

The BRAIN WAY Newsletter



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The FIRST EVER BRAIN WAY Newsletter!!

This newsletter will keep you posted on the latest research in **BRAIN SCIENCE** and how it can be put to **IMMEDIATE** use in your classroom. AND...exciting new resources that help make everyday a brain-friendly day in your classroom.

There is an excellent new book that is “hot off the press” called **Brain Rules. 12 Principles for Surviving and Thriving at Work, Home, and School**, by John Medina. This book is a must read. It is an EASY



read that allows you to put brain research to work in your life, job, and school instantly. Check it out at www.brainrules.net. Look below for an example of one of these amazing RULES!

Rule #1: Exercise Boosts Brain Power.

Would be interested in knowing how to reduce your risk of a stroke by 57%? How about lowering the risk of general dementia by 50%? Still not interested? How about increasing the growth of new brain cells by 50%? Okay, gotcha! You can with just a 20 minute walk each day! Sounds easy enough.

The brain is made to be active and in motion. Not only is it good for overall brain health, physical activity causes the release of a chemical that acts like

miracle grow for the brain (the chemical is called BDNF). Plus, it increases the chemicals in the brain that help put people in a good mood.

So, do you want to make an immediate impact on your brain as well as your students' brain? GET THEM MOVING.

Can you find ways to add movement to your classroom? How about strategies that put content and movement together?



Here are some examples:

1. Have them take a walk while reviewing notes.
2. Develop body movements to help them remember big ideas.
3. Have students act out concepts, like charades.
4. Change positions in the room each time a new concept is presented.

READING REWIRES THE BRAIN



A team of researchers from Carnegie Melon have found major changes that occur in the brain as a result of remedial reading instruction. The brains of these students rewired themselves, had increased blood flow in essential areas for reading, and the changed activity persisted a year after receiving the instruction. Regardless of the approach to reading (phonics, whole language, etc...) major changes were recorded!

The area of interest is the parietotemporal region. It is responsible for the mapping of words on paper to sounds. Poor readers have less blood flow in this region than those that are more proficient readers.

The researchers also found that poor readers had a more active medial frontal cortex. Why? Well, that is the area linked to strategizing and problem solving. The poor readers were trying to figure out the text!

TAKE HOME LESSON: READING INSTRUCTION CHANGES THE BRAIN. Be patient with less proficient readers, their brain is rewiring itself. Be persistent. Continual work will bring AMAZING benefits to the student and AMAZING gratification to the teacher. Teachers, hang in there. What you are doing WORKS!

BRAIN BLASTERS

1. Your brain is mostly water (78%). 10% is fat and 8% is protein. Water helps the brain function. Jean Blaydes Madigan states that staying hydrated improves cognitive function by as much as 70%.
2. You have about 100 billion neurons in your brain. Each of these neurons connects with other neurons. When you learn something new, you make new connections. The brain has a huge capacity for learning!

NEW WORKSHOPS from John Almarode and The BRAIN WAY.

The Early Years. What Brain Research Says About Teaching Our Youngest.



This workshop investigates the developmental milestones of the brain and the notorious “windows of opportunity”. Is there a window of time for learning language, motor skills, visual processing? Participants will walk away from this experience with a sound understanding of what happens in the developing brain and AWESOME strategies to enrich this development. For more information, visit web.mac.com/almarode.

Happy Feet, Happy Students

This workshop looks at the latest research on movement and learning. Getting students moving in the classroom is key to learning.

Teachers and administrators will walk away with great energizers, transition activities, and movement activities that incorporate content. Check it out!



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