

JAMES LOWELL

HEALTHY LION

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Counting on friends during mishap

Gratitude is more than just a feeling one experiences.

Showing gratitude can “also strengthen your relationship with people in your life, inspire you to keep doing nice things for others, and help you face tough situations by staying positive and appreciating what you have,” according to the “Gratitude” article on the website, KidsHealth.org.

Gratitude has many health benefits. PsychologyToday.com’s article on gratitude says it can reduce anxiety, improve sleep, and help deal with stress.

Ms. Demsey’s homeroom reporters interviewed Ms. Albright, another fourth-grade teacher, about a time that she felt gratitude. Read her responses below which have been lightly edited.

Q. Describe a time when you felt gratitude.

Ms. Albright: I got a flat tire on my way home. I am feeling grateful for my fiancé for coming to the rescue when I was stranded. I am also grateful for my



Illustration by Tichmeng Tang

best friend, Allie, who stayed on the phone with me until he arrived.

Q. When and where did this happen?

Ms. Albright: It happened the week of December 1, 2025, on the highway.

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How the arts can connect people

Connecting through the arts can help artists show their feelings and tell their story. Expressing oneself through the arts is also healthy, experts say.

According to the Mayo Clinic, a hospital and research center, making or viewing art can “reduce stress, strengthen heart health, heal from illness or trauma, increase learning, and help improve mood.” The clinic’s article, “The Benefits of Group Art Classes,” says “participating in art education can create experiences for students that help them understand themselves and connect them to the world around them.”

Healthy Lion fourth-grade reporters spoke with two Lowell Elementary teachers about the importance of art and how it can build connections.

Ms. McCloskey, art teacher, said, “Art helps manage emotions through expression, helps build self-esteem and confidence. Art can help you relax and lower blood pressure.” She also said that students can learn about other cultures through arts.

Ms. McCloskey encourages students to try the arts, saying you don’t have to be the best artist to enjoy making art.

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Getting involved in art and music has many benefits

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Music teacher Mr. Kamal says you can connect through the arts to express your emotions in music by singing, playing the piano, and using class instruments. “If you don’t express yourself, you won’t feel heard,” said Mr. Kamal.

The article “How Music Affects Your Mind, Mood and Body” by Tallahassee Memorial Healthcare, says that “singing in a group builds a feeling of connection, and research has shown that shared breathing you do when you sing with others lowers stress levels in your body.”

“When you’re singing, you can express physical health and manage stress. You can also reduce stress and anxiety,” said Mr. Kamal. Music helps people reduce stress from trauma. It also can help build your confidence, he added.

Music group dances help your health as a form of exercise. When you take a music class, you can get



Illustration by Iris Agostini

inspired by others and find more ways to express yourself, said Mr. Kamal.

—By *Healthy Lion* staff

Friends come through in time of need

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Q. How did this experience affect your health and/or your life?

Ms. Albright: It taught me patience while I waited for help. It made me realize that I should learn how to change my own tire. This also taught me there are people in my corner that are a phone call away.

Q: What are some ways you like to show gratitude to others?

Ms. Albright: I show gratitude to others by verbally telling people how I feel about them. I show gratitude by giving gifts or simply making food, treats, or buying coffee.

Q. What are ways you prefer to show you gratitude?

Ms. Albright: A simple “thank you” or “I appreciate you” are great ways to show gratitude.

Q. How does it make you feel when others express that they are grateful for you?

Ms. Albright: It makes me feel good inside. It lets me know who cares about me and who I can count on.

Q. Is there anything else you would like to add?

Ms. Albright: It is not hard to show people in your life that you are grateful for them. More people need to share and show this. A simple statement can change someone’s entire day.

James Lowell Healthy Lion

The *Healthy Lion* is a publication of James Lowell Elementary School in the School District of Philadelphia. Fourth-grade staff members for this issue include Iris Agostini, Karter Colbert-Liggonis, Riley Fitch, Tyshawn Freeman, Khy’air A Jackson-Walker, Jeenceley Joseph Alfred, Raquel King Joseph, Kaeden Mahoney, Sandra Meza Vasquez, Alanna Norman, Aaren Pollard, and Tichmeng Tang. The *Healthy Lion*’s faculty advisor is Mrs. Martin and the school principal is Dr. Jessup.

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