

POWER UP WEEKLY



WEEK'S CONTEST FOR THE OPPORTUNITY TO WIN AN INFLATABLE LOUNGER.

HAPPY HALLOWEEN!! IN THIS WEEK'S NEWSLETTER WE WILL START A NEW JENSEN'S SERIES ON THE TOP 10 MOST EFFECTIVE BRAIN BASED TIPS FOR TEACHING AND LEARNING. BE SURE TO ENTER THIS

~OFFICE OF ACCELERATION & INNOVATION

JENSEN'S 10 MOST EFFECTIVE TIPS FOR USING BRAIN-BASED TEACHING AND LEARNING

IT'S CONFIRMED: PHYSICAL EDUCATION, RECESS AND MOVEMENT SUPPORT LEARNING AND ARE CRITICAL TO EDUCATION. WE NOW KNOW THAT WE CAN GROW NEW NEURONS THROUGH OUR LIFETIME AND THAT THEY ARE HIGHLY CORRELATED WITH MEMORY, MOOD AND LEARNING. THIS PROCESS CAN BE REGULATED BY OUR EVERYDAY BEHAVIORS, WHICH INCLUDE EXERCISE. THE OPTIMAL ACTIVITY IS VOLUNTARY GROSS MOTOR, SUCH AS POWER WALKS, GAMES, RUNNING, DANCE, AEROBICS, TEAM SPORTS AND SWIMMING. WE ALSO NOW KNOW THAT EARLY CHILDHOOD MOVEMENT WIRES UP THE BRAIN TO MAKE MORE EFFICIENT CONNECTIONS. THAT SUPPORTS THE LATER ACADEMIC LEARNING. SCHOOLS CAN AND SHOULD INFLUENCE THESE VARIABLES.

PRACTICAL SCHOOL APPLICATIONS: SUPPORT MORE, NOT LESS PHYSICAL ACTIVITY, RECESS AND CLASSROOM MOVEMENT. IT RAISES THE GOOD CHEMICALS FOR THINKING, FOCUS, LEARNING AND MEMORY (NORADRENALINE, DOPAMINE AND CORTISOL). STUDENTS NEED 30-60 MINUTES PER DAY TO LOWER STRESS RESPONSE, BOOST NEUROGENESIS AND BOOST LEARNING. FOR THE FIRST FEW WEEKS OF SCHOOL, EXPOSE STUDENTS TO A VARIETY OF PHYSICAL ACTIVITIES. THEN, OFFER CHOICE. THAT'S CRITICAL BECAUSE VOLUNTARY ACTIVITY DOES MORE GOOD THAN FORCED ACTIVITY, WHICH MAY CAUSE AN OVERPRODUCTION OF CORTISOL.

Citations: Bruel-Jungerman E, Laroche S, Rampon C.(2005) Eur J Neurosci. New neurons in the dentate gyrus are involved in the expression of enhanced long-term memory following environmental enrichment. Jan;21(2):513-21. Kirk I, Erickson, Ruchika S, Prakash, Michelle W, Voss, Laura Chaddock, Liang Hu, Katherine S. Morris, Siobhan M. White, Thomas R. W—jcicki, Edward McAuley, Arthur F. Kramer. Aerobic fitness is associated with hippocampal volume. Hippocampus, 2009. Pereira AC, Huddleston DE, Brickman AM, Sosunov AA, Hen R, McKhann GM, Sloan R, Gage FH, Brown TR, Small SA. (2007) An in vivo correlate of exercise-induced neurogenesis in the adult dentate gyrus. Proc Natl Acad Sci U S A. Mar 27;104(13):5638-43. Ratey, J. (2008) Spark: The revolutionary new science of 27;104(13):5638-43. Ratey, J. (2008) Spark: The revolutionary new science of exercise.

STRESS POINT TO PONDER!

WHAT TO DO WHEN THINGS DON'T GO YOUR WAY



1. Take a **step back** and **evaluate**
2. **Vent** if you have to, **but don't linger** on the problem
3. Realize there are **others** out there **facing this too**
4. **Process** your **emotions** (*Journal, Audio tape, Meditate, Talk to someone*)
5. **Acknowledge** your **thoughts** (*Recognize their presence*)
6. **Give** yourself a **break** (*Go for a walk, Listen to music, Watch a movie, Get some sleep*)
7. **Uncover** what you're really **upset** about (*Clue: It's not the world*)
8. See this as an **obstacle** to be **overcome**
9. **Analyze** the situation – **Focus** on **actionable** steps
10. Identify **how it occurred** – so it **won't occur again** next time
11. Realize the situation **can be a lot worse**
12. Do your **best**, but **don't kill yourself** over it
13. **Pick** out the **learning points** from the encounter (*Always something to learn from everything*)

MORE ABOUT GRIT...

Grit is NOT...	Grit is:
...an excuse for giving boring, inauthentic assignments.	...about high expectations.
...a replacement for eradicating poverty, racism, and school funding inequities.	...acknowledging the role of slack.
...a replacement for actual learning.	...nimble and knows when to shift course.



YOUR CHANCE TO WIN! SEND AN EMAIL TO: OAICPOLK-FL.NET

PLEASE RESPOND TO THE FOLLOWING STATEMENT:

TELL US HOW YOU USE MOVEMENT AND PHYSICAL ACTIVITY IN YOUR CLASSROOM.