

ACTION BASED LEARNING

NEWSLETTER WINTER

NY | NJ | CT

Game Changer EDITION



Changing the future for all children
by increasing their health, wellness
& education through movement.

Welcome to the second publication of our ACTION BASED LEARNING Newsletter. As we wind down 2018 (wow where has the year gone!) we've made some great strides with our programs and most importantly, MAKING SCHOOLS GREAT!

Our concepts for Action Based Learning are truly creating "brighter" futures for students academically and their personal growth and well-being. We congratulate our four noted schools and ABL CHAMPIONS in this edition.

As a company we so proud of these champions and their day-to-day work with students. THEY ARE CHANGING THEIR STUDENT'S SCHOOL EXPERIENCE FOR THE BETTER EVERY DAY! We honor them. Please read their stories and continue to join us as we forge ahead and simply, MAKE SCHOOLS GREAT FOR STUDENTS AND TEACHERS.

HAPPY HOLIDAYS

and the very best wishes for a healthy and
prosperous NEW YEAR

John Rutigliano
NY|NJ|CT Educational Director



Featuring

1



SCOTCHTOWN
ELEMENTARY
Goshen, NY



ABL NATIONAL TRAINING
GOSHEN, NEW YORK
BECOME AN EXPERT
REGISTER NOW
AUGUST 5-7th 2019

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PARK AVENUE
ELEMENTARY
SANFORDVILLE
ELEMENTARY
Warwick, NY



GAME CHANGER GRANT
\$20,000+ to K12 SCHOOLS
APPLICATIONS OPEN
JANUARY 2019

3



AUDREY W. CLARK
ELEMENTARY
Long Branch, NY



Preparing the brain
to learn by **creating**
optimal learning
environments!

4



MANORHAVEN
ELEMENTARY
Port Washington, NY

Scotchtown Elementary

MRS. MCDERMOTT, MRS. SCARCELLA, AND MRS. KELLY



"We are teachers in a kindergarten through second grade building. Action based learning has tremendously helped our students learn through brain based movements. In our classrooms, we incorporate many brain boosters with movement and this allows students to refocus as well as stimulate their brains. We have noticed that students' stress levels are reduced after brain boosters in our classroom or a visit to the kinesthetic learning lab. We are fortunate enough to have a variety of kinesthetic furniture in our classrooms. This is a great outlet for students who have difficulty sitting still and focusing for long periods of time. In our lab, we practice the 12 foundational movements that also integrate curriculum where lessons are more physically active.

Our students LOVE going to the kinesthetic lab and we have seen great improvements with their focus, coordination and ability to concentrate and attend more in class. Movement, Physical Activity and Exercise prepare the brain for learning which in turn boosts brain function and academic performance!"

 *The Goshen Girls*



Park Avenue Elementary *and* Sandfordville Elementary

Warwick brought the Action Based Learning Lab to our two elementary schools last year. We attended the Action Based Learning 3 day training and were impressed by the theory and concept behind this remarkable program. Movement does improve brain function.

When we implemented this program in our schools, it didn't take long to see that a simple task like crossing the midline, which is one of the foundations for learning, was challenging for some students. Once the students mastered the stations, we introduced the academic element. Whether playing "I love math" on the balance boards, reviewing site words on the learning ladder or practicing math facts via flash cards, our students are engaged and love to learn in the lab. Our kindergarteners call our Lab "the fun room."

Seeing the sense of accomplishment on a child's face when they master a skill that intimidated them such as jumping rope or a fine motor skill like shoe tying, is priceless.

It's rewarding to feel like we are making a difference in a child's life on a daily basis.

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“

-ALISSA PEZZELLO & JEANNE LONG



AUDREY W. CLARK ELEMENTARY SCHOOL

During the summer before the 2017-2018 school year I had the opportunity to attend a 3-day Action Based Learning training held by KidsFit. My time spent there changed how my 1st-2nd grade behavioral class would experience school that year coming up. I built my classroom around my three kinesthetic tables and added yoga balls, wobble chairs, and multiple areas for laying on the rug to work. We also spent time in our new Action Based Learning Lab daily working on building foundational skills and maintaining academics learned in the classroom. Along with the new physical set-up of my classroom and our lab visits, I made some major adjustments to my teaching style. Movement was infused throughout the day for many activities whether it be creating a class community, learning new content, or just being silly when we needed it! My students really embraced my new approaches to working with them and the school year took off. Throughout the school year I watched them grow socially and academically and couldn't be more proud of the progress they made. I am looking forward to what 2018-2019 has to bring!

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-Michelle Fowler

Michelle Fowler is beginning her 10th year as a special education teacher in Long Branch Public Schools. She is currently working at the Academy of Alternative Programs with a 1st-2nd grade behavioral class.



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**One of the best things
one of my students
has ever told me was
that this was the first
time he was allowed
to be himself.**

“

-CHANTELLE PERSAUD, PORT WASHINGTON

MANORHAVEN ELEMENTARY

My name is Chantelle Persaud. I teach fourth grade at Manorhaven Elementary School located in New York. I was first introduced to Action Based Learning through our PE teacher who had started many movement opportunities in our school. The inclusion of Go Noodle into my school day was the beginning. I noticed that students were excited to know it was coming, but also engaged long after we completed an activity. Once I noticed the benefits of these movement breaks and heard of the opportunity to become an Action Based Learning Trainer through a workshop, I was excited to see how my teaching practices could change or adapt new methods. Those four days were jammed packed with ideas for movement breaks, but more importantly with the science behind why they work and why they are necessary. I learned how the brain was seeking these opportunities for movement and how the traditional classroom environment went against these innate needs. In addition, I learned that by incorporating small and thoughtful changes to my current practices I could change the way my students viewed learning, school, and their brains.

Upcoming Trainings

Email: actionbasedlearning@gmail.com for registration

Or visit: <https://www.youthfit.com/abl-trainings>

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PHILADELPHIA, PA.

FEBRUARY 1-2 2019

\$395/person | Includes lunch | 9am-4pm

Speakers: Mike Kuczala & Cindy Hess

ABL

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CALGARY, AB CANADA

MARCH 2019

\$395/person | Includes lunch | 9am-4pm

Dates and location coming soon!

ABL

2

CHARLESTON, SC

FEBRUARY 25-26 2019

\$395/person | Includes lunch | 9am-4pm

Speakers: Laura Klubert & Dave Spurlock

Action Based Learning Training Facility

3L

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PHILADELPHIA, PA

MAY 3-4 2019

\$395/person | Includes lunch | 9am-4pm

Speakers: Mike Kuczala & Cindy Hess

ABL



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CHARLESTON, SC

MAY 23-24 2019

\$395/person | Includes lunch | 9am-4pm

Speakers: Laura Klubert & Dave Spurlock

Action Based Learning Training Facility

3L

FULFILL

YOUR PASSION AND PURPOSE
FUN - ENGAGING - EXCITING - INSPIRING

Action Based Learning
Training is an event you will
NOT want to miss!! Our
expert trainers will rock your

world and show you a whole
new approach to teaching
and learning!!

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GOSHEN, NY

AUGUST 5-7 2019

120 Scotchtown Ave

Goshen, NY 10924

\$695/person | Includes lunch | 9am-4pm

Speakers: Cindy Hess

ABL

GAME CHANGER

(n.) one who changes the future for every child through movement

Each year, the Kidsfit Game Changer Grant awards up to \$10,000 to schools in need!! The Game Changer Grant was created in order for us to fulfill our mission of changing the future for all children, More specifically

We focus on the "3L's"

The Last child in line at recess

The child Lost in the school system

The child Least likely to succeed

These funds are a chance for educators to join our mission and reach the children who need us the most. Thanks to research, we have found a way to increase children's health, wellness, and education... through movement! If you are a supporter of our mission, and are interested in implementing Action Based Learning, Kinesthetic Classrooms, or Teacher Training at your school, this is the grant for you!

Submissions Accepted January 2019

How to apply:

<https://www.youthfit.com/gamechangergrant>

Visit Action Based Learning website with link above