



February 2-Groundhog Day

Teacher Bulletin Member Rebecca Fraker was born in Pennsylvania and has made a pilgrimage to Punxsutawney, home of Punxsutawney Phil the Groundhog. She also has a cousin born on February 2. Her family takes this groundhog very, very seriously. Each year in her classroom she has her students forecast the weather and then check Phil's forecast, which they follow the rest of the year. She recommends highly that if you are slightly "under the weather" any time of the year, you check out and sing the Groundhog Songs.

[Official Site of the Punxsutawney Groundhog Club](http://www.groundhog.org/)

<http://www.groundhog.org/>



This is the official Punxsutawney Groundhog Club Web site. The site provides everything you need to know to prepare for a visit to Groundhog Central on February 2 or to simply become a true aficionado of Groundhog Day as it is celebrated in Pennsylvania each year. The site is updated each year and contains a concise history of the Punxsutawney tradition, dating back to ancient Europe. Of special interest is Phil the groundhog's past record of predictions. There's lots of material here to practice critical thinking and reading skills as well as math and probability.

[Groundhog Site](http://www.groundhogs.com/index.htm)

<http://www.groundhogs.com/index.htm>

Though there is no way to verify just how official this site is in comparison to others, it is definitely fun for elementary students. Developed by Dr. Julia Spencer, the site teaches that "each member of the family is special and has something to contribute, regardless of size, strength, or age." Each member of Phil the groundhog's family has a story to tell, and games and activities will engage even the youngest students. Phil's predictions and a number of opportunities to enter contests round out this child-centered site. This also has links to books and puppets about Punxsutawney Phil that can be purchased.

[PunxsutawneyPhil.com](http://www.punxsutawneyphil.com)

[http://www.punxsutawneyphil.com/](http://www.punxsutawneyphil.com)

In addition to the usual links to businesses and upcoming tourist attractions in Punxsutawney, PA, this page has a section with **Interactive Fun** that will be a hit with elementary-aged children. The **Groundhogese Translator** game allows children to type in a phrase and have it translated into the original groundhog-speak of Phil and his ancestors. The game even allows students to hear an audio rendering of groundhogese!



Who knows what
winter weather
remains...Only the
shadow knows!

Today is
Groundhog Day



[Groundhog Day Quiz](#)

<http://a4esl.org/q/h/mc-lb-ghd.html>

Here is a great way to kick off your Groundhog Day study or wrap it up: Have students take an interactive, ten-item, multiple-choice quiz on basic facts, lore, and trivia about this unique celebration. Students answer each question aloud or on a sheet of paper and then click the drop-down menu to check their answers. Also: See another [online groundhog quiz](#).

[Groundhog Day Songs](#)



<http://ourworldtop.cs.com/DonaldRHalley/ghdsongs.htm>

Don Halley has created this cache of original verses about Groundhog Day, set to traditional tunes students know and love. Kids will enjoy "Phillip the Weather Groundhog" (to the tune of "Rudolf the Red-Nosed Reindeer") and "Oh I Wish I Was a Punxsutawney Groundhog" (sung to the tune of the Oscar Mayer wiener song). Even a teacher with a tin ear can use these playful, engaging songs about our hero and his shadow-seeking saga to make the most of this February

celebration.

[WiarthonWillie](#)

<http://www.southbrucepeninsula.com/index.cfm?member=willie>

Willie makes his home in Wiarthon, Ontario, where the folks take his winter predictions every bit as seriously as the residents of Punxsutawney regard Phil's. Here, students can see Willie in full animation, compare his festival and predictions with those of some of his relatives, and take a survey on how they think Willie will predict this year's winter. The site is also available in **French**.



[Yellow River Game Ranch: General Beauregard Lee, Official Weather Prognosticator](#)

<http://www.yellowrivergameranch.com/ghday.htm>

Georgia's answer to Punxsutawney Phil is Beauregard Lee, who claims to be highly accurate in his weather predictions from his mansion at the Yellow River Game Ranch. Beau has been in the business for 21 years. The site includes a biography and a listing of events for the upcoming celebration. This site offers good material for comparing and contrasting groundhog traditions in other states.

[New Science: The First Day of Spring](#)

<http://liftoff.msfc.nasa.gov/news/2003/news-spring.asp>

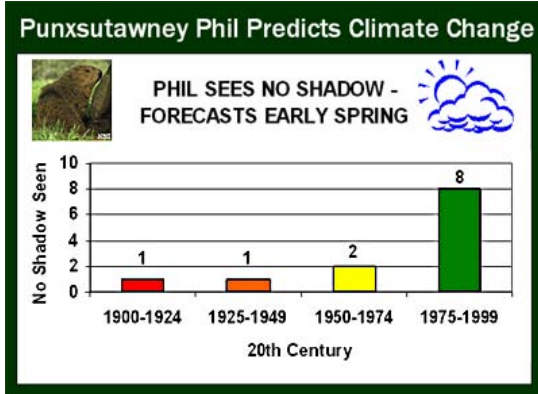
NASA offers this excellent elementary-level presentation of the vernal equinox and its significance as the first day of spring, as part of its NASA Kids Web site. The site provides lots of solid scientific information, a nice contrast to the concepts of groundhog weather predictions! Check out the animation of the vernal equinox.



[Brainpop: Seasons](http://www.brainpop.com/science/weatherandclimate/seasons/)

<http://www.brainpop.com/science/weatherandclimate/seasons/>

Brainpop offers scientific information in the form of interactive quizzes and animated videos. The presentation on seasons (click on **Science Movies**, then **Seasons**) offers a very scientific, upper-elementary explanation of how the seasons occur. It can serve as a nice introduction to your season studies in the classroom or as a review as students prepare to conclude their work. It also offers a scientific supplement to your study of the superstitious groundhog!



[QuickTime Movie of the Seasons](http://scienceworld.wolfram.com/astronomy/movies/Seasons.mov)

<http://scienceworld.wolfram.com/astronomy/movies/Seasons.mov>

The University of Virginia offers this [QuickTime](http://scienceworld.wolfram.com/astronomy/movies/Seasons.mov) movie of Earth rotating throughout the seasons. This unique look at the physics of our planet tilting on its axis to create each season is a nice addition to any class study on Groundhog Day or Earth's climates and seasons.

(adapted from :Walter McKenzie Education World©Copyright © 2006 Education World)



From the Groundhog's Day Songs Site

The Daily Lunch

Tune = The Brady Bunch theme

© 1990 by Don Halley

Here's the story of a little groundhog, who is known by all as Punxsutawney Phil. Every year about this time, he stirs and rises into the bitter chill.

Here's the reason why he'll agree to interrupt his winter hibernation: He's the foremost expert at the science of prognostication.

If this is one day that he does not see his shadow,
Then he'll know that it is much more than a hunch –

That the spring will soon be thrust upon us, and then he can start to have a daily lunch!





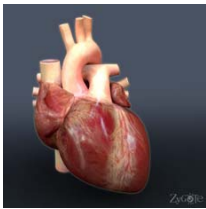
February 14--Valentine's Day

The Heart

Along with all the candy and lace hearts, why not study the real human heart this Valentine's Day?

Some facts about the heart:

- *The human heart beats about 100,000 times a day, 35 million times a year, and two and a half billion times in an average lifetime.
- *The average heart pumps more that a gallon of blood a minute.
- *A kid's heart is about the size of a fist. An adult's heart is the size of two fists.
- *In the United States, about 2,000 people a day die of heart disease.



Nova's Electric Heart: [Electric Heart \(http://www.pbs.org/wgbh/nova/eheart/ \)](http://www.pbs.org/wgbh/nova/eheart/)
This companion site to the 1999 Nova program "The Electric Heart" offers a number of features that teachers and students will love to learn from. Those include a **Map of the Human Heart**, **Amazing Heart Facts**, and an interactive lesson on **How to Transplant a Heart in 19 Easy Steps**.

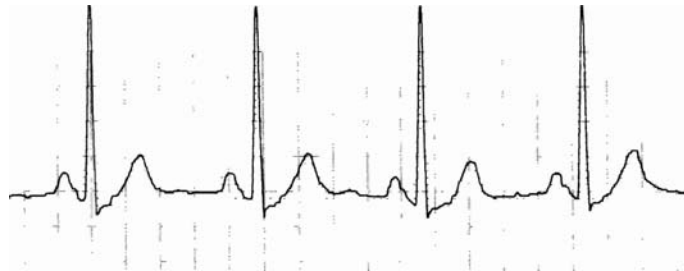
Franklin Institute: [The Heart: An Online Exploration \(http://www.fi.edu/learn/heart/index.html\)](http://www.fi.edu/learn/heart/index.html)

Anyone who has ever visited the The Franklin Institute will remember the Giant Heart. Well, the heart has been modernized and now can be found online. Educators will find the **Enrichment Activities** and **Resource Materials** extremely helpful.



Access Excellence for High School: [The Heart and the Circulatory System](http://www.accessexcellence.org/AE/AEC/CC/heart_background.html)

[\(http://www.accessexcellence.org/AE/AEC/CC/heart_background.html\)](http://www.accessexcellence.org/AE/AEC/CC/heart_background.html) Part of Access Excellence, "a national educational program that provides high school health and biology teachers access to ... critical sources of new scientific information via the World Wide Web," this site includes an explanation of heart anatomy and a discussion of the history of scientific study of the heart, as well as **Heart Activities**, **Heart Resources**, and a **Heart Glossary** for classroom use.



How Stuff Works: [How Your Heart Works \(http://health.howstuffworks.com/heart.htm\)](http://health.howstuffworks.com/heart.htm)

This site offers probably the most complete discussion of the workings of the human heart. This site explains not just heart anatomy -- with clearly labeled diagrams -- but also the heart's electrical system, blood flow and blood supply, and much more. Included are links to even more information, including information on heart disease and heart health.



Assemble a Heart: [Open Heart \(http://www.cosi.org/files/Flash/openHeart/heart.html\)](http://www.cosi.org/files/Flash/openHeart/heart.html)

This site, developed by the Columbus (Ohio) Medical Association provides hands-on, activity-based lessons about the human heart. Explore heart anatomy by assembling a heart, find out about heart disease by diagnosing and "treating" heart patients, and learn about heart health by making life style choices. This site is fun without being frivolous or distracting; kids will forget they're learning.

Human Anatomy On-line: [Animation of Heart \(http://www.innerbody.com/anim/heart.html\)](http://www.innerbody.com/anim/heart.html)

Howard Hughes Medical Institute: This site has a lot of medical clips including the [Electrocardiogram Primer \(http://www.hhmi.org/biointeractive/click/index.html\)](http://www.hhmi.org/biointeractive/click/index.html)

Virtual Stethoscope (<http://sprojects.mmip.mcgill.ca/MVS/MVSTETH.HTM>)



Minneapolis Heart Institute: hosts this wonderful site. It takes a student through basic facts about the heart as well as how to keep it healthy. Students get to choose healthy foods for a shopping cart and a lunch, and the site will tell them *good* or *bad*. The food pyramid, anti-smoking information, and exercise are also featured. [Let's Learn About Your Heart. \(http://www.mplsheartfoundation.org/kids/\)](http://www.mplsheartfoundation.org/kids/)

Science Museum of Minnesota (<http://www.smm.org/explore/>)

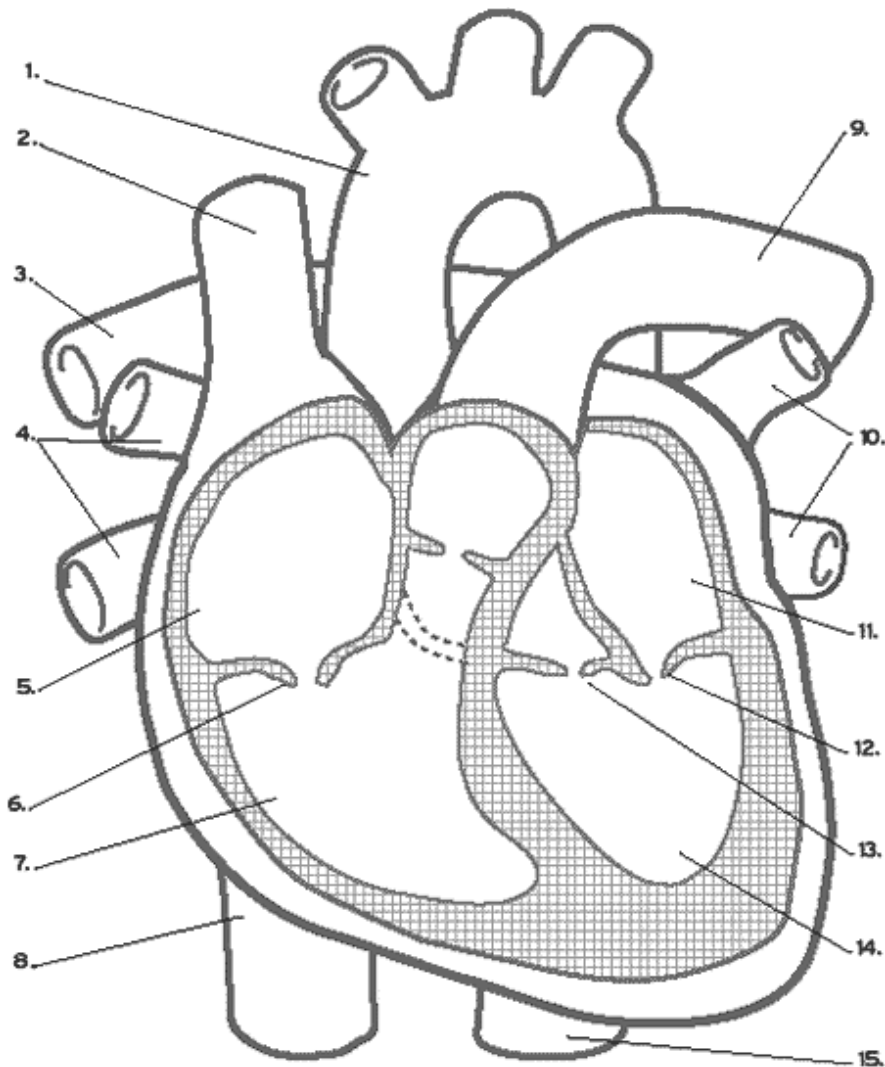
This is an incredible site. The Link will take you not only to heart explorations but to many other things as well. Includes video clips and games, and instructions for making a stethoscope.

(adapted from [Education World](#))



Name: _____ Date: _____

Label the parts of the heart. Use the website for help.

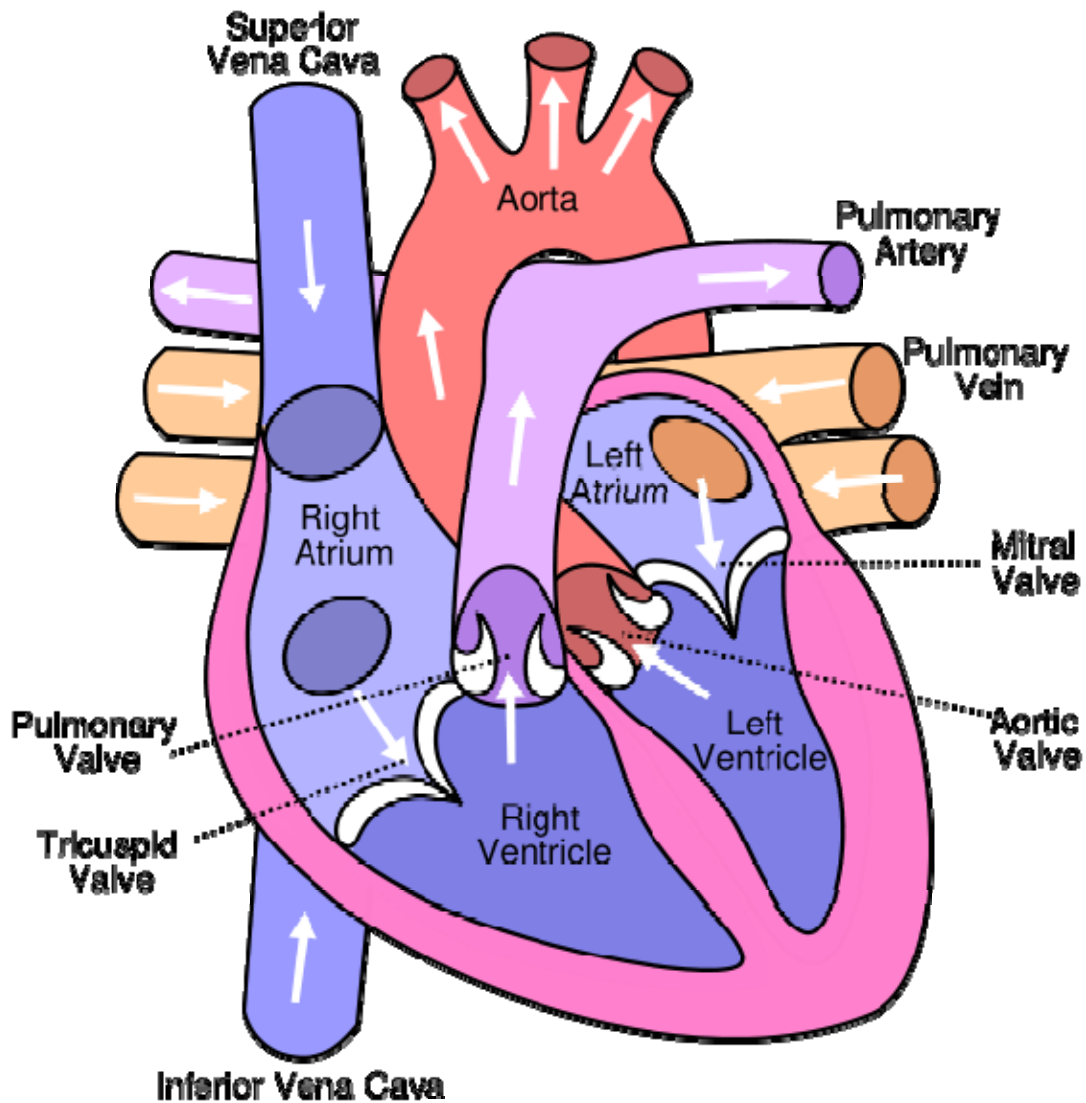


<http://www.smm.org/explore/>



Name: _____ Date: _____

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Nutrition for the Heart

The **Physicians Committee for Responsible Medicine** (5100 Wisconsin Ave. N.W., Suite 404, Washington, D.C. 20016) has developed a Vegetarian and a Vegan Food Pyramid. Below are their recommendations for a "New Four Food Groups".

VEGETABLES

3 or more servings a day

Vegetables are packed with nutrients; they provide vitamin C, beta-carotene, riboflavin, iron, calcium, fiber, and other nutrients. Dark green, leafy vegetables such as broccoli, collards, kale, mustard and turnip greens, chicory, or bok choy are especially good sources of these nutrients. Dark yellow and orange vegetables such as carrots, winter squash, sweet potatoes, and pumpkin provide extra beta-carotene. Include generous portions of a variety of vegetables in your diet. Serving size: 1 cup raw vegetables, 1/2 cup cooked vegetables.

WHOLE GRAINS

5 or more servings a day

This group includes bread, rice, pasta, hot or cold cereal, corn, millet, barley, bulgur, buckwheat groats, and tortillas. Build each of your meals around a hearty grain dish -- grains are rich in fiber and other complex carbohydrates, as well as protein, B vitamins, and zinc. Serving size: 1/2 cup hot cereal, 1 ounce dry cereal, 1 slice bread

FRUIT

3 or more servings a day

Fruits are rich in fiber, vitamin C, and betacarotene. Be sure to include at least one serving each day of fruits that are high in vitamin C -- citrus fruits, melons, and strawberries are all good choices. Choose whole fruit over fruit juices, which do not contain very much fiber. Serving size: 1 medium piece of fruit, 1/2 cup cooked fruit, 4 ounces juice.

LEGUMES

2 or more servings a day

Legumes -- which is another name for beans, peas, and lentils -- are all good sources of fiber, protein, iron, calcium, zinc, and B vitamins. This group also includes chickpeas, baked and refried beans, soy milk, tempeh, and texturized vegetable protein. Serving size: 1/2 cup cooked beans, 4 ounces tofu or tempeh, 8 ounces soy milk.





Food Pyramids: Old and New



Vegetarian food pyramid: <http://www.vegsource.com/nutrition/pyramid.htm>

Vegan food pyramid: http://www.vegsource.com/nutrition/pyramid_vegan.htm

Four new food groups: http://www.vegsource.com/food_groups.htm

How the American public eats: http://www.vegsource.com/articles/milk_pyramid.htm

Vegetarian food pyramid & other articles:
<http://www.famousveggie.com/vegfoodpyramid.cfm>