

## **WHY IS CLIFTON SPRINGS PRIMARY SCHOOL A “BRAIN FRIENDLY SCHOOL?”.**

Our school teaches our students to do movements to strengthen their connections between the brain’s two hemispheres – switching their brain on to learning! Brain food helps keep blood sugar levels constant which energises the brain for thinking and learning.

This is helped by:

- drinking water – to help the electrical currents in the brain move more freely thereby helping learning
- eating brain food – which are snacks that can be eaten within the classroom throughout the day. These snacks can be dried fruit, fresh fruit, vegetables, seeds or whole grains.
- Doing brain gym – which are a series of actions or exercises help to do any task with greater ease.
- Brain gym improves skills of concentrating, remembering, reading, writing and communicating.

## **HOW IS THIS DONE?**

### **PACE:**

**P = POSITIVE AND CENTRED WITH HOOK UPS**

**A = ACTIVE WITH CROSS CRAWLS SO BOTH SIDES OF THE BRAIN AND BODY ARE WORKING TOGETHER**

**C = CLEAR HEADED AND FOCUSSED WITH BRAIN BUTTONS**

**E = ENERGISED WITH WATER**

### **SOME RESEARCH:**

**Brain Gym is used in over forty countries and has been shown in clinical experiences, field studies and published research reports, to prepare children and adults with the skills they need to learn and function effectively in schools.**

## **WATER:**

**Water is an excellent conductor of electrical energy. The human body is made up of 2 /3 (about 70 %) water. All the electrical and chemical actions of the brain and central nervous systems are dependent on good conduction of electrical currents to pass messages between the brain and the sensory organs.**

- **Psychological or environmental stress depletes the body, leaving the cells dehydrated.**
- **Water is essential for proper lymphatic function.**
- **All food or juice other than water is processed in the body as food.**
- **Water is most easily absorbed at room temperature.**
- **Processed foods do not contain water.**
- **Foods that contain natural water, like fruits and vegetables, help to lubricate the system.**
- **The student can determine his own needs for water.**

## **WATER HELPS WITH LEARNING:**

**It activates the brain for:**

- **Efficient electrical and chemical action between the brain and nervous system.**
- **Efficient storage and retrieval of information.**