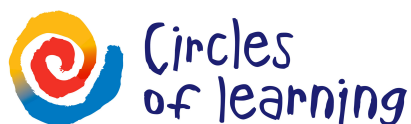




# Health & Play Program Program Overview

Reaching your potential the healthy way



[www.circlesoflearning.org.au](http://www.circlesoflearning.org.au)

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## Overview

·Clever ·Cid is a health and play program designed to enhance the whole wellbeing of children; to build a balanced body and mind and provide a strong foundation for life by improving health and academic achievements.

The program was developed for children aged 5-7yrs (Kindy to Year 2) however the content is beneficial for *all* children (and adults too!) regardless of their academic abilities, as most children need some level of support.

The program introduces a balance with nature; encourages the eating of healthy, nutritious foods and reduces stress through play, builds self-esteem and develops care and cooperation.

A highlight of the program is the practical education of health and nutrition through the hands-on creation of a fruit and vegetable garden. Children are taught to link the growth and nurturing of the plants to the growth and nurturing of themselves.

The school is to provide an area for the edible garden to be created. There are skills and techniques that will assist teachers in helping children to release tension and improve their listening, reading and writing skills. We include signage for teachers to use in the class room so that the values learned are reinforced throughout the day.

*When children are healthier, happier and balanced  
they are open to learning and reaching their potential*

·Clever ·Cid is a play program designed to be fun. With this in mind it addresses the issues of children's obesity, health, values, poor learning abilities, attitudes and behaviour through play. By participating many of the symptoms of children's learning difficulties will disappear. This is a multisensory program integrating modalities appealing to the different styles of learning: auditory, visual and kinaesthetic and develop children's senses and motor skills.

·Clever ·Cid nourishes all the senses by working with colour, art, music, exercise and movement to enhance health and learning abilities. This enables children to release stress and balance the left and right hemispheres of the brain so they are ready to learn.

The ·Clever ·Cid program has been designed as a full-term program to run 3 days a week for 30 minutes.

Children who miss play and touch have 20-50% smaller brains.

*Bruce Perry 'Secrets to Academic Success'*

## The Expected Outcomes

The ·Clever ·Cid program is designed to improve academic abilities through play, nutrition and a connection with nature and the aims and outcomes include

- Healthier, happier, balanced children
- Achieving higher academic standard
- Teaching the importance of eating healthy living foods
- Increased focus and concentration
- Calmer, less stressed or anxious children
- Better cooperation and caring for others
- Skills to manage anger, bullying, shyness and teasing
- Awareness of the environment
- Living the learned values

## The Advantages of an Integrated Program

Health and play integrate to bring activities designed for children's enjoyment; when there is fun and play involved the brain is receptive to learning.

There is no competition within the games used rather an attitude of participation is encouraged. A safe and natural environment underlies the emphasis on values and attitudes, communicating, decision making, interacting, moving, problem-solving, active lifestyle, games, growth and development, interpersonal relationships and personal health choices.

Play is important to a child's development and learning. It isn't just physical and can involve cognitive, imaginative, creative, emotional and social aspects. It is the main way children express their impulse to explore, experiment and understand. Too much time on computer games and watching television has isolated children from playing together and building social skills. ·Clever ·Cid supports children of all ages to get the best out of play.

Play provides an opportunity for

- **Communicating** - expressing feelings, needs and wants in appropriate ways
- **Decision making** - identifying some options available when making simple decisions
- **Interacting** - learning to relate well to others in class and play situations
- **Moving** - demonstrates an awareness of how basic movement improves wellbeing
- **Problem solving** - seeks help as needed when faced with simple problems

## Benefits

### For Schools

·Clever ·Cid enhances the reputation of your school as parents and other community members are aware of your extra steps to improve the whole wellbeing of students.

#### **Creating an environment that enhances the wellbeing of the whole school community**

·Clever ·Cid Program brings closer collaboration between parents and teachers in working towards the best outcomes for their students. The edible garden provides a positive learning environment as well as a place for reflection and relaxation.

#### **Achieving higher academic performance**

Students learn about and eat organic foods, avoiding the risk of inhaling and ingesting pesticides which is a cause of learning difficulties. Activities bring about the integration of the left and right brain, releasing stress and allowing a flow of information.

#### **Better social and communication skills**

Activities focused on the safe and respectful expression of feelings builds more confident and emotionally intelligent people. How to deal with bullies and manage anger forms an important part of the program and develops self esteem.

#### **Addressing the concerns and requests of the government on obesity and values**

Tackling obesity is a priority for our current government and forms a key area of the ·Clever ·Cid Program. The Program teaches the values of choice, responsibility, respect and care of self by eating healthy, nutritious food. The creation of their own organic vegetable garden embeds the messages for children and offers them a fun and practical space to learn.

#### **Recognising the importance of nutritious foods for the enhancement of health and learning**

Health and nutrition is of major importance to brain function and your delivery of the ·Clever ·Cid Program shows your commitment to partnering with parents in the education of our children.

### For Teachers

·Clever ·Cid helps to create positive energy in the classroom before key learning times. Children are free of stress, happy and ready for learning.

#### *·Clever ·Cid saves teachers time*

When a child is coherent there is natural curiosity and the mind is focused in a state of learning, meaning less time spent to settle them. Children arrive with their energy centred and their brain fully oxygenated ready for learning.

Exercises activate both sides of the brain and enhance their experience of whole-brain learning. Movement activities have cleared their mind and drawn out hidden potential, so students are keen to begin learning.

Less time is spent on behavioural problems and bullying issues. ·Clever ·Cid brings together classmates in a sense of community and cooperation. Shy children are more confident and ready to participate.

The program reduces or eliminates the need to do any further PDHPE syllabus work and supports and confirms what you are teaching, especially in regard to science, nutrition and the environment.

Because students are more co-operative they bring newly learned values into the classroom.

### For Children

·Clever ·Cid makes an important connection to the children's world and the environment. By observing a plant and seeing it grow directly links with how people grow; the need for nurturing, to have water and healthy food; and how, when treated with care, plants grow and flourish just as people do.

### For Parents

At an early age children are strongly in touch with their environment. ·Clever ·Cid releases stress, relaxes the mind and develops the ability to focus. Children become aware of their environment, and the importance of eating healthy foods for their bodies and brains to function properly.

Parents will see their children happier, more aware of and better able to express their feelings and show improved social behaviour.

# Components of ·Clever ·Cid

## The Edible Garden

The edible garden offers a safe place to play and gain the pleasure and stimulation of exercise. Using food systems as a unifying concept students learn how to grow, harvest, and prepare nutritious seasonal produce. Linking the garden with what the children eat develops a deep understanding and appreciation of how nature sustains life and promotes the environmental and social well being of the school community.

## Breathing & Relaxation

Breathing, relaxation and meditation can create a renewed sense of motivation and wellbeing. It is an outlet for unwinding and slowing down and a very soothing and relaxing way to help children cope with the anxieties and stresses at both personal and academic levels.

## Brain Gym®

Brain Gym® uses simple movements to enhance learning abilities by integrating the brain for co-ordination of eyes, ears, hands and whole body.

It facilitates optimal achievement of mental potential by promoting efficient communication among the nerve cells and functional centres located throughout the brain and body. Brain Gym® allows information to flow freely among these centres, reduces stress and enables the child to become open to new learning.

## Self Esteem

The self esteem component brings a positive attitude towards life and self and is imperative to the support of good eating habits, a desire to be healthy and a want to learn.

Low self-esteem links with violence, alcoholism, drug abuse, eating disorders, school dropouts, teenage pregnancy, suicide and low academic achievement. With ·Clever ·Cid children learn to empower themselves and others.

## Art

Art activities build imagination and bring children into balance with the logical left-brain schoolwork which creative learners often find difficult to understand and remember. This can lead to stress, overwhelm and learning difficulties for many children.

## Music & Song

Music has a vital and important function to play for all people. With active participation through singing and movement a child can learn to coordinate their body and mind. No other medium can have the same profound effect.

## Organic Food Snacks

There is a direct link between nutrition and academic success. Wheat, gluten and dairy intolerances or allergies can manifest in children not only through many physical symptoms including eczema, tiredness, and lack of concentration, but also link to behavioural disorders including ADD and ADHD.

As part of the program ask children to bring in an item of organic food and create a special lunch with the class. Items may include gluten-free bread, avocado, humus, lettuce, grated carrot, grated beetroot, celery and organic chicken. If the garden has ripe fruits or vegetables and flourishing herbs include these too. The children all experience of fun of making their own delicious lunches.

An alternative is to bring in a minestrone style soup with organic ingredients from home and add the vegetables and herbs from the garden and cook for lunch. Ask the children to bring in a bowl on the day.

By providing organic fruit and vegetables and eliminating the foods that commonly cause intolerances you enhance children's learning ability and balance eating problems.

## Benefits of organic food

- Eliminates chemicals such as pesticides and herbicides
- Have a higher nutrient content
- Children's overall learning ability should improve
- Many behavioural problems are likely to disappear
- More nutritious foods feed the brain with important vitamins and minerals vital for learning

## Story Telling

We relate stories to build on the activities and reinforce the values; to link with self and empowerment, stories of hope and challenge, positive interaction and feelings. Stories commit values to memory long after facts and figures have been forgotten.

## The Facilitator's Role in Play

The Facilitator plays a vital role in the development of our children. You can guide the play to

- Create a playful atmosphere
- Have flexibility to meet daily demands
- Bring out the best in each child
- Ensure that all the children are included
- Bring about close and friendly class relationships
- Value children's play and praising their abilities
- Join in the activities so children see that play is valuable
- Allow children the freedom to enjoy playing and learning and gain satisfaction
- Foster independence and self-esteem
- Foster children's respect for self and others
- Develop social interaction
- Bring attention to how children feel
- Quietly ensure there are no hidden risks in the physical challenges

## Your Package

### Your resource kit

We provide the following items in your resource kit and are included in the cost of the program.

Spades

Watering Cans

Seeds

Skipping rope

Modelling wax

Foundation wax

Candle wick

Modelling clay

Facilitator training DVD

Templates to make and create a variety of learning tools

Wall signs as a reminder and reinforcement of the values

## Website

Our website is a source of information and resources. As the field of children's health realises new developments our website offers a means of communicating those messages to the wider community. We anticipate a virtual 'hub' where teachers, care-givers and the community can meet, share and discuss issues, developments and progress.

Visit our site to access:

- Newsletter - A monthly publication highlighting children's progress, important health news, latest additions to our site and tips to help you support your children or students.
- Suggestions for family activities
- Recipes - gluten, wheat and dairy free options
- Medical reports and findings
- Topical information in our Library section
- Helpful information in our Hints & Tips section
- Answers to commonly asked questions in our Q&A section
- Photos and progress reports from the garden's of participating schools
- Self acceptance techniques
- Affirmations
- News and events
- Contact the Program Manager
- Provide feedback or ask questions

Visit [www.circlesoflearning.org.au](http://www.circlesoflearning.org.au). We welcome your feedback and suggestions.

## Training

Your package includes a 1 ½ hour experience of the program including mind and body balancing and stress release. Depending on location this training is provided in person or by DVD.

A supplied training DVD forms the basis of your Clever Kid education and will be your guide throughout the program. It is important that a minimum of two trained people carry out facilitation.

Please contact Circles of Learning at any time should you need clarification or support. We are available during business hours on (02) 9327 7750 or [info@circlesoflearning.org.au](mailto:info@circlesoflearning.org.au).