



enabling every  
child to learn



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

○ March

○ Missile

○ 2009



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

# Missile *e-mail*

It's been a busy month here at Move to Learn as we prepare for the upcoming Sydney MtL training seminar, and our first assessment seminar for those wanting to become Certified Move to Learn Practitioners!

Response has been good, and it looks like we'll have an exciting time, and yes, ***there is still time to get your application in!***

**Don't miss out.**

This is a rare opportunity to attend a seminar with Adele Suda in **Sydney**.



**MtL Training Seminar**  
October 23, 2010  
10am-4pm  
Fire Brigade Training Centre  
Terrey Hills, NSW 2084

**Assessment Seminar**  
October 23 & 24, 2010  
10am-4pm/ 10am-2pm  
Fire Brigade Training Centre  
Terrey Hills, NSW 2084

Further details of both seminars can be found on our website, or contact us here in the office;  
[info@movetolearn.com.au](mailto:info@movetolearn.com.au)

The MtL Training Seminar is open to parents, teachers and all those interested in learning difficulties and how to help kids in the classroom. This one day workshop will give you the necessary tools to :

- .. identify children who are struggling to learn
- .. learn how specific body movements help stimulate the brain to learn
- .. learn how visual and auditory processing problems affect learning
- .. understand what students need to learn to their full potential
- .. learn an effective movement program for the whole class
- .. identify appropriate professionals for treatment

~~You'll need to wear comfortable clothing and bring a yoga mat as you will be rolling!~~

The Assessment Seminar is for those wanting to gain MtL certification.



## Other Upcoming Events:

SPELD NSW & Learning Difficulties Australia are partnering to present a Symposium, Successful research Based Classroom Practice, on Sat. 6 Nov., 2010!

### *Symposium Successful Research Based Classroom Practice*

Professional Development with Dr Lorraine Hammond, Tim Connell and Dr Craig Wright

*Date:* Saturday 6 November 2010

*Presented by:* SPELD NSW Inc and Learning Difficulties Australia

*Venue:* SHORE - Sydney Church of England Grammar School, Blue Street North Sydney

## TOPICS INCLUDE

Direct Instruction: providing teachers with the game plan & words to prevent early reading failure.

Understanding and Supporting Students with Writing Difficulties.

The Role of Technology: changing the landscape of accessible instructional materials.

Resilience: powering successful learning.

For more information please go to their website

[http://www.speldnsw.org.au/index.php/web/calendar/speld\\_nsw\\_-\\_lda\\_symposium/](http://www.speldnsw.org.au/index.php/web/calendar/speld_nsw_-_lda_symposium/)

# Compassionate Therapy & Training Centre News & Views

I found the following article in the June issue of 'Compassionate Therapy & Training Centre News & Views', and Mary Robson, their Regional Education Director and a Certified HANDLE Practitioner, Instructor & Master Trainer, graciously allowed us to reprint it here to share it with you.

HANDLE (Holistic Approach to NeuroDevelopment and Learning Efficiency) is an effective, non-drug movement-based therapy developed by Judith Bluestone for individuals diagnosed with a wide variety of labels and disorders. She shares a foundational understanding that neurodevelopmental irregularities are the root cause of most difficulties.

## Mary Writes:

"While on a recent trip to Kuala Lumpur, a student in the 'Get a HANDLE on Neuro-Developmental Differences' course said, "I heard a rumour a while ago, that drinking through a crazy straw makes you smarter.."

Many of us know the benefits of nursing in infancy include nutrition and bonding. There are however many more benefits which include bladder and bowel control, tongue and lip control for articulation, growth hormone production, inter-hemispheric (brain) integration, binocular (eye) function and more.

We introduce the crazy straw activity for these same benefits when nursing no longer is appropriate. There is nothing magical about this inexpensive piece of plastic. It simply has a round opening and a number of curls and twists that creates a resistance in sucking that simulates the action of nursing.

Using the crazy straw to drink water throughout a day is an integral part of the Holistic Approach to Neuro-Development & Learning Efficiency (HANDLE®) therapeutic services. HANDLE is a non-drug, gentle, respectful, developmental, movement-based approach for individuals of all ages for whom social, academic or vocational challenges are a struggle.

Like nursing, drinking through the crazy straw when placed in the centre of the lips uses the muscles on both sides of the face in a coordinated rhythmic fashion. The stimulation in the middle of the body creates, encourages and enhances communication between the two hemispheres of the brain. This inter-hemispheric integration is

essential for storing and retrieving language, visual and auditory information, math concepts and all forms of mental processing. When the 'bridge' between the two hemispheres is strong, information can be processed with ease and efficiency.

As we suck, cranial nerves are stimulated that help regulate many aspects of our vision. In particular, two very small muscles on the medial side of each eye are strengthened. Their job is to help bring the eyes into convergence.

Most forms of learning rely on accurate visual information, reading, and monitoring our own body movements. In school, add looking at the teacher and attending to instructions. Drinking through the crazy straw increases the ability of the eyes to converge and receive accurate visual information. Frequently when the binocular functions and inter-hemispheric integration improve, the ability to pay attention, read, respond and play sports becomes easier, effective and more efficient.

The crazy straw may not make you smarter but it will help build a stronger foundation for learning.

If you would like to know more about the crazy straw activity visit [www.compassionate-therapy.net.au](http://www.compassionate-therapy.net.au) or [www.handle.org](http://www.handle.org) or [email Mary](mailto:Mary) for more information.



# From Judith Schulz, Circles of Learning:

We met up with Judith at the Dr Norman Doidge luncheon in Sydney and she was kind enough to share this with us:

## Breathing

Your child's brain and body cannot function properly without a good steady supply of oxygen. The brain uses 20% of the oxygen intake and a good supply of oxygen calms your mind assists in focus and concentration and reduces stress.

Oxygen is vital to the maintenance of healthy cells, it gives you energy, and helps with memory and thinking.

Poor breathing can be a cause of poor school performance, orthodontic problems, colds, asthma and allergies.

Children who breathe through their mouths develop a different facial structure to children who breathe through the nose. Mouth breathing usually causes the jaw to narrow and the face to lengthen.

Fresh air and lots of oxygen keeps your cells healthy. As your child grows observe how they breathe. If you feel your child is not taking in enough oxygen, then have them practice some deep breathing.

Practice only a few breaths at a time so they don't hyperventilate and become dizzy and light-headed.

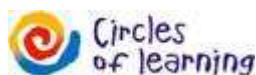
Three balanced breathing exercises for you and your child.

- ◆ A simple exercise for you and your child is to focus on your breath, breathe deeply and picture your stomach like a balloon. Now fill that balloon and see your stomach rise, then deflate the balloon. If you watch a baby breathing, see how their stomach rises up and down every time. Do this a few times a day to ensure that your blood is being oxygenated.
- ◆ To oxygenate your body, stand on your toes, stretch up tall with hands stretched high above your head and palms touching, then bring your hands slowly down beside your body and at the same time lower your heels. As you stretch up you will automatically breathe in and as you lower your body you breathe out. This type of breathing is rhythmical, it is calming and wonderful to oxygenate the body and restore good health and great to stabilise asthma sufferers too. You and your child can practice this as many times as you wish.
- ◆ For balanced brain breathing hold your thumb and forefinger on either side of the nose. Lift the thumb, breathe in and count to four, replace the thumb and hold your breath counting to four, lift the forefinger and release the breath counting to four. Breathe in counting to four, replace the forefinger, hold and count to four, lift the thumb and release the breath. Repeat the movements about six times. This quickly brings both brain hemispheres into balance.

Fresh air is important, so remember to open up the windows and let the fresh air flow through.

Breathing is one of the important components in The Clever Kid Health & Play program to improve children's health and learning.

Information supplied by [www.circlesoflearning.org.au](http://www.circlesoflearning.org.au)



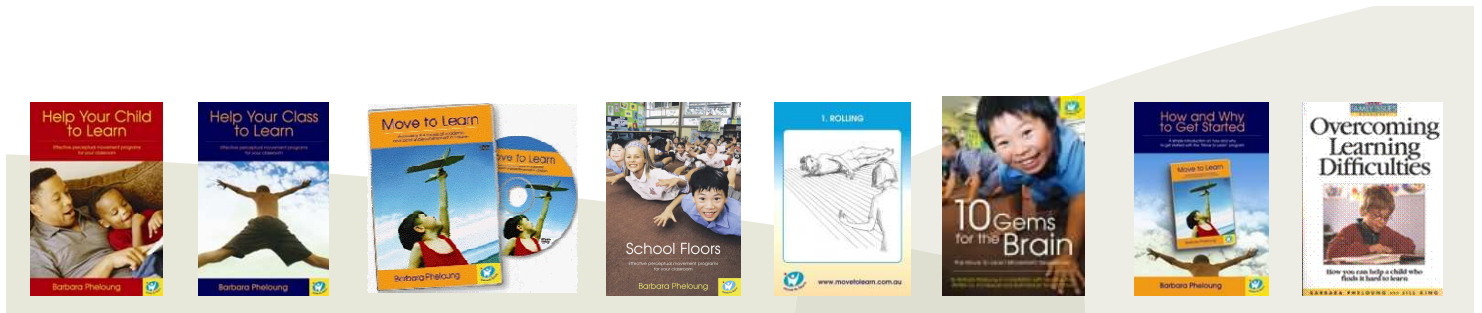
PO Box 928, Double Bay 1360  
ph. 61 2 9327 7750 mob. 0438 446 499

email: [info@circlesoflearning.org.au](mailto:info@circlesoflearning.org.au)  
web: [www.circlesoflearning.org.au](http://www.circlesoflearning.org.au)



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

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



You are receiving this newsletter because you are currently subscribed to our VIP mailing list. We will send emails approximately once a month to keep you informed about Move To Learn and our products.

If you want to unsubscribe from this mailing list, reply to with this message with the word "Remove" in the subject line or [click here](#) to unsubscribe.

**Privacy**

Move To Learn will not sell or give your details to anyone.