

Search
This Site Web Search powered by **YAHOO! SEARCH**

today's **DEALS** sears

Schools

0

BOOKMARK Print Email Font Resize

Exercise program helps Red Hawk Elementary students physically, mentally

Erie elementary school starts every day in motion

By **Magdalena Wegrzyn Longmont Times-Call**

Posted: 10/19/2011 09:03:23 PM MDT



Fourth-grader Asher Rogers exercises at his desk on Wednesday during a morning movement program at Red Hawk Elementary School in Erie. (LEWIS GEYER)

ERIE -- Before reviewing spelling words Wednesday morning, the fourth-graders in Michael Prough's classroom at Red Hawk Elementary School in Erie started with a quick warm-up.

The aerobic kind.

For the first 20 minutes of the school day, the students did calisthenics along with an exercise video showing on a projection screen at the front of their classroom.

"They're fun," said Sadie Horner, 9. "It makes listening not so boring in class because we have time to do something that gets our energy out, and it makes our brains want to learn more."

That's what principal Cyrus Weinberger had in mind when he implemented a movement program at the school, which opened in August.

Each morning,



students kick off the day with one of three movement exercises: aerobics in the classroom. brisk laps inside

There's more than one way to show someone you love them this Valentine's Day!

Roses, wine, chocolate... and heart scans.

www.TwinPeaksImaging.com

Whitening Lightning
\$29 Color Your Smile

\$29 VIEW DEAL

VALUE \$99 DISCOUNT 71%



EVENTS

Search Events by Date

Date: to:

Search by Keyword

Venues

[Click to view a list of area venues and their current and upcoming offerings](#)

Find us on Facebook

Longmont Times-Call

3,045 people like Longmont Times-Call.



Kindergartners play tag at Red Hawk Elementary School in Erie on Wednesday morning. For 20 minutes every day, students engage in the morning movement program as preparation to help them learn. (LEWIS GEYER)

the school or a run/walk outside. On Fridays, the school's 450 students participate in a schoolwide physical activity outside.

Teachers are also encouraged to devote another 20 minutes in the afternoon to physical

activity, Weinberger said.

The quick exercise breaks help Prough's students focus, both in the morning and in the afternoon, he said.

"It winds them up in the morning, and in the afternoon, especially after lunch, it gets them energized again," Prough said.

Weinberger said the daily movement lays a foundation for healthy lifestyles and complements the school's academic program, which includes both the traditional St. Vrain curriculum and Core Knowledge, a sequential curriculum for language arts, history, geography, math, science and arts.

"There's substantial research that shows vigorous activity, along with a rigorous academic program, supports brain development, retention of information, school climate and behavior," said Weinberger, referencing Harvard psychiatrist John Ratey's book, "Spark: The Revolutionary New Science of Exercise and the Brain." He used the book as a launching pad for the movement program.

The book documents how regular physical activity, coupled with a strong academic program, "is really the best way to build a healthy body and mind," Weinberger said.

Short bursts of exercise throughout the day help children who have sensory processing issues and spectrum autism concentrate, said Garr Rice, a nurse and former exercise physiologist who heads the parent-teacher organization's movement committee.

"For healthy kids, it increases neurotransmitters' production, which allows them focus better," Rice said.

Back in the classroom, fourth-grader C.J. Carter said he's more attentive after a 20-minute workout.

"It kind of opens up your mind when you're done exercising," he said.

Because most Red Hawk students have gym class only once or twice a week, incorporating daily physical activities becomes crucial, said physical education teacher Tanya Arends.

Arends plans to purchase pedometers and prizes for classes that complete the most laps, using a \$2,000 LiveWell Longmont grant the program recently received.

"It's just phenomenal to walk around the school and see teachers getting kids active," she said.

Magdalena Wegrzyn can be reached at 303-684-5274 or mwegrzyn@times-call.com.

Ashley	Tasha	Judy	Hasan	Wendy
Destiny	Garian	Dru	Brandon	Stephanie

Facebook social plugin

e-Edition access
 Print subscribers and others wishing to subscribe to the E-Edition please call 303-684-5358. If already an E-Edition subscriber, go to www.timescallcustomercare.com.

- Longmont student Eva Kitlen, 13, wins trip to National Spelling Bee
- Longmont 11-year-old maintains positive attitude despite paralyzing disorder
- SVVSD application deadline today
- Carbon Valley student art exhibit opens Monday
- Silver Creek students will help host Chinese New Year celebration Saturday
- Longmont parents, teachers see K-8 options
- CU-Boulder drops SAT requirements for international students
- St. Vrain Valley School District plans \$1.6M savings
- St. Vrain Valley School District math students practice, compete in Equations
- Latent TB discovered in Longmont High School students

Most Viewed **Most E-Mailed** **RSS**

(From the last 12 hours)

1. Poll: GOP presidential candidate
2. Missing 9-year-old girl found
3. Longmont keeps close tabs on Butterball's plans for empty plant
4. Longmont police give high marks to automated license plate reader
5. T-C Line: Atheism
6. A leading man of the world
7. Rachel Crow already has career options
8. Longmont police notes: Wrong-way driver on Third Avenue
9. Super game, but could the commercials keep up?
10. Julianne "Julie" Scanlon

Front Range BIZ SEARCH
 Find Any Business

Popular Searches
 Powered by Local.com

RECOMMENDED FOR YOU

- ▶ Popular Boulder sport of slacklining hits...
- ▶ Struggle among Iran's clerics bursts into the...
- ▶ Authorities searching for missing 9-year-old...
- ▶ Former CU Buff Lynn Katoa makes Boulder's most...
- ▶ Meals on wheels: Boulder's food trucks navigate...
- ▶ Letters to the Editor - Feb. 6

-- SPONSORED LINK --
 Melissa McCarthy, Chris Rock Getting Married for a Romantic Comedy?...
 (From DailyMe.com)



FEATURED JOBS

Click to scroll manually

Jobs On Road

- Classified Account Executive**
Prairie Mountain Publishing
- Foreman-Paving/Curb/Gutter**
Lawson Construction
- Parts and Service Tech**
G&M Implement
- PT Bookkeeper**
ITF

Send 81 people
 0

Article ID: 19150101

Longmont Times-Call & timescall.com | 350 Terry St. Longmont, Colo. 80501 | 303-776-2244 | Contact Us
 Social Media: Longmont Times-Call on Facebook | Follow us on Twitter | Watch us on YouTube | About Our Ads
 Copyright Notice | Privacy Policy | Subscriber Services | Site Map | RSS

© Copyright 2012 Media News group

Weather Data CustomWeather, Inc | WEBSITE



Visit our other Prairie Mountain Publishing websites: DailyCamera.com (Boulder, CO) | ColoradoDaily.com (Boulder, CO) | TimesCall.com (Longmont, CO) | ReporterHerald.com (Loveland, CO) | ColoradoHometownWeekly.com (East Boulder County, CO) | LongmontWeekly.com (Longmont, CO) | BroomfieldEnterprise.com (Broomfield, CO) | DenverPost.com (Denver, CO) | EPTrail.com (Estes Park, CO) | CanonCityDailyRecord.com (Canon City, CO) | LamarLedger.com (Lamar, CO) | FortMorganTimes.com (Fort Morgan, CO) | BrushTribune.com (Brush, CO) | AkronNewsReporter.com (Akron, CO) | JulesburgAdvocate.com (Julesburg, CO) | Burlington-Record.com (Burlington, CO) | Journal-Advocate.com (Sterling, CO) | Women's Magazine | WheelsColorado.com | Buffzone.com | MyTownColorado.com | BigGreenBoulder.com | AtHomeColorado.com | BoulderCountyGold.com | ScottLeeKimball.com - View all Media News Group websites

[Privacy Policy](#) | [Terms of Use](#) | [MNG Corporate Site Map](#) | [Copyright](#)

WEBSITE