

Testifier Name: Sarah F. Turner, Cromwell Public School Physical Education Teacher

Bill: *H.B. No. 5467 (RAISED) AN ACT ESTABLISHING A RED RIBBON PASS PROGRAM.

I, Sarah F. Turner of Cromwell Public Schools, have had the opportunity to incorporate PASS (Physically Active School System) activities into elementary grade level classrooms. Over a course of two years, Cromwell teachers worked with Central Connecticut University students and educators on ways to bring movement into the classroom. We as a district are aware of the benefits of movement throughout the day to improve focus, increase brain function, and motivate students to move for leading a healthy lifestyle. University students and educators were able to bring examples into the classrooms and lead students and teachers through exercises. This partnership opportunity allowed classroom teachers to develop their own exercises that could be incorporated into daily routines and bring movement into lessons and transitions that occur during a school day. Having the PASS program as a part of our school culture has allowed teachers and students to get more out of their overall learning and has provided more movement opportunities throughout the day. Please consider establishing the PASS program for more students around the state to gain more movement opportunities for success in their educational experiences.