

Wellness Success Story Summary

2008-2009

1. Briefly describe the details of your wellness success story:

I have used “Brain Gym”. I have included 15 minutes of fitness during my 2 hour Read 180 classes.

2. What prompted your desire to implement this initiative?

The goal was to increase their energy and focus at the end of the day and promote healthy ways to relieve stress.

3. How do you measure the success of your initiative?

It was successful. My para has a behavior check list of on/off task behaviors. We compared their scores before we tried the exercise “intervention” and after. The off task behaviors decreased after they got exercise. Students were more efficient/accomplished more, and there were less behavior issues. Students also learned the value of teamwork and some even discovered untapped talent....they were recruited to join track and field etc. and proved to be quite gifted.

Staff Member Name: Rachel Odland

School Building: Edgewood

Student grade level(s): Grades 7& 8

Permission to include your story on our wellness web page: Yes