

Date \_\_\_\_\_

Dear Parent or Guardian,

I have received training in S'cool Moves for Learning and am excited about using the program with our class this year. S'cool Moves is designed to improve learning by providing simple Minute Moves routines during the school day. The movements improve focus and reduce stress, making learning easier. Debra Em Wilson, a reading specialist, and Margot Heiniger-White, an occupational therapist, developed S'cool Moves.

The movements help children use their eyes more efficiently for reading, develop fine-motor control for writing, strengthen core muscles for good posture, and increase the communication between the mind and body. S'cool Moves is a program designed to use in the classroom setting. It does not replace therapy for children with sensory processing problems, ADHD, vision difficulties, or other related learning challenges. Children with health issues, disabilities, or special needs should get the approval of their physician to participate in this program. Children with Down Syndrome must have a medical release to participate in this program. Teachers who use S'cool Moves activities may never diagnose vision, auditory, or sensory processing issues.

Though some activities may look like moves used in yoga, this program is based on early developmental movement patterns essential for wiring the brain for academic and behavioral success.

Your child will enjoy sharing the movements with you and your family. Invite him or her to teach you some of our "cool moves." If you have any questions, please arrange a convenient time to talk with me.

Sincerely,

I give permission for \_\_\_\_\_ to participate in S'cool Moves.

Parent signature \_\_\_\_\_ Date \_\_\_\_\_

If necessary to ensure a child's safety:

Medical Reslease \_\_\_\_\_ Date \_\_\_\_\_