

# CHARLES W. HENRY

# HEALTHY HAWK

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## Group activities can bond people

Group activities are a great way to get exercise, but they can also form long-lasting friendships. Take Mr. Jason Munter, Henry physical education teacher. Mr. Munter still plays ice hockey with the same group of friends he's had for more than 20 years.

"Group activities can keep your body healthy and strong," he said in an interview with *Healthy Hawk* reporters. "It also allows you to connect with different people. It taught me important lessons like effort, working hard, and teamwork."

Having social connections and a sense of belonging can help you manage stress, says an article about social connections on the Mayo Clinic website.

Group exercise also improves quality of life and reduces stress far more than individual workouts, according to *ScienceDaily*, a website of research information.

Mr. Munter told fourth-grade reporters from Dr. Chattin's class that he's been involved in sports since he was 5 years old. He now plays on an ice hockey team once a week. He also played baseball, soccer, lacrosse, swimming, and basketball.

(Please see **Group activities** on Page 2)

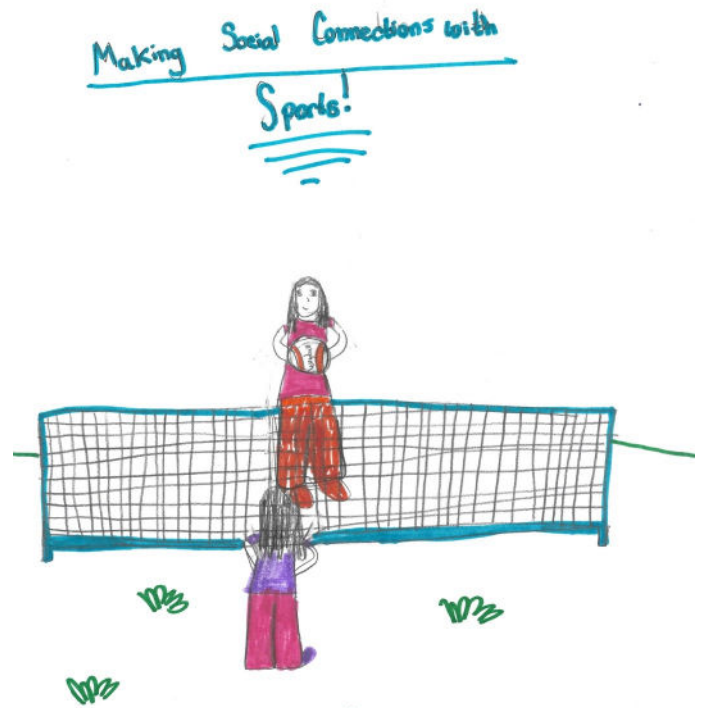


Illustration by Lucia Eckenrode

## Two books about connections

### Game Changers: The Story of Venus and Serena Williams

Written by Lesa Cline-Ransome

Illustrated by James E. Ransome

This book is a story about how tennis stars Venus and Serena Williams love to play tennis. The book focuses on how the sisters started playing tennis at a young age. The story shows different challenges they go through but how they get through them together. An interesting fact is how their father coached them from a young age on the sport.

I really liked the book because it told their story. The illustrations were detailed, and it was a fun read.

I think anyone who likes tennis would enjoy this book. This book would also be a great resource for people who want to learn about the Williams sisters.

—Review by a *Healthy Hawk* reporter

### Making Friends

By Kristen Gudsnuk

This book is about a girl who has a magical sketch book so she can draw friends in it. The book teaches about how many social connections can be good for your health. The illustrations also provide

(Please see **Book** on Page 2)

# Group activities taught Mr. Munter a lot

(Continued from Page 1)

At Henry, Mr. Munter coaches volleyball and track. He is also a coach for his children's sports, which include ice hockey, soccer, and baseball.

Some of his athletic achievements include being in the Hall of Fame in Delaware County for ice hockey. He attributes his love of ice hockey to his father. "My dad played ice hockey and got me into it when I was 5 years old. I've been playing ice hockey ever since," he said.

Mr. Munter loves playing ice hockey because it keeps his body moving and healthy. Now it's also a chance to play with his friends.

"Group activities can keep your body healthy and strong. It also allows you to connect with different people," he said. "It taught me important lessons like effort, working hard, and teamwork."

Mr. Munter suggests that people get involved in a group activity. Being part of group activities taught him a lot as a kid. "It taught me to put in effort, listen to my coaches, follow the rules, and be part of a team," he said. He also said it helped him to stay healthy, happy, and strong.

If kids are trying to get involved in a group activity, Mr. Munter suggests that you don't give up because it's a little bit like trial and error. He said you should be open to trying new activities. If you don't like it, try something else until you find something you enjoy.

"My job is to expose you all to different sports in school," said Mr. Munter. "Then if you like it, you can find different clubs around the area to join and continue with that sport."

—By *Healthy Hawk* reporters

## Book gets a thumbs up

(Continued from Page 1)

the reader with a better understanding of what the characters look like and what is happening through the story.

I reviewed this graphic novel about the importance of making connections. I enjoyed it because the illustrations were interesting and made it fun to read. I also liked the characters because they were all different. If students in third grade or above want a good book to read that focuses on social connections, this is a great book about how to be a great friend.

—Review by *Hannah Coleman*



Illustration by Mirabel Ryan-Packel

### Did you know?

When Mr. Munter was not playing sports in high school, he was also into graphic arts. He would do art editing with his brother during the summer.

Mr. Munter once had a student who didn't like sports at first. Then Mr. Munter introduced lacrosse to him and the student fell in love with it. Now he is playing lacrosse to this very day, according to the student's parents.

#### *Henry Healthy Hawk*

The *Henry Healthy Hawk* is a publication of Charles W. Henry School in the School District of Philadelphia. Fourth-grade staff members from Room 4C include Virginia Beck, Regina Frank, Zoe Green, Ari Hamra, Django Heacock, Bohdi Knipper, Frederick MacGregor, C. Marcel Paetsch, Liam Robinson, Colum Ryan, Mirabel Ryan-Packel, Kori Scott, Zimiyrah Stewart-Pitts, Zachary Van Note, and Troi Young-Barnes.

The *Henry Healthy Hawk's* faculty advisor is Mrs. Pownall and Henry's principal is Ms. Len.

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