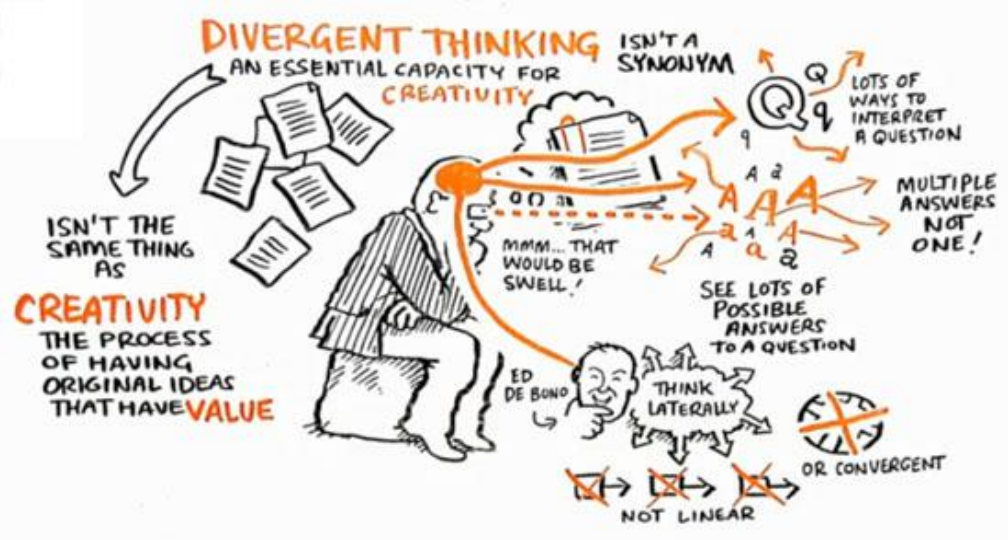
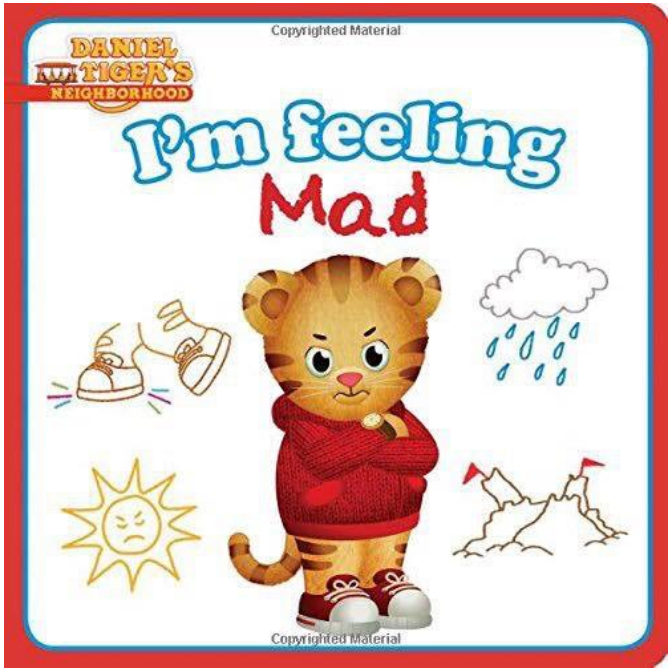
Whole Child Education: Recess, Play and PEAS



Michael J. Hynes, Ed.D
Patchogue-Medford School District

My summer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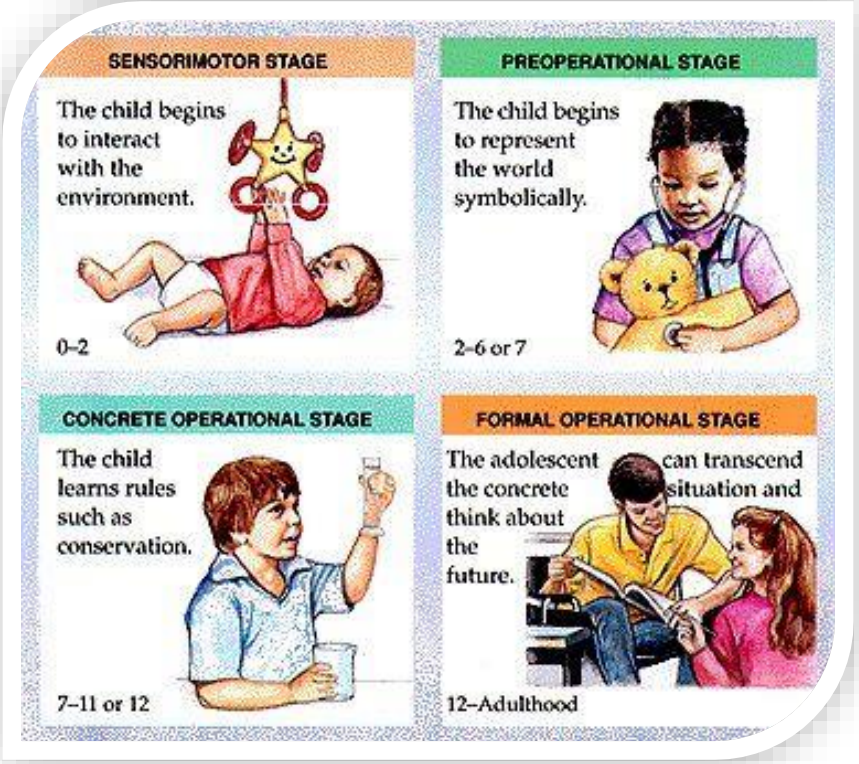
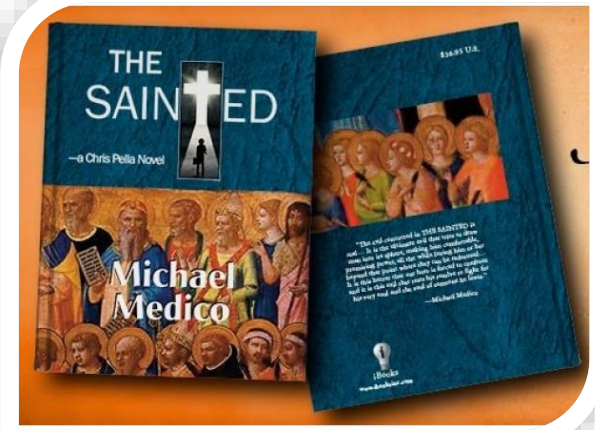
DANIEL TIGER'S NEIGHBORHOOD
I'm feeling
Mad
Copyrighted Material

Piaget would be proud



Saint



Purpose of presentation

Understand our **Purpose**-

Recess, Play and PEAS: Whole Child Education

Understand our **plan**

Understand **why it works**

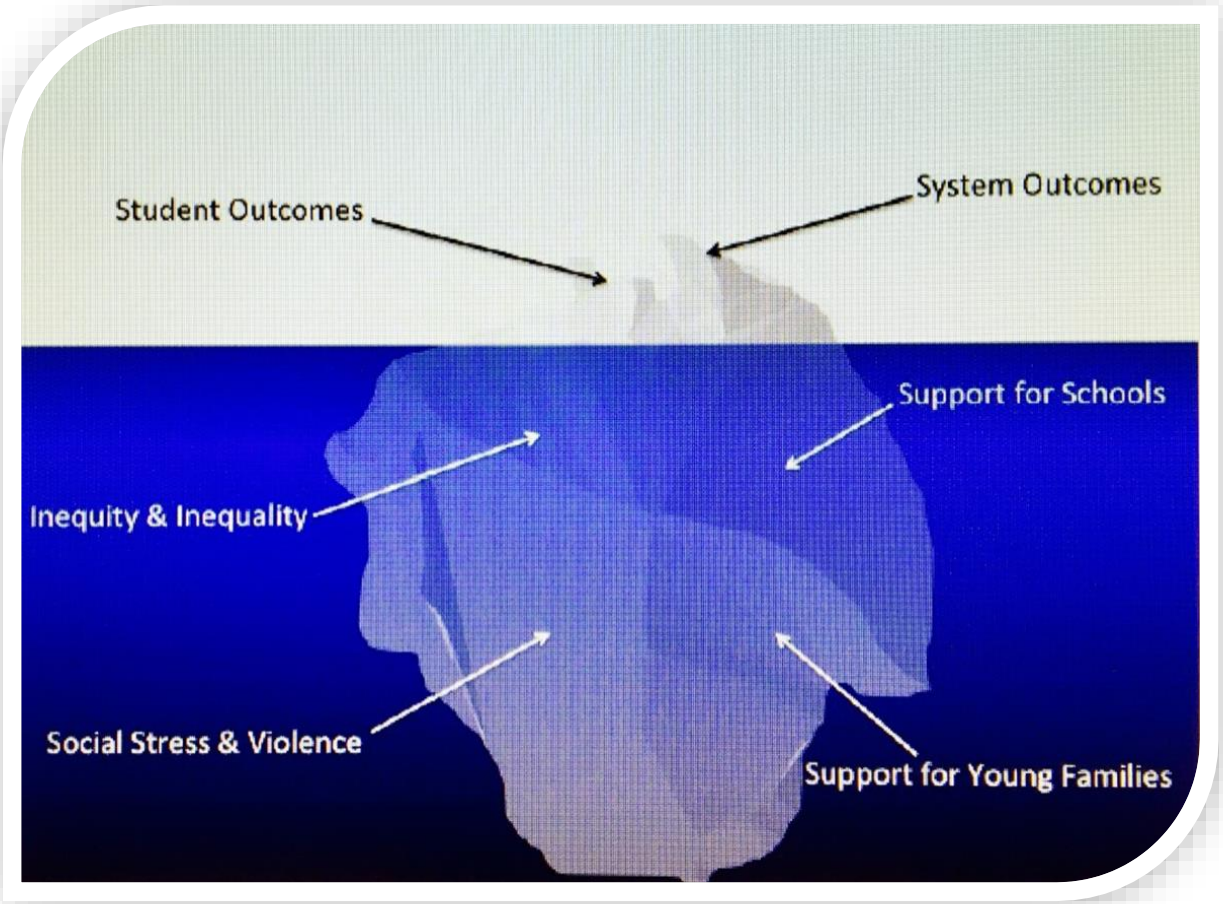
Perspective

Quick Disclaimer

This report does what has been missing in international assessments like PISA and TIMSS…It provides a broader context to understand how education systems perform…simply an eye-opening reading experience!

— *Palsi Sahlberg, Harvard University, author of* Finnish Lessons

Quick Disclaimer



Board of Education: Patchogue-Medford

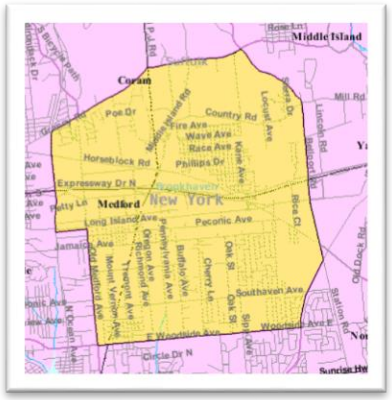
Anthony C. O'Brien, **President**
Kelli Anne Jennings, **First Vice President**
Diana Andrade, **Second Vice President**
Teresa A. Baldinucci
Thomas P. Donofrio
Mark Negrin
Christine T. Rignola

Dennis M. Logan, District Clerk

School Community

"I like to see {people} proud of the place in which {they} live."

-Abraham Lincoln



Hope for a change…

"Of all the factors vital to improving schools, none is more essential - or vulnerable- than hope."

-Robert Evans, The Human Side of School Change, p. 290

#GoPatMed

Flashback: 2014

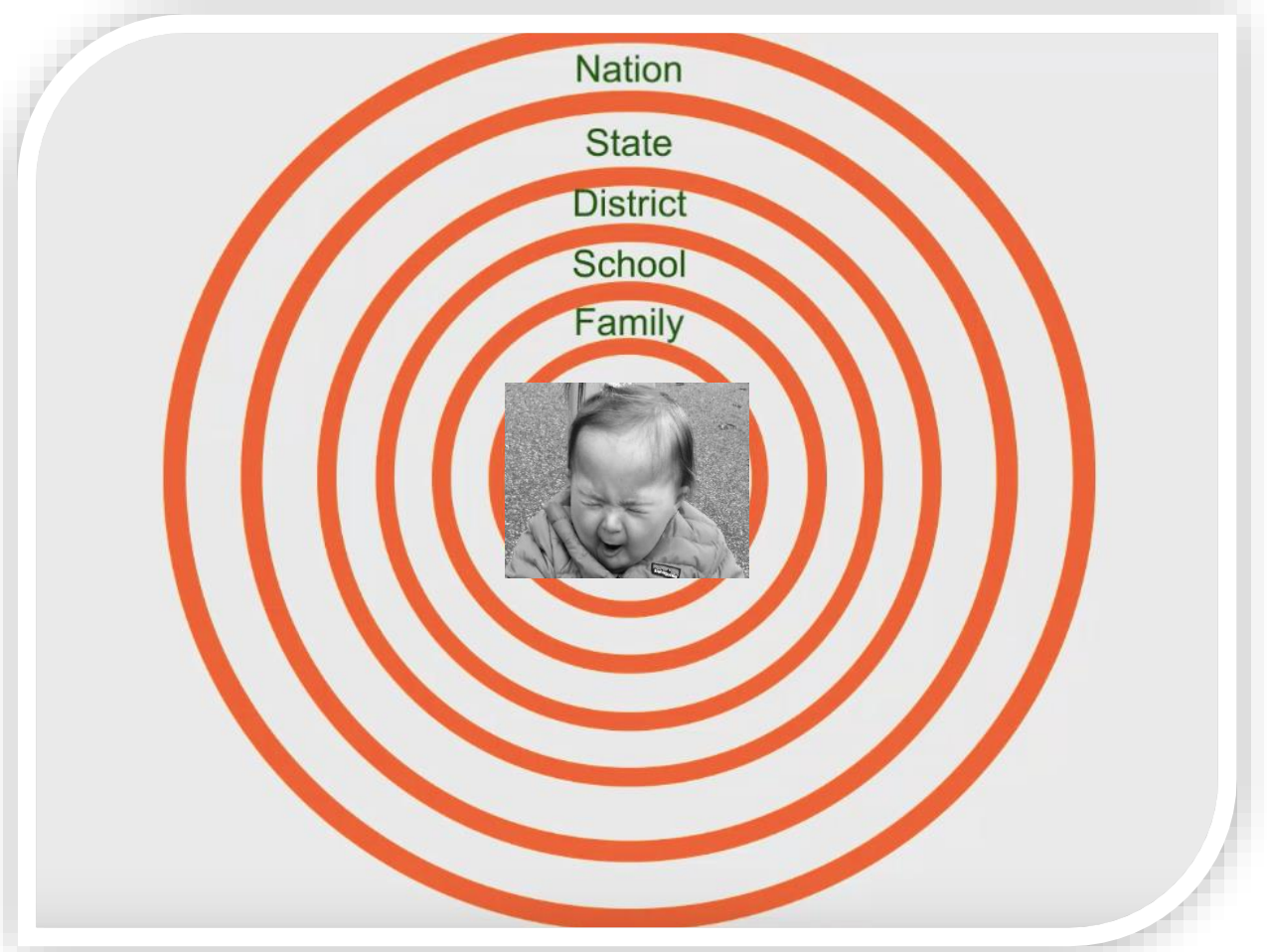
Needed Strategic Plan

Needed Vision/Mission Statements

Needed a Graduate Profile

Needed an “Identity” as a school district

The question: What's our focus?



On average… students take 112 standardized tests between Pre K - 12th grade

“Though rhetorical support is increasing, school health is currently not a central part of the fundamental mission of schools in America nor has it been well integrated into the broader national strategy to reduce the gaps in educational opportunity and outcomes.”

- **Charles Basch**

  Richard March Hoe Professor of Health and Education at Columbia University

"Though rhetorical support is increasing, **whole child education** is currently not a central part of the fundamental mission of schools in America nor has it been well integrated into the broader national strategy to reduce the gaps in educational opportunity and outcomes."

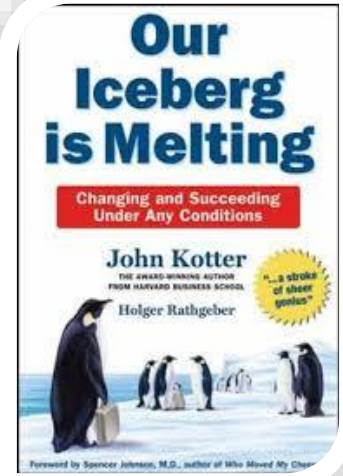
- **Charles Basch**

  Richard March Hoe Professor of Health and Education at Columbia University

Process: Why more Recess and Play

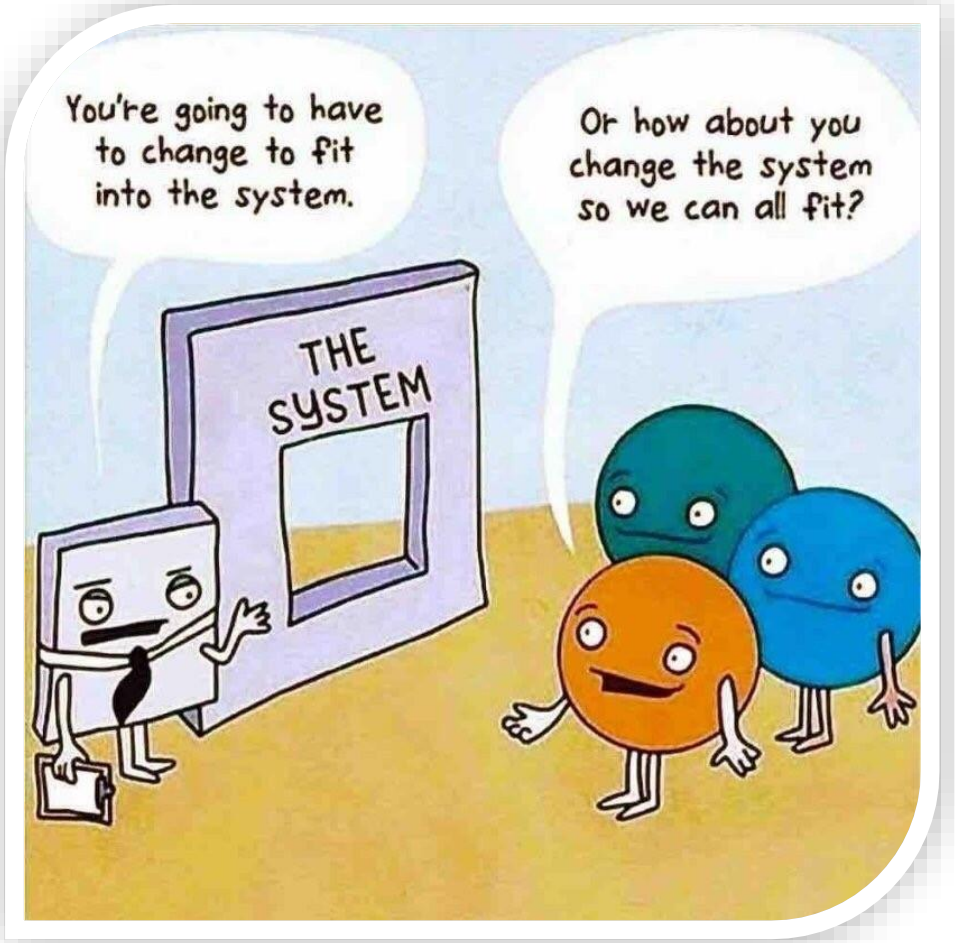
Pat-Med Iceberg

Board of Education developed and adopted a comprehensive 5 year plan based on John Kotter's work from Harvard University

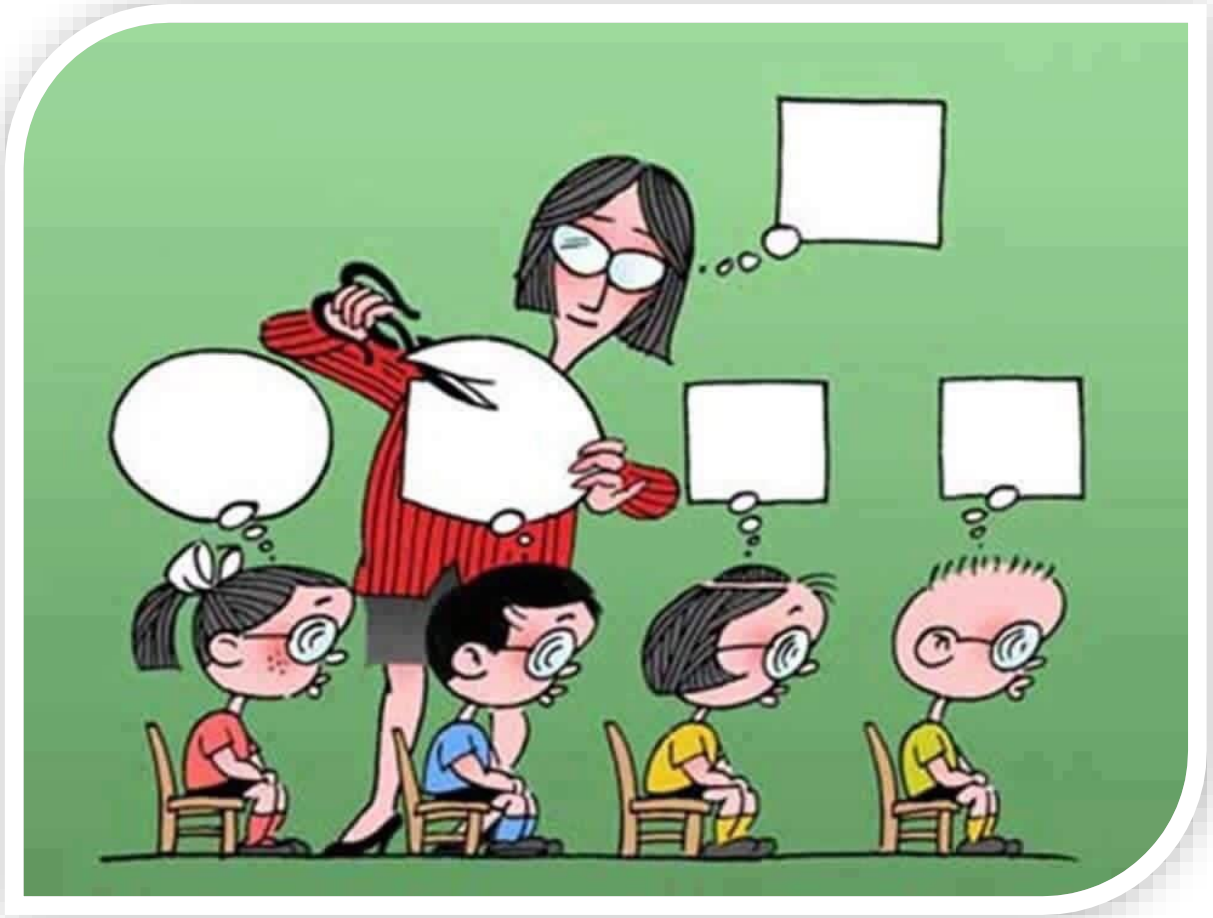


Who is Pat-Med? What do **we** stand for?

Wrong Paradigm

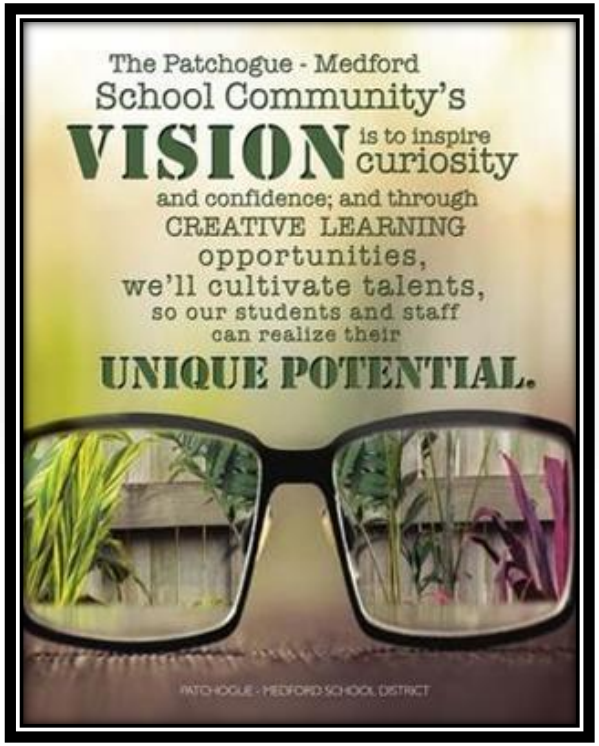


Students are not standardized



New Vision

3
2
1


The Patchogue - Medford
School Community's
VISION is to inspire curiosity
and confidence; and through
CREATIVE LEARNING
opportunities,
we'll cultivate talents,
so our students and staff
can realize their
UNIQUE POTENTIAL.
PATCHOGUE - MEDFORD SCHOOL DISTRICT

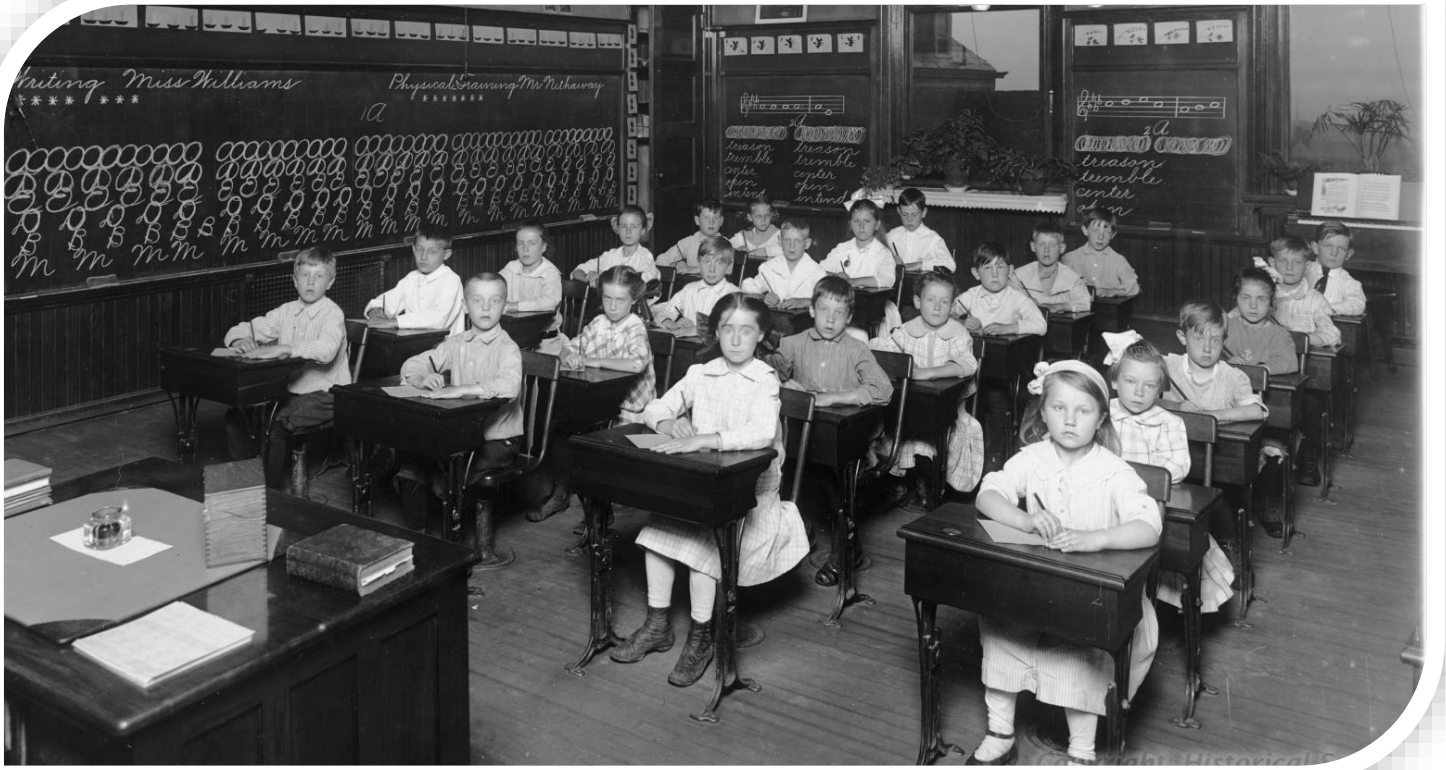
BARTON ELEMENTARY SCHOOL
EVERYONE WORKS TOGETHER TO ASSURE
THAT EVERY CHILD FEELS IMPORTANT
Outstanding Service Award
Outstanding Service Award
Outstanding Service Award

New Mission

The Patchogue-Medford School Community's
MISSION
IS TO provide diverse
pathways and
varied
enrichment
opportunities that will lead
to meaningful
learning experiences
for all students
PATCHOGUE MEDFORD SCHOOL DISTRICT

BEST OF HIGH SCHOOL
JOURNALISM AWARDS

What's the Purpose of Education?



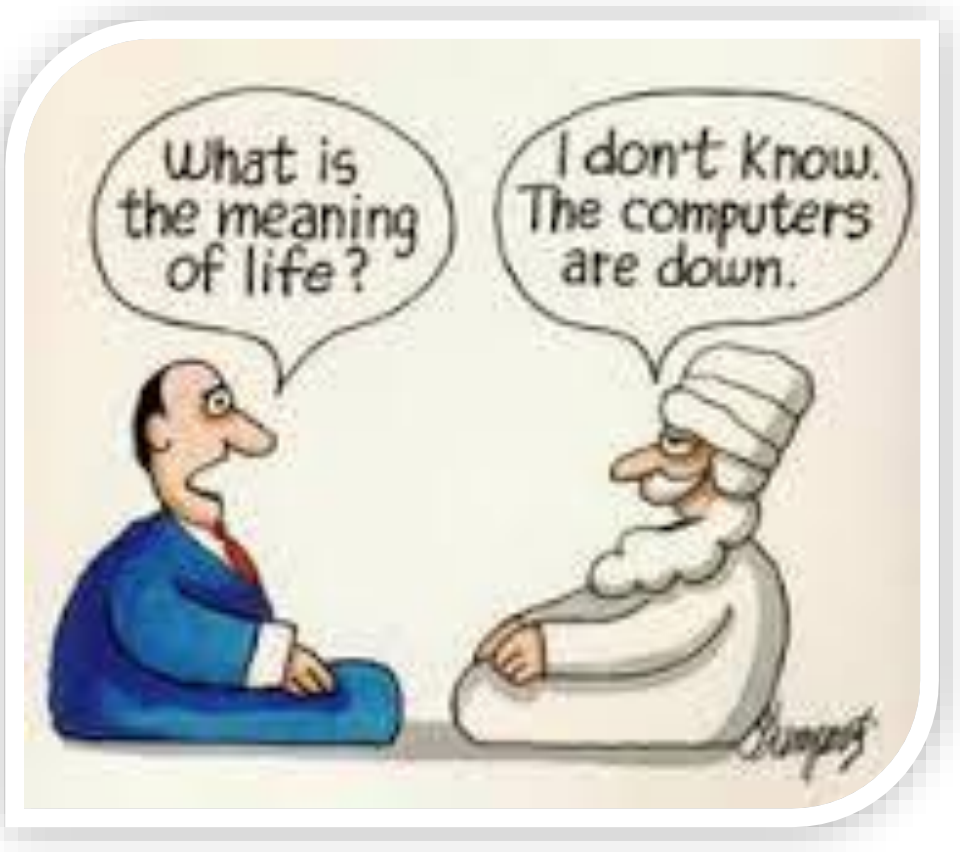
When was the last time you really thought about it?

Is it….?

"The object of education is to teach us what is beautiful."

-Plato

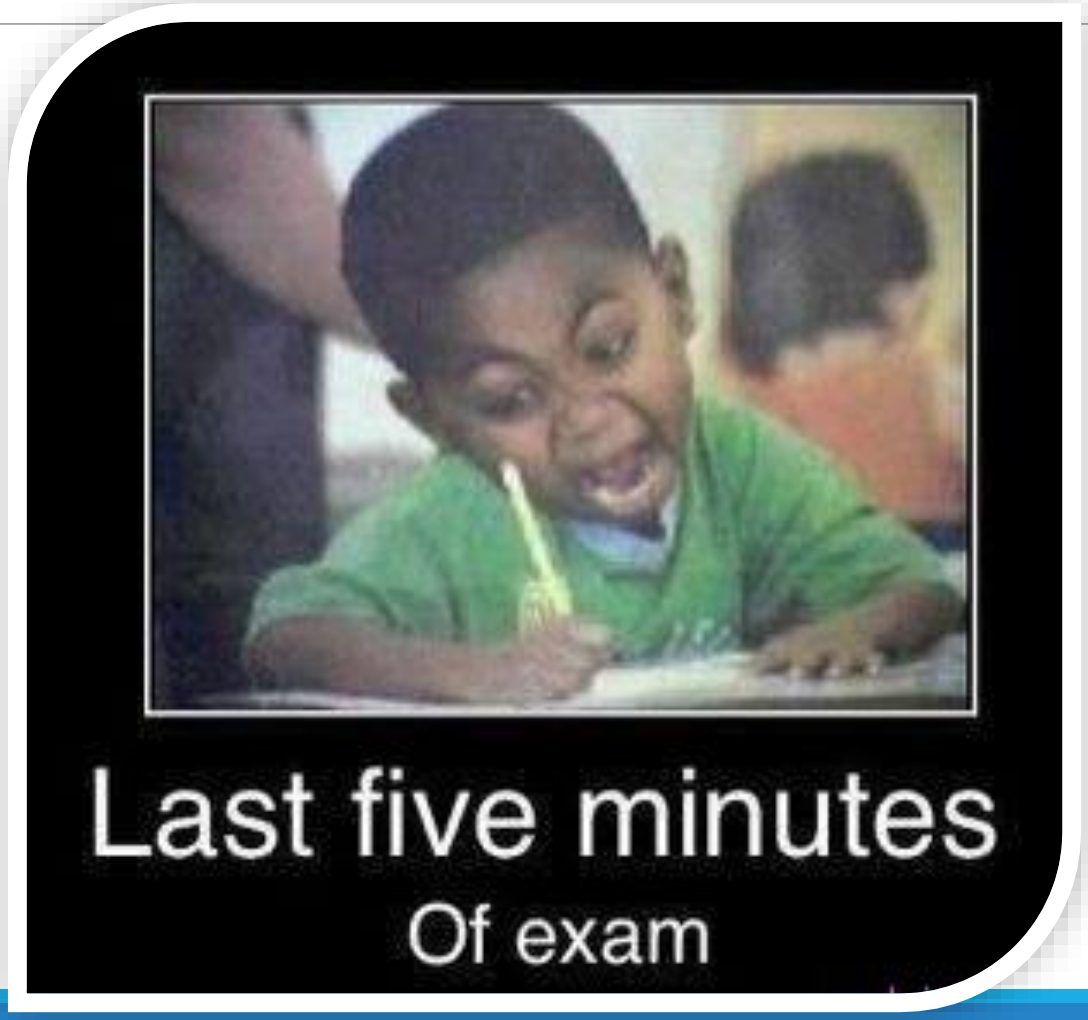
Purpose of Life?



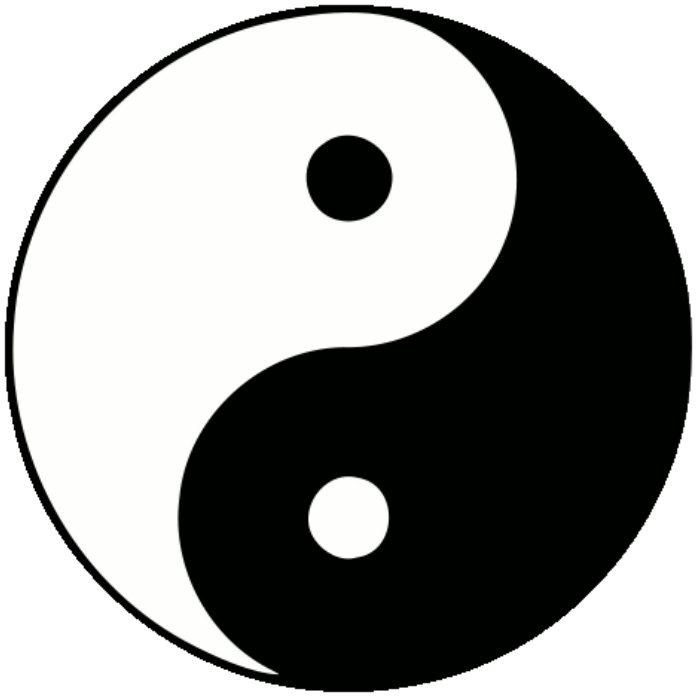
Purpose of Life?

Purpose of Education?: On average…

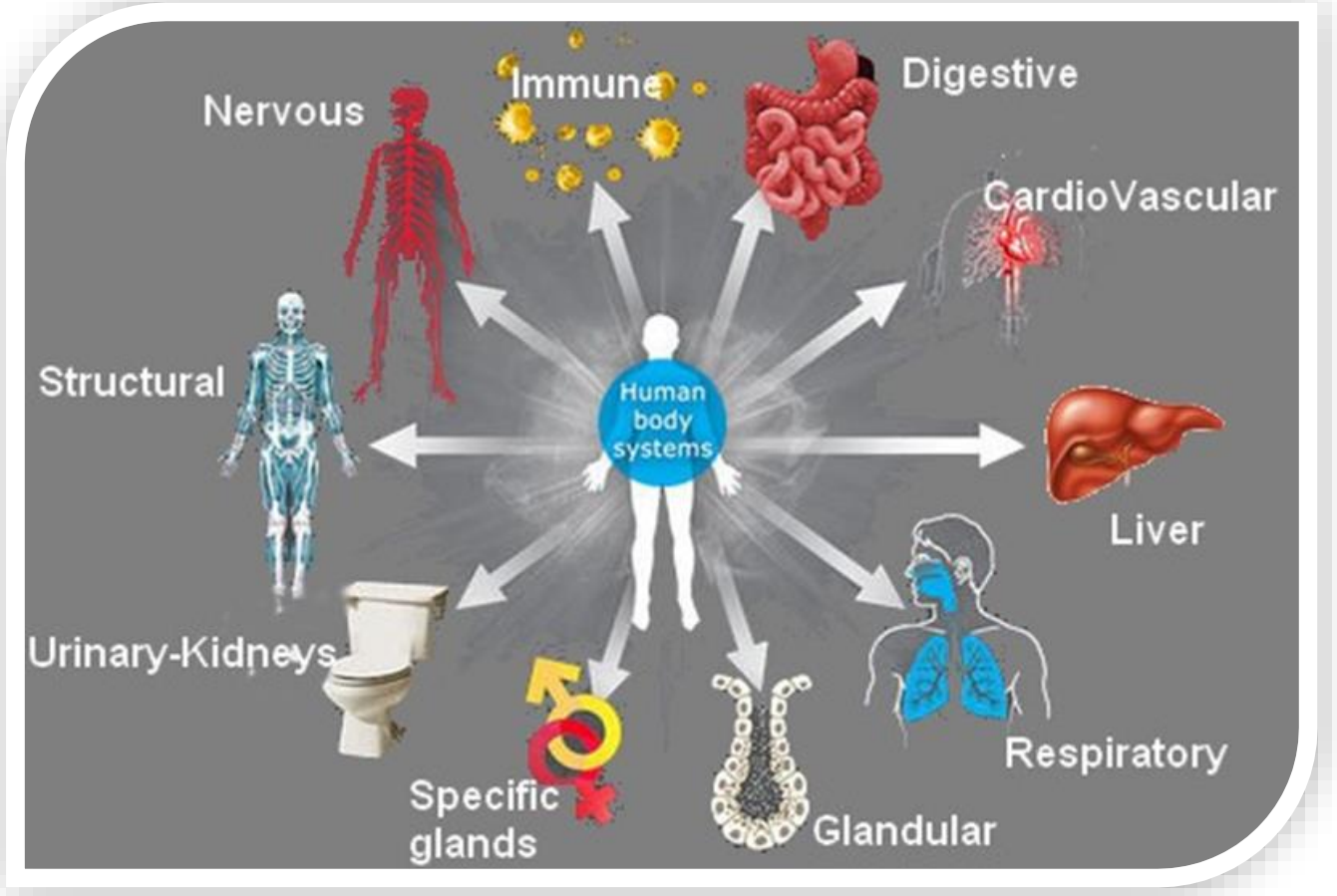
Students take 112 standardized tests between Pre K - 12th grade



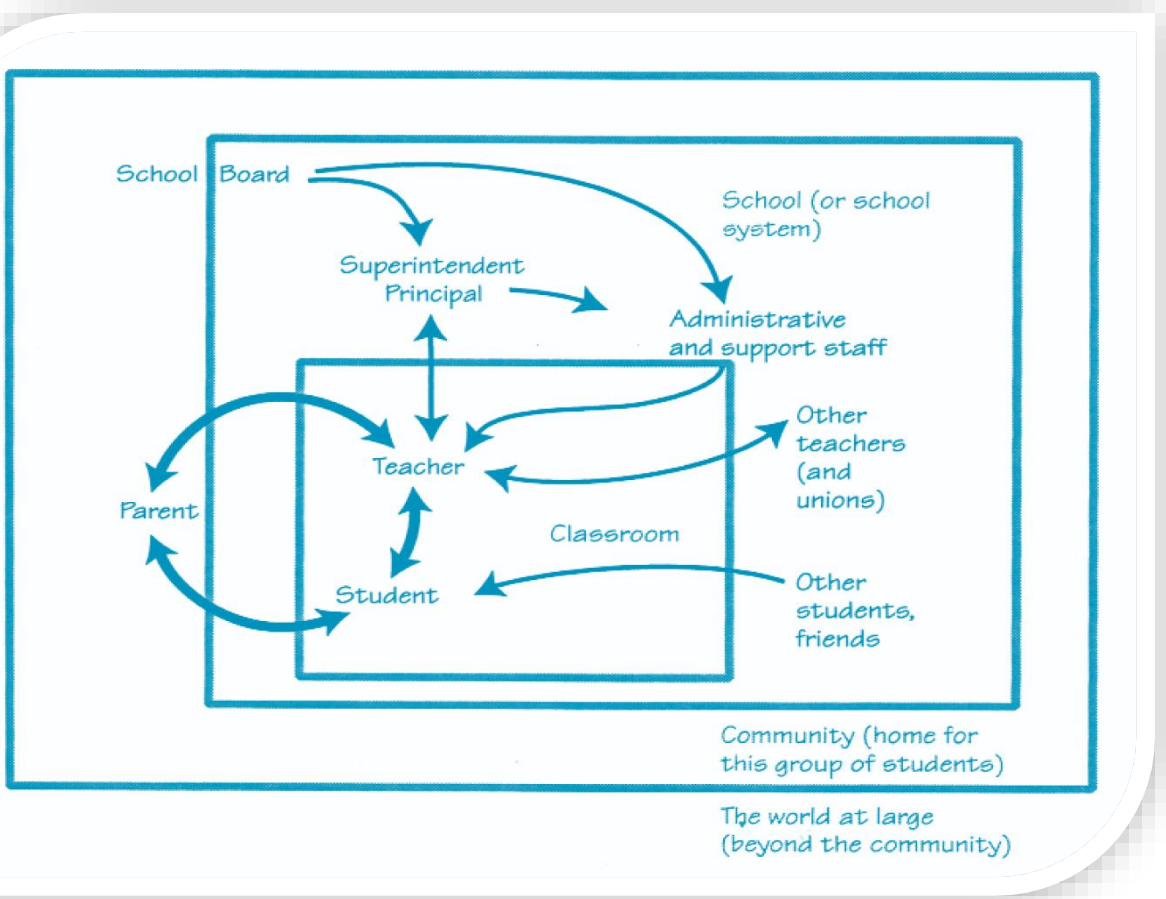
Purpose is BALANCE



Human System Balance

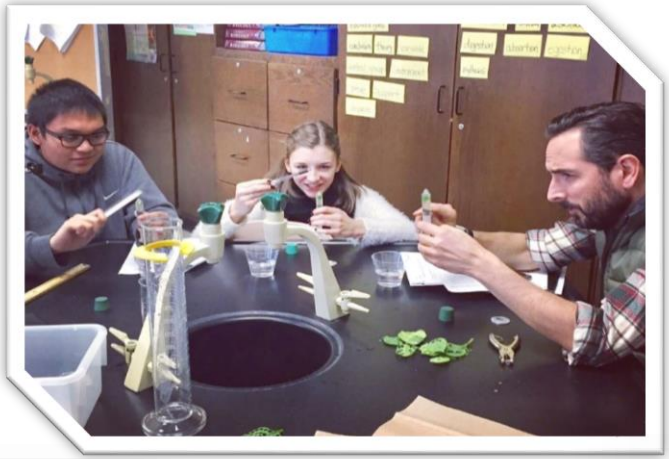


School System Balance



Our job is to take…

Shadowing: Life of a Student



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Superintendent's Roundtable

Life of a student

Findings:

Children must move often

Children need time to play

Children need time to explore

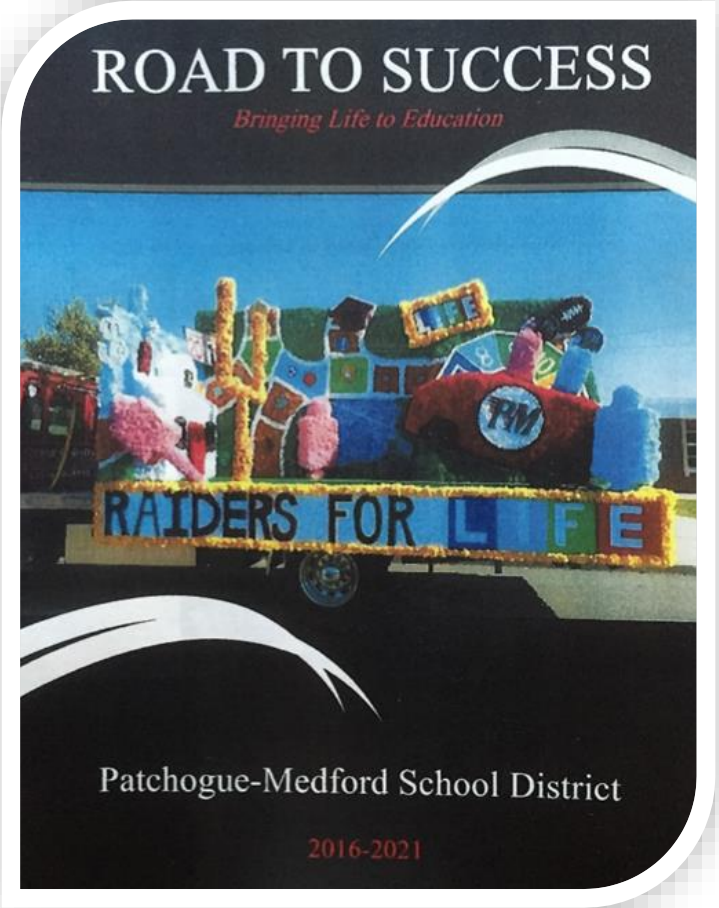
Physical activity/movement is paramount- how can we make happen at secondary schools?

Recess is amazing

Yoga/Mindfulness is working well

HS- Students not taking lunch

Developed a 5 year plan



Philosophical Shifts

Double recess

Increase structured/

unstructured play K-8

Yoga/meditation

ISSUES IN EDUCATION

Recess finally gets respect

Long Island superintendent: Give PE.O a chance

LISCHOOLS

NOTEBOOK

Schools add yoga to curriculum

Some local students aren't just expanding their minds, they're expanding their mindfulness.

Schools across Long Island are introducing youths to meditation and yoga in an effort to help them reduce anxiety and increase peace in their lives.

In the Patchogue-Medford school district, kindergarten through eighth graders are participating in four yoga sessions and mindfulness this school year after a pilot program had an "overwhelming response," Superintendent Michael Hynes said.

The district plans to increase the number of sessions to eight next school year and add a high school elective.

"It's all about the ability for students to ground themselves, recalibrate and be in the moment," Hynes said.

Students at Tremont Elementary School and Mineola Middle School have instituted weekly after-school yoga sessions led by Jeanine Gallina, a district art teacher who also is a certified yoga instructor. The hourlong sessions are limited to 25 students and held on rotating days to allow new kids to attend each week.

"Once you get the yoga bug, you can't stop," Gallina said.

In Massapequa, 80 freshmen studying global history and Buddhism recently participated in an introduction to meditation course during a visit from representatives of Kadampa Meditation Center Long Island, based in Huntington. Next month, teens will visit the center from East Meadow High School and The Wheatley School in Old Westbury.

In Herricks, yoga workshops were held at the high school last month to help students minimize stress before midterms.

Students at Tremont Elementary School in Medford participate in a yoga session to help reduce stress and increase mindfulness.

ISLANDWIDE

Hero essay winners

Four local students were winners in an annual "Take a Duck to Class" Essay Contest coordinated by the Long Island Ducks baseball team and TD Bank. This year's contest asked children to submit 250-word essays on the theme: "Who is a hero in your community and why?" Winners were: Georgia Grace Berrisik, R.J.O. Intermediate School, Kings Park; Abigail Hansen, Paumanok Elementary School, Dix Hills;

are among 1,994 semifinalists nationwide vying to be 2017 Coca-Cola Scholars, which began with nearly 80,000 applicants. The Coca-Cola Scholars Foundation will award $20,000 scholarships to 150 recipients. Suffolk's semifinalists and their high schools are: Tarina James, Central Islip; Tara McCaffrey and Kyle Mitra, Commack; Sofie Wilson, Copiague; Rachel Rosenstein, Half Hollow Hills East; Anjali Maheshwari, Allie Mollo and Tarom Ogura, Half Hollow Hills West; Michael Morello and Anjali Verma, Kings Park; Ty Bugdin, Mattituck-

Project based learning

Social/emotional needs met

Staff training with the Big 5

#GoPatMed

Professional Development in Big “5”:

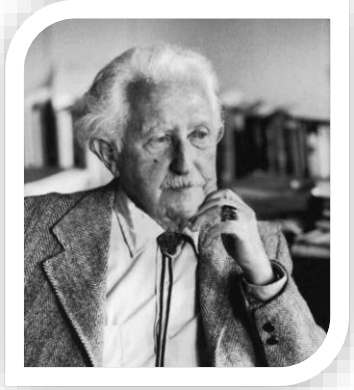
Maslow

Piaget

Erickson

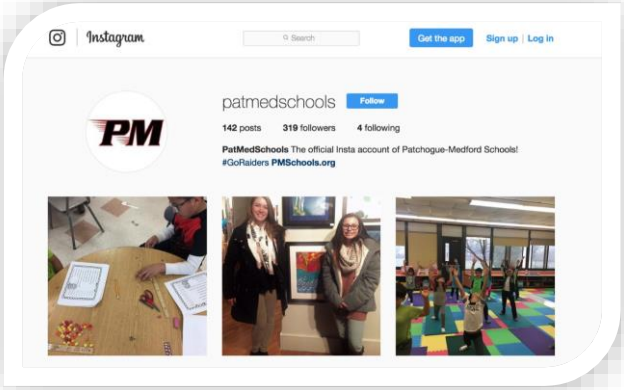
Kohlberg

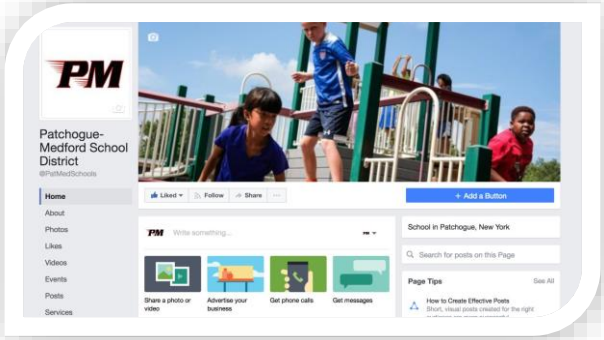
Gardner



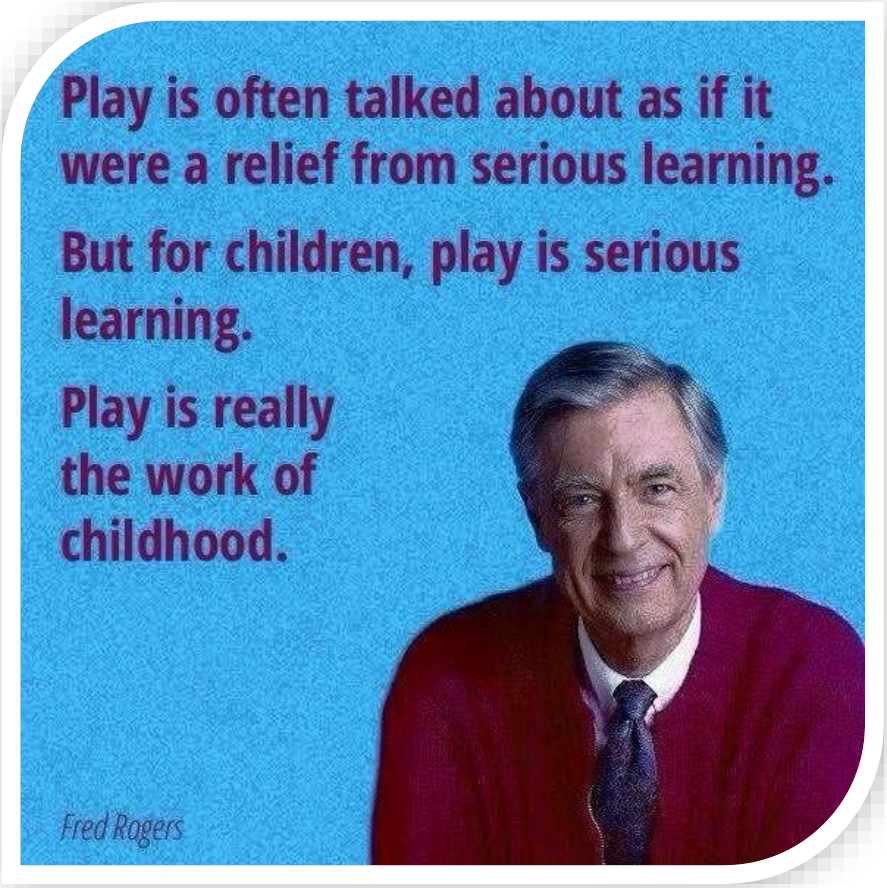
How to get buy-in:

Social Media/District Communication





Play and Recess



Children get to experience…

Imagination Stations at the Elementary Schools

Mindfulness/Yoga

40 minutes of recess AND 40 minutes of lunch

Structured/Unstructured “play” in the classroom

Major shift: Play

Major shift: Play

Major Shift: Yoga/Mindfulness

Major Shift: Yoga/Mindfulness

Major shift: Recess

ISSUES IN EDUCATION

Recess finally gets respect

Long Island superintendent: Give PE A's a chance

Major shift: Recess

Major shift: Recess and Play in school

Major shift: Recess and play in school

Major shift: Recess and play in school

The importance of play: Dr. Peter Gray

Real purpose of education:

P.E.A.S.

Physical growth + Emotional growth +

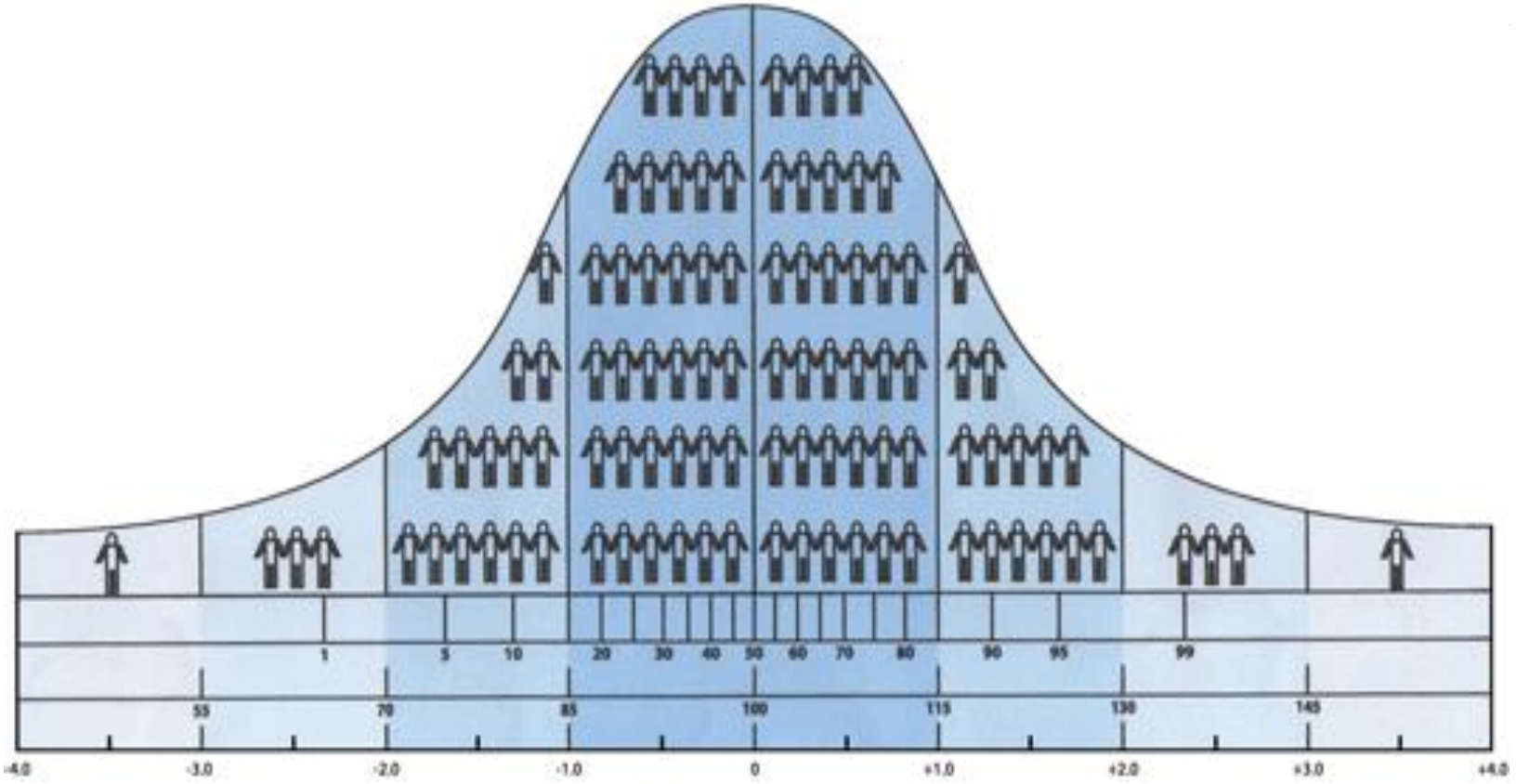
Academic growth + Social growth =

Human Potential

Quick example of restoring balance and purpose…

https://www.youtube.com/watch?v=6K7uY6otgQ4&t=4s

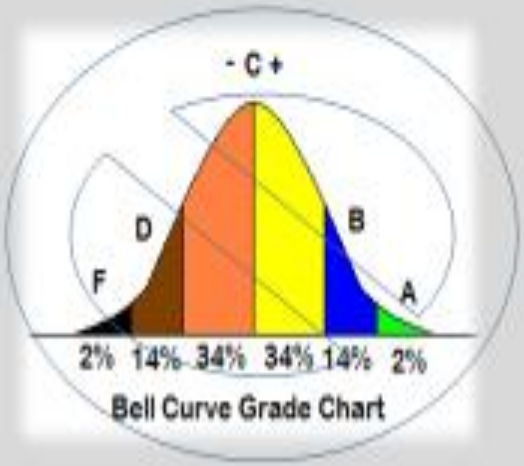
Not our purpose…



Not true for students, teachers, administrators....

Who We Are/What We Stand For

- Opportunities for students
- Cultivating the talents and maximizing the potential of our students
- Focusing on "The Whole Child"



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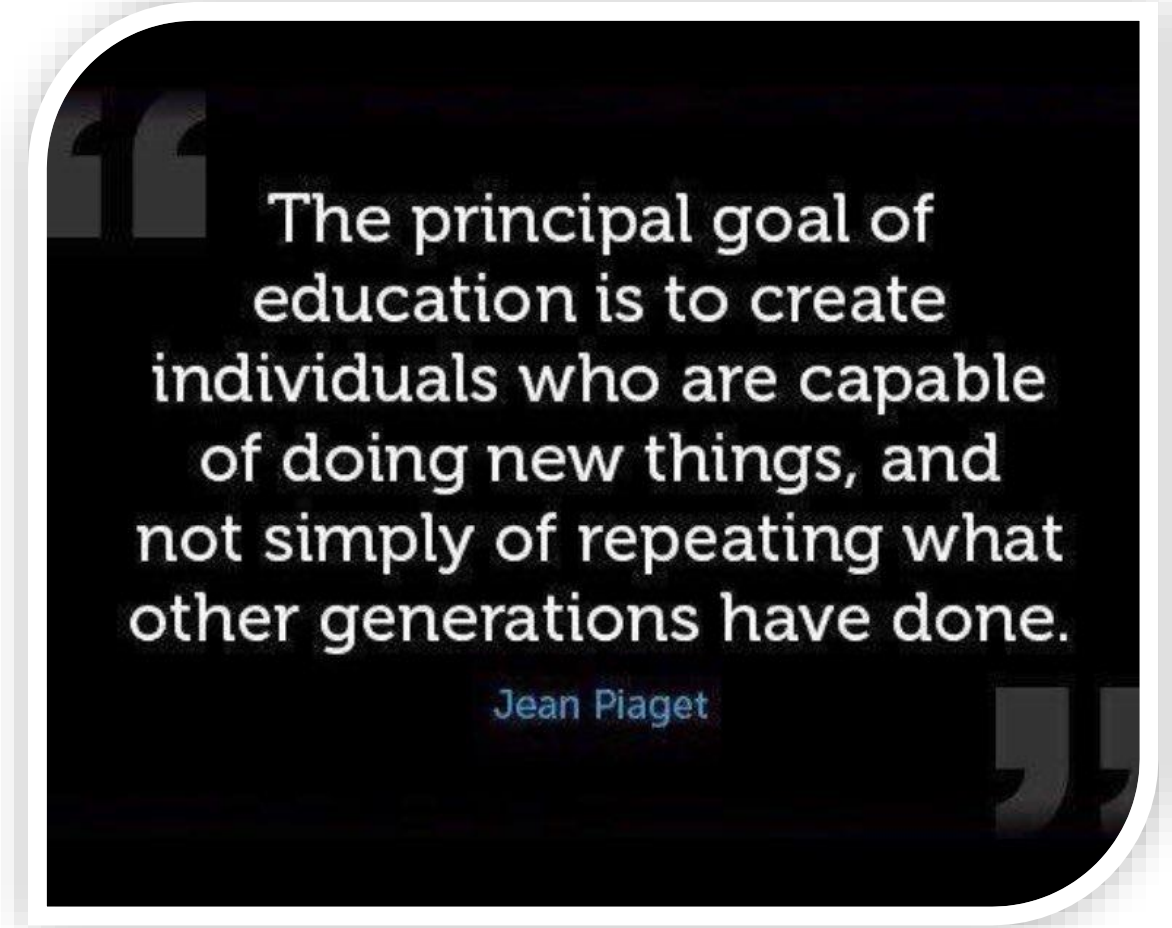
Recess, Play, PEAS support:



Thank you!