

Whole Child Learning Considerations shared with us by Ann Anzalone.

As Pat mentioned in her part of the newsletter last week, our speaker, Ann Anzalone, gave us some great ideas for parents to consider as well as amazing information for us. All students should prepare themselves for their day by considering the following items:

1. How much is the child exercising?
 - At least 15 min after school before homework.
 - How much are they paying attention to video games/tv?
 - Age+2 is a formula we can use to figure out the correct amount of minutes students can sit without movement. They will need to spend more time exercising if they sit for longer periods.
2. How is their sleep?
 - Are they staying asleep?
 - 11-12 hrs. Needed for primary age kids
 - 10-11 hrs. for middle school age
 - 9-10 hrs. for high school
3. What kind of nutrition are they getting?
 - For proper brain function, we need to eat fish 2-5 times per week for the essential fatty acids that we cannot make. If not, then we need a supplement.
 - How many servings of vegetables? This is where we get our minerals. We need to supplement magnesium for sure.
 - If we have trouble paying attention or we know kids brain is foggy then there is inflammation there. It is best to eliminate dairy and gluten which are very inflammatory. Cut them out for a month to see if we can see a difference.
4. How do they learn?
 - Do they learn best when presented with the end first? Some students need to know how they will finish their story before they can get started others need step by step for optimal learning. Are they left or right brained?
 - Are they visual, auditory or kinesthetic?
 - Is there brain organized for learning? If there is stress or trauma we need to work on reorganizing the brain.