



enabling every  
child to learn



► OUR VISION IS TO ENABLE EVERY CHILD TO LEARN TO HIS OR HER FULL POTENTIAL

○ August | ○ Missile | ○ 2009



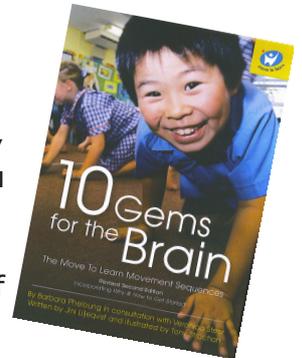
► OUR MISSION IS TO MAKE THE MOVE TO LEARN MOVEMENT SEQUENCES AVAILABLE TO EVERY CHILD IN EVERY CLASSROOM

# Missile *e-mail*

## The August Missile is here!

Greetings from the Move to Learn team on a chilly winter's day in Belrose, Australia. Here are a few little titbits to warm your day, & for those of you sweltering in a northern summer, a little extra sparkle in your sunshine.

First, something practical. We've put together a new second edition of 'Ten Gems for the Brain.'



'Ten Gems' has become quite a popular seller on our website, & we've found that it is also being bought by people who haven't read any of the books, so we decided to incorporate just a little more explanation & background. The second edition is an expanded version of 'Ten Gems', including information from the 'Why & How' booklet.

## International Update

We are rapidly approaching publication of a **Thai version of 'Ten Gems for the Brain, second edition'** thanks to the hard work of our contact in Thailand, Louise Weavers. Once it is up & running, those of you who have dealings in the Thai language will have an excellent resource available!

Also, we've been working with a new contact in Switzerland, Dr Alexandre Emery, to prepare a **French translation of 'Ten Gems for the Brain, second edition.'** As French is such a broadly used language we expect that this translation will be of great help in several countries.

We are HUGELY excited about both of these translations, & you'll be able to find more information about them on our website as soon as they are up & running.

Meanwhile, we'd like to welcome Alex to the group.

# International Update continued..

Alex, is a Swiss chiropractor located in Sierre, Switzerland who specialises in learning disabilities in kids, & also in adults. The program at his office is made up of gentle chiropractic treatments, nutritional counselling & a School for Movement, where the exercises of the program along with other neuro-sensory exercises are taught. He also introduces the Move to Learn program in schools by giving conferences & workshops to the teachers.

Feel free to contact him if you have any questions about his work.

WELCOME ALEX!!!

Dr Alexandre Emery

[alexandre.emery@chirosuisse.ch](mailto:alexandre.emery@chirosuisse.ch)



Dr Alexandre Emery

## Upcoming Seminars

**Adele Suda's** much requested Sydney seminar is now scheduled for **Monday, September 21, 2009, 9.00am – 4pm** at Randwick Labor Club. It's still possible to book, but places are disappearing fast.

**Move to Learn Seminar in Sydney,  
Monday 21st September, 2009  
9:00 am - 4:00pm**

**Randwick Labor Club,  
135 Alison Road  
Randwick, NSW 2031**



**Cost: \$110 per person for registration & further details please contact Adele at:  
[delsuda@hotmail.com](mailto:delsuda@hotmail.com)**

Also, there will be a **JABADAO seminar in Leeds, England on November 11, 2009.**

JABADAO is a national charity in England that works in partnership with the education, health, arts & social care sectors to bring about a sea change in the way people work with the body & movement.

This seminar is for policy makers, advisors, managers, early years practitioners & family workers and will be chaired by Baroness Estelle Morris.

The topics covered will be; How child-led movement play fuels learning and health & active wellbeing. Evidence from ten years of national research will be presented along with recommendations for future practice which will be shared through keynote speeches, workshop presentations & poster exhibitions, focusing on the six areas of learning in the EYFS & seven aspects of wellbeing.



Leeds. Cost: from £175. Visit [www.jabadao.org](http://www.jabadao.org) or call 0113 236 3311

# Report from the Queensland Seminar by Adele Suda

Monday June 15th on the Gold Coast saw 23 teachers, 2 behavioural optometrists & 1 chiropractor join together to learn how to help children with learning difficulties. This was the first Move to Learn seminar in Queensland this year. We even had a fabulous teacher come all the way from New Zealand for this workshop! The day began with looking at what learning difficulties are & how to identify them in students.

We covered such areas as brain development, sensory processing, primitive reflexes & of course, movement. We looked at the learning pyramid & how we need the foundations of touch, proprioception & the vestibular system to be in place so that the vision & hearing can be ready for learning.

We focused on the Visual & Auditory systems as these are the two major senses required for learning. The **Behavioural Optometrist - Alice Forsyth**, spoke to us about visual processing & how to identify children that might have these problems. She spoke about the need to have children's eyes tested for 'up close' vision.

**The Chiropractor - Jeanine Reeves** spoke about the importance of having children adjusted so that the cerebral spinal fluid can flow through the body & the nervous system can carry messages without blockages.

We talked about Sensory Processing Disorder & how this can affect a child's ability to learn in a classroom that is noisy, crowded, has visual distractions & how these can make it difficult for this child to learn. We discussed strategies to help these children & various things to put into place to reduce distractions & increase focus & attention.

After lunch we practiced our movements. All the teachers participated in rolling, gliding, flip flops, crawling & cross pattern walking. There was much laughter!!! It was a great day of gathering resources, gaining new knowledge & developing relationships. We are looking forward to hearing from the teachers as they implement Move to Learn & do some pre-testing & post-testing on their pupils. Thank you to everyone who attended.

Adele Suda  
Occupational Therapist  
Move to Learn, QLD representative  
SPD Australia



**Participants doing the movement, Gliding on the stomach**



**Flip Flops**



**Rocking**



**Cross-Pattern Walking**

# From Western Australia

**We received these wonderful updates from Winsome & Charm.**

*"Dot & I are off to Wiluna Aboriginal Family Centre (ages 0-5) for 2.5 days at the end of this month. We will be working with staff, parents & children & also speaking to other health workers re MtL & the importance of these early stages of development in preparation for academic readiness.*

*AND the team of Wendy, Win, Dot, Charm & Leanne will be presenting two 50 min workshops at the EYES (Early Years in Education Society) conference on the 19th of September in Perth.*

*I was told that they can have up to 450 early childhood teachers go & they have the option of a number of workshops. We are only one of them. They do have a website if you want to look it up.*

*Love Win"*

**And from Charm:**

*"This semester I have started with a new set of students from Yr 4 & 6. The year 6 students, many of them, have done MtL with me starting 2 years ago & have gone straight back into the routine as if it was yesterday. All classes are still doing MtL Kindy to 2/3. The results from one 2/3 class with 2 autistic students & one 'very intelligent but can't put his work on paper as he can't write' is simply amazing!! These students have been doing MtL for over 12 months. The results are amazing but I'm sure you have seen results like it before! Admin. are very happy with what is happening with our progress! During recess when I was on duty there were groups of Yr 2/3 happily following Dot's obstacle course in the undercover area. In fact, not a day goes past when some child or group don't use it. The PE teacher has incorporated it into her sessions when it is raining & the undercover area is required!!*

*Have a good day.*

*Regards Charm"*

How exciting to hear of the wonderful work these dynamic women are doing. We wish you all the best & look forward to further updates!

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# Move to Learn at Suni TAFE

Friday afternoon & as usual there is a commotion in the corridor at the Swan Hill campus of Sunraysia Institute of TAFE. Staff trying to reach their offices have to step over bodies on the floor & students moving between classrooms have to give way to the students commando crawling or pacing on all fours toward the lunch room from the end classroom. Who is louder; the students on the floor, or the teacher & assistant coaching them onward?

Liz Braid has been involved in teaching literacy & numeracy to teens & adults at TAFE & has been pushing to do Move to Learn with them for some time. When the new year came, she found herself, not teaching the usual teens & adults with literacy issues, but Recreation & Leisure to the Work Education students. Certificate I in Work Education is a course for disabled adults to help them prepare for some kind of workforce participation.

It was a very diverse class; students with Downs syndrome, Autism spectrum disorders, & various levels of intellectual disabilities. The common factor with all the students was a great attitude, fantastic relationships & a real keenness to try something new. Plus she had a boss who is happy for her to do something different & a very experienced assistant who had some understanding of physical education programs to help learning.

The first problem she had was a lack of space. The classroom wasn't very big & full of furniture. The hallway was a major thoroughfare with tables & chairs placed in difficult places. She wasn't sure about taking her little experiment out into the public domain, but her assistant ordered the students into the corridor to move furniture & off they went.

In spite of all her reading, the difficulty the students had with the basic movements astounded her. But then most of the students had difficulty reading a clock, & one young boy with a work placement at a dog kennels, took weeks to master using a pooper scooper & a broom. She only taught these students for 2 hours on Friday, for the first half of the year. She started with rolling. When most of them were doing that OK, she did rolling & flip flops.

Now most of the students can do all the movements although most need continual coaching to get the crawling right. Even her boss who walks past most weeks sees that they appear much more coordinated in their execution of the MTL sequences.

## Gems From The Fiji Seminar



**This month we'd like to introduce you to Helen Enns, who travelled all the way from Canada to share with us in the seminar in Fiji.**

My name is Helen Enns & I am a paediatric physiotherapist working in private practice in Calgary Alberta. Canada.

I attended the Fiji seminar as a follow up to having read several of the Move to Learn books & sharing the DVD & the concept of the "10 Gems for the Brain" in some in-services to teachers & school assistants.

I became interested in this approach after beginning to work with children with coordination difficulties in kindergarten & early school years.

# Gems From The Fiji Seminar continued..

I was unsure what was the best place to start to work with these children . After much reading about the retained primitive reflexes I began sharing the concept of " back to basics" with teaching rolling, crawling etc with several school assistants who were working with these children who were clumsy & unable to develop more refined motor skills ( like standing on one leg!).

After seeing some great changes happen with several students in different schools where they were working on these tasks, I was keen to learn more about Move to Learn & the seminar seemed a great idea.

## Some of the highlights from Fiji for me were:

- ◆ Practical sessions trying out rolling, crawling & creeping



- ◆ Meeting & learning from people like Berri ( vision therapist) who had a great sense of humour ( seen here being " tested" by Barb). Berri also took time to try to teach me how to understand vision & its relationship to movement . She also followed up on this when we met again in Sydney in February this year while I was attending another conference. Thanks Berri. You are very knowledgeable about what you do! It is fun to learn from you.



- ◆ Meeting & learning from people like the Fijian teachers who passionately shared the great results they had seen after only a few weeks of using the Move to Learn approach with some of the students they work with who actually have to fail in school to be able to get into their class. Their enthusiasm was infectious.



- ◆ Meeting & learning from Mary from England who had travelled so far to come & to share about what she was doing in her work . Thanks Mary. Keep in touch.

- ◆ Meeting & learning from Marlene Rattigan who shared some of her songs & movement activities with our group in Fiji. I purchased her CD's & books & have been using them in groups ever since. Every one loves " Happy Sticks", Marlene. Thanks



# Gems From The Fiji Seminar continued..

- ◆ Hearing from Barb about her years of work with this program was inspiring. Then watching her literally jump out of the boat when we went out to the reef, was not only terrifying but also challenging ( as I- much younger in years , sat there transfixed & unable to move). I wonder if when I am her age, will I be as passionate about what I do & will I be as adventurous?! I hope so.

## Follow up to Fiji:

Since attending the seminar in Fiji I have been spreading "the word" through various workshops that I have developed & presented.

- ◆ I have since taught a couple of " Why do Motor skills matter?" workshops attended by over 80 people – parents, school / preschool assistants, teachers, public health nurses & others. By teaching normal development , I have also been able to share about "red flags" in development & explain that it really does matter if children don't roll or crawl & what can be done early on to help get babies into better movement patterns rather than waiting until they reach school age & see the problems it causes there..
- ◆ I have incorporated the MtL movement activities into preschool & kindergarten screenings when I am involved in these & find them an excellent way to identify children with coordination problems & help them get support as early as possible. I make every child roll across the mat & then creep back on their tummy & I have come to learn that up to 1/3 of the children have never crawled & it clearly shows as they do these tasks!
- ◆ I have trained a group of 30 public health nurses in the importance of early identification of delays in gross motor skill development & the impact this can have on later school learning. As a result, they are now doing actual checks on babies & toddlers when they come in for their routine vaccinations rather than relying on parental report to answer a checklist of questions to spot delays. I have taught them ways to encourage development of proper rolling & crawling for babies at the appropriate age.
- ◆ I have incorporated this movement approach into my work with all my private clients including some extraordinary change in some children who have a diagnosis of autism & who never crawled as babies. After practicing the rolling & crawling, their movement patterns have become much more normal & they now have the foundational skills to develop more complex movement patterns because of this.



I will continue to adapt & use this approach as well as teach it to school staff & assistants in order to help more children become better learners!

Thanks Barbara for your great work. [helenenns@gmail.com](mailto:helenenns@gmail.com)

*Helen Enns*

# REQUEST!!!!

We've had many requests over the years regarding the getting of government funding to help with various programs involving using the Move to Learn program in schools, communities, private practices, TAFE, support groups & in private homes.

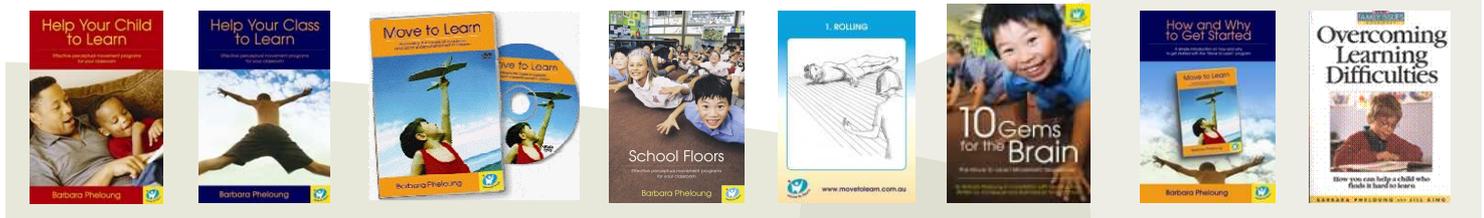
We'd like to turn that request over to those out working in the field. If any of you are up to date on what funding is available & how to go about getting it, we'd really appreciate if you'd like to share that information with us & the greater group.

This request is not limited to Australia. Our little Missile wings its way to all parts of our world & there are likely many in your area who would benefit from a few tips.

**Thanks!**

**Until next month, keep on rolling!**

**From The Move to Learn Team  
Barbara, Jini, Stacey, Rick & Nikki & Manny**



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