

1. Project Description:

Our project Brain Break Boogie is modeled after the program Club Energie currently underway at Forest Hill Elementary. Our project is aimed at providing students with more opportunity for movement throughout their day. Our project involved established movement stations throughout the school where students would have the opportunity to take 10 minute breaks and engage in physical activities that would allow them to regain focus and channel their energy so that they would be able to be fully engaged in the learning taking place in the classroom. This project involved us visiting Forest Hill elementary school and learning about their program. We spoke with the principal, teachers and students about how the program works, what materials are used and how it has been implemented throughout the school. The information we received allowed us to tailor a program at our school that we presented to our staff and students. Our visit to Forest Hill was instrumental in allowing us to implement Brain Break Boogie at JPPS. The information and feedback from the staff at Forest Hill afforded us the opportunity to plan in advance for difficulties they had initially faced. We were able to refer to the materials they provided us to make sure we thoroughly explained our program to our staff and students as well as our parent community so that our goals and expectations of Brain Break Boogie were clear and understood by our entire school community. Our team was able to meet and discuss all elements needed to carry out Brain Break Boogie which included planning a presentation for our staff, planning a school-wide assembly that would launch Brain Break Boogie to the whole school and drafting a communique to be shared with our parent body. The teachers involved in our project were able to use their time to design and create the materials needed to roll out our program seamlessly and ensure that we had everything we needed prior to starting.

2. Project Goals:

The goal of our project was to implement 5 Brain Break Boogie stations throughout our school and provided the space and materials for students to take breaks that would allow them to regain focus and re-channel their energy to ensure active participation in the classroom. We are delighted that we have been able to exceed our goal of 5 stations and have implemented 6 stations throughout the school. Each station provides a different opportunity for students to move and we have established a system of passes, times, and instructions that students use respectfully and which teachers are already seeing the benefits.

3. Project Outcomes:

As our project is in its initial stage, we are happy to report that it has been embraced by our entire staff. This is extremely important as the project team worked very hard to design the program with the teachers in mind as well as our students. We have taken collective responsibility for the program to ensure that it runs smoothly in the hallways of our school. Our project members gained enormous experience throughout this process by learning how to plan, design, implement and reflect on a school-wide initiative. They have been successful leaders

within our teaching staff by endorsing the benefits of this project and encouraging their colleagues to embark on this project mid-way through the school year.

#### 4. Reinvestment

The resources created through this project and the learning achieved is of benefit to the educational community at large as providing opportunities for movement throughout the school day is something that students in all schools can benefit from. We can now share with the educational community a firsthand account of what positive effect these movement breaks provide students and will be collecting qualitative data within the coming year to really identify the benefits achieved.

This project would be beneficial in any school environment and what is wonderful about its design is that you can create movement stations to suit the size of your school and the activities can be modified to fit each school's exact needs. The improvements to be made would only be how to individualize the stations and activities and to choose how much time you would allot to each student for the breaks.