

CELEBRATING

MOVE ¹⁵ YEARS

2 LEARN

POWERED BY RUNNINGBROOKE



2023 IMPACT REPORT

Keeping Students Active to Feel and Learn Their Best in 2023

A MESSAGE FROM THE PRESIDENT

Brooke Sydnor Curran



I live and breathe the work of Move2Learn, so it's easy to be very forward-focused—what's right in front or five years from now. That's why every year at this time, I relish taking a look back, reflecting and celebrating our collective achievements. The result is our 2023 Community Impact Report.

2024 marks our 15th anniversary of bringing movement to the young people of our community, to inspire an active and holistic approach to learning. Today, we focus solely on our students at Alexandria public schools, from kindergarten through 12th grade, to offer programming that helps them feel and learn their best. To level the learning field.

We're here for our community, our students and our educators

While our work benefits all students, we seek out students and schools where our work can be most beneficial. In 2023, that meant within the English Language Learning community. 37% of our school population needs English-language services—we're proud our materials are translated, easing the transition into the school day alongside our diverse opportunities in our Outside the Classroom movement programs.

What makes us different?

For one thing, the services we provide are unique to the city. We saw the need and opportunity to develop and implement programs for inside and outside the classroom as well as for our Social, Emotional and Academic Learning lessons that use movement to teach the body-mind connection. Our lessons help students manage those emotions that get in their way of learning.

Additionally, our programming is free *and* we meet our students where they are—at school. That means we remove the barriers such as cost and transportation, which make it possible for students to participate who otherwise wouldn't be able to.

Another important distinction is that many of our students are hand-selected by their teachers as struggling socially and academically. That means teachers make our programs part of a student's success plan.

In Closing

At Move2Learn, we're 100% committed to creating a sustainable culture of movement within the school system. Our work complements the values and goals of ACPS' Strategic Plan and addresses the most important issues facing students today.

Our students who participate in our programs are more engaged, focused and motivated to learn. Our educators feel supported. We're proud of the work we've done over the past 15 years to bring movement to our Alexandria students, and I'm grateful for your continued support.

Warmest Regards,

Brooke Sydnor Curran,
President and CEO



BUILDING A CULTURE OF MOVEMENT

Move2Learn is an award-winning Alexandria nonprofit transforming learning for public school students to help them feel and learn better through the science of movement.

Our Vision

We use movement to transform learning so all students can reach their highest potential.

Our Mission

We provide simple yet revolutionary tools that inspire movement inside and outside the classroom to prime students' brains for learning.

Our Programs

Whether inside the classroom with our active seating program, or outside the classroom with our movement clubs, our Social, Emotional and Academic Learning lessons, also known as SEAL lessons, teach students the science behind the body-mind connection. These are skills they can use for a lifetime.

Our programs operate individually and as a whole to build a culture of movement and keep students moving and learning their best, with SEAL as the glue that binds it all together. Through our lessons, students learn the “whys” of movement, and, whether they’re using active seating or participating in movement clubs, they’re learning the “hows.” And our programming is for students of all abilities.



Our pillars of work are:

- Inside the Classroom
- Outside the Classroom
- Social, Emotional and Academic Learning Lessons

INSIDE THE CLASSROOM

Our longest running program, Inside the Classroom, includes our Active Seating Packages and fleet of 80 stationary bikes, Movement Challenge competitions to see who can get students moving the most and our signature Move2Learn Toolkits.

These tried and true programs are at the core of our work and are highly valued and sought after by educators. They are the first step in building deeper relationships with our teachers and students, encouraging them to move to learn.

- We delivered **1,294 pieces of active seating**—like under-desk pedals, wobble cushions, accordion stools and balance ball chairs—to 82 teachers across schools. That means that at any given time during the school day, a full **25% of students were using our active seating to help with focus and learning.**
- **93% of our teachers said their students are more engaged in class** when using our active seating and stationary bikes.
- We distributed **500 of our Move2Learn Toolkits**—that include items like our fitness cube and fitness cards that are both translated into other languages—a go-to for teachers to keep their students active during class time.

“My students have shown much better focus when given the opportunity to move during lessons.”

Samuel Tucker Elementary
School Teacher



82%

of teachers say their students have fewer behavioral problems in class when using active seating

OUTSIDE THE CLASSROOM

Our Outside the Classroom programs are great motivators to get students to school on time and to stay there. That's so important, because if a student isn't at school, they aren't learning.

Because **they're free and take place right at the schools**, we remove the barriers for students who otherwise wouldn't get the chance to participate. We also provide essentials like shoes, socks and sports bras as well as all of the necessary equipment for the various activities.

- Nearly **500 students, mostly from the middle and high schools, participated in our 20 clubs** that include running/walking, dance, boxercise, lacrosse and yoga.
- We **outfitted 130 students**—over a quarter of the students we're serving—with brand new athletic shoes after measuring feet and purchasing and delivering the shoes so they could participate.



“ We appreciate all the help. We're a Title 1 school without a lot of resources available. M2L was able to give our students shoes that fit well and are needed to be active in and out of school.”

William Ramsay Elementary School Teacher

“ My students thank me for the opportunity to move during the school day. They need it; they get stressed. It helps them relax and focus.”

GW Middle School Counselor

100%

of teachers said students participating in our movement clubs regularly attended school

SOCIAL AND ACADEMIC LEARNING

ACPS asked us if we could develop Social, Emotional and Academic Learning lessons with the key element of movement. Our comprehensive, age-appropriate and adaptable lessons, “Movement to Feel and Learn Your BEST!,” teach students the science behind the body-mind connection to help them overcome obstacles to learning.

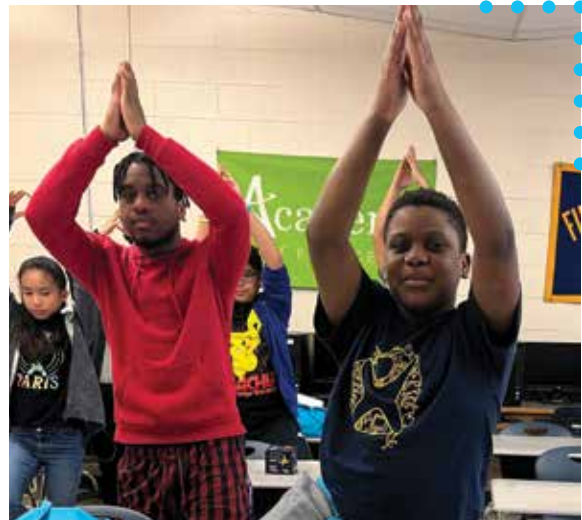
Students practice movements like deep breathing and dynamic stretching that help them mitigate emotions that get in the way of learning. We then guide them through the development of an individual plan using movement to work through these feelings.

This work is integrated into every aspect of our programming.

- We developed and digitized a series of **10 age-appropriate 30-minute lessons** that we distributed throughout the entire school system, kindergarten through 12th grade.
- We presented in-person SEAL lessons to the ACHS Mental Health Matters Club, summer school students at Jefferson Houston and ACPS staff during Wellness Week and back-to-school orientation.
- **95% of teachers would recommend the Move2Learn SEAL lessons** to their colleagues.

“ I really enjoy teaching the M2L SEAL lessons to my students because it helps them understand why movement is beneficial not only for our bodies, but for our minds, too.”

ACHS Teacher



94%

of teachers who use our SEAL lessons said their students now have increased awareness of ways to self-regulate emotions that get in their way of learning



ADVANCING OUR WORK

Measuring our Impact

In 2023, we took steps to formally measure how our programs are benefitting our community, to make informed decisions and demonstrate success as well as to identify areas of improvement.

To do this, we worked with research experts to guide us through this rigorous and exacting process to create a logic model, or roadmap, to steer our work in the short and long term. The logic model was the framework that helped us define what questions we wanted answered so we can understand how our programs are being implemented and to what extent they are achieving our expected outcomes.

These questions were the basis for our formal educator survey. First administered in December, 250 educators from across ACPS completed it to let us know how we're doing—we're already collecting valuable insights. The survey will be administered on an ongoing basis so we can measure our progress towards the outcomes identified in our logic model.

Growing Community Partnerships

Our role as a community leader continues to grow in new ways. Move2Learn is the proud beneficiary of a three-year program grant from the Virginia Foundation for Healthy Youth (VFHY) to bring afterschool movement clubs and an overall holistic wellness experience to our Hispanic youth and their families at George Washington Middle School and Alexandria City High School. Nearly 200 students and counting are participating.

Our team includes Casa Chiralagua, Neighborhood Health, Mind the Mat Pilates & Yoga and INOVA's Healthy Plate Club. As part of our partnership with VFHY, we hired a native Spanish speaker to manage this project who's an invaluable addition to the team. We're proud to partner with VFHY and thank them for their investment in our community.



THANK YOU TO OUR PARTNERS, DONORS AND SPONSORS—
we can't do this work without your support!



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