

MORNING MOVE!

2018 - 2019

ABOUT MORNING MOVE!

Morning Move! is a before school active recess. It is a key piece of the Let's Move! Missoula Active Schools recipe ensuring all Missoula children get 60 minutes of moderate to vigorous physical activity every day. Morning Move! breaks down pay-to-play barriers to allow all children an opportunity to be active.

Morning Move! impacts an average of 180 students daily at three Missoula County Public Schools (MCPS): Franklin, Lowell, and Russell.



Photo courtesy of Tom Bauer.

Thank you to these partners!



clearwater
CREDIT UNION



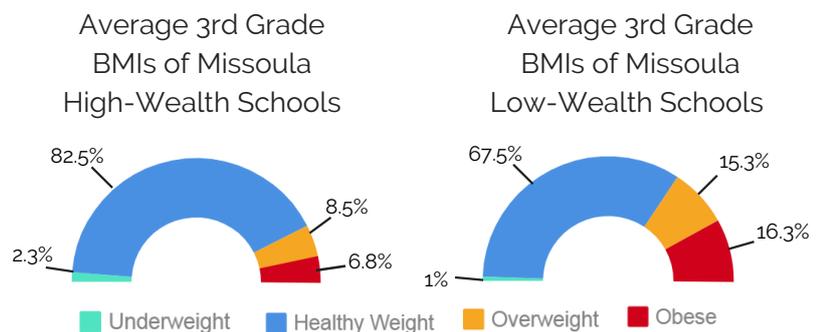
RATIONALE // HEALTHY STUDENTS ARE BETTER LEARNERS!

There is a strong link between physical health and mental health. Before-school activity is scientifically proven to increase student's academic attentiveness throughout the day improving grades and test scores. Other benefits include:

- Short-term improvements to attention and memory
- Long-term benefits for brain health
- Movement is connected to higher cognitive ability and academic achievement
- 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

Improving Health Outcomes in Missoula County

Community-wide 3rd Grade Body Mass Index (BMI) data is one tool for recognizing that the environments where a student lives, learns, and plays impacts their access to quality nutrition, physical activity, and social support. We know childhood health is predictive of later life health outcomes and achievement. **Morning Move! and Breakfast in the Classroom create equal-opportunity for a strong start to the school day.**



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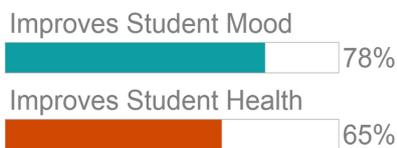


"It's amazing to see our students start the day with a good mood. It's all because of the music and playing at Morning Move."

- Russell Elementary Teacher

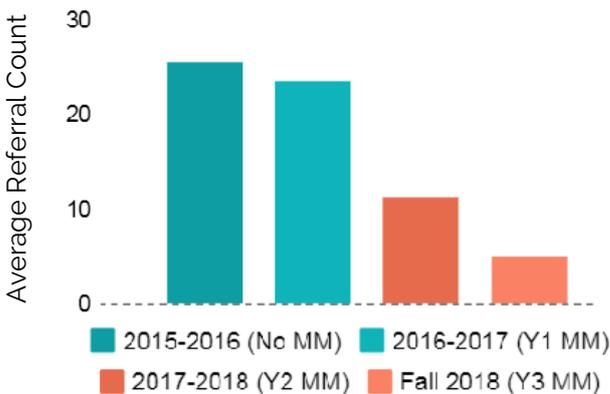
IMPACT

Teachers reported significant improvements in their student's mood and overall health thanks to Morning Move!



63% of teachers reported students made positive comments throughout the day about MM!

Office Referrals at Morning Move Schools



Major behavior referrals between 8:15 - 9:45 a.m. decreased over a three year period. While MM! is just one factor impacting behavior, MCPS teachers and principals affirm that MM improves students' attention and behavior!



"This program provides such a positive and strong touch with all of the children. I cannot say enough wonderful things about these dedicated workers."

— Lowell Elementary Teacher

"We have found that if our kids have regularly scheduled movement activities before school and throughout the day it helps them to be better behaved, more focused and engaged, and helps them to retain information from classroom lessons."

— Cindy Christensen, Principal, Russell Elementary

"Morning Move! has really changed the lives of several of our students. One boy, who was consistently late for school, does not want to miss the opportunity on the playground before school. He is no longer tardy which helps him keep up with the rest of his class."

— Meagan Houlihan, PE Teacher, Hawthorne Elementary

IMPROVEMENTS

- More volunteers (at least 4 total volunteers) present each morning at each school
- Volunteers need to be consistent
- Engage all children in activities
- Provide a variety of organized games
- Student input and feedback on how they like MM