

ACTION BASED LEARNING™

NEWSLETTER FALL NY • NJ • CT



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



Welcome! It's now back to school and time for the FIRST edition of our newsletter!

ABC PATHWAYS MAT
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SCOTCHTOWN AVENUE ELEMENTARY

The Action Based Learning team is excited for the start of another school year! Action Based Learning labs and kinesthetic classrooms are popping up quickly and growing! Together, we are making a difference in schools to "Change the future for all children by increasing their health, wellness, and education through movement" ...and that it has!!

The concepts of Action Based Learning (ABL) by the founders, Jean Moize and Cindy Hess, have been taught for over 20 years in schools throughout the US. ABL focuses on the 12 key foundations of learning readiness that help prepare the brain to learn! This has been especially valuable in reaching the students who need us the most, the 3L student - Least likely to succeed, Last in line and students Lost in the school system. This year approximately 1,000 educator's have attended training programs to learn about Action Based Learning and how to implement the programs in their schools! One of many responses from principals is that ABL has become their legacy for impacting student's education and academic development. In our tri-state area (NY/NY/CT), two schools have produced some incredible data via test scores this year, demonstrating the power and benefits of movement and learning!

I hope you enjoy this first edition of our newsletter and look forward to future editions. Please feel free to contact me for your comments and thoughts for any further information. Together, with our passion and drive to better students' academics, we will have tremendous impact on their futures. -John

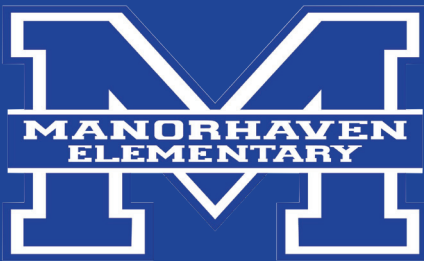
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ABL CHAMPION CHAT



“Since I have started my journey with Action Based Learning, I have noticed many wonderful positive effects on my students. One thing that I notice is that my students are beginning to understand that physical activity will help them with learning. They know, and will repeat chant, “**Exercise grows brain cells.**”

I think it is tremendously important, and empowering, for students to realize that they can become better learners through movement. One of my first-grade students created the phrase “**rainbow brain**” after running one day. The activity ended, and she exclaimed “Whew! Mrs. Regan, I have a rainbow brain now!” She recognized and could articulate that her brain was ready to learn and that it got that way through physical activity!

To me, this is the most positive outcome of Action Based Learning - kids are empowered!”

MRS. MEGAERA REGAN | PHYSICAL EDUCATION TEACHER

GAME CHANGER

By: Lorraine Bellmann | 2nd grade teacher



“Manorhaven School began to create a school-wide culture of movement over the last few years. Our principal, Bonni Cohen, along with our PE teacher, Megaera Regan, have added several events throughout our school year: Walk to School Day, School Fun Runs, Field Day, Morning Movement Breaks, Free Play Fridays and more. Once Go Noodle breaks were introduced into my classroom about 5 years ago, I began to see a change in my students’ attention after a movement break.

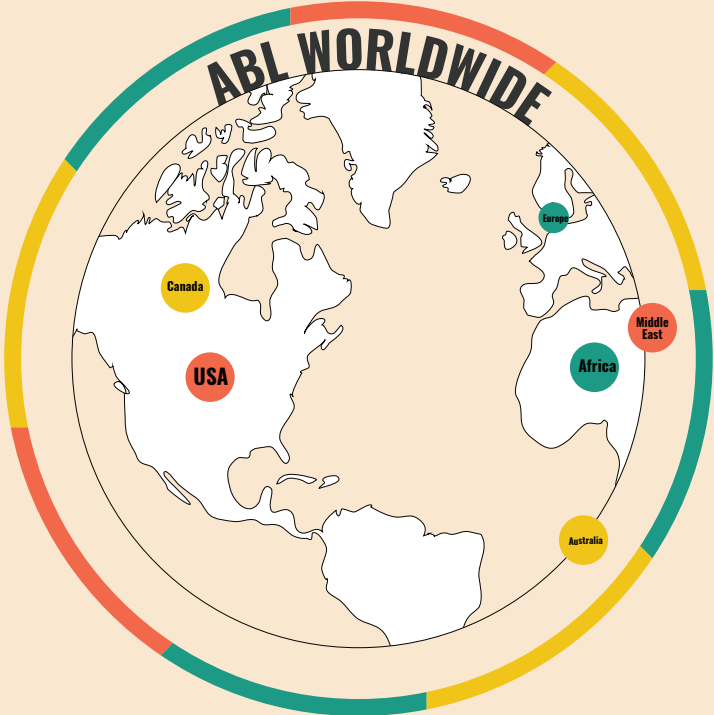
I attended my first Action Based Learning and Kinesthetic Classroom Training. Learning the science behind thoughtful and prepared brain breaks was simply the beginning. This course allowed me to develop class cohesion, teach content, review content, provide brain breaks and prepare the brain for learning because **“Exercise Grows Brain Cells!”**

Manorhaven School also purchased an ABL Lab on a cart (due to space) that has many of the Lab Stations on a rolling cart. Our PE teacher pre-taught the stations so that my students were ready when I used the ABL Cart. It was set up in our cafeteria a few days a week for most mornings, and teachers could sign their class up for different time slots. I brought my class there 2-3 days a week and ran through the stations. As the children began to successfully complete each station, I added academic review pieces to the stations. Action Based Learning has changed my classroom for the better!”

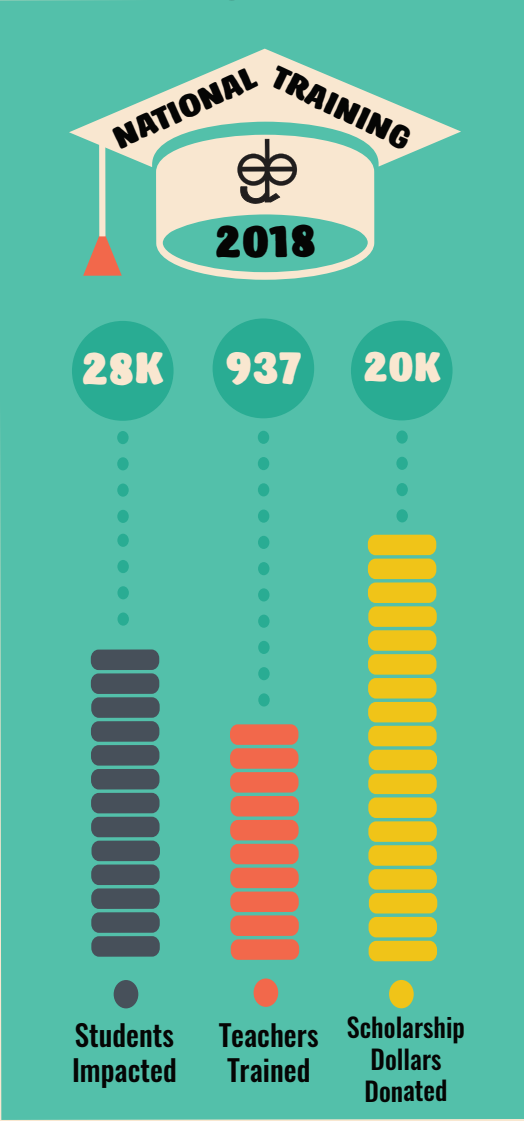


Various ABL Labs

ACTION BASED LEARNING is engaging and motivating students to learn. Together we are creating brighter futures for students by increasing their academic performances. We know how brain science studies strongly support the link of movement to learning.



ABL IMPACT NATIONWIDE



STUDENTS IMPACTED BY ABL

