



enabling every
child to learn



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

○ November ○ Missile ○ 2011



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

Missile *e-mail*

Bega Seminar

Not unexpectedly, the Bega seminar went brilliantly!

Julia Dive led us through a stimulating and enriching weekend, explaining the effects of retained primitive reflexes on learning, demystifying the complexity of learning difficulties and guiding us through the Move to Learn program.

Behavioural Optometrist, Carol Bartlett shared some fun, creative Visual Processing exercises that can be easily set up with little or no expense.



Osteopath, Shelli MacGregor took us through a quick screening test to help identify structural problems in children and explained how any alterations within the musculoskeletal system can affect the body's health and a child's ability to learn.

And **Naturopath, Sue Lunney** gave a fascinating talk on nutrition, brain development and the importance of sleep. She shared how poor nutrition adversely affects brain development and function and thus learning and behaviour.



HIGHLIGHTS!!!

We all appreciated seeing how Julia has set up the Smart Brain/Smart Body centre in Bega.

Light and airy, the walls were decorated with encouraging & informative posters and displays.

My personal favourite was Julia's collage of food wrappers for 'acceptable' foods. Bright and colourful, it was a great visual prompt to help guide shopping choices, and the children could add their own favourites once a new item had been found.



“Learning is a complex process involving many steps and it takes place

in bed, ASLEEP.

- Babies/toddlers should have 17-18hrs sleep
- Children should have 9-11hrs
- Teenagers should have 9-10hrs
- Adults should have 7-9hrs”

Sue Lunney

Quality
Participants!

Variations for rolling

Target Rolling– Put a hat on the ground and ask the children to roll so that their heads land in the hat.

Tandem Rolling– 2 lying down, head to head, arms above head but on floor, link hands and roll simultaneously.

(great to encourage a child who finds rolling difficult.)

Julia Dive

Carmel's &
June's
AMAZING
Catering!

Many thanks to Julia and her team.

“To help develop eye/hand co-ordination & tracking:
Take an empty egg carton and jump a marble around the spaces.”

Carol Bartlett

News in from Malaysia!

Mary Mountstephen MA (SEN), the founder of 'Kids Can Succeed', UK, and **Joyce Moi**, the Master Licensee for 'Starjump' in ASEAN countries, have recently completed their last leg of training with 40 teachers & parents in Malaysia on 7th August.

The training was conducted in July at a kindergarten in Klang, Selangor and in August at Prospect Rainbow Penang (a centre for autistic children and children with special needs).



Participants learnt how primitive and postural reflexes can affect a child's development and how to provide an effective developmental movement program to improve academic, social, emotional and physical performance.

The principles behind neuro-developmental delay (NDD) and the roles of primitive and postural reflexes and how a child's reflex profile can affect their posture, movement and ability to learn were covered.

Of special interest was how to modify the Move to Learn program for children with specific mental and physical disabilities such as Autistic Spectrum Disorders, Learning Delays, Cerebral Palsy, Attention Deficit Disorder, Dyslexia and Dyspraxia.



Exciting news for Schools & Home Schools

Move to Learn has linked up with **Rachel Fisher** to provide a new format for the Move to Learn program for use in schools and home schools.

"Creating Connections" is a specifically designed adaptation of the Move to Learn program for classrooms and busy teachers.

Designed by Rachel Fisher and Karl Duxfield, written by Rachel Fisher, and edited by Gemma Blair, it has been specifically formulated for use by schools. **It is mapped to the National Curriculum and contains four terms worth of 15 minute 5 day a week movement activities.**

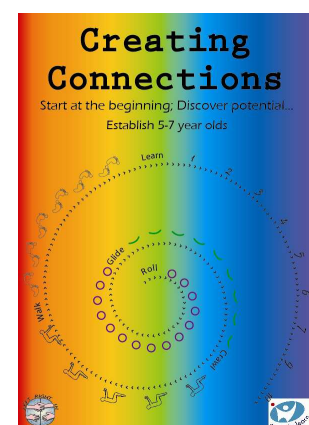
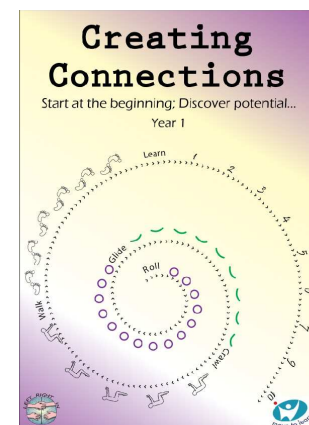
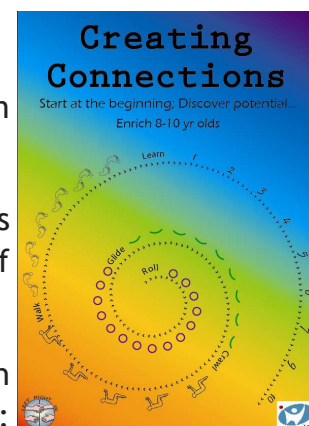
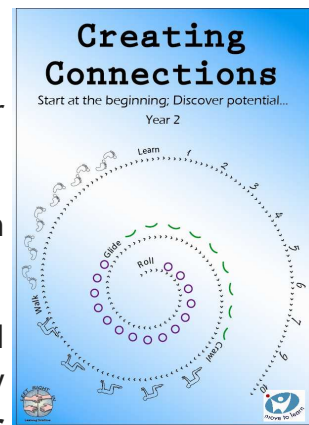
Each book also contains blackline masters.

The aim of this program is to help teachers incorporate all the Move to Learn knowledge with a detailed daily plan for each grade.

"Creating Connections for home based learning" is formulated for use by parents and remedial teachers who are working one on one or with a small group of students and may be used over several years.

We're very excited about this new program which will soon be available through our website: (www.movetolearn.com.au) and **COMING SOON**, Rachel's website: www.leftrightin.com.

For more information, contact Rachel Fisher: rachelfishercc@gmail.com.au



Jini & Rachel signing the contract for this new venture.

Book Recommendation:

Spark: The Revolutionary New Science of Exercise and the Brain

by John J. Ratey, M.D.

This is an exciting new book by John J. Ratey, M.D. with Eric Hagerman citing many studies exploring the benefits of exercise for our brains and for our ability to learn. Nothing new to us, of course, but it's always great to see to see what we know to be true confirmed by properly conducted research studies. As Sue Larter once said, do what works, studies will follow. Well, here are some great studies.

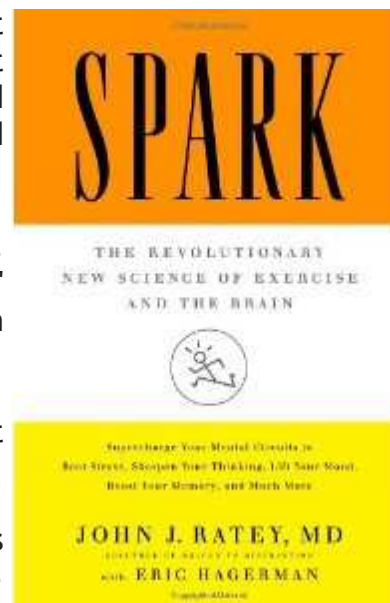
The first case study is a PE program instituted by physical education teacher, Phil Lawler, in Naperville, Illinois school district 203. Students here are instructed on how to monitor and maintain their own health and are encouraged to move rather than sit still in front of a TV set. They were graded on effort rather than skill and were encouraged to keep their hearts in aerobic training range (70-80% of maximum heart rate), rather than to strive for world records. It was found that apart from improved fitness, the students also got better grades and struggling students who participated in gym before school improved significantly.

According to Ratey, this is because "the relationship between food, physical activity, and learning is hardwired into the brain's circuitry." He believes that "the real point of exercise is to build and condition the brain."

Again, not a new concept to most of us, but great to have it confirmed.

Other interesting chapters explore the proposition that exercise is helpful for improving our responses to stress, for anxiety, depression, ADHD, addiction, hormonal changes, and aging.

Lots of scientific detail in this book, but also a compelling read in a conversational style.



Until next month, keep on rolling!



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