



Wellness! ROCKS!



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E-NEWS

IN THE KNOW AND ON THE MOVE

Deans Mill Elementary School is ready to **ROCK, ROCK, ROCK!**

The first grade teachers of Deans Mill Elementary School in Stonington, Connecticut, know the secret to upbeat classrooms and eager learners—start the day with Recess Rocks! After attending two customized Recess Rocks Teacher Workshops and learning how to move their students with **Lesson Plan Tie-ins**, **Subject Switchin'**, **Class Time Moves** and **Hallway Grooves**, the teachers are well prepared and motivated to use Recess Rocks activities every day.

Teachers noticed that starting the day with Recess Rocks' heart pumping theme song jazzes students' wish to exercise and increases their endurance. Each classroom also weaves a "move of the day" into their routine. For example children "move like an Egyptian" during their Class Time activity and hallway trips, as well as learn about Egypt in a social studies lesson.

The Deans Mill teachers love Recess Rocks for many reasons including:

- **Hallway Grooves** give "line leaders" a chance to strut their stuff and lead other students to health.
- **Class Time Moves** refocus the class and help students quickly get back to their work in hopes of getting another "brain power boost."
- **Subject Switchin'** encourages students to pass in their worksheets so they can do the in-seat "move of the day" while waiting for other students to finish, and because it seamlessly connects transitions throughout the day so students stay on task.

One first grade teacher remarked "Adding an activity into the daily routine quickly became second nature and it ensured my students stayed on task because they knew more Brain Power Breaks were coming up."

Use some of Deans Mill's favorite moves!

Lesson Plan Tie In: To reinforce reading comprehension, use an action-filled book. Read the book aloud, then have your class recall and act out each segment of the book, with or without music. Try "Hey, Little Ant," "The Napping House," or "The Ants Go Marching."

Class Time Moves: Begin each day moving to the Recess Rocks Theme Song.

Hallway Grooves: Tie moves into your lesson plan about insects; e.g., use caterpillar fingers overhead then squeeze arms tight to body in "chrysalis mode". Break out and use butterfly arms for rest of the walk.



Curious about launching Active Classroom in your school?

LEAP aboard here to learn more:



RECESS ROCKS!
Active Classroom

Let's Go 5210 Celebrates with Recess Rocks



The innovative staff of Let's Go! 5210 is ahead of the curve when it comes to promoting healthy lifestyle habits for kids of all ages. And during the Aroostook County, Maine chapter's April conference, Recess Rocks armed the local Let's Go champions—school, after school, early childhood, healthcare, worksite and community organizations activists—with creative, healthy ideas to share with their communities.

Led by Miss Kim, all champions moved to a Recess Rocks Celebrations! class, then each

choreographed their own Celebrations! song. Champions next got a lively dose of seated Active Classroom activities, on "fit balls," because area schools provide fit balls to their students instead of chairs! Attendees wrapped up their Recess Rocks workshops excited to bring our moves back to their students and to their staff meetings. One champion, stated "If there were any more (Recess Rocks Celebrations moves) I would have had to have a medic! It was perfect—like Goldilocks—just right! Now I need to motivate our local Elementary Schools to sign on."

To learn more about Let's Go 5210 visit www.letsgo.org or visit www.healthyarostook.org to learn more about their conference.

First grader grooves to Recess Rocks moves at school talent show!

Aidan Gillooly, a 6 year old Middletown, Connecticut first grader, wowed the audience at the Annual Bielefeld Elementary School Talent Show. Jumping, twisting and hopping to Recess Rocks' sizzling new theme song, he had an awesome time rockin' the stage! Aidan first learned about Recess Rocks during filming for our theme song music video. He loved it so much he used the interactive DVD and practiced moving to the music and instructional videos until he perfected his act for the talent show. **Bravo, Aidan!**

Here's what Aidan told us in his interview:

What was your favorite part during filming of the Recess Rocks theme song?

The part in the song where we were giving each other high-fives.

Why did you choose to perform the Recess Rocks theme song for your talent show?

Because I like the song and dance, it's fun!

What's your favorite part of the song or favorite dance move?

I like the dance moves when it says "math and science....."

What was it like performing the song at your talent show?

I was excited and had a lot of fun.



AIDAN ROCKS!

Aidan's mom told us he had a blast during the music video filming and the talent show, and he always smiled while he was practicing!

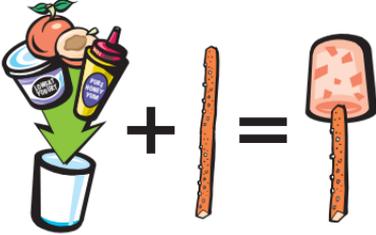


Check out the music video on our [Facebook page](#) and pop onto iTunes® to purchase the [Recess Rocks theme song](#).

KIDS IN THE KITCHEN

Make your own Recess Rocksicles

Celebrate the warm weather with this fun twist on popsicles!



Here's what you need:

- | | |
|---------------------|----------------------------|
| 1 cup yogurt | 4 thick pretzel sticks |
| 1 cup fresh fruit | 4 paper cups, 5 ounce size |
| 2 tablespoons honey | Aluminum foil |

- Put the yogurt, fruit and honey in a bowl and stir until mixed.
- Pour into paper cups, filling them 3/4 full.
- Cover cups with foil. Make slits in center of the foil covers and insert pretzel sticks.
- Put in freezer for about 5 hours or until frozen solid.
- When ready, recycle the aluminum foil, peel off the paper cup and enjoy!

DID YOU KNOW?

School playgrounds across Waterbury, Connecticut got a bright new look this April!

Community Health Center, Inc.'s (Recess Rocks parent company) AmeriCorps team, all trained Recess Rocks movement instructors, spent the 2012 AmeriCorps Week, April 9th–14th building healthier families through encouragement of physical activity—by making recess more fun and active! They teamed up with 11 elementary schools in Waterbury and spent the week painting school blacktops with maps of the United States, fun games and race courses to encourage students to be more physically active. Parents and children from the schools were invited to participate and they had a great time making their blacktops rock!

Check our [AmeriCorps team's Facebook page](#) for photos and [click here](#) for their Channel 8 News interview.

QUOTE CUES

Studies show that fewer children are walking and biking to school, and more children are at risk of becoming overweight. Changing the behavior of children and parents requires creative solutions that are safe and fun. Implementing a walking school bus can be both!

A **walking school bus** is a group of children walking to school supervised by one or more adults. It's a simple concept that can be an informal arrangement—like having two families share escorting responsibilities—or a structured route with meeting points, a timetable and a regularly rotated schedule of trained volunteers. For families who live within walking or bicycling distance to school, having parents walk with the kids offsets concerns about safety issues.

Learn more at www.walkingschoolbus.org.

Here's another avenue to get kids fit and healthy: The National Center for Safe Routes to School will be coordinating the first-ever **National Bike to School Day on Wednesday, May 9, 2012**. Bike to School Day builds on the popularity and success of the International Walk to School Day (which is observed across the country and the world each October) and encourages a bike-focused celebration in the month of May. Visit www.saferoutesinfo.org to learn more.

ASK!

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TO BRING RECESS ROCKS TO YOUR COMMUNITY

GIVE US FEEDBACK

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