

The Hawk Eye



Harrison Elementary School's Newsletter

Editors in Chief: Mrs. Szelingowski and Mrs. George

Dr. Seuss/Read Across America Day

By: Avery Gourvitz and Sophia Wu

Every year on March 2nd Harrison School celebrates the National Education Association's Read Across America Day. This is a yearly reading program where children across the country celebrate reading awareness. What is really cool is that the event is always held on Dr. Seuss's birthday. Read Across America Day brings people together to celebrate reading awareness and tells people how reading is important to the community.

We followed the same format as Mix It Up Day, but this time our focus was on Dr. Seuss and Read Across America Day. In the mixed-up classrooms, you were encouraged to meet new people, just like Mix It Up Day. First, we heard the story Yertle The Turtle and talked about what the story is trying to tell us. Then, in small groups of multi-aged children, we read poems about traits that make you a "superhero". Some of our older students helped the younger students read the poems. Our final activity was to color a bookmark that had a pile of turtles drawn on it to connect to the book we read. It was a great way to express creativity!

While in the classrooms we asked students about Dr. Seuss. Jesse Kronberg, from Mrs. Raiola's class talked about the day. When asked if he likes the book Yertle The Turtle, he replied, "Yes." Then we asked him what lesson he learned from the book and how he could apply that to his life. He responded, "Always be fair to others. When you're on the playground, always be fair." We also asked Miss Reilly whether she likes teaching everyone about Dr. Seuss and Yertle the Turtle. "Yes." she responded, "I love how they do it here at Harrison. I love how you get to teach K-5. It is a great change to be able to meet kids from all grade levels."

From looking at all the smiles and hearing all the laughter throughout the classrooms, you can tell that many people had fun and enjoyed Read Across America Day.



Harrison Winter Assemblies

By: Nicholas Zaster, Joseph Giresi, and William Wang

Chinese Acrobats

Imagine this - A girl balancing a water glass on a 3 foot pole while twirling ribbons and standing on a shaking ladder. Two boys juggling on unicycles and spinning bowls on sticks. A guy doing a spectacular Chinese yo-yo performance. These stunts created sounds and murmurs of amazement, wonder, and disbelief from all corners of the gym when the Chinese Acrobats came to Harrison School.

After the show, we interviewed Michael Cobos, a 5th grader from Mrs. George's class. We asked what his favorite stunt was and he told us, "I feel like I liked the stunt when she went on the ladder and balanced bottles on her mouth and doing ribbons. I liked it because it's not really what you see every day, and I think she is a very skillful person. It must have taken lots of years of practice to achieve this." We also interviewed Ciara McGuirk, a 3rd grader from Mrs. Horwitz's class, and she said, "I liked when they jumped through the hula-hoop. I liked it because they could jump and make their body a specific shape to fit through the hoop."

No matter which stunt you liked best, we can all agree on one thing, that the Chinese Acrobats were amazing performers.



Valentine's Day Yoga

This year, Valentine's Day yoga was done through an online yoga class called Cosmic Kids Yoga. Even though there was no instructor in front of us, it still seemed as though we were in a real yoga class. Two grades at a time went to the new gym where they practiced yoga movements that went along with the story from either Frozen or Harry Potter. As a movie's storyline was told, the instructor led us through motions based on the story, and everyone attentively followed.

After we did the yoga, we interviewed a few students to ask about their experience. Emily Ritz from Mrs. Mullen's 4th grade class said, "It was good. I liked it. I thought it was good because it calms your body and it was fun." Anya Shah from Mrs. Faber's 2nd grade class said, "I liked that it was nice, clean, and calm. I also liked that you could hear it clearer compared to last year."

Cosmic Kids Yoga did a great job of teaching us yoga this year for Valentine's Day. We all had lots of fun doing yoga in this new way. It is always a special time when we can just relax and have fun.

Nutrition Month

This issue's super message comes from Aaron Li, a fifth grade student who has shown interest in healthy eating habits. Aaron conducted research to educate students at Harrison Elementary about how much sugar is in their diet.

Sugar Less By: Aaron Li

America consumes the third most amount of sugar per capita in the whole world, behind Mexico and Chile. The average American adult consumes around 130-150 pounds of sugar per year! That's roughly 180 grams of sugar per day, and it contains about 700 calories. Picture 30 five-pound-bags of sugar lined up next to each other and imagine yourself eating all of it. One-hundred-and-fifty pounds of sugar every year is not even close to how much we actually need: Adults should consume about 30 grams of sugar per day while children should consume less than 25 grams.

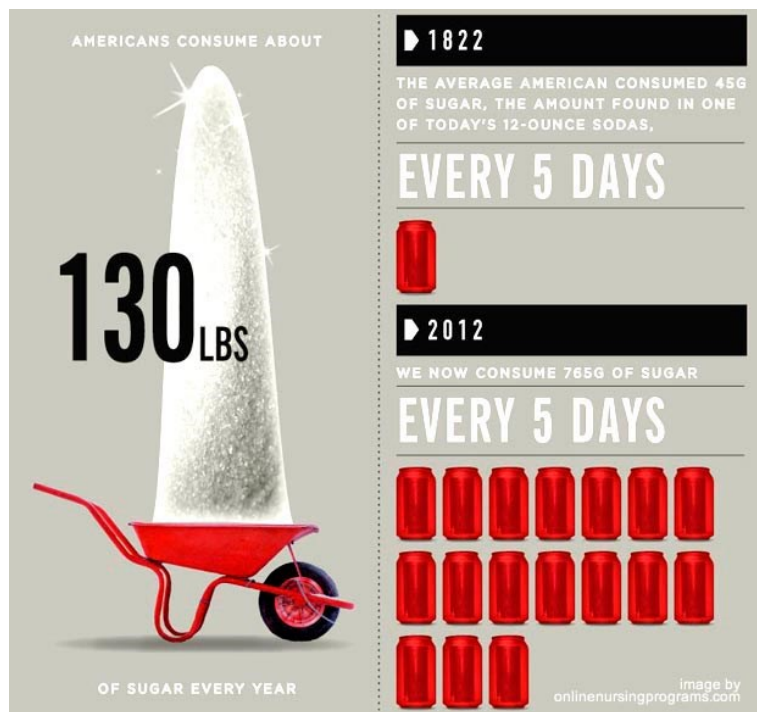
Besides the amount of sugar consumption, we should also know that there are two types of sugar: naturally occurring and added sugars. Fruits and milk contain natural sugars but most processed foods contain added sugars from sugarcane or sugarbeets. There's a big difference between the two. Fruits and milk contain lots of nutrients and vitamins. On the contrary, added sugars contain no nutritional value and even worse, can cause health problems.

We all know that fruits contain a lot of nutrients and vitamins. However, even though fruits are nutritious, they still do contain fructose, which is a natural sugar that makes them sweet. That doesn't mean you shouldn't eat fruits. Instead, you should try to eat the tart berries, grapefruit, kiwi, and the Granny Smith apple, for they contain less sugar, but the same nutrients as other fruits. The sweeter ones such as watermelon and banana aren't bad. They just contain more sugar, meaning that they should only be had once in awhile.

If you consume too much sugar on a daily basis, there are many health problems and even diseases that could follow. Consuming too much sugar will cause obesity and other illnesses and diseases. One of the most common is diabetes, which could later lead to heart disease and liver disease.

Sugar consumption is a growing trend, and some say it is more addicting than drugs. Most kids love to eat candy; It's addicting. As soon as you're finished with one, your natural reaction would be to pop another one into your mouth. You would probably agree that candy is delicious. It's sweet and flavorful.

There are a lot of foods and beverages that have an unimaginable amount of sugars and



hidden sugars. For example, did you know that a can of Coke has 45 grams of sugar in it? You can't even finish one can of Coke without going over your daily limit. Then, there are hidden sugars. You can't tell that there's about 10-20 grams of sugar in each serving of pizza. There's also a lot of sugar in ketchup, barbecue sauce, cereals, white bread, the list goes on.

This teaches one important lesson - always read the nutrition facts label before purchasing and consuming foods!

