

Testifier Name: LaMay, Cromwell Public School Physical Education Teacher

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

My name is Josh LaMay and I have taught Physical Education for the past nine years. I would like to attest to the success of incorporating a P.A.S.S. program within Cromwell Public Schools. In addition to several other physically active initiatives our school system through its partnership with C.C.S.U. was able to provide each student in grades Kindergarten thru grade five with an additional twenty to thirty minutes a week of physical exercise through brain breaks. The brain breaks were directed for eight weeks by Physical Education interns from C.C.S.U. When the program ended the classroom teachers took what they observed and incorporated it into their daily practice. The benefits included: greater student and staff morale, fewer impulsive behaviors, added exercise into the students day, social connections with classmates and interns, teachers modeling the importance of taking part in exercise and more. I whole heartedly believe that every school system should initiate brain breaks as well as become a P.A.S.S. and incorporate as much exercise into daily routines as possible.

If you need to reach me for any reason to elaborate on this wonderful program please do not hesitate to contact me.

Sincerely

Josh LaMay

Physical Education and Health Teacher

Cromwell Public Schools (203) 631-8246