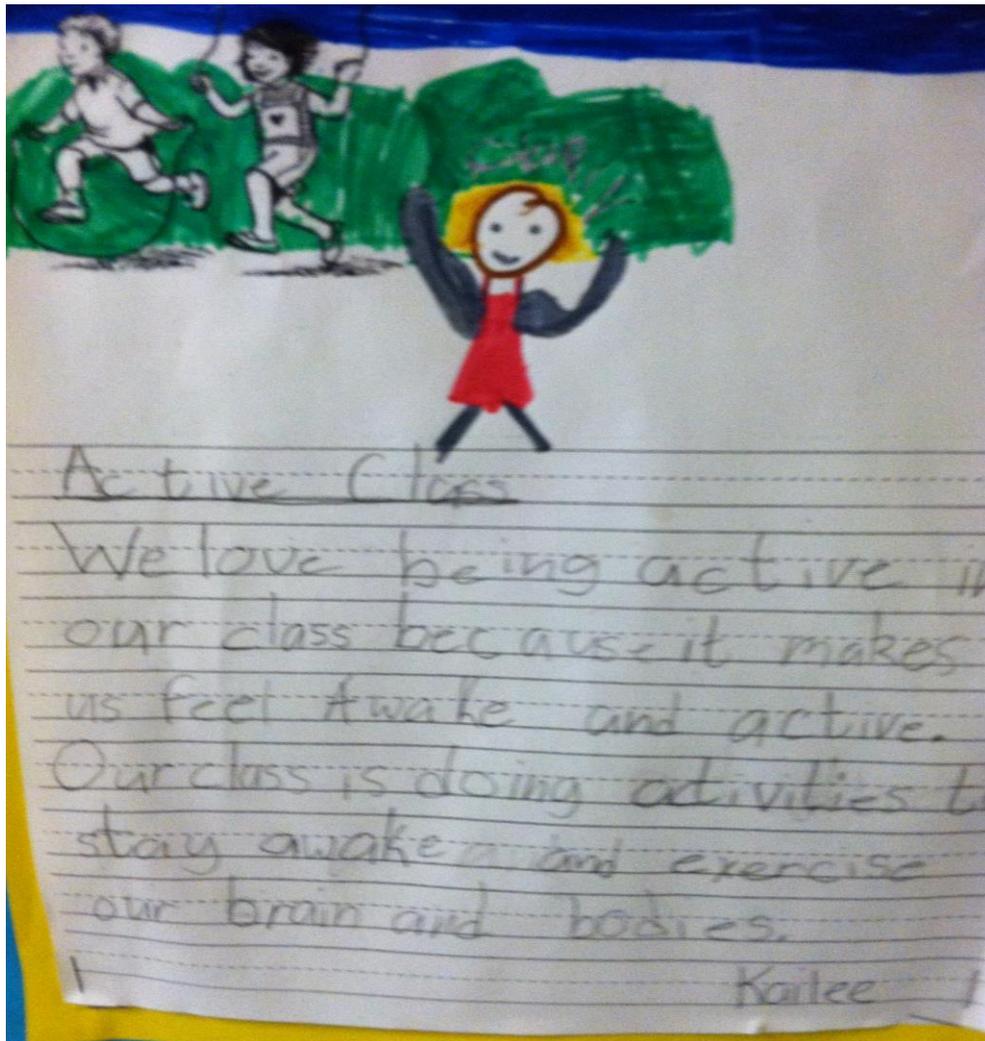


Ms. Blauvelt  
Southington Public Schools

In support of Raised HB 5467, An Act Establishing A Red Ribbon PASS Program:

I teach third grade in Southington and I try to incorporate physical activity throughout the day. I find that there is less down time and they look forward to it. This seems to motivate them and they seem to keep a higher level of energy/focus. Whenever I drift away from this strategy I find that my class is far less attentive, less likely to participate, less cooperative, and less successful. On a selfish note, my job is also much easier when I am not trying to get their attention and when there is a lot of energy in the room. This year my class likes to do dance moves, play "advanced" Pat A Cake :) , play follow the leader, and act things out.

This is what a few of my students had to say!



jumping jacks



Exercise helps you read better. Exercise helps you learn by moving. Exercise helps you concentrate. Exercise helps you do spelling better. I like to do 10 sit ups, 12 pushups, 1 jumping jack

Kacie Fusco