

YORKSHIP FAMILY SCHOOL

HEALTHY LION

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Welcome to our school newspaper

We are proud to bring you our first issue of the *Yorkship Family School Healthy Lion*. We are committed to providing health information to the Yorkship school community.

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

Who are we? We are fifth graders in Ms. Bentley's class. Ms. Bentley is overseeing the *Healthy Lion* as its faculty advisor.

This year our topics will focus on ways kids can make healthy connections with other people. You will find topics in this issue about how volunteering 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 *Healthy Lion* will include interviews with interesting people and games such as word scrambles. Some reporters will contribute reflections and others will share artwork. "I am learning about what it takes to be a reporter and I get to do interviews," Demere Davis said.

Ms. Bentley said the newspaper is important because it gives kids real-life experiences conducting research and interviews, and they're reporting on content they're really engaged in.

(Please see *Welcome* Page 3)

Empathy leads to understanding

Yorkship Healthy Lion reporters have researched how empathy can help you to have healthy connections with other people. Empathy is "the ability to understand another person's feelings or experience," according to the *Oxford Learners Dictionary*. The reporters followed up their research with an interview with Ms. Robinson, guidance counselor. The discussion below has been lightly edited.

Question: Please describe empathy in your own words.

Ms. Robinson: Empathy is when a person is able to put themselves in another person's shoes. Once



(Please see *Listening* on Page 3)

Illustration by Elias Caba Pena

Mrs. Hayes shares how she volunteers

"Volunteering at family game night gives me the opportunity to see the students in a different light, and I really enjoy seeing the students interact with their families," said Mrs. Hayes, paraprofessional at Yorkship Family School.

Healthy Lion reporters interviewed staff members about their experiences with volunteering. According to the website KidsHealth.org, volunteering has many health benefits in addition to helping others. When you make a difference such as donating clothes, bringing a meal to a sick neighbor, or helping at a pet shelter, *you* feel good about doing something to make the world better.

"Although my role is a paraprofessional, I find myself volunteering my time in many different roles throughout the school day. Sometimes I help the secretaries in the main office, assist with bus duty, or just have conversations with students in the hallway to make sure they are having a good day," said Mrs. Hayes.

According to Mrs. Hayes, she volunteers for these activities because she was simply asked to help by other coworkers and she finds joy in helping others.

"Family game nights are what I really enjoy the most. In addition to seeing the students interact with their families, I also enjoy playing games with the



Illustration by Yisliany Lopez

students, especially beating them in checkers," Mrs. Hayes said.

Mrs. Hayes said she would encourage more staff and parents to volunteer because it makes a difference, and it's a chance for staff, parents, and most importantly students to feel that sense of community.

"As a kid, I didn't get a chance to do much volunteering. But I did play a lot of sports, and that taught me the importance of being a team player whether you win or lose," said Mrs. Hayes.

"My advice to kids about volunteering is when you find a worthy cause, remember two very important things. First, it is important to approach the task with a positive attitude. And lastly, a smile can sometimes go a long way." —By *Healthy Lion* staff

Reporters reflect about volunteering

One time I went to a charity with my mom and day. I donated clothes, shoes, and toys. I handed all the clothes and toys to the kids. I recommend donating because you will feel good about yourself. Helping other people is the best part. I loved doing this activity and I think you would too.—Yisliany Lopez Flores



Illustration by a Healthy Lion reporter

I volunteer by sharing my snacks with my friends. I recommend this to other students because if your friend does not have a snack, it is good to share. That way, your friend will not be hungry.

—Esteban Aria

I feel good when I help people. I felt good when I helped my little brother with his homework. I also

helped my older brother up the stairs when he got injured at his football game. I also helped him put bandages on his bruise.

—Nation Walker

My grandma and I once donated money to a homeless shelter. We wanted to make them happy. I decided to donate toys also. Seeing other people happy makes me happy.

—Khamoni Davis Victor

I volunteered once by donating food and toys to a homeless shelter. I think other students should do this because volunteering can change someone's life.

—Lukas Robinson

Listening helps you relate to others

(Continued from Page 1)

you understand what the person is going through, you are able to be understanding and considerate.

Question: Describe what you do and how it relates to empathy.

Ms. Robinson: I am the guidance counselor for Yorkship Family School. I advocate for students by supporting them academically, socially, and emotionally. Empathy comes into play by ensuring students are having positive relationships with other students and adults.

When negative situations occur, empathy is an important part of peer mediation.

Question: What are some situations where a child might benefit from showing empathy?

Ms. Robinson: When students are having a conflict, showing empathy is very important. When you understand how the other person feels and what they are going through, you are better equipped to respond to the situation.

Question: Please share a strategy that you use with people learning how to show empathy.

Ms. Robinson: In learning how to show empathy, there are two important things one must be able to do. First, you must “listen” to what the other person is saying. Secondly, practicing “patience” is also very important.

Question: How have you seen that showing empathy benefits people?

Ms. Robinson: The benefit of showing empathy is that it allows people to be more caring and

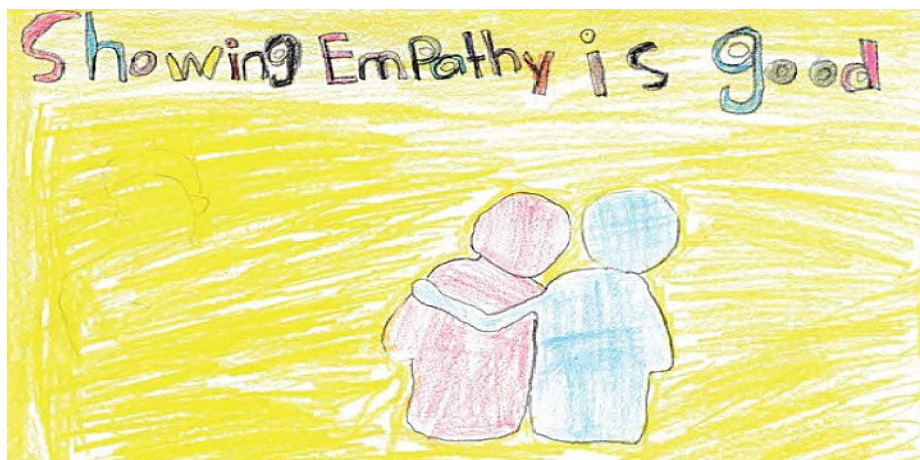


Illustration by Darrell Perry

understanding. It also encourages people to treat others the way they want to be treated.

Question: Please describe the impact that showing empathy has on someone.

Ms. Robinson: Aside from becoming a more understanding and caring person, empathy allows people to connect and communicate better.

Question: What advice would you give to others if they were to try showing empathy to others?

Ms. Robinson: The biggest advice I would give someone who is trying to practice showing empathy is to be a good listener. Really take the time to understand what the other person is saying and feeling.

Question: Is there anything else you would like to add?

Ms. Robinson: I am really happy to see that you are researching and reporting on empathy. Empathy is very important in every school environment. I hope students will not just read this article, but I hope they will put what they learn about empathy into action.

Welcome to the *Yorkship Healthy Lion*

(Continued from Page 1)

We are teaming up with Healthy NewsWorks. The organization helps kids learn how to be health reporters.

We welcome contributions from other classes as well. We will also have a special “Cub Corner” section for student work from grades K to 3. Healthy

NewsWorks is happy to guide those lessons in partnership with classroom teachers.

We would love to hear your feedback. Let us know if you have a suggestion for an article. If you're interested in getting involved, reach out to Ms. Bentley for more information. Please share your newspaper with your family and friends.

Happy reading!

Story about honesty gets a thumbs up

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

Written by Luis Sachar

In this chapter, 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 Joy and Maurecia received. It may not be what you expect.

The *Healthy Lion* reporters thoroughly enjoyed this story.

“I thought the story was great because it teaches you a lesson about being honest and shows kids what happens when you tell the truth,” Yisliany said.

“I thought the story was very funny ... it made me laugh,” Khamoni said.

The reporters recommend this story to kids because it talks about the importance of being honest and how honesty can create lasting connections with people. Darrell said, “This story teaches a life lesson and what happens when you are honest and tell the truth.”

—By *Healthy Lion* reporters

Did you know?

Health experts say that reading has many benefits. Here are a few: It can help you be creative, build empathy for others, reduce stress, and help you sleep better.

Reporters consider the value of empathy

Students should show empathy so they can understand other people better. Empathy also helps you communicate with other people. Lastly, when you learn to show empathy, you become a more caring person.

—Yisliany Lopez Flores

You should show empathy because it can make the world a better place. Empathy could also change someone’s day for the better.

—Darrell Perry

Empathy helps you become a better communicator. It also makes you more caring.

—Esteban Arias

It is good to show empathy because you can make the world a better place. It is also good because you can become a better person.

—Nation Walker

When you are considerate and aware of a person’s feelings and space, you can let them go through anything in life.

—Victor Tineo Rodriguez

You should show empathy because it makes the world a better place. Treat others the way you want to be treated. This helps with communicating and understand your friends better.

—Kylah Smith

Yorkship Healthy Lion

The *Healthy Lion* is a publication of Yorkship Family School in the Camden City School District in Camden, NJ. Contributing fifth-grade reporters include Esteban Arias De La Cruz, Elias Caba Pena, Essence Craig, Logan Craig, Zakeer Darby, Khamoni Davis Victor, Demere Davis, Cassidy Green, Rodrigo Heras-Juarez, Andres Hernandez, Yisliany Lopez Flores, Darrell Perry, Alex Pike, Lukas Robinson, Kylah Smith, Victor Tineo Rodriguez, Nation Walker, Rashay Wallace-Johnson, and Neiamah White.

The *Healthy Lion*’s faculty advisor is Ms. Bentley. The principal is Dr. Michael Coleman.

A Healthy NewsWorks® project www.HealthyNewsWorks.org

Healthy NewsWorks partners with elementary and middle schools to empower students to become researchers, writers, critical thinkers, and confident communicators.

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