

# WILLIAM CRAMP

## FIT FLYER

VOLUME 11, NUMBER 1

FALL 2024



Illustration by *Fit Flyer* reporter

See how many hours a night students should sleep on Page 2.

## Dreams are just one important part of sleep

When you sleep, your body is busy. It's a time to recover from everything you did that day to store energy for the next day, according to experts at the KidsHealth.org website.

Sleep is so important that Ms. Cabeza, William Cramp school-based teacher leader, says it's on the top of her list of things to do to stay healthy.

Ms. Cabeza and other staff members shared what they do to get enough sleep for themselves and their families in recent interviews with *Fit Flyer* reporters.

If kids don't get enough sleep, they may not grow properly, according to KidsHealth. Getting enough sleep is also important for learning, good behavior, memory, and general health and fitness, says the National Sleep Foundation.

(Please see *Get enough sleep* Page 2)

## Immigration story is eye-opening

### Esperanza Rising

By Pam Muñoz Ryan

"Esperanza Rising" is about a 13-year-old girl who came from a rich farming family in Mexico. Her dad passed away and their farm burned down. Her bad uncles were trying to steal their land, so her family moved to California to become migrant farm workers.



The story takes place in the 1920s, during a time when some workers wanted to go on strike for healthier work conditions. Esperanza's mama got sick as a result of a dust storm, and her sickness was worse because she

was depressed. The book deals with themes of physical illness and mental illness.

Three-fourths of the class enjoyed the book.

"The book was interesting. I've never read a book about immigration. I actually enjoyed the book because it was new information for me," said Anaia.

"The book was entertaining because it dealt with real-life events," said Arquimides.

"I liked the way the book ended because it was sad but also happy," said Aubrey.

(Please see *Book* Page 2)

# Get enough sleep for a good next day

(Continued from Page 1)

Kids ages 6 to 12 should get between 9 and 12 hours of sleep a night, according to the American Academy of Pediatrics.

Ms. Cabeza said she knows she gets enough sleep because she has to make sure her family gets enough sleep.

“When I get in bed, I know my family is in bed, too,” she said.

Her bedtime routine includes 10 to 15 minutes of device time, showering, reading a book with her daughter, talking about their days together, and then going to sleep.

Ms. D’Angelo, an ESOL teacher, said she gets 7 to 8 hours of sleep. Her routine includes taking a shower, saying her prayers, and saying goodnight to her family. If she wakes up in the middle of the night, Ms. D’Angelo said she grabs a book and reads until she falls back to sleep.

“Sometimes I get enough sleep, sometimes I don’t,” said Ms. Gates, school-based teacher leader. She said that to help herself fall asleep, she tries to relax by taking deep breaths.

Ms. Tomlinson, clinical coordinator for the STEP behavioral program, said she believes sleep is im-



Illustration by *Fit Flyer* reporter

portant for mental health. But she said she doesn’t get enough sleep because she has a baby. She said she used to sleep with the television on, but now she keeps her room quiet and dark.

## William Cramp tips to fall asleep

- Ms. Cabeza: Don’t play on your phone before you go to bed.
- Ms. D’Angelo: Don’t eat or drink right before bedtime. Make a bedtime routine that’s right for you. Read a book.
- Ms. Gates: Avoid caffeinated drinks at night. Take deep breaths.
- Ms. Tomlinson: Put your cell phone away. Take deep breaths to fall asleep faster.

—By *Fit Flyer* 310 reporters

# Book gets a thumbs up

(Continued from Page 1)

*Fit Flyer* reporters recommend this book for people who like emotional stories and historical fiction in grades 4 and above. We also recommend it for people who immigrated to the United States because they can relate to the main character.

—By *Fit Flyer* 306 reporters

### *William Cramp Fit Flyer*

The *Fit Flyer* is a publication of William Cramp Elementary School in the School District of Philadelphia. Fifth-grade staff members include Juan Andres Aristizabal, King Baban, Lianna Bruno-Rodriguez, Nashashalee Camacho, Giovanni Cintron, Ana Cris Paredes, Maria Cris Paredes, Arquimides Denis, Madisyn Garcia, Niy’ara Marbury, Monserrat Martinez Hernandez, Gabrielle Maysonet, Elijah Mendez, Raymond Ramos, Kaylanie Reyes-Garcia, Jeremiah Rodriguez, Masen Santana, Messi’Ah Smith, Aubrey Stevens, Anaia Torres, and Savannahlyn Vargas. The *Fit Flyer*’s faculty advisor is Ms. Morales and the school principal is Dr. Rodriguez.

A Healthy NewsWorks® project [www.HealthyNewsWorks.org](http://www.HealthyNewsWorks.org)  
This document is protected by applicable law. All rights reserved.

# Join *Fit Flyer* contest!

We hope you enjoy reading the *Fit Flyer*. Please share your copy with your family. To create some excitement, Healthy NewsWorks will offer William Cramp families a chance to win a \$25 gift card.

Ask your parent or guardian to fill out a short survey. They will find it by clicking on the QR code on this page. Or, use this link: [tinyurl.com/NewsFeedbackHNW](https://tinyurl.com/NewsFeedbackHNW)

Two winners at your school will be chosen at random from families that complete the survey. They each will receive a \$25 gift card.

The deadline for the contest is January 15. Good luck! —Healthy NewsWorks staff

