute reflections, and others will share artwork.

(Please see *Healthy News* on Page 3)

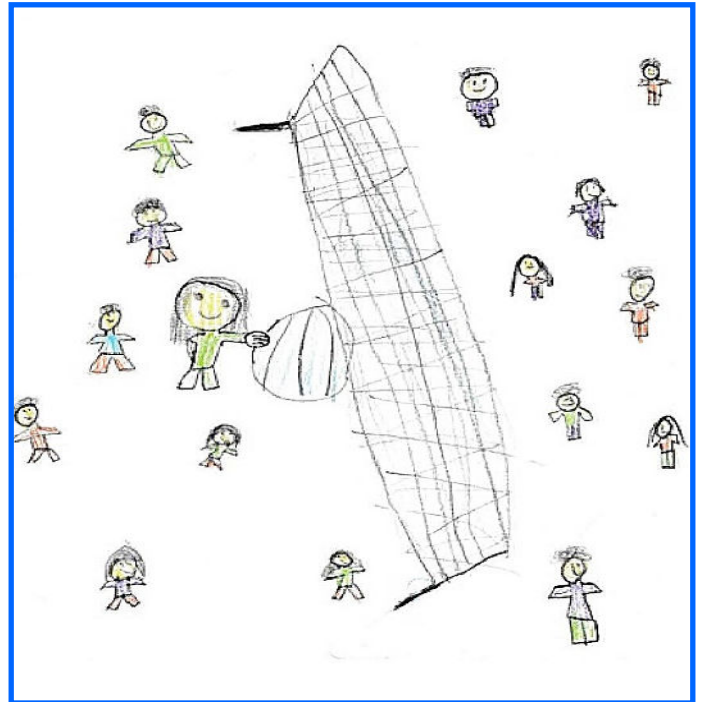


Illustration by Jimena Perez

Health and PE teacher Mr. Black encourages kids to be active. See story on Page 3.

How Catto staff learned about empathy

When Mrs. Morris, school psychologist, talks to students about showing empathy, she speaks from experience.

There was a time in her life when someone provided her a safe place to stay, she told *Healthy News* reporters. Without that show of empathy, she said, she might not be where she is today.

"Empathy is the ability to feel and see how someone else feels," said Mrs. Morris.

As a school psychologist, Mrs. Morris said a lot of what she does relates to empathy. "I provide counseling for students who come to me who are upset, sad,

and sometimes depressed. Empathy plays an important part in offering strategies and addressing students' needs."

Students can benefit from showing empathy to someone else. "It's good to show empathy because it allows you to reflect on yourself. You develop a deeper sense of gratitude and understanding when you show empathy," said Mrs. Morris.

The Harvard University's Making Caring Common Project says empathy is a key part of being a

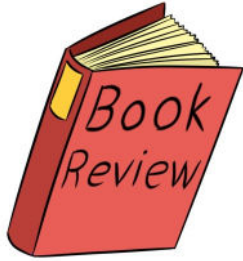
(Please see *Empathy* on Page 4)

Kids learn a lesson about honesty

“Lost and Found,” an excerpt from *Wayside School is Falling Down*

Written by Louis Sachar

Illustrated by Adam McCauley



In this chapter of the book, Maurecia and her “best friend” Joy are eating lunch when Maurecia realizes she has forgotten her chocolate milk.

While Maurecia goes to purchase chocolate milk, Joy decides to eat Maurecia’s entire lunch. When Maurecia returns, she is baffled by the fact she

can’t find her lunch. She never imagined her best friend would steal her lunch, so she searches frantically for her lunch.

While crawling in the bushes looking for her lunch, she finds a paper bag that she thinks is her lunch. To the girls’ surprise, it isn’t her lunch. Instead, it’s a bag of money with more than \$20,000.

The two friends ponder over what to do with it. Joy wants to split the money and buy some exciting items. Maurecia decides she should turn the money over to lost and found.

Two weeks later, Maurecia is introduced to an older man, Mr. Finch. The money was his life savings. He saved money by making pencils his entire life. He saved the money to do what he always wanted to do, and that was open an ice cream parlor.

Read this story to find out about the rewards that Maurecia and Joy received. It might not be what you expect.

Catto Healthy News reporters said they thoroughly enjoyed the story.

In our words

Group activities foster friendships

Healthy News reporters researched and reported on the benefits of participating in group activities and showing empathy to others.

Here are some of their reflections on what they learned.

When I was playing soccer, I had a lot of fun. My team worked together and we won. I think people should play team sports because you can make new friends.

—Benjamin Valer

When I play football, I have so much fun. I love catching the ball. Playing on a team is good for you because it is not only fun, but it is also good exercise.

—Jaden Boyd

I showed empathy when my cousin got a paper-cut. I gave her a Band-Aid.

—Genesis Aguilar

The group activity that I enjoy is basketball. I usually play with my friends on the basketball court next to the soccer field in my neighborhood.

With a lot of practice, I was able to join a team. Being on a team helped me to get better at basketball.

—Jimena Perez

I showed empathy to my friend because she was upset that she didn’t pass an important test. I talked to her and helped her calm down.

It is important to show empathy because it is kind and it builds character.

—Kataleya Delgado

Octavius V. Catto Family School Healthy News

A publication of Octavius V. Catto Family School in the Camden City School District. Fourth-grade reporters include Genesis Aguilar, Juleynne Ambrocio, Camila Botello, Jaden Boyd, Kataleya Delgado, Amber Duran, Mohammad Farhat, Karliany Feliciano, Jolie Frederick, Jimena Perez, Ian Ramirez, Stephanie Rodriguez, and Benjamin Valer.

The *Healthy News*’ faculty advisor is Ms. Brown. Mr. Dixon is the school principal.

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PE teacher Mr. Black says ...

Find an activity to get moving

"If you are nervous about doing group activities, don't overthink it. Just jump right into the activity and you usually end up having fun," said Mr. Black, health and physical education teacher at Octavius V. Catto Family School.

Not everyone likes organized sports or team sports, according to KidsHealth.org, an award-winning health website. Some kids don't like team sports because they don't understand how to play or haven't had much practice. If you don't like being on a team, you might consider individual sports like skateboarding or swimming.

"Group activities and team sports such as football and volleyball to name a few are not just good for your physical health, but these activities can also be fun because you are playing with your friends," said

Mr. Black, who teaches health and physical education to all students.

He said group activities and team sports have a positive impact on a student's mental health because being on a team encourages you to learn how to work and learn together to reach a common goal.

"My favorite group activity to teach is baseball. Each year I find that students know less about baseball than the year before," said Mr. Black, in an interview with the *Healthy News* fourth-grade reporters.

"I think it is important for students to know whether you are involved in a team or individual sport," he said. "It is important to stay active and get moving. Team and individual sports are good for you physically, mentally, and emotionally. This is an important lesson for all kids to learn."

—By *Healthy News* staff



Illustration by Benjamin Valer

Healthy News wants your feedback

(Continued from Page 1)

"I am excited about learning to be a reporter and doing artwork for the paper," Benjamin Valer said.

Ms. Brown said the newspaper is important because the students are excited about the paper and conducting interviews, and they are engaged in the topics that they are researching.

To produce the newspaper, we're teaming up with Healthy NewsWorks. The organization helps kids learn how to be health reporters.

We would love to hear feedback from students, school staff, and families. Let us know if you have a suggestion for an article. If you're interested in getting involved, contact Ms. Brown for more information. Please share your newspaper with your fami-

Empathy can help you and others

(Continued from Page 1)

responsible and helpful community member at school and elsewhere. The project's research has found that showing empathy can reduce bullying, increase academic success, build communication skills, and build more positive relationships with others.

"A strategy that I use with students in practicing empathy is role-playing. I give students different scenarios and examples and encourage them to use empathy in these situations," said Mrs. Morris.

She explained there are many benefits to kids showing empathy. "It makes students more aware and caring," she said. "Empathy can create a safer school environment and culture. You feel better about yourself when you show empathy."

"The most important advice I would give to students in showing empathy is to listen without judg-

ment. Sometimes you can offer advice, but sometimes it is just important to be there," said Mrs. Morris.

Ms. Brown, the fourth-grade teacher who leads the *Healthy News* staff, was so moved by Mrs. Morris' conversation with the reporters that she shared how empathy played a major part in her life growing up.

"I never knew that Mrs. Morris and I shared similar experiences. I too needed a safe place when I was young, and it was empathy and the kindness of others that provided me with that safe place," she said..

Mrs. Morris urged the reporters "to keep doing the work that you are doing in encouraging your school to show empathy."

"I hope that students will not just read about empathy, but they will also put what they learned into practice," she said.

—By *Healthy News* reporters

Attention Catto teachers: Consider getting involved in our health newspaper

The *Healthy News* welcomes contributions from all classrooms at Catto.

Catto is partnering with Healthy NewsWorks, a nonprofit organization, to create the *Healthy News* for students, teachers, and Catto families.

Healthy NewsWorks faculty member Mr. Steve Riggs is happy to team up with any teacher for a Special Lesson. Topics include dealing with stress, managing social media, showing gratitude, and identifying trustworthy sources, among other topics. Most lessons involve one visit and are 45 minutes long. Mr. Riggs can tailor topics for your classroom needs.

He also would like to collaborate with teachers in grades K to 3 on a five-lesson "Cub Reporter" module that focuses on health and basic journalism skills. Teachers can choose from healthy snacking, heart health, and kindness. Student work can appear in a "Cub Corner" section of the *Catto Healthy News*. This section is designed with younger readers in mind.

For more information about bringing Healthy NewsWorks to your classroom, please reach out to Ms. Brown or to Mr. Riggs at: sriggs@HealthyNewsWorks.org.

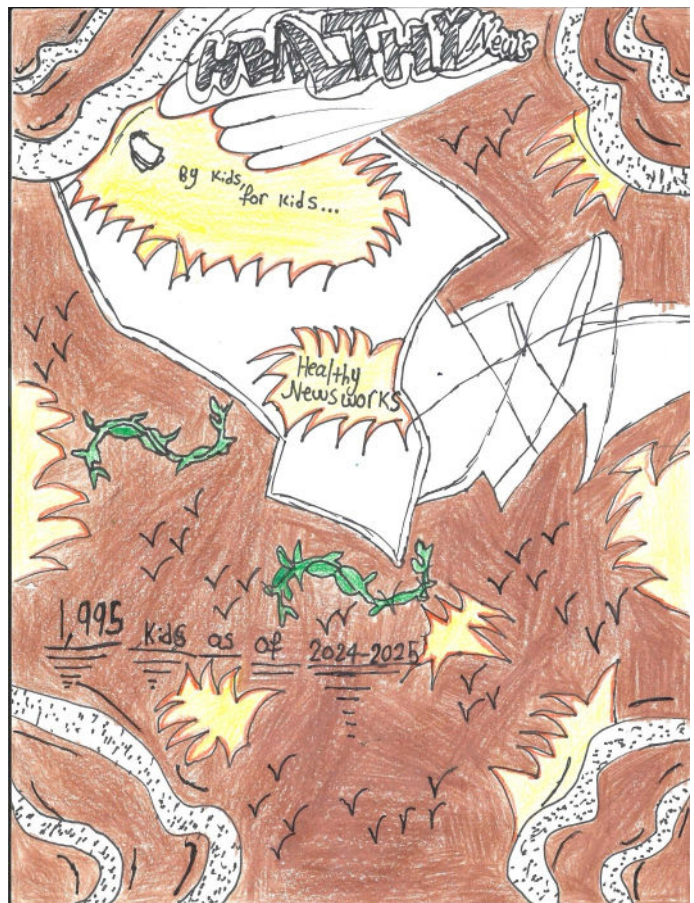


Illustration by Healthy NewsWorks reporters

The *Healthy News* teams up with Healthy NewsWorks to produce Catto's school health newspaper. Learn more about our partner at www.HealthyNewsWorks.org