



LET'S MOVE!
MISSOULA

2020

Morning Move! Toolkit



Photo Credit: Tom Bauer

Healthy students are better learners!

Before-school physical activity programs improve student behavior, mood, and ability to focus.

Morning Move! is made possible through these generous community partnerships:



Background

Morning Move! is a before school active recess. It is a key piece of the Lets Move! Missoula Active Schools recipe ensuring all Missoula children get 60 minutes of moderate to vigorous physical activity every day. Morning Move! is a barrier free opportunity for all children to receive the benefits of starting their school day with time outside, physical activity, positive adult role models, and music.

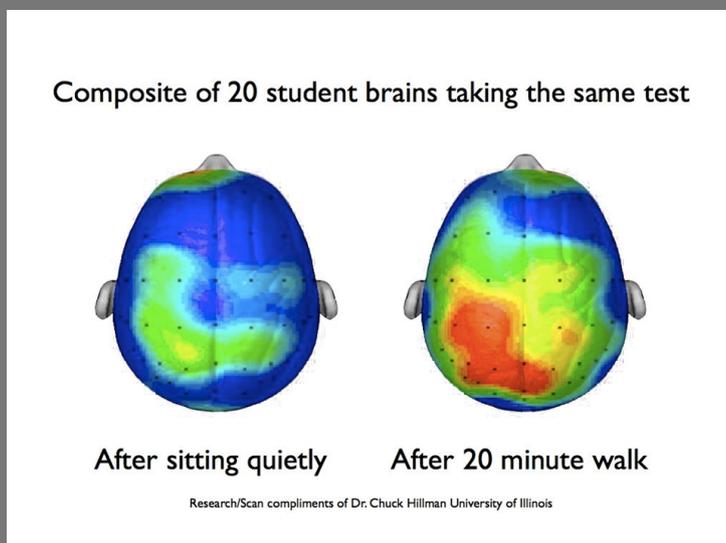
Why Morning Move?

Morning Move! creates more equitable access to daily physical activity. Morning Move! runs from 8 - 8:25 a.m. every morning. Children need at least 60 minutes of moderate to vigorous physical activity each day. Exercise, movement, and active play benefit not only physical health, but social, emotional, and mental well-being too.

Before-school activity is scientifically proven to increase students' academic attentiveness throughout the day. Other benefits include:

- Short-term improvements to attention and memory.
- Fosters healthy routine habits for students.
- Physical activity releases endorphins, relieves stress, improves sleep, and improves mood.
- Exercising outdoors improves mental health even more than indoor activity.

See the 2019 Morning Move! Report for program evaluation and efficacy in Missoula schools.



Left: This slide shows composite brain scans of two groups of children. One group sat quietly prior to taking the same test, the other group walked for 20 minutes. Those who walked prior to the test show more brain activity going in to the assessment and scored higher than the sedentary group.



Morning Move History, Background and Structure

Morning Move! (MM) exists within three Missoula schools. MM began in four schools but partner capacity was spread too thin. MM was reduced to three schools in order to prioritize quality programming over quantity. These schools were originally selected based on data from the Missoula City-County Health Department's 3rd Grade Body Mass Index Surveillance Project. We understand that BMI and weight are incredibly complex. This metric is just one piece of how we make data informed decisions.

Morning Move is a perfect example of how 5-2-1-0 Let's Move! Missoula (LM!M) aligns and leverages partner resources. **Everyone plays a critical role in the delivery of Morning Move:**



United Way of Missoula County secures sponsorship and provides professional graphic design services for MM banners.



Clearwater Credit Union has generously sponsored MM for over three years!



City of Missoula Parks and Recreation and **Missoula Family YMCA** run MM at each school, five days a week. Parks & Rec manages two schools and the YMCA manages one. These organizations receive \$1,500 per semester per school, but they provide in-kind support amounting to more than \$8,000 annually.



Missoula County Public Schools (MCPS) values the benefits that MM provides for their students. MCPS covers the cost of volunteer background checks through its 21st Century grant.



5-2-1-0 Let's Move! Missoula oversees MM through partner coordination, evaluation, and promotion. LM!M is housed within the Missoula City-County Health Department.

We have discussed formalizing partner commitments through a public service agreement. There are both pros and cons to contractualizing a team effort that is going very well.

School Responsibilities

Program Management

- Annual check-ins with each principal to discuss MM start date, winter time, end date, school rules, promotion, evaluation, use of the gym when weather prohibits outdoor play etc. These are 20 minute in-person meetings before school starts in August.
- Annual MM presentation at staff meeting and/or allow for a teacher perception survey to be distributed pre and post MM each year. This is coordinated through the Principal.
- Assist with promotion through hanging the Morning Move banner and reminding parents via school newsletters.
- Principals need to provide school rules for respect and outdoor play to the Morning Move lead for that school. The MM lead is either a Parks and Rec or YMCA person who is at MM most days.

Day-to-Day

- Provide a safe place for equipment. (e.g. P.E Teacher's office, Family Resource Center, etc.)
- Encourage staff to provide extra supervision.
- Encourage older students to have "jobs" such as playing with younger students and helping clean up.
- Provide use of indoor space when inclement weather prohibits outdoor play.
 - The Missoula County Public School Districts' inclement weather policy states that "the children are outdoors as long as the temperature is zero or above. Once it dips below zero, or if it is below zero due to wind chill, [schools are to] keep the children indoors. Administrators have the ability to make the decision to keep children indoors during heavy rain or snow periods."

A typical and ideal Morning Move looks like:

- 7:50 a.m. Morning Move! Staff Lead and volunteers set up equipment and music.
 - Ideally, there is one staff lead and 1-3 volunteers each morning.
- 8:00 a.m. Structured and unstructured play with students.
- 8:25 a.m. Bell rings. Clean up!



Morning Move is EXTRA important during winter time. Don't be tempted to pause MM due to a decline in volunteers!

Staff Lead and Volunteer Responsibilities

Staff Leads are paid staff from Missoula Parks and Recreation Missoula Family YMCA. Staff Leads and their organizations are responsible for:

- Ensuring that each school has one paid staff person present everyday.
- Setting out the equipment and starting the boombox.
 - Music should be LOUD.
 - Play items should be SCATTERED. Children are hesitant to approach a scary bin.
- Restocking equipment as it wears out. We purchase \$1,000 worth of equipment at the start of each year for three schools.
- All aspects of volunteer management including recruitment, training, **submitting volunteer background checks**, scheduling, and retention.

Volunteer Recruitment, Role, and Retention

Morning Move! volunteers are responsible for assisting the Staff Lead with all aspects of MM. All volunteers must pass a school district background check.

Specifically, the goal is for volunteers to:

- Engage in active play that is sustainable for children to continue on their own. Volunteers and staff spur play and then move onto spurring play in other groups of children.
- Engage with as many children as possible.
- Engage with children who are hesitant to play on their own.
- Be positive role models for students.
- *Remember:* if volunteers or lead staff can hold their coffee, they are not doing MM correctly!

Where to recruit volunteers: Local universities, partnering organizations, student groups, parent organizations, local businesses with employee volunteerism incentives.

Volunteers are essential to the success of the program. Clear communication of expectations, schedules, or changes in availability is critical. Recognize volunteers as program budgets and capacity allows. LM!M gives every volunteer a 5-2-1-0 buff (neck-scarf) and asks that they wear it while volunteering.



Recommended Equipment: Classic recess equipment and a weather-proof boombox. The BOSCH construction quality boomboxes hold up very well. We encourage all Morning Move! leaders to play Kids Bop or the official Morning Move! playlist on Spotify. These should be downloaded onto phones and plugged into boomboxes. We discourage morning radio.

Check out the Morning Move volunteer training video at www.5210missoula.com .

Promotion and Evaluation

Promoting Morning Move!

- School newsletters
- Presentations to PTAs
- Hanging a Morning Move Banner
- Facebook posts
- Emails out to parents through principals or school district.



Don't underestimate the importance of promotion! The worst thing is to spend tons of time, energy, and resources creating an incredible program to have parents not know about it!

Half way through the school year, a parent emailed the school asking if they could enroll in Morning Move. Our goal is for every one to know that MM is free, fun, and for everyone! Lean on your partners to support you in promotions.

Evaluation

Check out the Morning Move! Impact Reports at www.5210missoula.com

- See Appendix for survey examples.
- **Teacher Perception Survey:** Designed in partnership with Dr. Steven Gaskill at the University of Montana. Captures how the teachers perceive the effectiveness of Morning Move!
- **Qualitative Parent, Teacher, and Student Survey:** Captures the thoughts, feelings, and constructive feedback of students, parents, and staff/ faculty that participate. This survey is created by program coordinators and given to volunteers to complete during Morning Move!. Ideally, there are enough volunteers so half participate in active play and the other half facilitate the survey.
- Student Counts: Track the number of students that engage with volunteers and equipment (free play).
- **Office Referral Incident Data:** Check if there's a decline in major office referrals.

Morning Move and Breakfast In the Classroom

Finally, and most importantly, Morning Move and Breakfast In the Classroom (BIC) are a perfect marriage. These two strategies must co-exist. If breakfast is offered before the bell, then children will choose playing at Morning Move over eating breakfast.

We offered Morning Move to schools with the contingency that they implement BIC. We also sold this perfect pair to funders as an investment in students starting their day with both physical activity and nutrition. **Students can't learn if their brains are sleepy and their tummies are hungry!**

Evaluation Tools

Qualitative Student, Parent, Teacher Interview Questions

Participating School: _____

Be respectful, ask if they would be interested in talking about Morning Move. Record Quotes with consent list the main takeaways from answers. Please end each survey by asking if they have any questions.

Students	Do you enjoy Morning Move? (Y/N) -What do you enjoy most? -What's your favorite thing?	Why do you come to Morning move?	Do you feel included during Morning Move? How can we change that?	Would you like us to organize games or activities for certain days or keep Morning Move like recess?	Is there anything you would like to change about Morning Move?	Considerations (Weather conditions, general attitude, Etc.)

Participating School: _____

Be respectful, ask if they would be interested in talking about Morning Move. Record Quotes with consent list the main takeaways from answers. Please end each survey by asking if they have any questions.

Teachers	Do you know what Morning Move is? (Y/N) (If answer is no, please explain) -Opinions?	As a teacher, what do you value about Morning Move? As a School what do you value about Morning Move?	Do you think Morning Move has an impact on the students? Positive or Negative and why?	Is there any way we can improve Morning Move?	Considerations (Weather conditions, general attitude, Etc.)

Participating School: _____

Be respectful, ask if they would be interested in talking about Morning Move. Record Quotes with consent list the main takeaways from answers. Please end each survey by asking if they have any questions.

Parents	Do you know what Morning Move is? (Y/N) (If answer is no, please explain) -Opinions?	As a parent what do you value about Morning Move?	Has your child mentioned morning move? If so, was it positive?	Are there any changes you would like to see made with Morning Move?	Considerations (Weather conditions, general attitude, Etc.)

Evaluation Tools

Teacher Perception Survey - Page 1

LET'S MOVE! MISSOULA: MORNING MOVE PRE-PROGRAM TEACHER EVALUATION

Let's Move! Missoula, is continuing Morning Move physical activity program at three Missoula elementary schools. The Morning Move program is one component of a multi-faceted health initiative with the aim of improving childhood education and health outcomes during critical phases of youth development. Morning Move is made possible through these partnerships:

- Missoula Family YMCA
- Missoula Parks & Recreation
- United Way of Missoula County
- Missoula Federal Credit Union

This information, in conjunction with administrative data and student feedback, will be used to refine the Morning Move program.

Participation in this survey is voluntary and anonymous.
We appreciate your time and thank you for sharing your experience and insight with us.

1. What grade level do you teach?

- Kindergarten Second Grade Fourth Grade
 First Grade Third Grade Fifth Grade

2. How many years have you taught at Russell?

- 0 – 1 3 – 5 10+
 1 – 3 5 – 10

3. During the first 30 minutes of the school day, how many of your students are **alert**?

- None (0) Few (1-7) Some (8-17) Most (18-25) All (25+)

4. During the first 30 minutes of the school day, how many of your students are **disruptive**?

- None (0) Few (1-7) Some (8-17) Most (18-25) All (25+)

5. During the first 30 minutes of the school day, how many of your students are **focused**?

- None (0) Few (1-7) Some (8-17) Most (18-25) All (25+)

6. During the first 30 minutes of the school day, how many of your students are **impulsive**?

- None (0) Few (1-7) Some (8-17) Most (18-25) All (25+)

Evaluation Tools

Teacher Perception Survey - Page 2

LET'S MOVE! MISSOULA: MORNING MOVE PRE-PROGRAM TEACHER EVALUATION

7. During the first 30 minutes of the school day, how many of your students are **sleepy**?
- None (0) Few (1-7) Some (8-17) Most (18-25) All (25+)
8. During the first 30 minutes of the school day, how many of your students are **tardy**?
- None (0) Few (1-7) Some (8-17) Most (18-25) All (25+)
9. During the first 30 minutes of the school day, how many of your students are **hungry**?
- None (0) Few (1-7) Some (8-17) Most (18-25) All (25+)
-

10. Do you think that the Morning Move physical activity program will improve any of the following? (Please check all that apply.)

- | | |
|---|---|
| <input type="checkbox"/> Student Attendance | <input type="checkbox"/> Student Engagement |
| <input type="checkbox"/> Student Attention | <input type="checkbox"/> Student Learning |
| <input type="checkbox"/> Student Behavior | <input type="checkbox"/> Other. Please specify: |
| <input type="checkbox"/> Student Health | _____ |

11. What, if any, tactics do you use in your classroom to keep students moving during the day?

12. Do you believe your students have enough barrier-free opportunities for physical activity outside of school?

13. Do you regularly (weekly) revoke recess as punishment? Circle: **Yes**, *Please Explain* or **No**

Evaluation Tools

Teacher Perception Survey - Page 2

LET'S MOVE! MISSOULA: MORNING MOVE PRE-PROGRAM TEACHER EVALUATION

Is there any additional information that you would like to share about student behavior, classroom engagement or student physical activity that would assist with the development, implementation, and/or evaluation of Let's Move! Missoula (brain breaks, Summer Move, after-school) or the Morning Move pilot program?

Thank you for your time and input!

Thank you to these partners:



Go to www.5210missoula.com for more information and the Morning Move Impact Report.