

Wellness Success Story Summary 2008-2009

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

From Feb. 15th, 2009 to May 15th, 2009, I combined reading skills and aerobic activities for 15 minutes a day with a group of at-risk reading students from a fifth grade classroom. The students came to the gym for the first 15 minutes of their Reading Class. My goal was to show a greater increase in growth from Winter to Spring on the NWEA Measures of Academic Progress (MAP) test, than the students showed from Fall to Winter. 10 out of the 14 students achieved this goal of improving upon their growth from the first half of the year. All students showed growth on the MAP test from Winter to Spring.

2. What prompted your desire to implement this initiative?

In 2007 at the State Physical Education Conference I participated in a 1 hour class called Lit/PE. This class was taught by Jack Olwell who teaches PE in a Farmington Elementary School. I used a few of his lessons with an ETS class that I was teaching at the time and the students really enjoyed them. In 2008 I went to Mr. Olwell's class again. I again saw his success and wanted to try to replicate it at our school. I gave up most of my Prep time and worked with these 14-5th graders and their Reading Teacher.

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

The Reading Teacher gave these students the NWEA MAP Reading test in the Winter and the Spring. We then looked at the growth from Fall to Winter and again from Winter to Spring.

- 4 of the students more than doubled their growth from the first semester
- 6 of the students grew 9 or more RIT points over the half year this was implemented. A growth of 9 RIT points is approximately the equivalent to a year's growth for an average student. We were able to achieve this in just one half a year.

Staff Member Name: Wendy Brandt

School Building: Valentine Hills Elementary

Student grade level(s): 5th grade

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