



commit to be fit

Parents' Newsletter

October 2019

The ABL Lab



The RCES Brain STAR Action Based Learning (ABL) Lab has been visited regularly by students in PreK-5th grades as a part of the exploratory rotation. Based in recent brain research, the movement stations help to fill developmental movement gaps and build neural connections in the brain that aid in cognition and learning. Plus, students have an opportunity to engage in fun and purposeful movement. Movement stations are changed each 2-3 weeks to provide a variety of activities to keep it both fun and challenging. Our most recent stations have included heel-to-toe walk on a beam (balance), spinning on scooters (vestibular development), scarf juggling (cross lateralization), cup stacking with non-dominant hand (fine motor skills), and more!

Classroom Movement Lessons

In addition to running the RCES Brain STAR ABL Lab, C2BF team members, Jen and Jackie, have been busy visiting RCES classrooms to lead movement based lessons. During a recent activity in Ms. Way's 2nd grade class, they led a relay and matching exercise with synonyms. In Ms. Burfield's first grade classroom, the students participated in a fun, freeze dance activity that incorporated sight words. In Ms. Henslik's class, the third grade students reviewed place values in math by exercising the answer. Students in each of the classes enjoyed learning through movement.



Local Foods in the Cafeterias

Commit to Be Fit is dedicated to increasing availability of nutritious, local foods within our cafeterias for students and staff. We've enjoyed watermelon, apples, broccoli, bell peppers, tomatoes, honeydew, cucumbers, kale, and other fresh local products so far this school year. Thank you to Local Food Hub/4P Foods for serving as a crucial distribution partner and helping us purchase more produce from regional growers. Also, THANK YOU to our hard-working cafeteria staff for preparing it every day. Stay tuned for more during Va Farm to School week coming up in October!



Nutrition & Personal Fitness Class

Our Nutrition and Personal Fitness class and Mrs. Moore's Horticulture class took a field trip to the WARF last week! Students started the morning off by taking a splash into the pool for the Aqua Tone and Tread class. Afterwards, we shopped at the farmer's market where watermelon, apples, peppers, green beans, kombucha, and more was purchased from local vendors with POP Bucks.

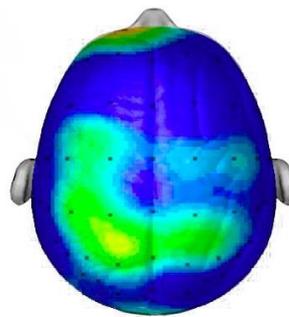
According to Mandi Butler, who teaches this class along with Jackie Tederick, "We are so grateful that our students can have the opportunity to try a new fitness class and to shop locally for nutritious food. Being able to experience what we talk about in the classroom is the best type of learning tool!"

Morning Walking Group

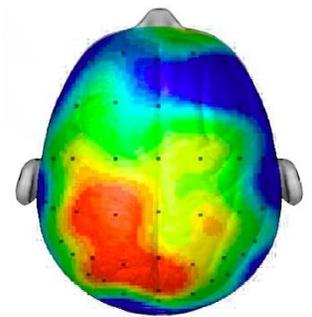
Did you know that C2BF offers a family-friendly walking group?

Walking is a great way to start off the day for both you and your children. Join us twice a week for a brisk 30 minute walk around the school. This group meets in the lobby of the Elementary School at 7:30am on Mondays and Wednesdays. Both you and your students will feel more energized, alert, and ready to have a productive day.

Check out the image to the right (by Dr. Chuck Hillman at the University of Illinois) to see the difference between a brain activity pre and post physical activity. In this image, he created a composition of twenty students' brain scan to show the effects of a 20-minute walk. The brain image on the right is much more alert and ready to learn!



After sitting quietly



After 20 minute walk

Research/Scan compliments of Dr. Chuck Hillman University of Illinois



Commit to Be Fit is a school sponsored, grant funded program. Through the generosity of the PATH Foundation, C2BF was created to help promote healthier lifestyles for students, staff, and county residents and employees. All group exercise classes and workshops are offered free of charge for the community.