

## Loma Verde in Motion

Novato Unified School District  
**Loma Verde Elementary School**

Eileen Smith & Keith Bergman

[nusdlves.ss4.sharpschool.com](http://nusdlves.ss4.sharpschool.com)



Loma Verde in Motion is a powerful, engaging way to bring the entire community together at the start of the school day as well as providing 75 minutes of exercise each week. The program is modeled after My School in Motion, founded in 2009 in Los Angeles. Loma Verde has taken this program and expanded it to include a walking to music component that occurs before school starts. The goal of the program is to develop a deeper sense of school community and to get children exercising each day before they sit in the classroom.

Students arrive at Loma Verde Elementary at 8:15 a.m. and walk the perimeter of the blacktop, talking with friends, parents, and staff. They listen to music as they walk and talk. At 8:30 a.m. the school day officially begins and each class goes to a specific spot on the blacktop with their teacher. Mr. Bergman or classroom teachers lead the entire school in a series of physical movements set to music. Information about nutrition, character, health, and the importance of making good choices is integrated with the exercises. Students may sign up to be on the stage and help lead once they know the routines. This has been a joyful experience for our entire community.



Better nutritional choices are evident in the lunch selections being made by students. They are electing to have a salad from the school salad bar with lunch and are choosing more fruits and vegetables. More Loma Verde parents and family members are staying to participate in our morning community building exercise program, sending the message that they value health and wellness as an important part of life.

After fifteen minutes of exercise, the entire school practices mindful breathing and then says the Pledge of Allegiance. Students and staff start the day on a positive note and are ready to learn. Brain research shows that exercising before school sparks the brain and helps students focus on academics. Each day, students receive many positive affirmations during the work out, bolstering self- esteem and promoting health and wellness.