

CHARLES W. HENRY

HEALTHY HAWK

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Introducing school health newspaper

Creating connections through media and reporting is a passion of Charles W. Henry School. This school year, digital media teacher Mrs. Pownall and a team of Henry students have partnered with Healthy NewsWorks to create *Henry Healthy Hawk*, a print and electronic newspaper focused on health topics.

Mrs. Harbach's fourth-grade class (104) will lead the first issue of the newspaper. Later this school year, other fourth-grade classes will take on the lead role.

"I feel excited about it coming out because I want to know what other people do to connect," said reporter Lark MacGregor.

The newspaper's theme this year is how to make healthy connections. Some topics that will be covered

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Find activities you enjoy

To make social connections, put yourself out there and find something in common with other people, even if it's scary. It's the best way to grow as a person, says school counselor Mr. Richardson.

Being connected to others creates a feeling of belonging, being loved, cared for, and valued, according to the U.S. Centers for Disease Control and Prevention (CDC), a government organization in charge of protecting the public's health.

Some ways to create social connections are "getting involved

in your community, a garden, a church, mosque, or synagogue," says the CDC. Another way the CDC says you can make a social connection is by going outside in nature, playing games together, dancing, creating art, and visiting others.

Healthy Henry Hawk fourth-grade reporters interviewed Mr. Richardson, the K to 4 counselor. He said a social connection is when one or more people have an interaction that can be positive or negative.

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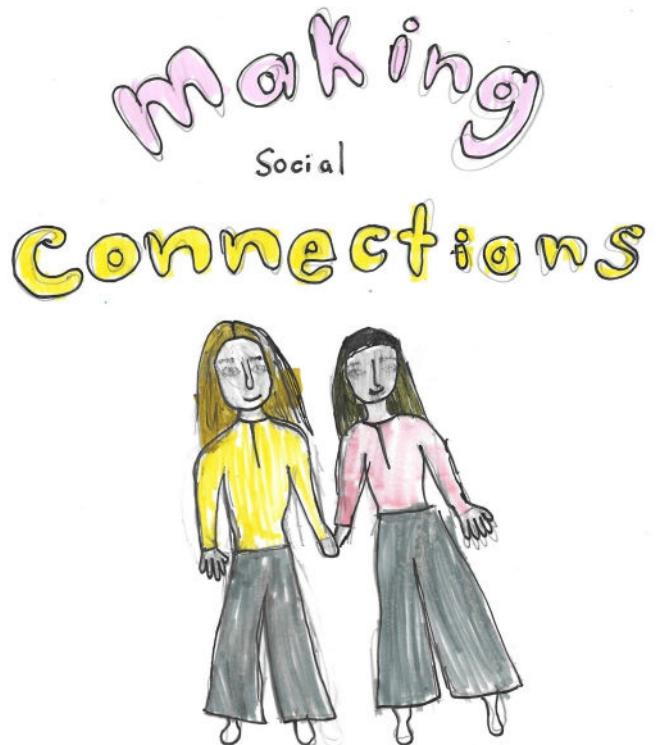


Illustration by Audrey Wallace

Healthy Connections

A poem by Annie Sheaffer

When I think of healthy connections
I think of this
People talking
No need for fists

Helping a friend when their head is down
To turn their frown the other way
To make them smile
To make their day

Don't bring people down
Don't make their smile turn into a frown
Keep their candle glowing
Don't ever blow it out.

Hello, Healthy Hawk

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are group activities, volunteering, social media, and food.

In the *Henry Healthy Hawk*, all topics will have a health angle. Why health? Health is an important subject that touches everyone's life.

Some reporters are thinking deeply about their readers. Miles Garcia-Wade added, "I am also excited because I have not written anything before. I hope they think that they are good articles."

Audrey Wallace, a fourth-grade reporter, said, "I hope that they will enjoy and make connections from this newspaper and the people in it." Another reporter, Isaac Garrido, said, "I hope that they will learn how to make healthy connections with each other."

The newspaper is the latest journalism activity at Henry. The school continues to partner with WHYY to have their own broadcasting system, HBS. The broadcast club is available to fifth- to eighth-grade students. They produce the news show, "Good Morning Henry," and all students in the school are able to watch the newscast every morning.

The *Henry Healthy Hawk* will include interviews, reflections, artwork, and topics that have something to do with health. We'd love to hear your feedback and ideas. Enjoy! —By *Henry Healthy Hawk* staff

Seek positive opportunities

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A healthy social connection is when one or more people have an interaction that is positive and they're having fun, says Mr. Richardson. He described an unhealthy social connection as when one or more people have a negative interaction like bullying, a physical interaction like fighting, or experience emotional pain.

Some things Mr. Richardson said kids can do to create new social connections are to try to find things in common with peers, be polite or give compliments to others, invite people to play games, and activities. Another suggestion is to look for a group or club to meet other people with similar interests, according to the CDC.

"Advice I would give to students is to try to put yourself out there, even if it's uncomfortable. It's the best way to grow as a person," said Mr. Richardson. "Some things you could do is finding something in common with them or complimenting them."

—By *Henry Healthy Hawk* staff



Illustration by Lark MacGregor

In my opinion ...

Making connections with different people is helping our health. Having no connections can make you unhealthy. It means to make friends you can trust and who understand you.

An example is when the new student came into our class. I wasn't there because I was absent, but my friends asked her to be friends. So the next day of school, I asked her if she wanted to be friends.

Some ways to stay connected to friends is by asking for a way to call them, possibly get them gifts, or just make sure they're OK. —By Kayla Smith

Check out more student reflections on connections at: www.healthynetworks.org/by-kids-for-kids and the next issue of the *Henry Healthy Hawk*.

Henry Healthy Hawk

The *Henry Healthy Hawk* is a publication of Charles W. Henry School in the School District of Philadelphia. Fourth-grade staff members from Room 104 include Joey Beljean, Jesse Brennan, Malcolm Brodie, Sophia Celli, Wyatt Clark, Hannah Coleman, Miles Garcia Wade, Isaac Garrido, Jacob Haslanger, Lark MacGregor, Finley Moss, Ella Nayak-Bourne, Declan Norton, Bryce Paulin, Annie Sheaffer, Kayla Smith, Dean Truong, Audrey Wallace, Kaden Wilbanks, Adam Williams, and Dresden Wood.

The *Henry Healthy Hawk*'s faculty advisor is Mrs. Pownall and Henry's principal is Ms. Len.