

Education Committee

H.B. No. 5467

AN ACT ESTABLISHING A RED RIBBON PASS PROGRAM

February 27th 2016

To Whom It May Concern:

My name is Tiffany Cofrin, and I am a sixth grade teacher at Church Street Elementary School in Hamden, CT. I have been afforded the opportunity to work directly with Dr. Fede and her students to bring PASS to Church Street.

This year I am teaching in a unique setting. There are approximately 40 students with a great deal of academic, behavioral and social emotional needs. My team and I realized that traditional classroom approaches were not working for our students. We were looking for an innovative approach to help us curb behaviors, refocus inattentive students and ultimately encourage healthy behaviors. In conjunction with Dr. Fede and her SCSU students, we have implemented a system of brain breaks and physical activity into our school day. Embedding active breaks for our students into academic lessons has proven to enhance concentration and focus, give students an outlet for their energy, and enhance the quality of student learning. We have seen higher test scores, more class participation and less behavioral referrals as a result. Additionally, our discussions about physical activity have inspired students to research and enact lifestyle changes that include healthier eating habits, and the importance of daily exercise to our overall health and well-being. Like students, teachers can also need a moment during the day to recharge and reset the tone of the classroom. Participating in a quick physical activity with my students allows time to bond as a class and to eliminate tension and boredom.

I was lucky enough to bring PASS to many willing teachers in our school. Everyone who participated in the program had nothing but positive things to say. "My students always looked forward to when the Southern students were coming", "My math lesson was always so much better after the PASS students ran a brain break for my class.", "The PASS program taught me that when I am struggling to keep the attention of my class it is because I need to get them up and moving...beat the boredom.", "Implementing PASS has totally changed the tone of my classroom." This year, I have seen first hand how implementing PASS can positively impact a classroom and a school. It is abundantly clear from my experience that small bursts of physical activity in the classroom are imperative to the academic and behavioral success of all students. Thank you for your consideration.

Sincerely,

Tiffany Cofrin