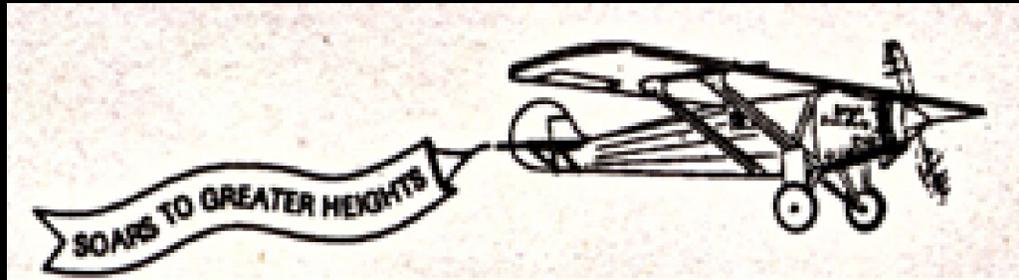
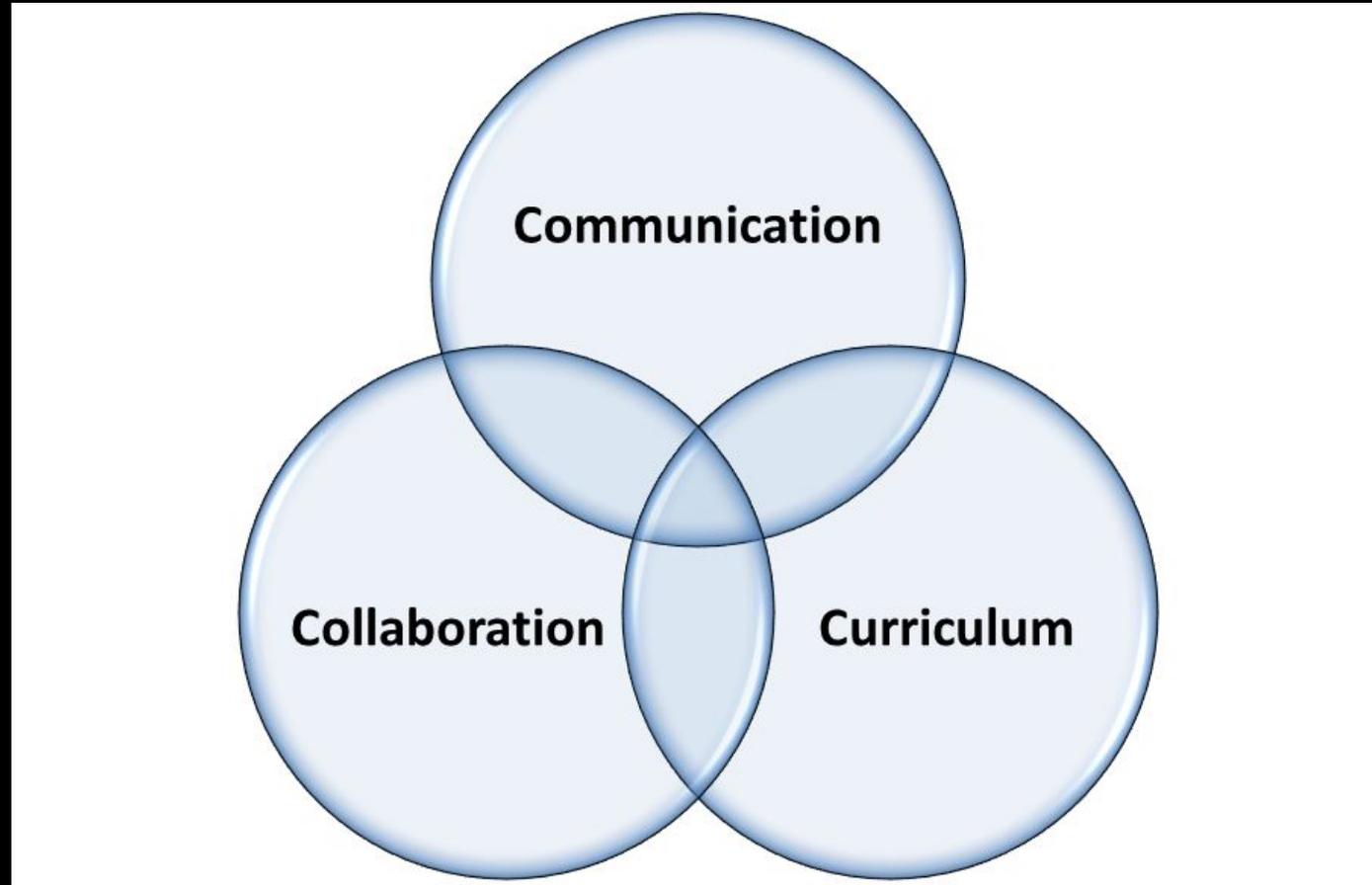


Lindbergh Elementary Wellness Room



Our Continued Commitment



HOW CAN WE CREATE THE CONDITIONS FOR STUDENT ENGAGEMENT?

Engaged students achieve academically, actively participate both inside and out of school, and contribute positively to the school culture.



History

Lindbergh Elementary had a need for more physical education minutes in the school week for students.



Timeline

- Created a master schedule based on the required minutes for Physical Education
- Gathered feedback from our PE teachers on what the ideal wellness room would like and how it would function
- Created the curriculum through a COI project

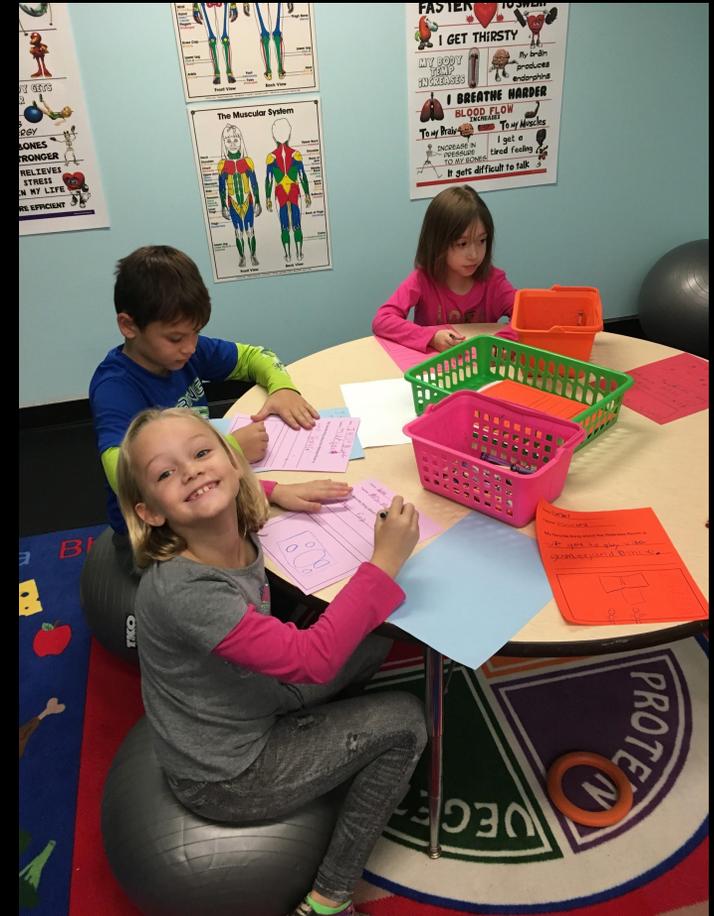


Wellness Room Construction



Accomplishment

Due to the Wellness Room, all K-4 students are now receiving physical education 3 days a week because of this additional space.



Our New Wellness Room at Lindbergh!

“I super-duper like the
Wellness Room. I love the
rockwall, dancing,
coloring and exercising!”
Isabel, Grade 2

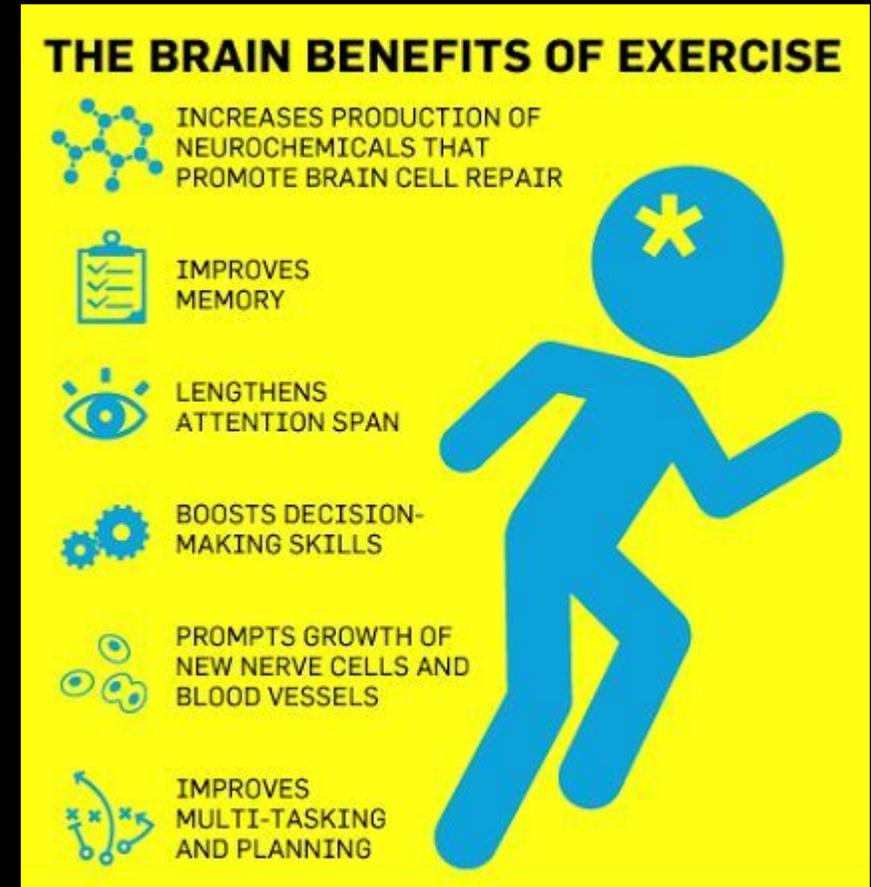


Wellness Fun!



Exercise = Success

- Better academic achievement
- Better school attendance
- Fewer discipline problems
- Reduces anxiety and depression



Rockwall

- Builds muscular strength and endurance
- Enhances perseverance, problem solving skills, & self-confidence



Literacy Station

Mini Health Lessons

- Dental Hygiene
- Hand Washing
- Fruit and Veggie of the Month



Technology

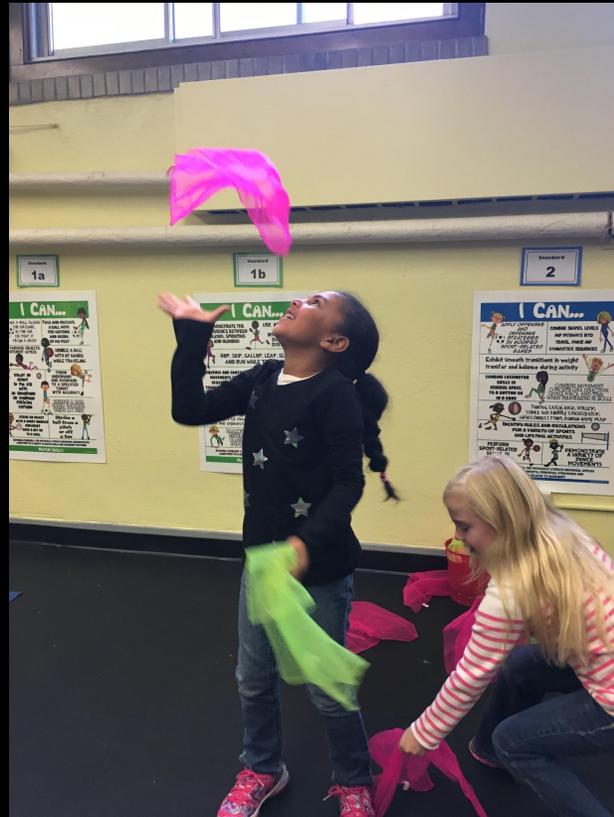
- iPads
 - 20+ fitness and nutrition apps
- Xbox Kinect
 - Just Dance
 - Wipeout



Skill Building

Motor Skills & Movement Patterns

- Juggling
- Throwing
- Catching
- Striking
- Kicking
- Volleying
- Jumping
- Landing
- Balancing



Fitness

- Exercise Cards
- Bosu Balls
- Body Bars



Thank You!

- Board of Education
- Superintendent, Dawn Mirand
- Assistant Superintendent, Robin Zymroz
- Director of Elementary Education, Dr. Heather Lyon
- Director of Facilities, Timothy Ames
- Supervisor, Health, Physical Education, and Athletics, Brett Banker
- Director of Technology and Curricular Innovations, Julianna Sciolino
- Buildings and Grounds
- Custodial Staff