

WILLIAM ROWEN

HEALTHY ROAR

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Group activities can be healthy

“Little steps matter,” said Mrs. Johnson, school-based teacher leader (SBTL), in an interview with fourth-grade *Healthy Roar* reporters about the health benefits of group activities.

There are many mental and physical health benefits of participating in group activities. For example, experts at the Mayo Clinic, a hospital and research center, say that group activities can help you manage stress and connect with other people.

Mrs. Johnson said she participates in group activities that include line dancing and Zumba. She got started with these activities when a group of friends invited her to come.

“I have so much fun, I forget that I’m getting exercise,” Mrs. Johnson said.

She said Zumba and line dancing are good exercise and help her reduce stress. She said everyone,

even students, should try either of these activities because they’re great exercise and fun to do with friends.

Mrs. Johnson started participating in group activities as a child. She was a cheerleader and a member of a track team, where she ran relay races.

“I learned about the importance of cooperative teamwork. This means that you must work for the benefit of the whole team, and not just yourself,” Mrs. Johnson said. “On a team, we figure out how to work together to solve problems and figure out how to win.”

Sometimes, students get nervous about starting a new activity, but Mrs. Johnson encouraged students to start by doing just one thing.

(Please see *It's normal* Page 2)

Reporters express their gratitude

Rowen students are thankful for staff, friends, and family.

Gratitude reduces stress, makes us happier, reduces anxiety, lessens depression, helps you sleep, and helps keep your heart healthy, according to experts at the Mayo Clinic, a hospital and research organization.

People can feel gratitude for things in our lives like friends and family, toys, experiences, a house, and food. To practice gratitude, reporters in Mr. Desper’s class wrote thank-you notes to some of the special people in their lives who help them do their best.

(Please see *Thanking* Page 2)



Illustration by Saniya Dorsey

Rowen students enjoy being part of groups

Nine fourth-grade reporters for the *Healthy Roar* said they participated in some sort of group activity, according to a recent survey.

Five of the nine students said they participated in a team sport and the others said they took part in a group that did something other than sports. For example, three students participated in an art club.

Students who are involved in non-sport activities said they prefer calm activities more than active ones. Reporters said they were surprised that the sports activities were either football or basketball. One reporter is a majorette in a marching band.

Being part of a group can give a person a sense of belonging and reduce stress, according to experts at the Mayo Clinic, a large healthcare organization.

Reporters observed that six of the nine reporters said they would recommend the activity to their friends because being a part of a group is fun and they love the activity. Three reporters said they might recommend their activity.

The reporters said they are more likely to be a part of an activity if they are part of a group. They get to be with friends and they're more motivated to show up.

In future surveys, students think it might be helpful to find out how many different types of group activities each student participates in. Many students participated in multiple group activities, and they wanted a chance to talk about all of them.

—By *Healthy Roar* staff

It's normal to be nervous

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“Being nervous is normal, it just means that you want to do your best,” said Mrs. Johnson. She suggested taking a deep breath and practicing positive conversations with your brain.

—By *Healthy Roar* staff

William Rowen Healthy Roar

The *Healthy Roar* is a publication of William Rowen Elementary School in The School District of Philadelphia. Fourth-grade staff members make up the core staff. They include Kaniya Camp, Morgan Collier, Nadia Diaz, Sariyah Dorsey, Saa'd Geter, Jahiya Hunt, Karter Jordan, Antwone Moore, Nahara Powell, Khalil Randall, Corey Sidberry, and Jai'Lynn Slater.

The *Healthy Roar*’s faculty advisor is Mr. Desper and the school principal is Ms. Ryans.

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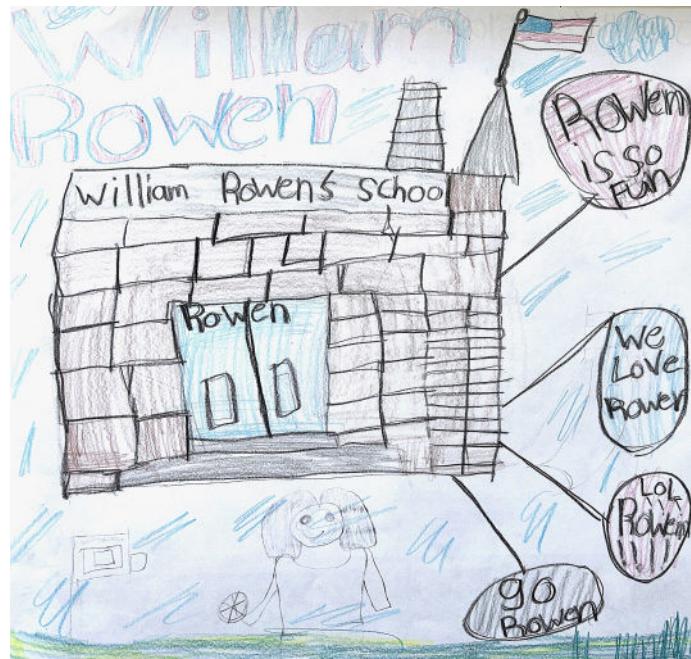


Illustration by Jai'Lynn Slater

Thanking others for their help and caring

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The notes include expressions of gratitude to friends, teachers, siblings, parents, and other relatives. These special people are kind, caring, helpful, and respectful, according to the reporters.

“I am thankful for my mom because she is the reason I’m on this Earth.”

—Khalil Randall

“I’m thankful for Mr. Desper because he helps me in math and in football practice too. If it wasn’t for him, I would never have been in fourth grade.”

—Saa'd Geter

“I’m thankful for the crossing guard because she helps me get to school safely.”

—Karter Jordan

“I’m thankful for Mrs. Apfelbaum and Mrs. Foster for teaching me in first and second grade. They helped me in school and now I’m in fourth grade, thanks to them.”

—Jahiya Hunt

“I’m thankful for Mr. Desper for helping me with math and for fun times. I’m thankful that he’s a good friend.”

—Antwone Moore

“I’m thankful for my big sister because she loves me so much.”

—Jai'Lynn Slater