

# *Innovative Supports for Military Connected Students*

## 2023 ANNUAL BUSINESS MEETING

Richmond, Virginia

November 8-9, 2023



# Gerry Brooks - Staff Meetings



# **Presentation Agenda**

- **Introduction - Where did we come from and where are we now...**
- **MTL - Move to Learn**
- **SEL - Social Emotional Learning**
- **Transitions - Duty station to duty station, school to school**
- **The Compact and Commissioners as driving change.**
- **Q & A**

# What vs. Why - Michael Jr.



# STUDIES SUPPORT CHANGE

- 56.6 million students in our schools
- 1.2 million identified learning and attention challenges
- Only 8.25% of those students receive services through IEP or 504 plans - LESS than half of the students identified
- What about the other 11.75% or **6.65 million students?**
- Are we meeting their needs? How does that affect the climate of your classroom?

**1 in 5**

**children in the U.S. have learning and attention issues.**



*The State of Learning Disabilities: Understanding the 1 in 5,* published in 2017, is the most recent research report from The National Center for Learning Disabilities (NCLD).

**Beneath every behavior  
there is a feeling.**

**Beneath each feeling is a need.**

**When we meet that need  
rather than focus**

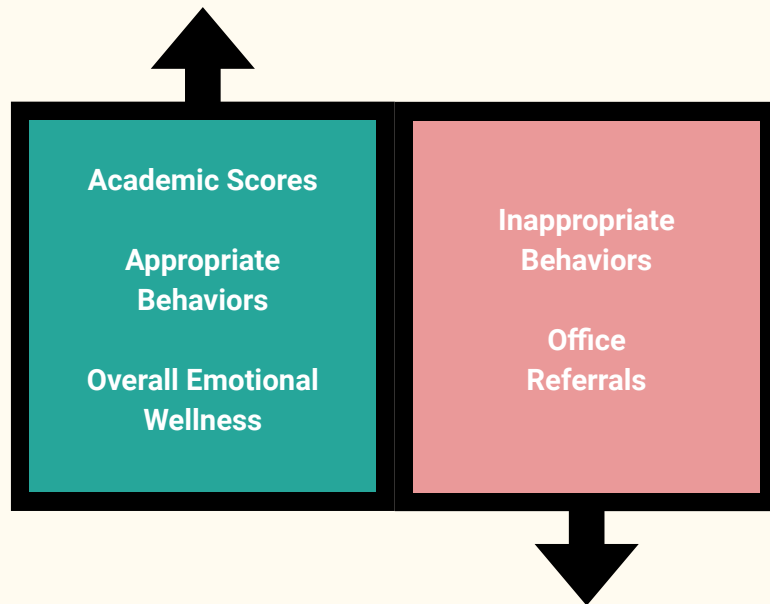
**on the behavior, we begin to  
deal with the cause, not the symptom.**

**Once we identify the cause,  
we can facilitate a successful solution.**

# PROACTIVE vs REACTIVE

## Meeting Student Needs Instead of Reacting to Behavior

When schools use specific Physical Activity as an Academic and Behavioral Intervention at all levels of tiered instruction to increase student success, we see increase in the good and decrease in the less desirable.





# ALTERNATIVE SEATING

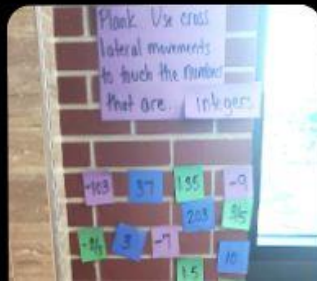






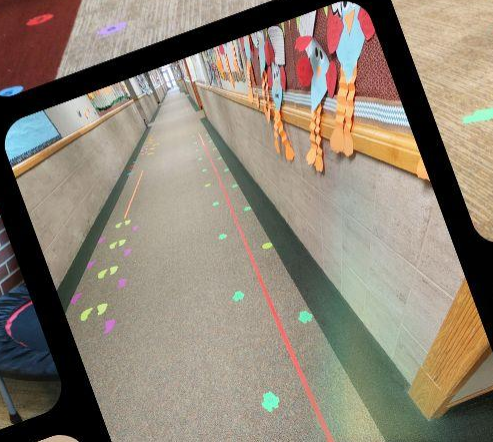
# MTL EQUIPMENT IN CLASSROOMS

# SMLP/MTL STATIONS

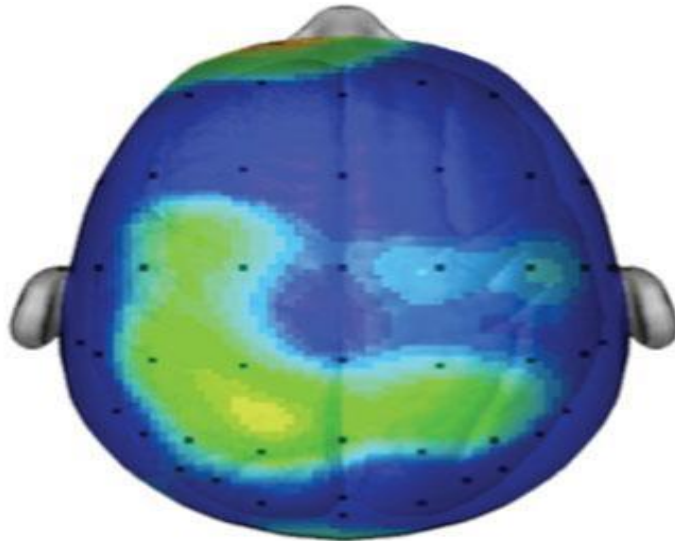




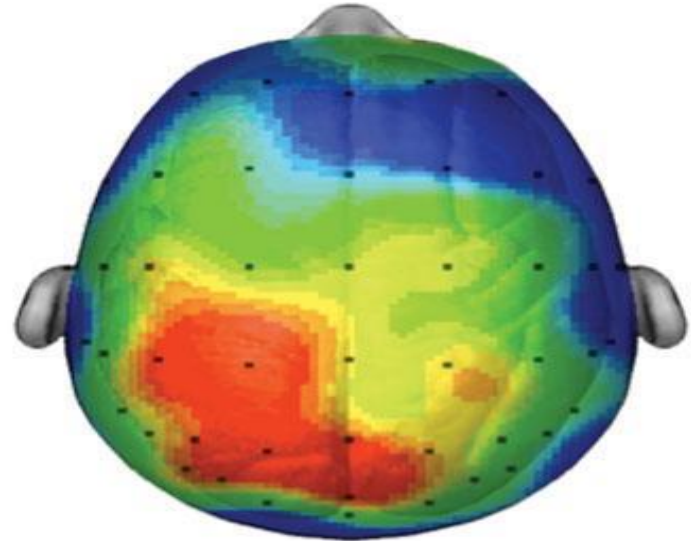
# SENSORY MOTOR LEARNING PATHWAYS



# The Effects of Movement on The Brain



**After 20 minutes of  
sitting quietly**



**After 20 minutes of  
walking**

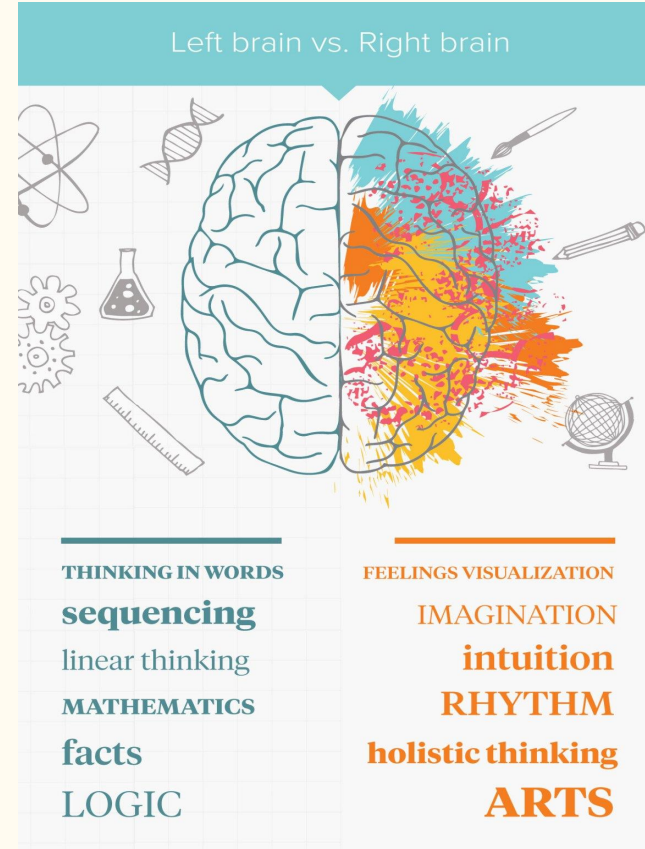
Research/scan compliments of Dr. Chuck Hillman, University of Illinois

**Our 9<sup>th</sup> graders produced videos to make sure that each classroom utilizes specific exercise to stimulate neurological Growth, Focus, Stamina and Retention on a daily basis!**



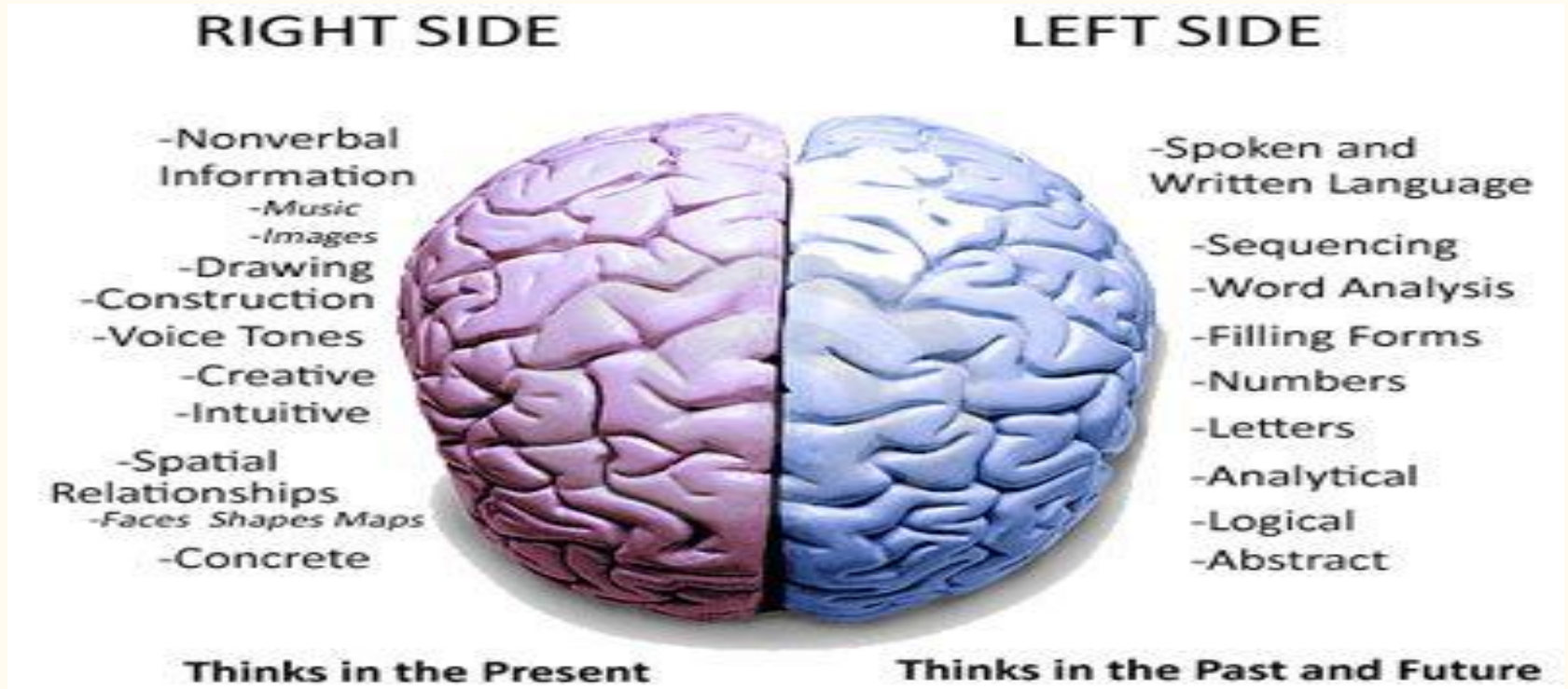
# Cross-lateral Movement

- ❖ The midline is the line that naturally occurs between the two hemispheres and continues down the center of the body.
- ❖ Crossing the midline physically with extremities forces both hemispheres to work together making neurological connections.
- ❖ Continued repetition of cross-lateral *exercises* *strengthens* those connections so that the signal between the neurons becomes stronger!
- ❖ Cross-lateral movement facilitates neurological growth resulting in more efficient hemispheric communication and sensory processing.





# Brain strength relates to processing speed!







# **Movement to Support Social-Emotional Regulation, Social and Executive Functioning Skills**

# Focused movement can:

- ❑ Support academic success
- ❑ Increase focus and attention
- ❑ Actively engage cognitive function
- ❑ Enhance executive functioning
- ❑ Relieve stress

## But it can also...

- ❑ Create a calm classroom
- ❑ Heighten emotional regulation
- ❑ Support positive social interactions



Why does this  
work matter?

# ADHD -EXECUTIVE AGE

Children with ADHD can be 30% delayed in the development of executive functions as compared to peers. This looks like:

AGE	GRADE	EXECUTIVE AGE	FUNCTIONS LIKE A:
5-6	K	3.5 - 4.2	Preschooler
6-7	1	4.2 - 4.9	Preschooler
7-8	2	4.9 - 5.6	Kindergartener
8-9	3	5.6 - 6.3	K-1 st grader
9-10	4	6.3 - 7.0	1st grader
10-11	5	7.0 - 7.7	1-2nd grader
11-12	6	7.7 - 8.4	2nd -3rd grader
12-13	7	8.4 - 9.1	3rd grader
13-14	8	9.1 - 9.8	4 th grader
14-15	9	9.8 - 10.5	4-5 th grader
15-16	10	10.5 - 11.2	5 th grader
16-17	11	11.2 - 11.9	6 th grader
17-18	12	11.9 - 12.6	6-7th grader
18-19	"adult"	12.6 - 13.3	7th grader



# SWAG

## Social Wellness for Academic Growth

- Mindfulness based program with 5 components to increase regulatory and social skills
- Breathe, Connect, Move, Focus, Relax



## 10 S.W.A.G. Themes

Kindness

Honesty

Respect

Trustworthiness

Manners

Tolerance/Diversity

Giving/Donating

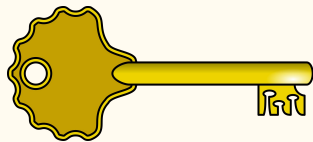
Self-Control

Cooperation/Sharing

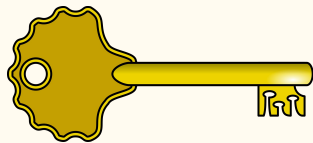
Self-Confidence

# SWAG: 10 Basic Lessons Each with 5 Key Elements

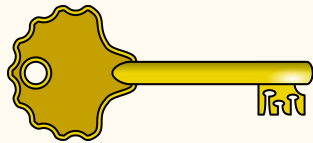
Developed with a FISEF Grant



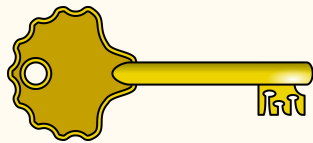
Breathe



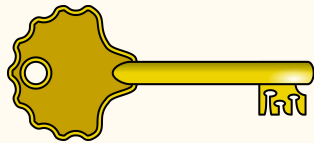
Connect



Move



Focus



Relax



# *TRY THIS: BREATHE, MOVE, CONNECT*

## Breath of Joy

Start in Mountain Pose and take a few deep breaths to get ready for this energetic and very fun activity. Breathe in three short quick breaths through your nose and then breathe out through your mouth while making an ahhhhhhhh sound. Next move your arms at the same time as your three short quick breaths in, first straight out in front of you, next straight out to your sides, and finally straight up over your head. As you breathe out and make the ahhhhhhhhh noise, let your hands flop back down to your sides and fall into a forward fold. Repeat 5 times and see if you can go faster or slower and what that feels like. Notice a difference in your mood after this activity compared to prior to starting it.



# Building Connection through Movement



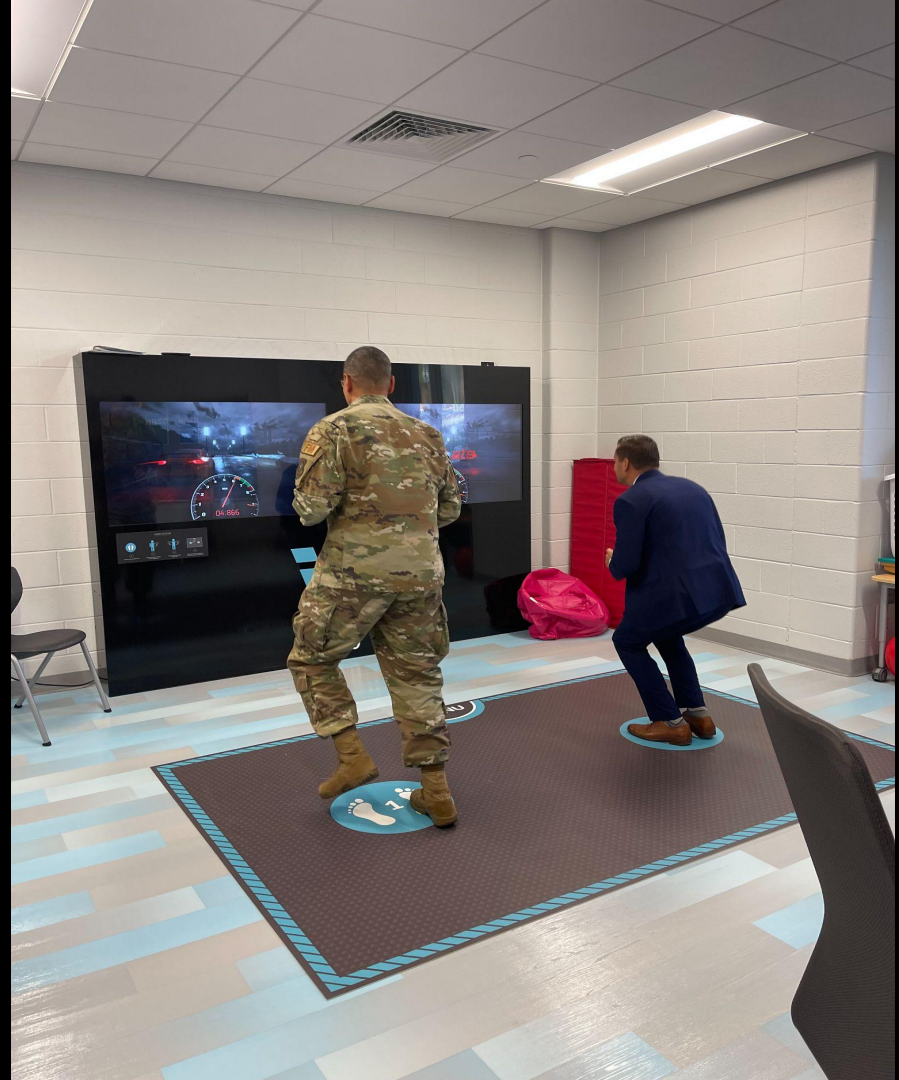


# Emotional Regulation through Movement

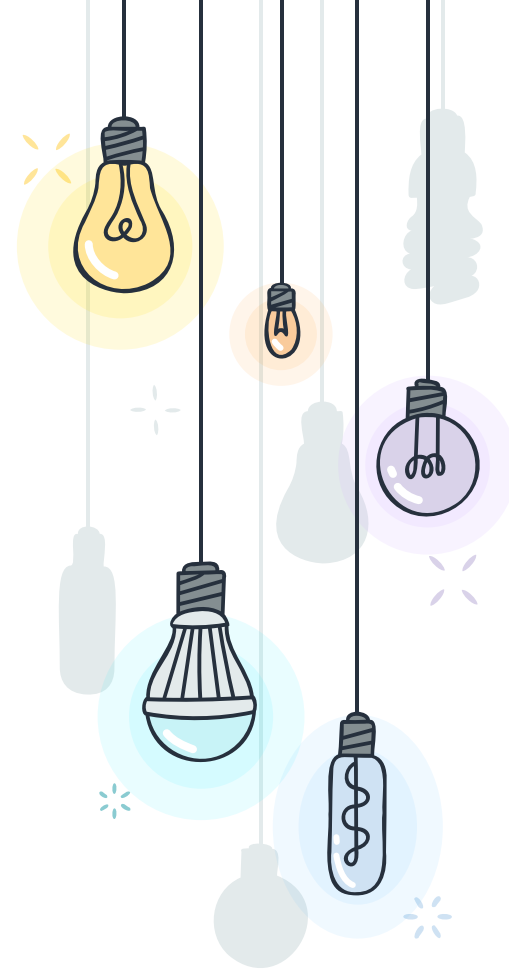


# Movement

For connection and learning



# FOCUS



# I AM SO FOCUSED...

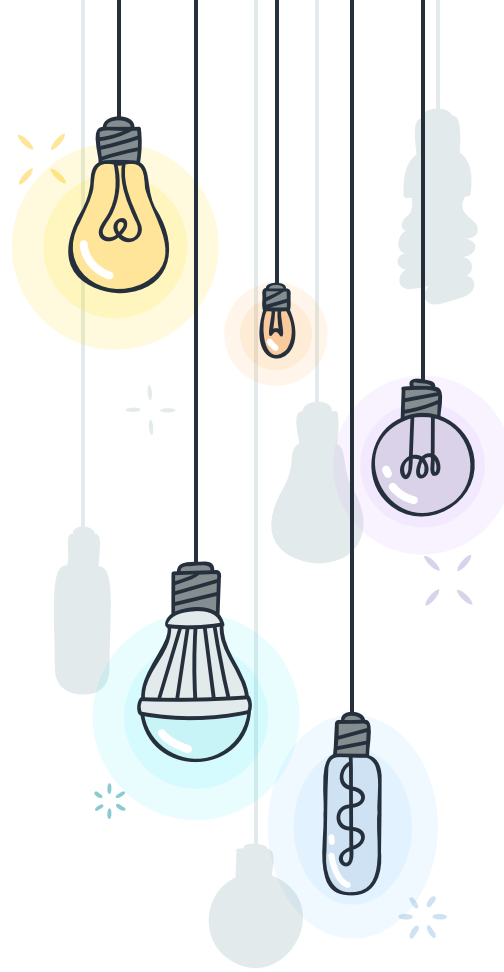


PINCH YOUR POINTER FINGER AND YOUR THUMB TOGETHER, THEN MIDDLE FINGER AND THUMB TOGETHER, THEN YOUR RING FINGER AND THUMB TOGETHER, THEN YOUR PINKY FINGER AND THUMB. WHILE DOING THIS, SAY "I AM SO STRONG/BRAVE/FOCUSED, ETC. COME UP WITH ONE ON YOUR OWN TO HELP YOU FEEL EMPOWERED!"

IDEA: CROSS THE MIDLINE BY USING YOUR RIGHT HAND TO GENTLY PINCH YOUR LEFT EAR. CHANGE FOR EACH WORD IN "I AM SO FOCUSED AND READY TO LEARN"



# Relax







## Closing: Remember the Why

- ❑ Enhance feelings of connection
- ❑ Support academic success
- ❑ Increase focus and attention
- ❑ Actively engage students
- ❑ Relieve stress

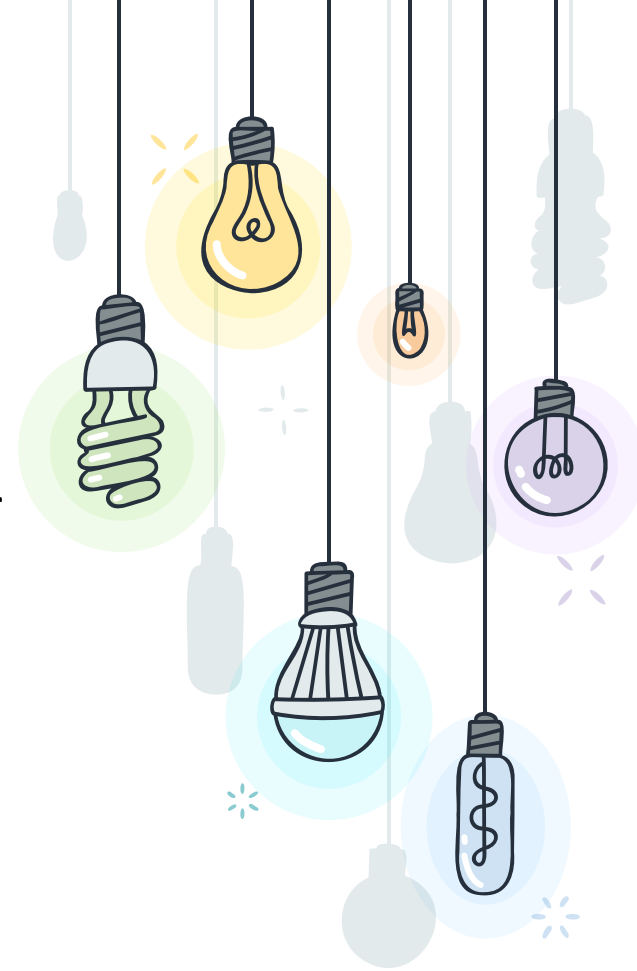
- ❑ Create a calm classroom
- ❑ Heighten emotional awareness
- ❑ Support positive social interactions
- ❑ Develop Executive Functioning skills



A word about connections and transitions

# TRANSITIONS FOR SUCCESS

- ✱ - Buddy Benches, Class Buddy, Lunch Buddy
- Memory Stones
- Curriculum and Resources
- Student Government/Student Council
- Family Nights/ New Family Orientation 2x/year
- Special Events (Freedom Walk, Thanksgiving Dinner - for lunch, etc.)
- Purple Star School/District designation
- Spirit Sticks
- Spirit Wear/School Gear
- Anchored for Life



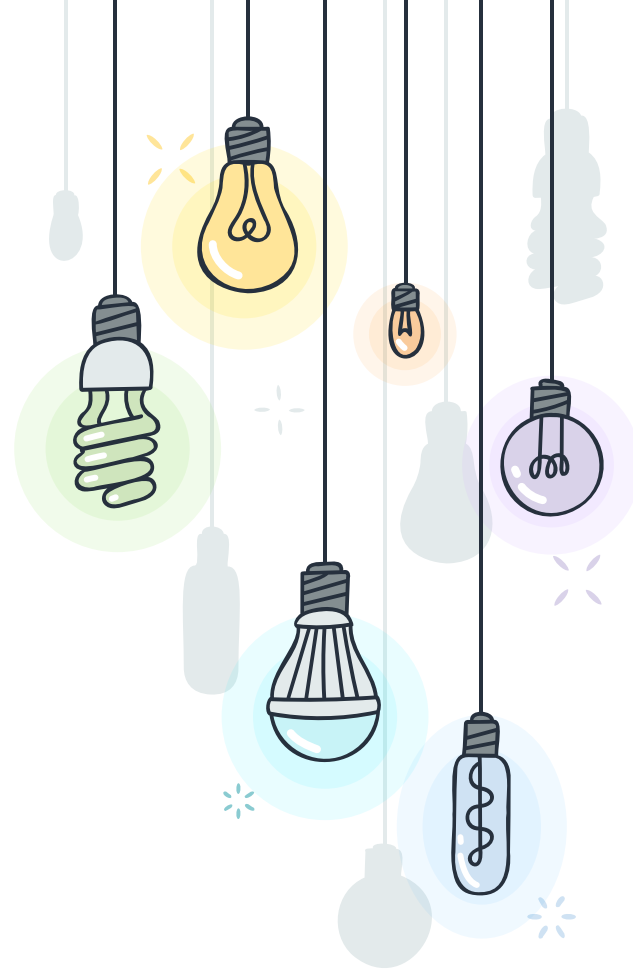
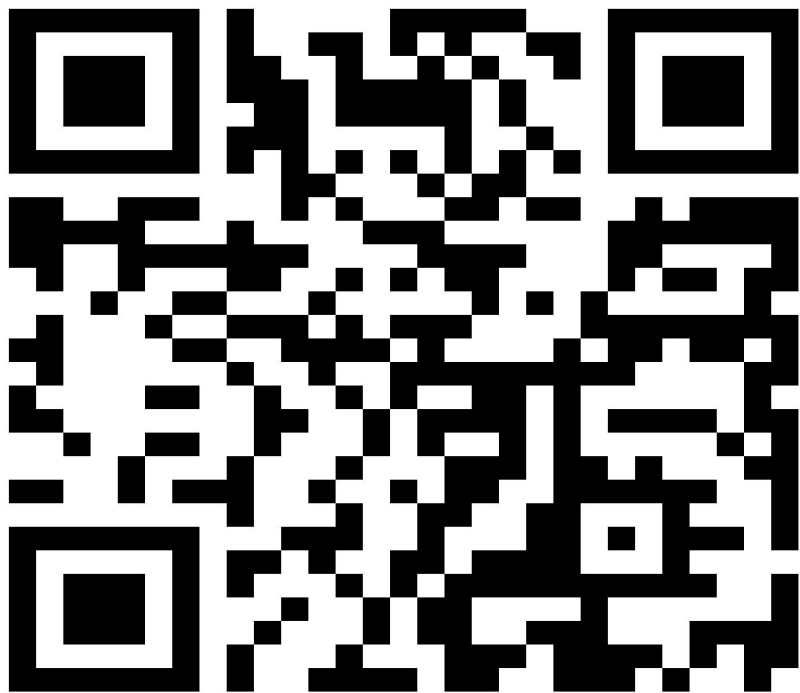
# CHARACTERISTICS OF A "GOOD-BYE"



- ★ Communicate to the students that they are valued
- ★ Communicate to students that they will be remembered—consider a token of remembrance (postcards, spirit sticks)
- ★ Provide opportunity for students to connect before leaving
- ★ Be mindful of all students during this transition both those PCSing and those staying
- ★ Stay positive about their next duty station..
  - ★ Ex. I heard they have great pizza in Florida!



## \* REALLY COOL TRANSITION IDEAS



# Really Cool Transition Ideas

<https://padlet.com/hpayne3/really-cool-transitions-activities-i-have-seen-s3rusab5ejfak292>

OUR MISSION

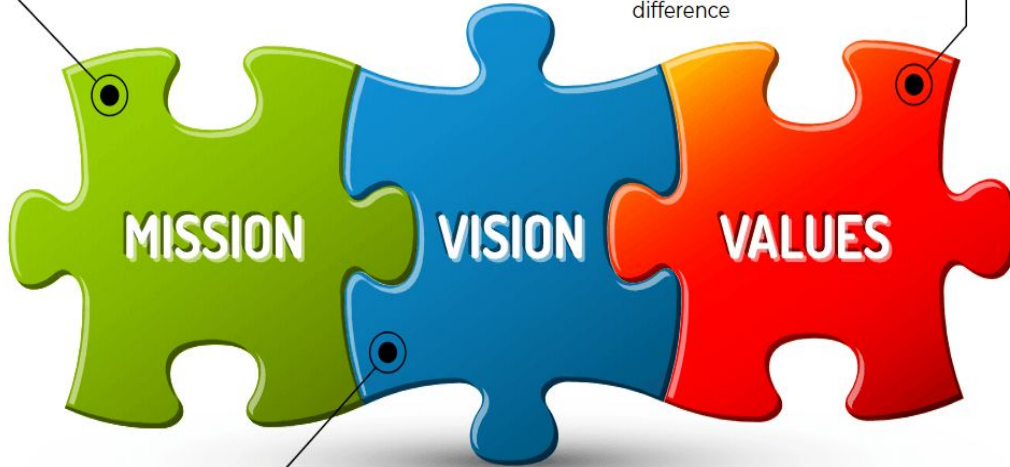
Through the Interstate Compact, MIC3 addresses key educational transition issues encountered by children of military families.

OUR VALUES

- Doing the right thing for children
- Resolving issues fairly
- Respect for all
- Transparency in all we do
- Committed to making a difference

OUR VISION

Successful Educational Transitions



**Key Concepts to the Success of each Commissioner/State/Member:**

- *“...Address key educational transition issues...”*
- *“Doing the right thing for children”*
- *“Respect for all”*
- *“Committed to making a difference”*



# **Thank you for the work you do on behalf of mobile military-connected students!**

## **CONTACT INFORMATION:**

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