

Working towards a School Sensory Lifestyle

Addressing Needs Created by the Pandemic

A proposal to the BOE on behalf of CES, LLS and SES

What Our Students Need Socially, Emotionally & Physically

The pandemic has presented us with a challenging situation regarding our student's abilities to self regulate. Over the past two years, we have seen them demonstrate marked social and emotional difficulties. These issues have resulted in students having trouble sitting, attending, and meaningfully participating in school. Across all grade levels, students are requiring more movement throughout the school day to help them regulate.

We know that movement provides an important outlet to students for releasing stress and optimizing their arousal levels. It also supplies necessary sensory feedback which has a grounding effect on students' nervous systems. This has been proven by extensive research and become common knowledge in the educational field.

At the elementary schools, we have tried to meet this demand by instituting two recesses, regularly integrating movement breaks into the classroom, and utilizing the flexible seating options we currently have.



School Sensory Lifestyle (SSL)

The *School Sensory Lifestyle* was born out of our obligation to support our students' movement needs while still meeting all of the academic and social-emotional requirements.

What is the *School Sensory Lifestyle*? It is a school environment that is accepting and supportive of individual student sensory differences and needs. Using the *SSL* will boost students' comfort levels and self esteem, while serving as a blueprint for improving attention in order to optimize meaningful school participation.

How can we achieve the *School Sensory Lifestyle*? Flexible seating is not a new initiative at the elementary schools. We been successfully using alternative seating (i.e. wobble stools, blackjack chairs) for a few years. However, to achieve a true *SSL* we need to expand and enhance what we have.

Tools that Address Student Movement Needs in Class



Kinesthetic Collaborative Work Station- Engages a variety of larger muscle groups while promoting collaboration as students transition between active movements within a face-to-face workstation that gets ideas flowing. It includes 2 pedal stations, 2 stand & spin stations, and 2 elliptical stations.



Round Pedal Desk- Provides non-resistant low intensity movement for student's lower extremities while supporting proper posture. It also optimizes blood flow and oxygen to the brain. Pedal desks are equipment backed by the Action Based Learning program.



Tools that Address Student Movement Needs in Class



Wiggle Wobble Feet - Provide a variety of movement: up and down, front to back, and side to side. These are good adaptations for current classroom chairs. They are especially beneficial for students that need movement and the postural support a chair provides. It has been trialed at SES this year with outstanding student and teacher feedback.



Wobble Stools - Allow the opportunity for a variety of movement: side to side, front to back, and clockwise to counterclockwise. These are used at many of our EIs now and have proven to be consistently successful. Currently, our supply does not match the demand.



Active Chairs - Provide postural support and the ability to rock. These are great for our students who have difficulty sitting on the floor for circle or rug time. We are currently using a cloth floor chair that is difficult to clean and breaks often. These chairs are easy to wipe clean and can be stored by stacking them.

Tools that Address Student Movement Needs in Class



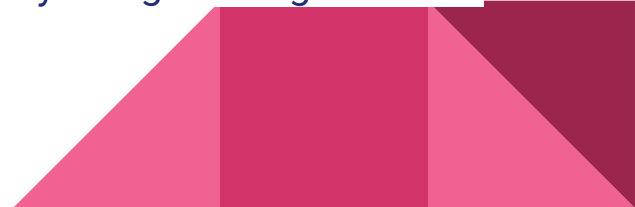
Adjustable Tabletop Desk - Allow students to stand and learn at a customized height. The portable work surface provides ample space and fits on most standard size desk surfaces. It can also be used as a sturdy work surface while seated on the floor to provide students to flexibly choose an optimal work space.



Bouncy Fidget Bands - Bounce away excess energy with elevated bands that easily attach to the legs of chairs or desks. Whisper-quiet bouncing is non-disruptive, increases time on-task, and makes learning fun! Durable bands are easy to install as they simply slide over the leg of a desk or chair—adjust height by moving up or down on the leg.



FitDesk Under Desk Cycles- Allow students to pedal away using existing furniture. Can be moved easily to be shared in a classroom.



Tools that Address Student Sensory Needs in Class



Weighted Lap pads- help to provide students with calming, proprioceptive input. This can lead to increased engagement and focus.



Cube seats- can be used as a chair with either a 6" high seat or 9" high seat. Can also be flipped over to be used as a table or a seat for adults. Provides an organized play & work space for young children, helps children to maintain a greater attention span.



Jellyfish ball chairs- help to improve posture and allow for movement while seated.



Footfidget Standing Desk Conversion kits- Turn standard desks into Provides gentle resistive movement (Proprioceptive input) to improve Cognitive Function-including improved focus, memory, and attention! Expels excess frigidty energy to improve ability to attend in class.



Tools that Address Student Sensory Needs in Class



A **Time Inn**- Special location in a small area of the classroom where students can take a break in a space promoting relaxation and a sense of calm. Curtains provide reduced visual input. Pillows and bean bags provide full body support and additional pressure feedback. Noise cancelling headphones allow for reduced sound. Fidgets give additional tactile and visual sensory input to promote an optimal arousal state.



We trialed a **Time Inn** at SES and found that students successfully utilize the space for several minutes and then transitioned back to their seats more relaxed and ready to attend. In our **SSL** proposal, we would like to expand the **Time Inns** to more classrooms.

Tools that Address Student Sensory Needs at Recess



Spica Spinner - Agility, balance and coordination are intensively trained as the Spica invites different body positions when spinning. The triangular shape of the seat allows room for up to three children, stimulating the social skills of cooperation and turn-taking.



Benches - The opportunity to rest in between play; talk, and gather together helps to meet student sensory needs. Much like the TIME INN, sometimes a moment of rest is what the body needs to help regulate.



Tools that Address Student Sensory Needs at Recess



Music Station- allow young students to make music and collaborate together, creating musical joy on the playground.

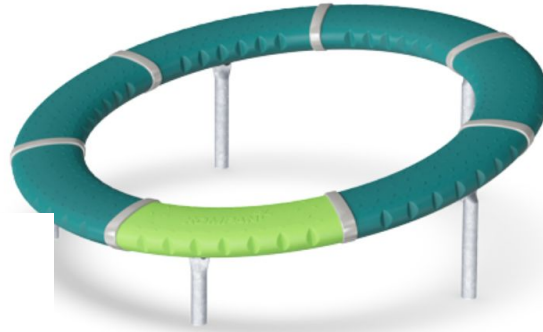
The **Tuned Drums** come as a set of five, all different sizes and sounds. The drums are played using the hands to create a tom-tom like sound, creating an exciting avenue for players to create their own music and produce a big, open, resonant sound. Drumming captures the heart of most who encounter it.



The **Serenade** offers users the ability to play songs using the color-coded chimes and songbook. Learn to play in two different ways - by color or by the annotated notes on the instrument and in the songbook. Read music without any prior knowledge and let the learning begin!



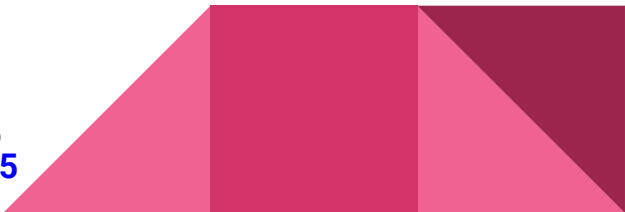
Tools that Address Student Sensory Needs at Recess



Proposal of Funds for Saugatuck

<u>Item:</u>	<u>Qty.</u>	<u>Cost</u>
Indoor Furniture:		
Kidsfit 6-Student Collaborative Standing Station	1	\$ 4,699.00
Kidsfit 6-Student Collaborative Sitting Station	1	\$ 4,699.00
Kidsfit Kinesthetic 2 Person Pedal Desk	1	\$ 2,392.00
Indoor Desk/Chair Accessories:		
Wiggle Wobble Chair Feet	200	\$ 4,248.00
18" Wobble Stools	10	\$1,240.00
FitDesk Under Desk Cycle	6	\$1,230.80
ShiftEd Active Seats (for floor)	60	\$4,020.80
Foot Fidget Standing Desk Conversion Kit	6	\$ 779.64
Jellyfish Ball Chairs	6	\$ 950.88
Other Indoor Sensory Equipment:		
Bean Bag Chairs	12	\$1,394.52
Noise Canceling Headphones	36	\$ 539.82
Total Requested for Indoor Sensory Equipment:		\$26,194.46
Outdoor Sensory Equipment:		
Spica	1	\$ 2,097.00
Benches	5	\$ 5,895.00
Serenade & Drums	1	\$ 9,437.30
Sitework, Installation & Freight	1	\$ 8,569.25
Total Requested for Outdoor Sensory Equipment:		\$25,998.55

**Total Requested
Funds for Indoor
and Outdoor
Sensory
Equipment
\$52,193.01**



Proposal of Funds for Long Lots

<u>Item:</u>	<u>Qty.</u>	<u>Cost</u>
Furniture:		
Kidsfit Kinesthetic Classroom Pedal Desks	9	\$11,572.47
TiltED Plus Active Seats	24	\$ 1,867.32
ShiftED Active Seats	12	\$ 840.06
Versatile Therapy Cube Chairs	20	\$ 2,339.53
Wobble Stools	8	\$ 627.78
Switch Sit or Stand Desk with Fidget Pedal	10	\$ 3,570.29
Desk/Chair Accessories:		
Bouncy Band Desk/Chair Bands	62	\$ 2,373.52
Wobble Wobble Chair Feet	80	\$ 2,339.06
Kore Floor Wobbler	8	\$ 352.00
SmartStudy Adjustable Tabletop Desks	61	\$11,776.05
The Surf Portable Lap Desk	26	\$ 995.54
Antimicrobial Floor Cushions	12	\$ 557.76
Other Sensory Equipment:		
Noise Canceling Headphones	36	\$ 539.82
Wipe-Clean Lap Pads	11	\$ 737.00
Total Cost		\$40,488.21

Proposal of Funds for Coleytown

Item	Quantity	Price	Total Cost
Tipi Carousel (K-2)	1	\$5,004.00	\$5,004.00
Mars Supernova (3-5)	1	\$8,307.00	\$8,307.00
Cocowave Pendulum Swing (3-5)	1	\$13,617.00	\$13,617.00
SubTotal Products			\$21,924.00
SubTotal Sitework			\$9,761.25
Subtotal Surfacing			\$2,589.30
Subtotal Installation			\$16,336.29
Subtotal Freight			\$2,016.91
Final Total			\$52,627.75



Greens Farms Elementary School

Outdoor Learning Space

May 2, 2022



The Benefits of Outdoor Learning

- To increase the **quantity** and **quality** of outdoor experiences for children.
- Learning takes place outdoors that doesn't occur indoors.
- Outdoor environments should be as richly and thoughtfully equipped as indoor environments.
- Supports the development of healthy and active lifestyles by offering children opportunities for **physical activity**, **freedom** and **movement**.



Prime Location

The Greens Farms Garden is...

Adjacent to the K-1 wing, LMC & the playground

Located right outside two Intensive Resource classrooms

Very Secure Space - Enclosed with a fence



History

GFS garden

Garden Rehab - Fall 2021- PTA & Parent Volunteers

Science Lab/Coach Phaedra Taft

Composting

Lunch area for the staff

Recess zone during the 2020-2021 school year



School Use

- K-5 Classrooms
- Extended School Year (ESY)
- Green Student Leadership Club
- PTA Meetings
- Faculty Meetings
- After school activities i.e. Girl Scouts
- Staff Lunches
- IR Classrooms
- Science Lab
- Specials - Art, Music, Spanish & Library Media
- School Events - Back to School Party & the Moving Up Ceremony reception
- Summer Discovery Camp



Structure

- *20' X 16' hexagon*
- *Flat benches - 20 + students*
- *Yellow pressure treated pine frame*
- *Trex composite decking*
- *Galvanized hardware*
- *20 year lifespan*



Gazebos

Specifications
Trex Composite Decking
Pressure treated yellow pine frame.
Galvanized Hardware and connectors

20' and 16' Dia. Gazebo: trex
composite multi layer roof



12' Dia. Gazebo: trex
composite multi layer roof



Pricing

20' X 16' diameter hexagon shade pavilion and fan shade roof - \$16,000

Flanking flat benches - \$1,200

Wood Deck - \$5,400

Installation (On site for 7 days) \$5,000

TOTAL: \$27,600



EXAMPLES OF WHAT COULD BE ADDED DOWN THE ROAD



Timeline

- Approval of the ARPA request of \$27,600 by the BOE & BOF
- Permit Approval
- Coordination with the Director of Facilities
- Built on site by *Environment Design of Milford (Est. 1974)*
- Installation - Summer 2022 (7 days)
- Grand opening at the *Back to School Party* - September

Questions?



Kings Highway Elementary School Outdoor Learning Space

April 25, 2022

Proposal to BOE for ARPA Funding



Kings Highway School's Hope

A multifunctional space for the Westport & the KHS community to utilize for lessons, meetings, gatherings, and activities for years to come!

- During the school year, this space can serve as an outside classroom in a quiet and safe location.
 - Also to be used as a location for staff or PTA meetings, lunches, and individual or small group student time.
 - In addition to this being a learning space, it would offer a coverage for drop off and pickup.
 - Possible future garden or composting club
- During the summer, this space can be used by summer camp programs for learning or play

Pros of Outdoor Learning Spaces

There have been several studies of outdoor learning spaces for children at the elementary level with benefits.

- Setting for all subjects
- Reduced symptoms of ADHD
- Higher Grade Point Averages
- Decreased behavior issues
- Improved test scores
- Development of creativity and problem solving skills
- Opportunities for kinesthetic learning

*Substantiation available

Location

Utilize the space located in the back parking area of KHS where drop off / pickup is currently being held





*Note: when school is not in session all learning materials to be stored in shed

Proposed Structure: Hipped Shade Pavilion



Dimensions

Length: 30 feet

Width: 40 Feet

Height: 12 feet

- Shade fabric is high-density polyethelene cloth to provide hail protection, 80% shade & 90% UV protection
- Shade fabric is knitted with a lockstitch in two directions for strength, and the panels are sewn together using a GORE® TENARA® expanded PTFE thread.
- Fabric carries a 10-year limited manufacturer's warranty from the date of installation against failure from significant fading, deterioration, breakdown, mildew, outdoor heat, cold, or discoloration
- The life expectancy of fabrics is up to 12 years
- Withstands 90mph winds and 5 PSF snow load, also removable with quick release option
- In ground mount, rebar and steel in the ground to secure poles
- Sealed and signed drawing/plan for permitting & approvals
- Installation provided by manufacturer recommended company with lead time of 12-14 weeks

Proposed Structure Quote: Hipped Shade Pavilion

40'L x 30'W x 12'H

- Note, quote received from Willy Goat Equipment on 4/5
 - Standard installation \$16,682.00
 - Structure \$15,500.99
 - Anchor Bolts & Plates \$400
 - Engineered & Sealed Drawings \$875
 - Quick Release \$580
 - Discount through 5/15 (\$900)
 - Sub Total \$33,137.99
 - Shipping \$4,000
 - **Grand Total \$37,137.99**

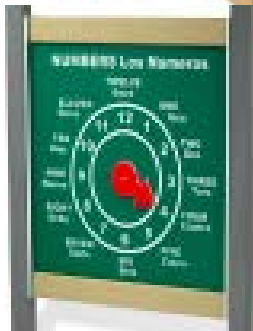
*Installation instructions available

Proposed Flooring

To Be Determined based on town ordinance

Est Cost: \$5,000.00

Proposed Interior Elements: Teacher Survey Results



- Space for 2-3 classes
- Flexible seating
- Outdoor Library: \$399.99
- Solar System / Sun Dial \$459.99
- Green House: \$498.79
- Night Animal Camera: \$301.99
- Projector: \$1,121.87
- Whiteboards/Rolling Easel: \$299.99
- Giant Alphabet Letters \$125.00
- Rolling Magnetic Board \$1,250.00
- Sensory Station: \$1,550.00
- Outdoor Art Station: \$269.99



Proposed Storage

Storage for Teacher & Student Supplies

- Water & UV Resistant
 - 6ft x 8ft

Cost: \$1659.21



KHS OLS Budget Breakdown

All Materials

Overhead Structure & Coverage:	\$38,148.99
Flooring:	
\$5,000.00	
Learning Supplies:	\$6,277.61
Storage:	
\$1659.21	
Seating:	
\$3,500.00	
Grand Total:	
\$54,585.81	

ARPA Request

Overhead Structure & Coverage:	\$38,148.99
Flooring:	
\$5,000.00	

Timing & Next Steps

- If ARPA funding is awarded, we can move ahead with plans for permits and approvals. (Permit cost covered by KHS PTA)
- Given site preparation time and fabrication/shipping, lead time will be 3-4 months.
- Goal is a late summer install to surprise families at the return to school for the 2022/23 year.