

LA SALLE ACADEMY

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Gardening helps grow connections

Most kids know about gardening because their parents, family members, or someone in their community has exposed or taught them about gardening. Gardening can be a good way to make friends and make lasting connections, experts say.

“Gardening helps kids engage their curiosity, learn to be resourceful and gain self-confidence,” wrote Marisa Moore, a registered dietician, on the Academy of Nutrition and Dietetics’ website, eatright.org.

Researchers also have found that people who garden experience less depression and anxiety, and enjoy more “life satisfaction, quality of life, and sense of community,” according to an article on the National Library of Medicine website.

La Salle’s fourth-grade *Healthy News* reporters recently researched gardening and shared what would be in their garden if they had the opportunity to share and connect with others in their very own gardens. Read about their picks for their favorite fruits and vegetables on Page 2.



Illustration by Nayalis Torres

Teacher urges students to laugh

You may have heard the quote “laughter is the best medicine.” Researchers at the Mayo Clinic say laughter can help your physical and mental health.

At the University of North Carolina, researchers have also found that laughter can bring people together and build positive connections. Sharing a sense of humor can help you get to know someone new or can be a way to work through a tough time with a friend.

La Salle Academy’s fourth-grade *Healthy News* reporters recently interviewed their teacher Mr. Plumer about laughter and spreading happiness to others. This interview has been lightly edited.

Q: How does laughter make you feel?

Mr. Plumer: When I am laughing, I can feel it in my chest. Laughter makes me feel better. I almost feel

weightless when I am laughing. Mentally, laughter makes me feel better if I am stressed out.

Q: What types of things make you laugh?

Mr. Plumer: I like pun jokes, especially if they are well-crafted. Comedies on television usually make me laugh. I also like a good inside joke. There are some friends that I have known since middle school and we still share and enjoy inside jokes.

Q: What brings joy to your day?

Mr. Plumer: Wow! There are so many things. Just coming in and getting the teaching day started brings me joy. Seeing the smiles on my students’ faces and relaxing after a long day of work brings me joy.

(Please see Use humor on Page 2)

Reporters write about dream gardens

If I had my own garden, I would grow vegetables. Those vegetables would be broccoli and carrots. I would also grow grapes because that is my favorite fruit. There would also be pretty flowers in my garden.
—Alma Perez-Ramirez

If I had my own garden, I would grow the following things: blueberries, grapes, raspberries, strawberries, and carrots. These are my favorite fruits and carrots are my favorite vegetable. —Josselin Ramirez

If I had my own garden, I would grow fruits and flowers. I would grow dragon fruit because it is my favorite. I would also grow daffodils, sunflowers, and buttercup flowers. My garden would be bright and pretty.
—Jordyn Rodriguez-Smith

If I had my own garden, I would grow lots of vegetables and fruits. I would donate the fruits and vegetables to shelters so that people who do not have enough food can eat.
—Dylilah Medina

If I had my own garden, I would grow grapes and blueberries. Those are my favorite two fruits. I would also grow roses, daisies, lilies, and sunflowers. I would have a very pretty garden, and it would be a fun place to visit.
—Nayalis Torres



Illustration by Dylilah Medina

If I had my own garden, I would grow grapes because I could put them in a fruit salad. I would grow raspberries and make juice out of them. Lastly, I would also grow strawberries and try to make a strawberry smoothie.
—Kaylen Callazo

Use humor and jokes in positive ways

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Playing video games, chatting with my friends, and reading brings me joy.

Q: How is humor used in a positive way?

Mr. Plumer: When you meet new people, jokes and humor are good ways to break the ice. Sharing laughter and jokes is a good way to make friends.

Q: How is humor used in a negative way?

Mr. Plumer: Sometimes, what you or others may think is funny may not be funny to someone else. Sometimes people tell jokes that others don't find funny or may find offensive. It makes me view some people differently when people tell jokes that hurt or offend others.

Q: How can kids respond if people laugh at them, not with them?

Mr. Plumer: It can be very uncomfortable and diffi-

cult when that happens. That may be the time to get an adult involved. This can be your parents, teacher, or guidance counselor. And it is probably best to not get involved when kids are purposely making fun or laughing at someone else.

Q: How can humor connect kids?

Mr. Plumer: Humor helps build friendships. When telling jokes, keep the jokes fun and silly. And when telling jokes and using humor, make sure to include everyone and not single other kids out.

La Salle Healthy News

The *Healthy News* is a publication of La Salle Academy, an independent school in Philadelphia. Fourth-grade staff members include Kaylen Callazo, Josue Cruz, Dylilah Medina, Ayden Ortiz, Alma Perez-Ramirez, Josselin Ramirez, Jordyn Rodriguez-Smith, and Nayalis Torres. The *Healthy News's* faculty advisor is Mr. Plumer and the school principal is Ms. McClelland.

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