



enabling every
child to learn



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



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

Missile



e-mail

Merry Christmas

The Move to Learn team would like to wish each and every one of our very special friends and contacts a joyful and meaningful Christmas and a fruitful New Year!!



Jini

Barbara

Rick

But before we sign off for the year....

Upcoming Seminars:



Julia Dive will be holding a **Move to Learn Information Weekend** for teachers, parents & care givers on -
January 9 & 10, 2010 in Bega, NSW

Further details can be found in the 'Seminars' folder on our website.
www.movetolearn.com.au

Adele Suda will be presenting a **Move to Learn seminar** in the Hunter Valley, NSW on -
Monday, 18th January, 2010, 9am-4pm
at-
Potter's Brewery, Wine Country Dr.,
Nulkaba, NSW
Contact Margaret Pond at St Phillip's Christian College—Cessnock on
(02)4991 3855 or 0400 61 81 21
or email margaret.pond@spcc.nsw.edu.au

Further details and a registration form can be found in the 'Seminars' folder on our website. www.movetolearn.com.au

Veronica Steer will be holding a **Move to Learn training Day** in Adelaide on -
Thursday, 18th March 9 -5, 2010
at—
Our Lady Sacred Heart Parish Hall
420 Seaview Road
Henley Beach S.A.

Contact Veronica Steer for details.
vsteer@bigpond.net.au

Don't miss these wonderful opportunities!



Letters From The Field!

This is a letter we received from Andrea Khan who founded 'Strategies For Learning' in Karachi, Pakistan.



Andrea Khan

Greetings from Karachi, Pakistan!

At the end of February, I left the Learning Difference Project where I had first implemented the Move to Learn program. On March 28 I launched STRATEGIES FOR LEARNING. There are now about 25 children between the ages of 5 and 18 benefiting from the developmentally sequenced movements at this new center. We have employed a speech/language pathologist and a physiotherapist in addition to my assistant and me. Here's how we are using your wonderful program:

Once we have evaluated a child, we get him or her started on the movements. Often in the beginning the children need one-on-one attention, as many are very easily distracted or they need physical prompts to coordinate the initial movements (up & down, in & out). We have been working with no more than 2 children at a time, but recently opened up a "Quiet Room" for more distractible children. Children come to us for 30 minutes three times a week (about 12 children a day). They always start with the sequenced movements.

After that, the physiotherapist does additional activities to improve balance using the stability ball and other equipment. Many of our children have difficulties writing caused by poor motor skills and/or low muscle tone. They involve their forearm, upper arm and sometimes even back muscles to exert more pressure on the pencil, resulting in stiffness and pain in these areas. She teaches them relaxation and stretching exercises. We also do occupational therapy to strengthen and improve fine-motor skills and eye-hand coordination. The children enjoy these activities which are done primarily through games and toys.

We worked with a little girl of 5 who had such severe motor and balance problems that her school required her to stay at home on Play Day. When she started Move to Learn in June, she could barely stand on one foot, even holding someone's hands. Now she can pick up the koosh ball with her toes and throw it, and even run sack races. Her writing is improving, she is able to complete worksheets, and she now enjoys colouring, and writing and drawing on the white board..

One of our boys is taking speech therapy along with Move to Learn. He just had his 6th birthday. He had seizures from age 2 to 3 and has just been weaned off seizure medication. He spoke only single words (intelligible only to his mother) when he joined STRATEGIES FOR LEARNING in July. He had set fire to his house a couple of times. In spite of repeating kindergarten, he could not recognize or draw shapes, letters or numbers. He had only done 5 pages in his workbook the whole school year. Now he is speaking in sentences in both English and Urdu. His behaviour has improved significantly, and he no longer plays with matches. He is working right along with the rest of his Grade 1 peers. His teacher says he is her most eager student and praises him for being helpful and responsible. It is truly gratifying to see these children experience success, as I'm sure you all well know.

Awareness of learning disorders is just beginning to grow here, so there is little support for struggling children who attend mainstream schools. I conduct workshops about attention and learning disorders at STRATEGIES FOR LEARNING and at local and international schools in the city. I also publish a bi-monthly newsletter called LD Alert with up-to-date information, as many psychiatrists, psychologists and paediatricians, who are usually the first ones that parents approach for help, do not keep abreast of the latest research and new approaches to treating LD's.

I continue to enjoy reading the Missile and especially appreciate the Gems from the Fiji Seminar. Thank you for your gift of these simple movements that can be implemented even in under-developed countries.

Best regards,
Andrea Khan
Director

STRATEGIES FOR LEARNING





Gems from Fiji



Belinda Flynn

This month, we'd like to introduce you to Belinda Flynn, another beautiful gem who enriched the Fijian seminar. Here is what she shared about what she gained from the seminar:

"My time in Fiji doing the Move To Learn course has taken me on the most exciting and rewarding journey. Meeting all the wonderful people who did the course and sharing the enthusiasm of these like-minded, motivated individuals has enabled me to follow my heart in a new direction.

Before going to Fiji to the Move To learn seminar I was running a daily movement program with a small group of children who had learning difficulties and or behaviour problems at my High School.

I have witnessed many and varied improvements with these children over the eight years that I have been running this program but improvements became more evident when adding Move To Learn to my repertoire.

When returning from Fiji I began to include MTL on a daily basis. Having gained the knowledge of the theory behind the movements enabled me to GET IT. It started to really make sense.

My program at the High School has been holistic in its approach covering such things as dietary information, sensory learning, brain gym, yoga, relaxation techniques, games and LISTENING (to students concerns and anxieties) and now MOVE TO LEARN.

My time in Fiji was enriching in many ways. The discovery that there were many people who shared my thoughts and enthusiasm for helping children with LD was refreshing.

It was wonderful to finally meet Barbara and witness her enthusiasm first hand to achieve her mission to make the Move To Learn movement sequences available to every child in every classroom. Meeting Barbara made me realize that one person can make a difference.

I also loved having the opportunity to get to know the Fijian teachers who were forever smiling and so dedicated to their teaching role.

After the MTL seminar I travelled around some of the Fijian islands with Berri and Roslyn and had a great time. It is funny to think that only a few days earlier we were complete strangers.



Conversations with Berri led me to decide to get my son's eyes checked with David Evian (the behavioural optometrist whom Berri works with) on returning from Fiji. When reading my son could only see one word on the page when the rest of the words would go blurry and disappear. He left the appointment with a set of tinted glasses and some eye exercises from Berri. Three weeks later, he was able to see all the words on

I also brought home another wonderful teaching tool from Fiji called IMAGINATION GYM. Mary Mountstephen introduced us to this.

I introduced the Enchanted Forest CD (from the Imagination Gym series) to my classes at a time when I was really a bit lost as to how to reach them as the emotional state in which they entered the classroom did not allow for a successful learning environment. The introduction of this CD proved to be nothing short of a miracle for me. By the end of one lesson using the CD, the anger had gone from the faces and voices of these children and they began to communicate and connect with me for the first time all term. Many of them were quite desperate to get their own copy of The Enchanted Forest.

The overwhelming positive changes, which occurred when using this program, provided me with the impetus to step out of my role as a PDHPE teacher and follow my passion of helping children who are struggling. I am now selling Imagination Gym audio programs and promoting it in our schools and other places.

IMAGINATION GYM is based around a series of audio adventures that are designed to stimulate a listener's imagination and intelligences and to integrate left/right hemispheres of the brain. It can be used by teachers, parents, childcare and clinical practitioners to assist in the education and emotional development of the children in their care. It has been pitched at the Infants and Primary school child.

As well as Imagination Gym I have been attending more Move to Learn seminars so that I can develop the skills and knowledge to run my own.

I have just completed The Listening program and can now work with children with audio processing problems.

I have now put all of this knowledge together to create my own business called KIDS IN TUNE.

I have been working on a volunteer basis at local Primary school and the Principal of this school recommended my work to colleagues in the Clarence small school region.

I was recently invited to talk to 12 Principals from this region and have also been invited to speak at another meeting of Principals next term.

The Principals and teachers are all really keen to learn about the MTL program as well as the other things that I am doing.

Next year I hope to be running some staff development days and to run some workshops for parents as well.

So, I took a chance and it has paid off. I am enjoying every moment of my new direction which all started in FIJI 2008."

If you would like to know more about KIDS IN TUNE, please contact Belinda directly at:

kidsintune@gmail.com





Stacey & Carter Elisha LaGreca

Until next month, keep on rolling!

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



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