

JAMES LOWELL

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Sharing food can connect people

Medical experts and a cafeteria chef all agree: Sharing a meal is a way to connect with people, have conversations, and explore different cultures.

When you eat meals with your friends and family, it's not just about hanging out together, it's a way to share food and connect, according to the website Duke Health & Well Being.

Food can also connect people to different cultures. "Respecting and embracing different food traditions fosters inclusivity and deepens understanding," said psychologist Paul Rozin in an article for the American Psychological Association.

Mrs. Raven West, a chef and a Clearview Regional High School cafeteria worker, has seen first-hand how food connects people.

"Trying new recipes from friends and other families, having conversations, hanging out with your family friends, trying different foods from different cultures, and to fuel our body to stay healthy," are the benefits of connecting through food, said Mrs. West.

In an interview with fourth-grade *Healthy Lion* reporters in Ms. Albright's homeroom, Mrs. West said

(See *Trying on Page 2*)



Illustration by Sophia Chau

4th graders reveal their top activities

Lowell fourth-grade students recently completed a survey about group activities they do every week. The students identified the activity as a sport or non-sport, and if they recommend the activity.

Of the 56 students surveyed, the results are about fifty-fifty, which means half the students participate in sports and the other half do non-sport activities.

The sports students are doing include track, basketball, football, soccer, and Girls on the Run. The non-sport activities are Young Achievers, band or instrument, choir, and robotics. There are four students who do both sports and non-sport activities.

In the survey, all the students recommended the activities they wrote about. Some of the reasons are that their activity is a hobby that they enjoy and it benefits their health physically and mentally.

Healthy Lion reporters gave these tips to kids thinking of joining an activity:

- * Research the activity before joining.
- * Give the activity a chance by trying it out a few times before you decide whether you like it.
- * Keep trying different activities until you find one that fits your interests.

—By *Healthy Lion* staff

Trying new food has many benefits

(Continued from Page 1)

she didn't originally want to become a chef—she was in school to be a nurse.

She said she decided to become a chef when she was walking by the culinary school and would smell the food.

In her cafeteria job, Mrs. West preps the meals, cooks the food, and keeps the production sheets, which involves counting how many meals are given out in the day.

Food can benefit people's health by "eating healthy food to give us energy to help fuel our bodies when doing activities like different sports," said Mrs. West.

Mrs. West has seen people connect by sharing food that she's made and trying different foods from other cultures. It's also a good time to sit down and have conversations with friends and family, she says.

Mrs. West said she has also seen ways kids use food to connect with others by sharing food, having conversations, and trying different foods.



Illustration by Lynasia Im

When Mrs. West cooks and sees people trying her food, it makes her very happy to see if what she made was good. She says that's her favorite way to connect with others through her food. Her hope is that people will be open to trying new foods from different cultures.

—By *Healthy Lion* reporter

Reporters think more deeply about food

Healthy Lion reporters in Ms. Albright's room reflected about what they learned from their interview with Mrs. West, a Clearview Regional High School cafeteria worker. She discussed how food plays a part in making connections. Below are some of their thoughts.

Food can connect people like family and friends. It allows you to talk to each other without being on your phones. It also lets you share about your day over food.

—Aiden Torres

Sitting with friends and family over food is a great way to connect and share about your day. It allows you to sit down, talk, and spend time with your family. Another way to connect with others is going to a relative's house for holidays, like Thanksgiving.

—Khaseem Colbert-Daniely

I feel that when you're eating with your family and friends, you can have a conversation with each other while enjoying the food you ate. Eating with

your family while connecting can help reduce stress. I enjoy trying new foods from different countries.

—Mikayla Diaz

I learned that food can benefit your body. You can get the vitamins and protein that you need to keep your body healthy and strong. Trying different foods from different cultures is also a fun way to try new things. I liked meeting an actual chef and learning about how food connects people.

—Aiden Green

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 include Darwin Aragon Perez, Sophia Chau, Marley Choy, Khaseem Colbert-Daniely, Khalil Coleman, Mikayla Diaz, Rolando Diaz Perez, Amir Dwyer, Vincent Grasso, Zae'donnia Grant, Aiden Green, Lynasia Im, Maddex Kang, Kenya Lewis, Jonathan Marcellin, Sarhiya McArthur, Andrea Paz Aldana, Bonie Phan, Riyah Prince, Yadeen Small, Amiyah Stradford, Khloe Stelander, Aiden Torres, Selena Vega, and De'Nyla Young. The *Healthy Lion's* faculty advisor is Mrs. Martin and the school principal is Dr. Jessup.

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Group activities are a way to bond

Two Lowell staff members say you should get involved in group activities that are good for your mental health and build strong relationships.

Participating in a group activity is beneficial for your physical health, according to a Mayo Clinic web article. It can help you deal with stress, motivate you, and have fun.

Healthy Lion reporters learned about the benefits of group activities in interviews with Mr. Cobbs, Lowell's PE teacher, and Ms. Ortiz (Ms. O), a one-on-one teacher who also manages the Girls on the Run after-school program. Below are their lightly edited responses to *Healthy Lion* questions.

Q: What group activities are good for physical health?

Mr. Cobbs: Throughout the year, students work through different locomotive movements that help with coordination and help with physical activity.

Ms. O: Some activities that are fun for kids like running or drawing.

Q: What group activities are good for mental health?

Mr. Cobbs: Physical group activities are good for a student's mental health. Groups like basketball and football. Activities that help you process through emotions and avoid isolation.

Ms. O: Some activities would be meditation, yoga, deep breathing, or hiking.

Q: What are your favorite group activities for kids?

Mr. Cobbs: I enjoy watching students do bean bag activities and relay races because I get to see students work together. I also enjoy watching them achieve their goal by working together.

Ms. O: I think physical activities are great for kids because they get you to move.

Q: What advice do you give to kids who are nervous about doing a group activity?

Mr. Cobbs: Advice I would give is to understand that everyone is learning together and to not be fearful to learn and try new things.

Ms. O: Teamwork makes the dream work.

Q: Is there anything you would like to add?

Mr. Cobbs: I enjoy teaching physical activities especially to the kindergarten to fourth-grade kids and helping them learn about new activities that they may not have experienced before.

Ms. O: Yes, I enjoy all the activities that I participate in. I also love to make up new group activities for kids to join. Thank you for choosing me to be interviewed.

Book review: *Dealing with a worry*

100th Day Worries

Written by Margery Cuyler

Illustrated by Arthur Howard

This book is about Jessica, who is worried about how to bring 100 things into school to celebrate the 100th day of school. She can't find 100 of one thing. On the 100th day, she goes to her family and they helps her find other objects to bring into school.

The author uses numbers counting by 10s to help Jessica get the number of objects she needed. The author has Jessica worry a lot that she can't find 100 things to bring to school. In the end, Jessica solves

the problem and doesn't have to worry anymore.

The illustrations in the story are colorful and go along with the story. You can see what is happening in the story based off the illustrations.

Most of the students in Ms. Reid's third-grade class enjoyed the book. "The story was good because she had a problem and then it was fixed," said one *Healthy Lion* Cub reporter. Another reporter liked when Jessica started counting everything and realized she was getting close to having 100 things for the project.

Cub reporters recommend this book for students in grades Pre-K to third grade. This book is interesting for younger kids.



Cub Corner



Illustration by first-grade Cub reporter in Mrs. Karwoski's class

Try yoga! It can reduce stress

Everyone feels stress. It can be feelings of frustration, sadness, and anger, says KidsHealth.org, a health website. It's OK to feel some stress, but too much stress can be bad for our hearts.

Mrs. Karwoski's first-grade Cub reporters learned some strategies to reduce stress. One way is to take slow, deep breaths for one minute, according to an article in *Greater Good Magazine*.

Listening to music can also lower stress, says an article on the *Psychology Today* website.

Two other ways to reduce stress that the reporters discussed were arts and

crafts and movement. Cub reporters tried doing yoga at their seats. They practiced breathing and stretching.

The students voted on which strategy they would try first. Here are the results of 19 students: breathing (3), movement (2), music (6) and arts and crafts (8).

One Cub reporter said she enjoys painting to reduce stress because "it is fun and it calms me down."

Another reporter said he liked listening to rap music because "it makes me feel good and it helps me move when I am listening to the music."

Tips to help you get a good night's sleep

Everyone needs to sleep at night. Kids need about 9 to 12 hours of sleep a night, according to the American Academy of Pediatrics.

Mrs. Karowski's first-grade Cub reporters created a list of routines they do every night to help them fall asleep. Do you do any of these things? Is there anything you would add?

1. Take a shower or bath before bed.
2. Brush your teeth.
3. Put on your pajamas.
4. Wash your face.
5. Listen to calming music.
6. Try deep breathing and stretching.
7. Read a story before bed.
8. Grab something comfortable like a blanket or pillow.