commit to be fit

TEACHER'S CORNER

November 2019

October Wellness Warriors

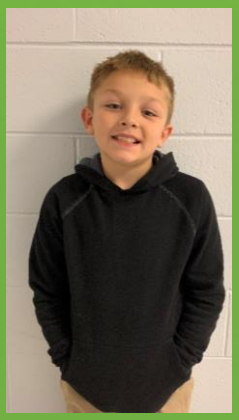
Cecilia Kelly-Kubricki (PreK)

Hannah Lind (Kindergarten)

Harper Hanback (1st grade)

Bryce Wharton (2nd grade)

Dorothy Reder (3rd grade)



Aaron Mozingo (4th grade)

C2BF is excited to introduce our monthly Wellness Warriors initiative. Join us in congratulating our first ever Wellness Warriors for the month of October! Each month one student per grade level (PreK- 4th) will be recognized for their outstanding effort in the Brain STAR Action Based Learning (ABL) Lab. This includes trying their best, following directions, respecting their classmates, being kind to others, and being a Brain STAR!

Staff Gratitude Challenge

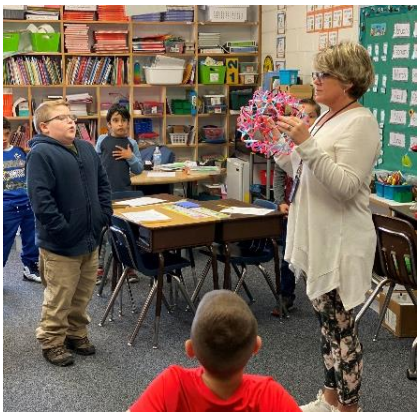
Our November theme focuses on gratitude!! Each day we will have a special activity on our calendar. Complete as many daily activities as you can. The number of activities you do determines how many times your name will be entered into our prize drawing. For example, 15 daily activities equals 15 entries into the drawing. Just like last month, we will have 3 winners. The first name drawn will receive a massage gift certificate to RPS Massage & Healing. The second winner will receive a winter themed goodie basket. Finally, the third name drawn will receive a Target gift card.

T4T Class in the Classroom

Teacher Cadet, Lana Hernandez, recently led a quick brain break for **Shelley Shankle's** class. Last month, the Teachers for Tomorrow class visited with Jackie Tederick and Jen Atkins and learned how movement enhances learning. In addition, the students were shown a variety of activities that they could use later on. We are excited to see the teacher cadets using these skills in their classrooms.

New Website

Our website has a fresh new look. We have broken the classroom tab into three sections: main, elementary school, and high school. **Our BrainSTAR database, which has all of the classroom activities and brain breaks categorized by grade level, is on the main classroom page.**
Be sure to check out all of the features of our new website including a resources page.



Shorter Push-ins Available!

Just a reminder—C2BF is here to assist with movement integrated activities. We are now offering push-ins for shorter increments. Need a 5 minute break to make copies? We are happy to come in and lead a 5 minute brain break or mindful activity (*shown left*) with your class. Ten, fifteen, and twenty minute lessons are available as well.

Kindness Winners

Join us in congratulating our Kindness BINGO Challenge Winners! **Colton Ball** (*shown right*) won the 1 hour massage from RPS Massage & Healing. **Amy Grady** won the Fall-themed goodie basket. **Shelley Shankle** won the Target gift card. Thank you to all who participated in the challenge and spread kindness throughout the schools!

ABL Tip of the Month

Create ways to promote healthy movement in your classroom. A simple activity is walking worksheet. Tape worksheets on the wall (or easel, chalkboard, whiteboard) around the classroom. Students walk from worksheet to worksheet, read the questions, and record their answers on their own sheet of paper.

Tip Submitted by Jen Atkins, ABL Coordinator

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