

## HEALTHY NEWS

VOLUME 12, NUMBER 1

WINTER 2026

## Socializing can lead to better health

It's nice to do things on your own such as reading a book, drawing, or playing a video game. But doing activities with other kids can not only be fun, but it can also be good for your health, according to [sciedaily.com](http://sciedaily.com), a digest of research news.

*Healthy News* reporters recently interviewed gym teacher/graduate support director Mr. Barycki, who is called Mr. B., about the benefits of participating in group activities.

"Group activities such as simple workouts or running together are good for students' health," Mr. B. said.

"Having social connections and a sense of belonging are protective factors to help you manage

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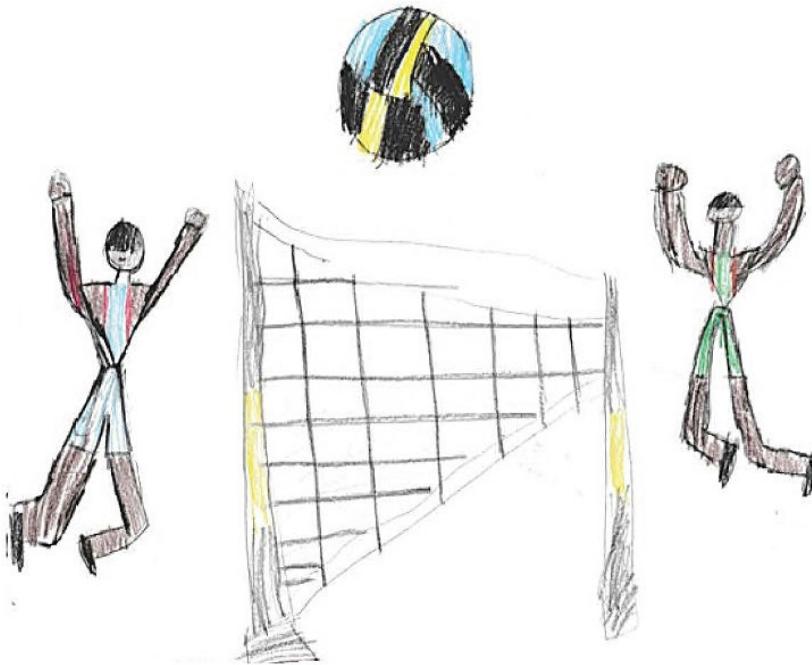


Illustration by *Healthy News* reporter

## Dance first, interview afterwards!

*Healthy News* reporters got a surprise when they started their interview with dance teacher/choreographer Benjamin White. Instead of answering questions, Mr. White instructed the reporters to "get up and dance" as he had them pair up and taught them a dance called the shimmy.

It turns out that enjoying or creating art can also be good for your health, according to The Mayo Clinic, a hospital and research center.

Taking a group dance class is great for your physical health as a form of exercise, and research has also shown benefits for your motivation, social skills, and overall mood, says the National Institutes of Health website.

"My job is to teach young people how to properly move their bodies because movement is like art," said Mr. White. He said dancing makes your heart healthier, because when you're moving, it increases your heart rate.

"Dance is a great way to connect with other people. Just look at how we connected before we started this interview. We were all dancing together and enjoying ourselves. Dancing is fun," said Mr. White.

The arts and dancing can also be good for your emotional and mental health. "Dancers must really think when they are dancing to remember their steps. Dancing helps you focus and makes a lot of people

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# There are many ways to be active

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stress and give you a feeling that you are not alone,” say the experts at Mayo Clinic, a hospital and research institution.

Group activities are also good for kids’ mental health. “Kids can practice breathing exercises, yoga, and even reading together can improve their mental health,” said Mr. B.

“At La Salle, I do various group activities with students such as coaching basketball, performing basketball drills, and running,” said Mr. B.

When students get involved with group activities, Mr. B said, they should always listen and follow the guidance of their teachers, be fully aware of their surroundings, and always practice safety.

“Whether you are participating in a group activity or doing something on your own, it is important that kids stay active, eat healthy, and listen to your coaches, teachers, and instructors,” said Mr. B.

“I enjoy seeing the smiles on the students’ faces when they are working together as a team. It is also rewarding to see them work together to win championships. It is important to remember that when you are participating in a group activity, you are not expected to be perfect. But you should just try your best.”

—By *Healthy News* staff

## Dancing gets you moving

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happy. And physical dance makes you stronger and more flexible,” said Mr. White.

Mr. White said when it comes to dance, he suggests trying all types of dances. The goal is to find the style of dance you enjoy the most.

Some kids may be hesitant to try the art of dance because they may think they aren’t good at dancing. “If you don’t think you’re good at dancing, you should still give it a try. There are many styles of dance, and you are bound to find a style that you like,” said Mr. White.

“Dance is not just a fun activity; it is also a great way to make friends and connect with others,” he said.

—By *Healthy News* staff



Illustration by *Healthy News* reporter

## Sharing favorite activities

My favorite group activity is football. I play football with my family and friends. I think the students in my class will like football. They should all try it.

—Ayden Ortiz

My favorite group activities are running and racing. I run and race with my dad. People should try running and racing because they are healthy and makes you feel good.

—Josselin Ramirez

I love playing basketball with my family and friends. I like this activity because it teaches you a lot of skills, and you have to move and be quick. Basketball is a good way to make friends.

—Dylilah Medina

I love playing volleyball. I really like it when I am in a volleyball tournament. I play with my friends and family. You should try volleyball because it is fun and never boring.

—Jordyn Rodriguez-Smith

### *La Salle Healthy News*

The *Healthy News* is a publication of La Salle Academy, an independent school in Philadelphia. Fourth-grade staff members include Kaylen Callazo, Josue Cruz, Dylilah Medina, Ayden Ortiz, Ima Perez-Ramirez, Josselin Ramirez, Jordyn Rodriguez-Smith, and Nyalis Torres. The *Healthy News*’s faculty advisor is Mr. Plumer and the school principal is Ms. McClelland.

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