

Teachers' Tools & Treasures
Consignment & Retail

Everything in store is a minimum 20% OFF!
Teaching? Don't Pay Retail - Shop With Us!
Retiring? Don't Throw Stuff Out or Give Away - Sell Them!
664 Cleveland Dr., Cheektowaga • (716) 834-0651

Online Catalog!

Doggie Daycare!
Canine & Company
(716) 681-0063

metroWNY

Your community. Your website.
Covering local news throughout Western New York

[Home](#)
[News](#)
[Sports](#)
[Obits](#)
[Police Log](#)
[Steam](#)
[Arts & Ent](#)
[Coupons](#)
[Deals](#)
[Class Ads](#)
[Marketplace](#)
[Contact Us](#)

[The Sun](#)
[Springville Journal](#)
[Gowanda News](#)
[WNYHealthMag](#)
[WNYAdvertiser](#)
[WNYWoman](#)
[Shows](#)

All Articles



Join metrowny.com's mailing list.
Email:

Privacy by SafeSubscribeSM
For Email Marketing you can trust

News

Utilizing fitness to stimulate focus

Saturday February 4, 2012 | By:Kori Sciandra

Tweet 5

+1 0

Add your Comments



Rob Ray visited students during the grand opening of the fitness center at Charter School for Applied Technologies.

The daily task of a teacher - to encourage focus from students - can often become a daunting task if the child becomes bored with the curriculum. In the effort to increase focus and energy during the school day, Charter School for Applied Technologies in the Town of Tonawanda built a new fitness facility, fully equipped with new exercise equipment.

The school received a \$100,000 grant from a stimulus fund for charter schools and made up the remaining funds for the total project, which cost \$1.2 million from funding provided by the state per child. The school is eligible to receive two thirds of \$16,000 per child who attend the charter school that lives within the city limits and transfers from a Buffalo public school.

The idea to build the fitness center sparked after School Superintendent J. Efrain Martinez read the book "Spark," by John Ratey, M.D., which focuses on the interest of stimulating the brain and the muscles through exercise in order to increase focus during the school day.

The facility is open to students in kindergarten through eighth grade. Use of the new facility has changed the curriculum from a sports-based program, that required students exercise two days per week, or 120 minutes per week to a fitness-based program, that allows students to exercise five days per week, or 225 minutes per week.

The intent of the change is to have a positive long-term effect on the excitement students will have throughout the day while learning and participating in other school activities.

"I walk through the gym quite often. The kids are happy, and their energy levels are up," said Communication Director Justina Fetterly. "We want this to increase focus in the classroom."

The new facility, located in close proximity to the building that schools kindergarten through eighth grade students, is 8,700 square feet. The fitness center contains new locker rooms, offices, an area for aerobics classes, ellipticals, treadmills, and exercise bikes.

Classifieds

[Submit Classified](#)

- Personal Classifieds

Auto Classifieds

Jobs Classifieds

Merchandise Classifieds

Real Estate Classifieds

Service Classifieds



(716) 694-8524
Heating & Air Conditioning
Wizard of Comfort
Serving Western New York
www.wizardgoesgreen.com

"The equipment is advanced. It's all hooked up to the Internet. The students can race the person on the equipment next to them if they want," said Fetterly.

Although there have been no official surveys conducted at this time to determine the effect on the students the facility has had, the school is hoping for a long-term increase in focus and energy.

There will also be discussion in the future to make adjustments for students in grades nine through 12 to be able to utilize the facility.

The high school is located about a quarter mile from the facility and safety and transportation have been taken into consideration at this time.



Tweet 5

+1 0



Add your Comments

more stories

Erie County clerk reminds voters of registration deadlines

LANCASTER- Erie County Clerk Chris Jacobs is reminding residents of fast-approaching...



Eddie Ryan's serves up Irish hospitality for more than 10 years



ADD A COMMENT

Subject

Comments

Submit

Submit

Be the first to Comment

5500 Main Street Ste 203 • Williamsville NY 14221

The Princeton Review

Numbers Don't Lie

More than 4 out of 5 Princeton Review Graduates were accepted to at least one of their top-choice schools

Improve Your Test Score!

Private & experienced premier-level tutors available!

Call us today at 800-2REVIEW or visit www.princetonreview.com to learn more about how we can help prepare you for the SAT or ACT.

Free SAT Consultation

In which we can dissect a specific students' needs and offer broad tips for improving their scores.

Marketplace

Lockport
Retailer

Lockport
Retailer
Lockport, NY
716-434-4055

Find Local Businesses

Search

Popular Searches | Browse By Category



[Sundahl Insurance - 814-368-3139](#)
[Car Insurance](#)

[Barbara Oliver and Co. Jewelry - \(716\) 204-1297](#)
[Buffalo's Jewelry Store for Engagement Rings](#)

[PBM Elder Law - 716 204-1055](#)
[Medicaid & Estate Planning Attorneys in Buffalo](#)

[Senior Living](#)
[Elder Law, Medicaid Planning & Estate Planning](#)



[Home](#) [News](#) [Sports](#) [Columns](#) [Entertainment](#) [Business Profiles](#) [Senior Living](#) [Contests](#) [Lawn and Garden Care](#) [Steam](#)
[Coupons](#) [Search Free Classifieds](#) [Place Ad in Print](#) [Privacy Policy](#) [Contact Us](#)

<p><i>magnificent</i> Autumn Arrivals <i>Bring home the beauty of fall.</i></p>	<p>Pumpkins • Gourds Mini Pumpkins • Potted Plants Bulbs • Fall Decorations</p> <p>Pines Garden Center 117 French Road • West Seneca 716-844-8083 • www.pinesgardenctr.com</p>	<p>"Oh, you're home early..."</p> <p>Doggie Daycare! Canine & Company (716) 681-0063</p>
---	---	---

Other Information around WNY.





Turkey Fajitas Fresh off the Grill

A WNY Ma-Ma Means Business

Join Us for the 5th Annual WNY Health Expo

Featured WNY Woman in Business- Dr. Ashley Gleason



Patients' Biggest Weight Loss Option

Periodontal (Gum) Disease

The Importance of Bone Density Testing

Copyright 2011 The Metro Group all rights reserved
No text or images can be used from this site without permission.

Buffalo NY, Niagara Falls, Hamburg NY, classifieds, restaurants, business listings, news, sports, used cars, cars for sale, local western new york events, metro source, metro group, metro retailer, hamburg sun, springville journal