

Play Nice! Newsletter

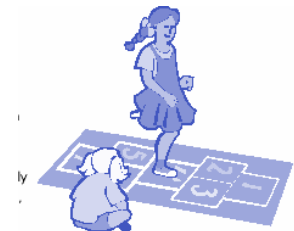
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Regular Physical Activity Enhances Academics

- Enjoy improved concentration, enhanced memory, learning, creativity, better problem-solving ability, for up to 2 hours following exercise. Taylor & Taylor, 1989
- Improvements in discipline, academics, and self-concept are benefits of regular physical activity. Fishburne & Boras, 1989
- Moderate to vigorous physical activity enhances skill performance in arithmetic, reading, memorization, and categorization. Keays, 1993
- Long-term benefits of physical activity include increased self-confidence and self-image, decreased anxiety, and aggression. In schools with a Quality Daily Physical Education program these benefits translate into a positive atmosphere and fewer problems. CLFRI, 1993
- A research team in France, reduced the time kids spent on academics and increased physical education time. The result: The academic performance, discipline, enthusiasm, fitness, and health of students who participated were superior to those students who weren't involved. CFLRI, 1993
Healthy Kids Newsletter Winter 2003 - Canada



<http://www.peacefulplaygrounds.com/>

School Talk

83% of principal's reported:

1. An increase in student's use of conflict resolution strategies; and
2. An increase in children's activity and game participation.

All a result of implementing the Peaceful Playgrounds Program.

Beiswenger,
Webster, Hogan
& Vega
Dec. 2003

Peaceful Playgrounds Survey Results - It Works!

A special thank you to all who participated in the PP Survey conducted in Fall 2003. A Senior Research Team from California State University San Marcos contacted schools who purchased the Full School Peaceful Playgrounds Program over the last 3 years. More than 300 schools were contacted by either survey, phone interview, or school site observation. The purpose of the survey was to gather information on whether Peaceful Playgrounds was meeting advertised promises. In addition, questions were asked regarding how to improve the Program.

School principals indicated the following percentage effectiveness (and areas for improvement) of various Program elements

83% - Increase in students using conflict resolution strategies

83% - Increase in children's activity and game participation

68% - Decrease in playground injuries

66% - Decrease in playground confrontations

64% - Reduction in bullying

56% - Increase in students getting along better

55% - Decrease in nurse visits

Areas for Improvement

Stencils-69% found the stencils to be effective but recommended that they be made of a more durable material.

Solution-PP is developing stencils which will be made of a more durable material.

Implementation-More than 50% of all respondents reported only partial implementation of most elements of the program.

Solution-A Step-by-Step Implementation Guidebook is now in development. Upon completion, it will be posted on our webpage.