

# Phi Delta Kappa

NEWSLETTER

UBC Chapter #0124

Vancouver, BC



[www.pdkubc.org](http://www.pdkubc.org)

## PRESIDENT'S MESSAGE

January 20, 2009

Dear Kappans,

I would like to wish everyone a very Happy New Year!

Upon reflection of our PDK Dinner meetings for 2008, I think that we have had great success in addressing meaningful topics and speakers. Our attendance for our two fall dinner meetings was outstanding. The topics have obviously caught the interest of our educators: cyberbullying and anxiety and mental health issues. The feedback that we have received indicates that we have only just scratched the surface of these topics and more follow up sessions would be well attended.

This coming Feb. 5<sup>th</sup> we will be discussing the topic of autism. Our guest speaker will be Leslie Burgess from POPARD. We are certain that this will be another well attended dinner meeting so I would suggest that you register early. Just contact Brian Leonard, our Registrar, at [bleonard@sd43.bc.ca](mailto:bleonard@sd43.bc.ca) by noon on

Monday, February 2 for a reservation.

With all of this increase in attendance to our dinner meetings, we also look forward to growing our membership. I certainly have benefited and thoroughly enjoy my professional development through my membership to PDK. I hope you will consider becoming a member; applications forms are available at the dinner meetings or being emailing one of our executive members.

One of the advantages of being a member of PDK is receiving the Kappan and also being able to access the Topics and Trends online. As I was perusing the articles online I came across the following article. Please enjoy.

Respectfully,  
Marion Broadbent  
President, UBC PDK

## Enhancing Student Learning Through Physical Activity in the Classroom

### The Issue

Research findings published by National Association for Sport and Physical Activity and the American Heart Association state that school-age children and adolescents need at least 60 minutes of physical activity every day to cause new brain cell growth and to release chemicals to the brain that improve learning. Neural networks that develop as a result of physical activity have been shown to increase intellectual

activity. Scientists have found that exercising various muscle groups fosters an increase in brain activity that is necessary for developing adequate reading comprehension. Despite the research findings, a 2005 report by the National Center of Education Statistics demonstrates that public schools offer about 85 minutes of physical education per week for elementary students and about 98 minutes a week for middle school students.

The National Association for Sport and Physical Education recommends at least 150 minutes of exercise a week for elementary students and 225 minutes a week for middle and high school students. Since the amount of time devoted to physical education in the public schools is inadequate, schools must incorporate creative classroom activities to increase movement in the classroom.

### The Research

According to the Center of Disease Control and Prevention, academic success is strongly linked to health and physical activity. A lack of physical activity contributes to unhealthy conditions that lead to academic failure. Multiple studies have shown that regular physical activity has positive effects on student learning and positively impacts many unhealthy factors, such as obesity, substance use, chronic illnesses, depression (which can affect school attendance), the ability to pay attention in class, and overall school performance. Research statistics supporting increased physical activity to support academic learning include:

- Academic achievement is enhanced with increased physical activity. Approximately half of low-performing U.S. high school students (those receiving grades of D's or F's) have been shown to engage in fewer than 30 minutes of moderate to vigorous physical activities on five or more days per week.
- Fourth graders' performance on individual achievement tests was significantly higher when they participated in physical activity just prior to the test.

- The GPAs of adolescents who engaged in organized sports were significantly higher than the GPAs of those who didn't participate in organized sports.
- The inclusion of balance activities in a curriculum of movement activity has been shown to increase reading and mathematics scores.
- School attendance, grades, test scores, and paying attention in class are positively impacted by periods of physical activity during the school day.
- Grade-appropriate reading skills are highly correlated with engagement in moderate-to-high physical activity.

### Practical Implications

- To encourage physical activity in the classroom, a teacher might include physical movement mini-breaks twice a day or structured physical activities during lunchtime.
- Incorporate physically active learning centers in elementary classrooms.
- Implement structured cardiovascular activity requirements during elementary recess.
- Encourage three to five minutes of aerobic and flexibility activities at the beginning of each middle school or high school class period.
- Include 20-30 minutes of daily physical activity as part of required homework assignments.

### Questions to Consider

- At the school district level, what information can be provided for teachers and students to remove the barriers to include physical activity for enhanced academic performance?
- At the school level, what tools or resources might teachers need to incorporate opportunities for physical activity into their classroom schedules?
- What resources can be made available to parents to increase their participation in encouraging their children to be active and providing physical activity for them?

### References

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## **Foundation/Scholarship Report**

Recently, the UBC Chapter of Phi Delta Kappa awarded a \$1000 Future Educator's Scholarship to Maribeth Ching, a UBC undergraduate student, who recently completed her extended practicum at Tomekichi Homma Elementary in the Richmond School District. Congratulation Maribeth!

Each year our local chapter supports prospective educators. Our ability to provide scholarships is sustained by ongoing support from you and others in the UBC PDK community who collectively make financial contributions. If you would like to contribute to the **UBC Phi Delta Kappa Scholarship in Education** please make your cheque payable to ***The University of British Columbia*** and in the memo section write – **Phi Delta Kappa Scholarship in Education (Fund M614)**. The cheque should be sent to **UBC Annual Giving, 500-5950 University Boulevard, Vancouver, B.C., V6T 1Z3**. Donors may also give either by phone (604-827-5213) or on-line (<http://www.supporting.ubc.ca/giving/options/donatenow.html>) using their credit card. **UBC's charitable donation's tax number is 10816**

**1779 RR0001**. For further information on donating to the UBC PDK Scholarship contact Don Allison at [dallison@sd38.bc.ca](mailto:dallison@sd38.bc.ca)

Donald G. Allison  
Foundation's Officer  
UBC Chapter, PDK

## **PDK Dinner Presentation - Thursday, February 5 on Autism**

The UBC Chapter of Phi Delta Kappa will convene on **Thursday, February 5** to visit with colleagues and discuss "**Autism, the Depth and Breadth.**"

This presentation will provide an overview of Autism Spectrum Disorders (ASD), highlight the current research, and offer information on best practice strategies to support and include ASD students in the classroom and school environment.

Leslie Burgess is well positioned to lead this discussion. She is an Educational and Behavioural Consultant with the Provincial Outreach Program for Autism and Related Disorders (POPARD) who has worked in the field of autism for over 14 years. She has consulted and worked directly with school-aged children and adolescents with ASD throughout the province.

After the presentation, she will circulate among the tables and you will have an opportunity to question her directly.

Don't miss this chance to join us and share your experiences. Mark your calendar for Thursday, February 5!

Place: the **Arbutus Club** is in Vancouver on Arbutus Street just south of 25th Avenue opposite Safeway at the pedestrian light at Nanton. Entrance is off Nanton.

Arrivals: **6:00-6:30 p.m.** Program price: \$35 for members, \$45 for nonmembers. Dinner is free. Pay at the door of the Quilchena Room. Your colleagues are also welcome.

**Please respond to Brian Leonard, our Registrar, at [bleonard@sd43.bc.ca](mailto:bleonard@sd43.bc.ca) by noon on Monday, February 2 for a reservation.** An early response is recommended. You will be sent a confirmation. Please park in the Safeway lot across the street from the Arbutus Club since the Club is under construction. Hope to see you there!

## **UBC Chapter PDK 2008-2009 Executive**

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