

# CATHOLIC PARTNERSHIP SCHOOLS

# HEALTHY COURIER

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Cub Corner Special Edition

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## Choose healthy beverages to drink

The beverages you choose to drink are just as important as the food you eat. Experts from [myplate.gov](http://myplate.gov) tell us we can make simple choices when it comes to the beverages.

When given the choice, milk and water are your healthiest options. Fruit juice is also a healthy option if you drink juice that doesn't contain a lot of sugar.

Third-grade reporters at Sacred Heart and St. Cecilia created a list of popular beverage choices and listed suggestions for healthier selections. See Page 2 to read their recommendations.



Illustration by Menyi Lopez, third grade, Sacred Heart

## Why showing empathy is important

St. Joseph's third-grade Cub reporters interviewed school counselor Mrs. Humphrey on why showing empathy matters. Empathy is the feeling that you understand and share another person's experiences, according to [merriam-webster.com](http://merriam-webster.com).

When you put yourself in another person's place, you can imagine what the other person is going through, what they might be feeling, and how you might feel if you were in their place.

To read the interview, please see page 2.



Illustrations by Naishelly Hernandez third grade, Holy Name

# Showing empathy

Mrs. Bergen's third-grade reporters at St. Joseph interviewed their school counselor Mrs. Humphrey. Below are their questions and her answers. The interview has been lightly edited.

**Q: Please define empathy.**

**Mrs. Humphrey:** Empathy for me means looking outside of myself and understanding or considering what others may be feeling.

**Q: How does your job relates to empathy.**

**Mrs. Humphrey:** I meet young people of all ages. When speaking to them, I listen and give them the opportunity to express themselves without being judged.

**Q: How does empathy benefit a child?**

**Mrs. Humphrey:** Showing empathy could help stop bullying. Showing empathy can help you say kinder words to each other. And showing empathy can help reduce conflicts between students.

**Q: Share a strategy that you use to teach people how to show empathy.**

**Mrs. Humphrey:** I give students real-life scenarios called, "How Does It Make You Feel?" Acting out these different situations helps students to be more mindful in showing empathy to one another.

## About this newspaper

Welcome to the second Cub Edition of the *Healthy Courier*. This issue was reported by students in grades K to 3 at Holy Name, St. Cecilia, Sacred Heart, and St. Joseph Pro-Cathedral schools.

The *Healthy Courier* is a publication of Catholic Partnership Schools in Camden, N.J., in collaboration with Healthy NewsWorks®. To learn more, visit [www.HealthyNewsWorks.org](http://www.HealthyNewsWorks.org)

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Illustration by Ky'Nya, third-grade, Sacred Heart

# Think about what drinks you choose

Third-grade Cub reporters learned about how to choose healthier beverages. In the chart below, they make their suggestions. What do you think about these ideas. —By Ms. McKinley's Sacred Heart reporters and Ms. Henderson's St. Cecilia reporters

Popular drink	Healthier choice
Pepsi	Water
Fruit punch	Water with a splash of lemon
Root beer	Milk
Hi-C punch	Water with a splash of watermelon
Fanta soda	Water
Monster Energy drink	Water with a splash of cucumber
Sprite	Water

# Why eating vegetables is good for us

Many plants you eat are called vegetables. Experts say vegetables are good for us because they help us grow and make us strong.

Vegetables also give people vitamins and nutrients that are important for your health.

People should have two cups of vegetables each day, says [myplate.gov](http://myplate.gov), the U.S. Department of Agriculture's website.

Some vegetables are cooked. Some can be eaten raw.

Mrs. Gatinnella's kindergarten reporters at Holy Name discussed vegetables that matched—or didn't match—their favorite color. "My favorite color is green, and it matches broccoli," said Roberto Cosme-Acellanes

"My favorite color is red, but I don't like red peppers," said Amara Fletcher.

Jordan Bates said, "My favorite color is blue." He couldn't think of a blue vegetable. "But there are blueberries," which are a fruit. —By Mrs. Gatinnella's reporters

# Taking part in art can help reduce stress

Stress is what you feel when you're worried or uncomfortable about something.

KidsHealth.org, a health information website, says stress is when you might feel angry, frustrated, sad, scared, or afraid. Stress can cause headaches and stomachaches.

According to experts, participating in activities such as art and music or attending a play or concert can have healing powers and improve your mood.

Using their research, Ms. Perry's third-grade Cub reporters shared some creative artistic suggestions for the next time you're feeling a little stressed out.

**Breathe:** Taking slow deep breaths for just one minute can help you calm down and relax, according to Stanford University researchers.



Illustration by Holy Name 3rd grader

**Arts and crafts:** Coloring, painting, and crafting are good for stress relief, according to researchers at Drexel University. "I always feel relaxed when I am coloring or drawing," said a third-grade reporter.

**Music:** Listening to music increases the amount of feel-good chemicals to the brain, says researchers at McGill University in Canada.

**Dance and movement:** Dancing can reduce, stress, anxiety, and depression, according to Harvard Medical School researchers. "Dancing always puts me in a better mood," said one reporter.

—By Ms. Perry's third-grade Cub reporter,  
Holy Name

# Keeping your heart in good shape

Holy Name's second-grade Cub reporters researched information about how to keep your heart healthy.

Your heart is a muscle. It is located in your chest a little to the left side, and it's the size of your fist, according to KidsHealth.org., a website written by health experts.

The main function of your heart is to pump blood around your body. Blood provides your body with oxygen and the nutrients it needs. The heart also carries away waste from our organs, sending them to the lungs and kidneys for disposal, according to the Cleveland Clinic, a hospital and research institution.

There are many components to our hearts. But most importantly, it's knowing some things to do to keep our hearts healthy. Here are some tips from KidsHealth.org.

1. Exercise daily. Your heart is a muscle, and you keep it strong by exercising.

instead of sprite drink milk

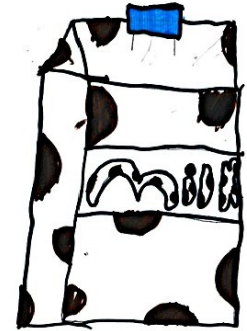


Illustration by a third-grade reporter at Sacred Heart Cub reporter writes "instead of Sprite drink milk."

2. Eat healthy food. Try to eat a variety of healthy foods and snacks.
3. Try to eat fruit and vegetables daily.
4. Avoid a lot of sugary snacks and drinks.

—By Ms. Bowen's second-grade Cub reporters, Holy Name

# Healthy snacks that students like most

A snack is a small amount of food that people eat between meals. Making a healthy snack choice gives your bodies the energy you need to work.

Eating snacks with a lot of sugar may give us a burst of energy, but a person may soon get very tired, according to myplate.gov, the U.S. Department of Agriculture's website.

Sacred Heart Cub reporters in grades K to 2 discussed their favorite snacks from the five food groups. Here are some of their top choices.

**Fruits:** apples, oranges, strawberries, and pears



Illustrations by Justin Wynn, 1st grade, (watermelon) and Camille Laverdine, kindergarten, (tomato) Sacred Heart

**Vegetables:** lettuce, celery, carrots, string beans, and broccoli

**Whole grains:** wheat bread and oatmeal

**Dairy:** cheese and yogurt

**Protein:** peanut butter and eggs

—By Cub reporters in the classrooms of Mr. Shenk, Mrs. Shenk, Ms. Schrum, Ms. Hines, and Ms. Giddings