

SEPTEMBER 2016

ICGS ACTIVITY REPORT

By: ICGS & Parent' Clubs
Health & Wellness Committee



1st EDITION



ACTIVE BRAIN UPDATE:

ICGS Is Moving in New Directions!

We are excited to share some innovative thinking with our students and families. New scientific research links movement to learning more effectively, improving memory retention, reinforcing academic concepts and aiding in more focused, positive behavior. With this new research in mind, ICGS is committed to “begin to find ways to change the structure of the classroom environment to allow for more movement.” We hope this slow introduction helps facilitate an even more positive and fun classroom for our students.

Our teachers started off the school year with a workshop from Dr. Ann Goldade, a master trainer from Action Based Learning. Their training seminar included hands-on kinesthetic teaching ideas where teaching occurs through movement.

Some of our teachers have introduced movement ideas in their classrooms in the past. Now even more teachers are engaging in movement during the school day as a result of this new research! If you see the kids jumping up and down or shaking their booty they might be participating in a “brain boost” (short bursts of physical activity) to wake up the brain and prime it for learning. The elementary school has access to action based websites such as www.GoNoodle.com and www.Adventuretofitness.com. Teachers are also creating their own “movement activities” integrating subject content with stretching, jumping, standing or simply moving around the classroom. Dr. Goldade concluded her parent presentation saying it was essential for our parents, teachers and administration to stay united in “active brain” learning in order for success.

If you missed Dr. Goldade’s parent presentation please see file attached to see more. She had lots of great ideas on how to implement at home as well.

We are also exploring “active seating” options in classrooms. We’ve purchased some wobble stools and cushions. These items are being rotated throughout the grades to see how students and teachers like them. Standing ovations can result in even more “active seating” for students. We are in this together and learning what works together as well. We encourage feedback, both yours and your children’s!

Pedal While You Work?

Research shows that “movement while learning increases learning.” So, lets pedal! Four pedal desks are available to rotate throughout the classrooms for Middle School students. Thanks to the Parents’ club everyone can’t wait to go to ELA in Mrs. Pedote’s classroom this month!

Wobble Stools & Wobble Cushions!

Yes! We have a few “active seating” options for students & teachers to try. Studies show “active seating” can optimize attention and concentration, while releasing the good chemicals in our brain to awaken it. If your child is a fan,, let your teacher know! We will make more available.

Sign-Up for Cardio Club

Cardio Club was a great success last year for grades 2nd-5th. We are offering it again once a week during recess in Fall & Spring for \$5. If 6th, 7th & 8th graders want to get their heart rate up, let us know! We’ll make it available!

Interested in a 15 minute circuit or run in the morning? No better way to wake up your mind to get ready to learn. Please email Carrie Brassler if you are an early riser to sign up or volunteer to help supervise.

