



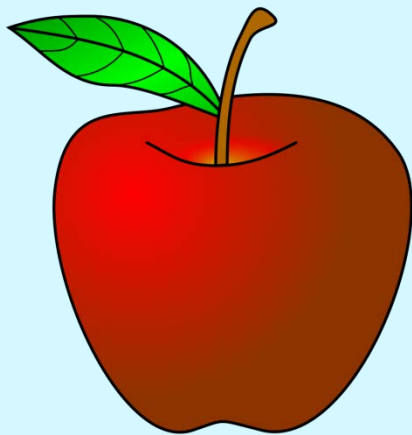
Newsletter

Fall 2015

Let's Move! Cambridge

America's Move to Create a Healthier Generation of Kids

This issue highlights some of the exciting work that Cambridge Public Schools and the City of Cambridge have been doing to promote wellness through healthier eating and active living.



Morse School is Full of Good Apples

A healthy prize awaits all Morse School students who display Morse's "core virtue" of the month. According to School Principal, Pat Beggy, "the virtues for each month connect to the Morse School Code of Being Respectful, Being Responsible, Being Kind and Being an Active Learner."

The Apple Award and title "Apple Student of the Week" is given out to two students from each homeroom every Friday. The Principal presents a bowl of fruit and explains to the classroom why the student is receiving the honor. The student then proudly chooses their delicious (and healthy) prize.

The "Apple Student of the Week" has become a prestigious title around the school and has created positive associations with good eating habits. Ms. Beggy notices the encouraging change, "we often see children proudly choosing an apple or piece of fruit from the award bowl that wouldn't normally make that choice in another setting."



Cambridge is Dancing in School

Dance in the Schools, a program that ran for six weeks in several Cambridge Public Schools this past Spring, integrates dance into the school curriculum. This innovative approach to traditional classroom material promotes student focus by engaging them with movement. Dance Specialists work hand-in-hand with school's teachers to enhance student learning through a variety of physical activities from Yoga to Flamenco Dance.

A teacher at the Baldwin school enjoyed having the program in her second grade classroom, saying “through (the dance specialist’s) Yoga sessions, we made connections to our Health/Science unit about body systems and also repeating patterns as a connection to our math unit.”

While the classroom teachers appreciate Dance in the Schools as a wonderful learning opportunity, the student participants also enjoy another benefit. One student commented, “I like that we get exercise. It is good for your body. I felt happy.”

“Classy” Breakfast at the Fletcher-Maynard Academy

The Fletcher-Maynard Academy (FMA) is ensuring students get the most important meal of the day, by serving it right in the classroom! After the bell, students gather together to start their day enjoying breakfast.

With a tasty meal waiting for them at school, parents report their children being motivated to get in “to get breakfast!” Many parents note that even if they serve breakfast at home, knowing that food will be provided at school takes the stress of finishing the meal off their morning routine. It also enables students to take their time with breakfast, savoring and enjoying their food with classmates.

The program has become very popular since launching this Fall, with breakfast participation increasing from 30% up to around 80% in the classroom. Because it’s such a hit, the breakfast menu keeps growing! Students can now enjoy freshly made items like scrambled egg breakfast burritos and yogurt parfaits.

Learning to Ride: Youth Bike Workshops

As part of the Safe Routes to School program, the City of Cambridge Community Development Department (CDD), Cambridge Rindge Latin School (CRLS) and Landry’s Bikes hosted a free, two-day on-bicycle training for 30 CRLS freshman this past Summer. The workshops focused on the rules of the road, safe bike riding practices, and closed with a group bike ride.

The workshops promote both the wellness of Cambridge’s residents and the safety of Cambridge’s streets. According to Jennifer Lawrence, the CDD’s Sustainability Planner, “in our



city, we work to engineer streets, educate students and parents, enforce safe driving behavior, evaluate progress, and finally to encourage sustainable modes of transportation."

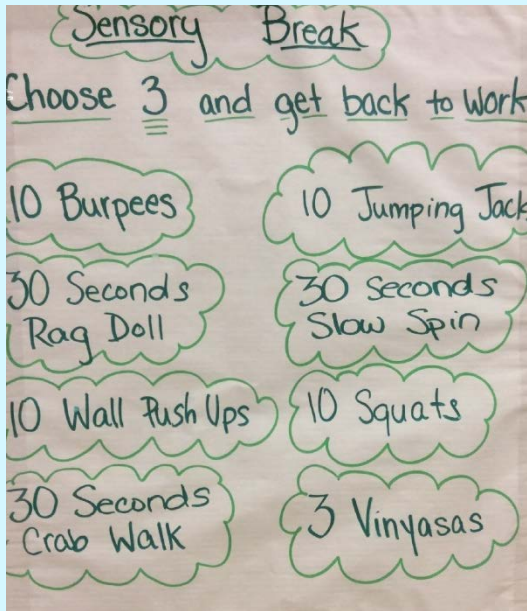
Students at CRLS are getting involved in the Safe Routes to School program and its mission. They started an informal Bike Club, CRLS Bikes, which hosted an event called Bike Scream this Fall. The event promoted safe bicycling practices by giving out ice cream to students who wore helmets to school.

Sensory Breaks at FMA

Tonya Leonard, 2nd grade teacher at the Fletcher Maynard Academy, encourages "sensory breaks" in her classroom to re-focus student's energy toward learning. If a student is feeling restless or having trouble concentrating they can go into the hallway and choose three movements from a poster (pictured left). After completing these activities the student returns to class focused, energized, and ready to learn!

According to Ms. Leonard this inventive idea came from a technique used by Occupational Therapists, "the idea originated from the sensory diets that (they) develop for students on the autism spectrum, who typically have many sensory integration needs."

Ms. Leonard uses the same principle in her general classroom with "sensory breaks," integrating physical stimuli to refresh student's minds and encourage better learning when they return to class. As an added bonus, this technique introduces more physical activity into her student's school day. Taking a break makes sense when it builds strong minds and bodies!



For more information about the *Let's Move!* campaign in Cambridge, please visit the Cambridge Public Health Department's [website](#).

Josefine (José) Wendel, MS, RD

Let's Move! Coordinator

jwendel@challiance.org

Cambridge Public Health Department

119 Windsor Street

Cambridge, MA 02139

Phone - 617-665-3765

Fax - 617-665-3876