

# Viola Rand and Alton Elementary Schools

January 12, 2019 Report for the RSU34 School Board

## BOKS - Build Our Kids Success

Kathleen Tullie, Founder and Executive Director of BOKS, decided she wanted to spend her time working on something that makes a difference. Kathleen had a desire to engage the community and leave a lasting positive impact on children. The book Spark by Dr. John Ratey of Harvard Medical School laid out a compelling argument for the positive correlation between exercise, academic performance and behavior issues. Studies prove that a sedentary life and poor eating habits can lower kids' performance in the classroom and start a cycle of health problems later in life. Studies show that children who exercise see significant boosts in intelligence-test scores and core subjects at school, compared to their inactive peers. From this start, she developed a curriculum and training program that has been replicated in many schools with terrific results!

Sam Lenson, a graduate student at the University of Maine, approached Jon initially, then met with Jeanna and me as well. We decided to pilot the program that he wished to test out in this district at the Viola Rand School. There are fewer students to manage and students get to school earlier there than at AES allowing time for the before school program. Sam has been very enthusiastic about the implementation of the BOKS program. The program will kick off on January 29th running from 7:20-8:00. Sam has five University students ready to begin with him on this pilot program. It will run three days per week for about 6 weeks. Sam is hoping to find a correlation between this before school activity and students' academic performance.

A typical BOKS class starts with a fun warm-up game or movement drill, then a running activity, relay race, obstacle course and strength movements. A fun game follows, concluding with a cool down and a BOKS bit, which is a nutrition component of the program. This will tie in very nicely with the 5-2-1-0 program we have been promoting. Students continue to earn toe tokens for mileage and fruit or veggie tokens for healthy snack choices. It will be exciting to see how this program is received!

## Events

### **January 18 & March 15**

Ice Skating at the Alford for AES and VRS students  
3:30-4:30

### **January 22**

Trauma Sensitive Schools Workshop

### **January 25**

Trimester 2 Progress Reports go out

### **January 25**

Leveraging Assessment Practices Workshop

### **January 29**

BOKS program starts at VRS

### **January 30**

Community Stakeholders Meeting 5:30 @OTES

### **February 11**

NAEP Testing @ AES  
4th grade only

### **February 11-15**

School Spirit Week

### **February 18-22**

Winter Break

## Ice Skating at Alfond Arena

Alton Elementary and Viola Rand School students will once again have the opportunity to participate in two afternoons of exercise and fun while learning a "Maine" sport! We will bus students from the schools to the ice rink at the University where they be able to have access to free skate rentals and an hour of ice time. Parents pick students up at the rink at the end of the time. There aren't enough "trainers" for kids to push around and skate behind as they get their bearings on skates, so folding chairs are also provided as a convenient tool to help beginning skaters stay upright. We have been tremendously lucky to have members of the Old Town Orono high school hockey team come skate with our kids each time we have done this. They are wonderful with the younger kids and are a huge help! Fortunately, we usually have a number of parents arrive to help get skates on feet and tied properly. Some of them even opt to skate too! The more proficient skaters on hand to assist new skaters the better! The best part of these ice skating trips is seeing the confidence and pride shine through as students learn something new and see their own improvement from one time to the next!

## NAEP Testing

Alton Elementary School will participate in the National Assessment of Educational Progress (NAEP) on February 11. NAEP is a national assessment to learn what students know and can do in various subjects. NAEP is administered by the National Center for Education Statistics, within the U.S. Department of Education. NAEP is different from our state assessments because it is a common measure of achievement across the country. The results are released as The Nation's Report Card, which provides information about student achievement to educators, parents, policymakers, and the public.

The fourth grade students will each take an assessment in either mathematics or reading. In addition to subject-area questions, NAEP survey questionnaires are voluntarily completed by students. The questionnaires provide valuable information about participating students' educational experiences and opportunities to learn both in and out of the classroom. As part of the 2019 National Indian Education Study, American Indian students may receive additional questions tailored to their educational experiences and their opportunities to learn about their culture and traditions. More information about NAEP survey questionnaires is available at <https://nces.ed.gov/nationsreportcard/parents> under the section "What Questions Are on the Test?" The assessment takes about 120 minutes for most students, including transition time and directions.

## Book Studies

Teachers at VRS and AES are reading either [The Kinesthetic Classroom](#) by Mike Kuzcala or [Last Child in the Woods: Saving Our Children From Nature-Deficit Disorder](#) by Richard Louv. Both are known to be very impactful for classroom teachers. Jon has also floated copies of [Help for Billy](#) for us to share for the March 8 workshop day. That author, Heather Forbes, will be the speaker on trauma affected children in school.