

Spring Lake Magnet Walking Club

Through work with The Wellbeing Partners and under the guidance of PE teacher Amiee Noel, students at Spring Lake Magnet have been engaging in physical activity through a morning walking club. Research has proven that a few minutes of walking helps activate the brain and prepare students for learning! Teachers report that students are more alert and productive in the classroom after participating in the walking club. Students shared that they like the chance to talk to their friends.

By allowing children the opportunity to be active, Spring Lake Magnet is setting them up for successful learning experiences!

