

## **Active School-Active Learning    STUDY AND MOVE**

After the model of the Active School-Healthy School of Lower Saxony (Hermann Städtler)

Active School is more than simple insertion of being active into an otherwise rigid education system.

Active School tries to guide students away from solely entrenching themselves with thick textbooks, and pushes them towards understanding and comprehensively grasping the material.

Active Schools:

- Advocates holistic learning
- Shapes school life
- Supports student development

More activity and movement in school soll help prevent accidents and aggression.

Learning should be understood in its totality as not only contributing to the spirit of the learner, but also to their body. In applying this double sided methodology students are able to feel comfortable and stay healthy.

Goals:

- To support the curiosities of our students (not to stifle their interests)
- To lead students towards wanting to be active (instead of sitting still and learning)
- To further develop the strengths of students
- To guide students to a complete educational experience (to demonstrate the connectivity between different subjects)
- To offer sense oriented learning (learning with the heart, hand, and brain)
- To prefer praxis oriented learning
- Consciousness creates a healthy life (healthy breakfast, healthy breaks)
- Rhythm - (frequent changes in activity and relaxation for both students and teachers)

Active School orients itself on existing resources, encourages a comprehensive concept of health, and tries to promote individual comfort and care.

Not only physical health but also intellectual and spiritual health should exist harmoniously.

From that comes the following main points:

- Encouragement of healthy living
- Learning and living friendly school
- Social work
- Learning culture

Encouragement of healthy living.

The goal is:

- Development of a complete comprehension of a healthy life
- Encouragement for a healthy learning climate

- Practical offers for a healthy lifestyle

#### 1. Rhythm for students and teachers

During the morning students and teachers will switch between being active and relaxing. This requires the abolition of the previous model of 50 minute classes.

Possibilities:

- Changing introduction into the day
- An introduction ritual such as a morning sitting circle, a communal song, etc.
- Recreational and recovery area for our colleagues:

No official matters to deal with

No parent-teacher speaking time

Planning and conference use for necessities

#### 2. Career Freedom (School Climate)

We improve the working climate and environment simultaneously for our parents, students, and teachers:

- Overexhaustion prevention
- Collaborative, supportive, and connected work
- Meeting oriented work environment for prevent stress

#### 3. Healthy Breakfast:

Many children to school without having breakfast or one that was insufficient. Flexibly designed breaks allow a healthy breakfast to be available at school:

- Within classes (parents)
- Within the school 1x/week for a grade
- Healthy snacks

#### 4. Ergonomics of the classroom

Sitting and working equipment will be made available throughout the school day:

- Moving chairs
- Differing sitting options (mats, balls, etc.)
- Adjustable chairs
- Party tables for standing

### **A Learning and Living School**

The social understanding of the life in the city has changed in the recent years and likewise watching our students has become more necessary. In order to adhere to and respect this, our school has also acclimated to the changing necessities of a school in a city.

#### 1. Separation between learning and free time

If people are spending their entire day at work, we most correspondingly shape our environment to that:

- Color, light, air, warmth
- Facility, layout (happy and encouraging movement)
- Material
- Relax area for children and adults (reading/laying bags, relax areas, children-free zone)

- Teacher room - teacher work place

## 2. Movement station - playground - desire to be active

The natural necessity for kids to be active demand corresponding opportunities to present new challenges:

- Climbing, moving across playground bars, swinging
- Activity stations where it is possible to practice these basic skills (climbing opportunities for inside and outside)
- Poles, ropes, and nets to hold bodyweight
- Balance practice
- Different small equipment
- Playing field (for ball sports)

## 3. Elevation of self security - Risk and Gamble

- Offers for older children that encourages them to begin to learn how to take care of themselves
- Courage to dare oneself
- To allow kids to be independent

## School Operation and Organization

### 1. Conference Culture

A connected understand of daily order without unnecessary discussion makes the work day easier.

Self discipline and a sense of relevancy makes doing efficient work easier for important tasks.

We strive to avoid these issues:

- Personal impressions and narratives that only affect one person
- Subjective announcements
- Speaking contributions that are not always tied to the order of the day

### 2. Zeitmanagement

In order to promote a healthy workplace we care about your time.

- We always discuss the importance of preparation (in order to avoid crisis)
- Realistic topics during official calls and conferences

### 3. Management Board

Handing down responsibilities and delegating assignments streamlines the work process as well as increasing time efficiency. However, we also encourage individuals to be responsible for, and take command of their own responsibilities. Thus, not only one person, but rather many, are responsible for producing good results.

- Responsible for every school priority
- *Topf C Stunden*: public relations, project management, quality insurance, internal organization, space configuration (relief from hall duty)
- Weekly meeting (25 minutes)
- Creation of pedagogical conferences
- Interface VS - KIGA

#### 4. Network and Sponsorship

- Interface: VS - KIGA - neighboring NMS/AHS: interscholastic projects (running cup, trial lessons/KIGA, EDV)
- Invitations to the book exhibit and theater events

#### 5. Quality insurance

- Creating concepts, proofreading and revising concepts
- Self evaluation and feedback
- Ability to mutually sit in on, and learn from colleagues' classes
- Ability to sit in, and learn from other schools
- Take part in outside projects
- Take part in interscholastic school projects

#### 6. Public Relations:

- Homepage
- School and class newspapers
- School model
- Information evening for parents regarding pedagogical techniques
- School rituals: celebrations, committees, active events, regular meetings for the whole school, in which every class gets to present (with attendance of parents)

#### 7. Social work in the school

- Coping mechanisms
- Personality development (strong and weak qualities)
- Class conference: info evening - boundaries setting and dealing with fear/courage

#### 8. Learning Culture

- Active learning in different situations
- Interscholastic projects
- Flexible classrooms: open door policy: communal teaching for new students beyond week 1
- Open learning: weekly-daily plans, learning stations
- Mediation between learning and work techniques: communication, presentation techniques, teamwork

#### **Literature:**

[www.bewegte-schule.de](http://www.bewegte-schule.de) (Bewegte Schule - Gesunde Schule Niedersachsen)

[www.fns-online.de](http://www.fns-online.de) Fridtjof - Nansen - Schule Hannover

[www.grundschulzeitschrift.de](http://www.grundschulzeitschrift.de)

Städtler H. (2004): "Lernen mit Kopf, Herz, Hand, und Fuß."

Atonovsky A. (1997): Salutogenese (Tübingen dgvt Verlag)

