

2025

COMMUNITY IMPACT REPORT

Students Learn More When They Sit Less



M2L

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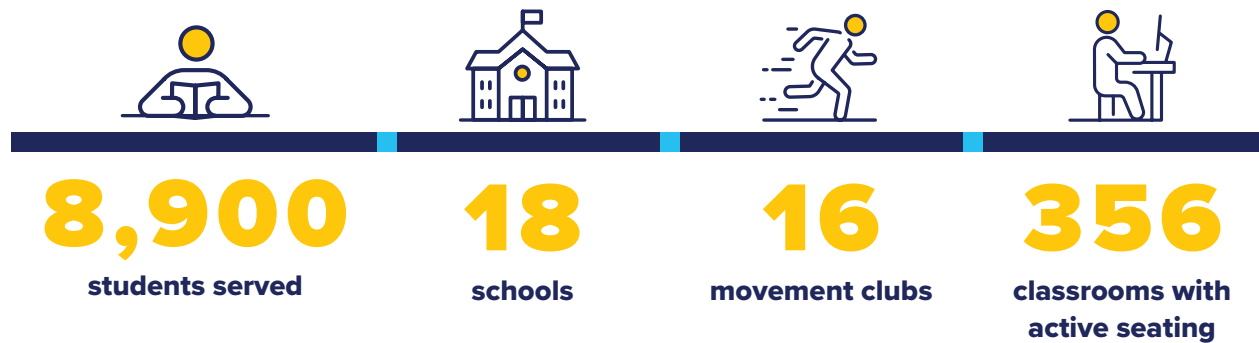
IMPACT AT A GLANCE

On any given day, roughly one in three Alexandria City Public School (ACPS) students benefits from Move2Learn programs. Across all 18 schools, we bring movement into classrooms, clubs, and school culture so **students can feel better and learn better right where they are, at no cost to them, their families, or schools.**

Every ACPS student has access to Move2Learn programs through our district-wide Movement Challenges, Social and Emotional Learning (SEL) lessons, and teacher professional development. But we go deepest in Alexandria’s 8 Title I schools where students face the greatest need and where our full suite of programs, including Movement Clubs, Active Seating, Stationary Bikes, and hands-on classroom support, can be most transformative.

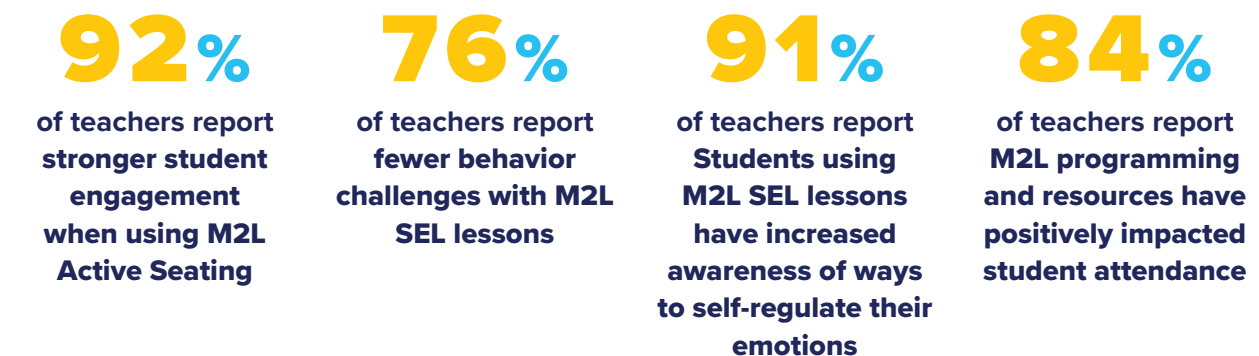
At just under \$30 per student per year, this is one of the most proactive and cost-effective investments we can make as a community for student success.

MOVE2LEARN BY THE NUMBERS



WHAT TEACHERS TELL US

99% OF TEACHERS SAY M2L PROGRAMMING HELPS THEM ENJOY TEACHING MORE OR FEEL MORE EFFECTIVE

MESSAGE FROM OUR PRESIDENT & BOARD CHAIR

Brooke Sydnor Curran, Founder, President & CEO • Marc Miller, 2025 Board Chair

I was the kid who couldn't sit still and that restlessness became my life's work. This year, Move2Learn turns seventeen, and I've never been more certain of our mission: **students learn more when they sit less.**

The emotional energy it takes to manage behavior, stay positive, and push through constant disruption leaves many teachers running on empty long before the school day ends. Over time, that relentless cycle doesn't just exhaust teachers — it pushes the best ones out of the profession entirely.

That's what this work is about at its deepest level: restoring the joy of teaching and the joy of learning. The evidence is strong — you'll see it on the pages ahead — but the real story is in classrooms that feel calmer, students who feel seen, and teachers who remember why they chose this profession.

In a field with the highest burnout rate of any industry in the country, that matters. When 99% of teachers say they enjoy teaching more or feel more effective since using Move2Learn, it tells us something important: **this work is sustaining the people who sustain our students.**

Demand for Move2Learn is growing faster than our resources. We are asked to do more with less. More teachers want in and we can't yet say yes to all of them. That's why we're deepening our roots, strengthening what works and building the evidence to grow. Last year our staff and board completed our **Strategic Plan 2025–2029** to guide us there, with six priorities and eighteen goals to strengthen programs, build data partnerships with ACPS, and grow the team to meet the moment.

When students move, they learn. When a community believes that, everything changes. Thank you for being part of this one.

With gratitude and high-fives,



Brooke

Brooke Sydnor Curran
Founder, President & CEO



Marc

Marc Miller
2025 Board Chair

“

As the 2025 Board Chair, I joined this work to honor my father, Melvin Miller, and continue his legacy in education. This board did the hard work this year to determine our impact and chart our future for Alexandria and beyond. We are all in.

—Marc

WHO WE ARE

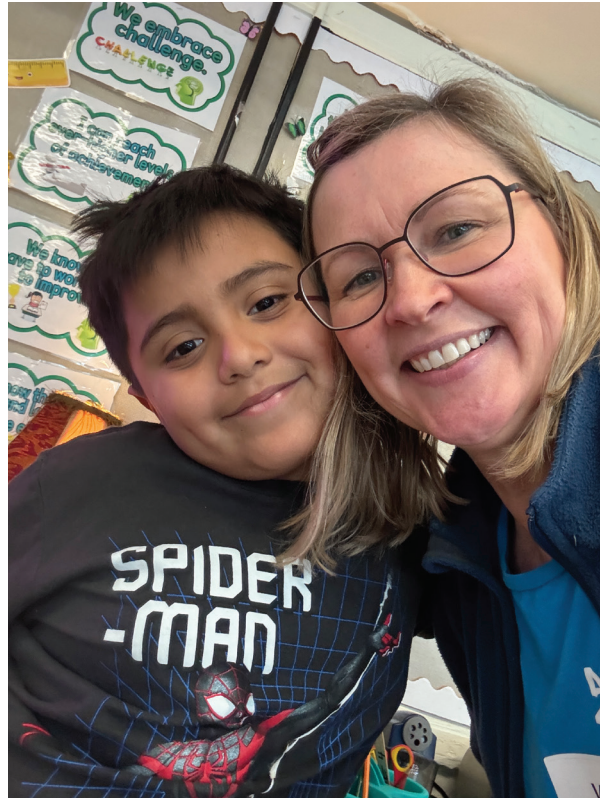
OUR MISSION

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

OUR VISION

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

Move2Learn is an award-winning 501(c)(3) that reimagines education and transforms how students engage with learning by embracing what science and experience show us to be true: **physical activity fuels learning, boosts well-being, and strengthens human connection.**



On any given day, our direct support programs bring movement into the school day for nearly one-third of ACPS students and teachers. We go where the need is greatest, meeting students and teachers right where they are, **so movement isn't an addition to their school day, it's woven into the culture of it.**

We've seen schools reclaim lost learning time, lower behavior issues, and raise student confidence. Every investment in Move2Learn fuels this ripple of transformation, one that begins in a classroom but extends far beyond the walls of a school. From bikes that power learning to joyful movement clubs that build belonging, we're helping schools weave physical activity into every student's day. At every step, we align with what ACPS cares about most: **students showing up, staying on task, feeling emotionally supported, and being ready to learn.**

Move2Learn is led by a small, mighty team and a volunteer Board of Directors who share one belief: **students learn more when they sit less.**

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Move2Learn holds Candid's Platinum Seal of Transparency and voluntarily undergoes independent financial reviews each year because our donors and partners deserve nothing less than full accountability.

Platinum
Transparency
2026

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EIN: 47-3346734

HOW WE WORK



CHANGING MINDS

The most powerful tool in education isn't a new curriculum, it's changing how educators think about learning itself. Through dynamic keynote presentations, targeted professional development, and hands-on classroom support, we're demonstrating that **movement isn't a distraction; it's the solution to some of education's toughest challenges**. When students move, their brains light up, ready to absorb and retain new information. Schools that integrate movement see better mental health, sharper focus, and stronger academic outcomes. When we open an educator's mind about movement, we create a ripple effect that reaches hundreds of students. **One trained teacher becomes a lifelong movement champion**. This is how systemic change happens: teacher by teacher, classroom by classroom.



CHANGING CLASSROOMS

Step into a Move2Learn classroom and you'll see it immediately: students pedaling stationary bikes while reading, bouncing on balance balls during science, shifting on accordion stools, and learning effectively. Our Active Seating, Movement Challenges, and Brain Boosts give teachers **easy tools to reset energy and sharpen focus**. Our SEL curriculum goes deeper, teaching the mind-body connection through 10 lessons where students learn to identify their emotions, recognize triggers, and use movement to self-regulate. Every resource we provide, from multi-language Educational Toolkits to our fleet of Stationary Bikes, comes at **zero cost to students and schools**. Because movement shouldn't be a privilege. It should be part of every school day.



CHANGING LIVES

The ultimate measure of Move2Learn's impact is what happens in students' lives. Before, during, and after school, our 16 Movement Clubs give students something no screen can: real community, in real space, in real time. Running, boxing, dance, yoga; **these clubs build belonging, lower stress, and give students a compelling reason to show up**. Every club takes place right at school. We provide shoes, socks, and equipment so that nothing stands between a student and the chance to participate and thrive. For students in Alexandria's Title I schools who face barriers far beyond academics, these clubs don't just enrich the school day; they bring meaning and a sense of belonging.

Connecting it all: Move2Learn's Movement Mentor Network is embedded across ACPS schools. Our teacher-partners champion movement in their buildings every day. They connect us to their colleagues, invite us to their staff meetings, and are our most trusted partners to make sure movement sticks.

Students Learn
MORE
When They Sit
LESS

THREE YEARS OF MEASUREMENT

What We've Learned

Three years ago, many educators questioned whether movement would add to their workload. Today, most tell us they can't imagine teaching without it. Classrooms are calmer, students reset faster, and teachers have reclaimed the joy in their work.

Since 2023, Move2Learn has partnered with Magnolia Consulting, a Charlottesville, VA-based company, to design and administer an annual, rigorous survey of ACPS educators. **To date, 1,028 teachers, administrators, and staff have shared anonymous, detailed feedback on how movement is changing their school day.**

What they're telling us paints a consistent and compelling picture: Move2Learn is broadly embedded, consistently valued, and delivers measurable outcomes across every dimension we track.



FOR THREE STRAIGHT YEARS,

99%

of educators believe movement helps students focus on learning



THE STAYING POWER OF TEACHER SATISFACTION, AND THEN SOME

Perhaps the most striking finding across three years of data is what hasn't changed: enjoyment of teaching among Move2Learn teachers has remained at 99% every single year. But inside that number, something meaningful has shifted. **In Year 1, the majority of our educators said their enjoyment was "the same as before." By Year 3, the majority — 55%, up from 44% — report enjoying teaching more than they did before.**

The program is both sustaining teachers and transforming the school day.

A PROFESSIONAL CONVICTION, THREE YEARS RUNNING

Underlying all of this is a belief that has held firm since day one. For three consecutive years, at least 99% of educators have reported that they believe movement helps students focus on learning, a figure that has never dropped below 98.9%.

That **near-unanimous professional consensus that physical activity is a prerequisite for learning**, not a break from it, is the foundation on which everything else is built.

STUDENT OUTCOMES THAT KEEP IMPROVING

While teacher satisfaction remained high and steady, student outcomes continued to improve. **Ninety percent of teachers reported increased student engagement with Move2Learn SEL lessons, a 10-point jump over three years**, and 92% reported stronger engagement when using Move2Learn Active Seating. Meanwhile, 95% of educators report that students have greater emotional awareness, and 91% say students can self-regulate with movement.

Students are more engaged, more emotionally aware, and more equipped to manage their learning.

OUT-OF-SCHOOL TIME PROGRAMMING TRANSFORMS THE WHOLE SCHOOL DAY

The data from our out-of-school-time (OST) clubs tells a particularly powerful story. **Ninety-three percent of teachers report improved attendance among OST participants, up from 88%**. And 100% of teachers, up from 95%, say that students in after-school clubs are more engaged and on-task throughout the entire school day.

That an after-school program is changing how students show up during school hours speaks to something deeper than programming. It speaks to belonging, motivation, and the kind of connection to school that sustains a child's learning over time.

JOY AT SCALE THAT HASN'T FADED

One of the most consistent findings is also the most human: students love it. **Across Active Seating and our Movement Clubs, teacher-reported student enjoyment has been at or near 100% every year**, even as the program grows to serve hundreds of new students.

Joy at that level, sustained at that scale, is not a small thing. It's what drives attendance, engagement, and intrinsic motivation.

EMBEDDED IN SCHOOL STRATEGY, NOT JUST SCHOOL SCHEDULES

In 2025, we asked: Does Move2Learn align with your school's official improvement goals? Ninety-seven percent of educators said yes. That figure, measured for the first time this year, reflects something that has been quietly true for a while: **Move2Learn is part of school planning**.

Taken together, these three years of data tell a story of a program that has found its place — in classrooms, in school culture, in the hearts of students and teachers, and in the improvement plans of the schools we serve.

ATTENDANCE

Giving Students a Reason to Show Up

At Ferdinand T. Day Elementary School, the school day starts long before the first bell. Each week, about 60 1st through 5th graders arrive 45 minutes early to join Morning Movers. They lace up their shoes, clip on their pedometers, wave hello to Mr. C., and head out the door. Most will log close to two miles before they ever sit down at a desk.

For many of these students, Morning Movers is a priority. **They show up for the running, the high-fives, and the feeling of being part of something. Once they're at school for running club, they stay for everything that follows, walking into class energized, more settled, and ready to learn.** That's the science of movement at work: bodies move, cortisol drops, dopamine rises, and a student who might have dragged in late or stayed home entirely is now seated, focused, and learning.



WHY CLUBS CHANGE THE ATTENDANCE EQUATION

Absenteeism doesn't change because we tell students school is important. It changes when school becomes a place where they feel like they belong. In a district as diverse as Alexandria, where students come from over 120 countries and many face barriers that go far beyond academics, too many young people simply don't have access to the enrichment opportunities their peers take for granted. Move2Learn changes that equation. Every club is free. Every door is open.

“

The M2L OST has brought not just a physical activity to students, but a place for fun and comradery—a sense of belonging.

—Teacher, George Washington Middle School

The message to every student is simple: you're welcome here, you fit in, you belong. It's a coach who notices when you're not there, friends who save you a spot, and a win before the academic day even begins. That sense of belonging is what pulls a student out of bed on a hard morning.

Morning Movers is just one of 16 Move2Learn clubs across 9 ACPS schools. The experience looks different at every site, but the result of belonging and feeling like school is a place for them is the same.

WHAT THE DATA SHOWS

The Morning Movers story on the previous page shows what happens when one club gives students a reason to show up. But across all 16 Move2Learn clubs, the pattern holds. Every year, when we ask ACPS educators about what they see in students who participate in our out-of-school-time programs, the results confirm what coaches and teachers already know.

Students who join clubs keep coming back, and that consistency spills into the school day itself. When students feel connected to something bigger than a class period, attendance stops being a battle and starts being a choice they make for themselves.

Coaches love it too. 100% of staff report high and growing enjoyment leading Move2Learn clubs, making these programs sustain year after year.

THEY KEEP COMING BACK

96%

of teachers say their students consistently attend OST programming

SHOWING UP TO SCHOOL

84%

of teachers say students have improved school attendance when participating in Move2Learn programs



“

I have noticed an increase in student attendance, improved behavior, better grades, and stronger motivation to stay active and healthy.

—Teacher, Patrick Henry PreK-8 School

BEHAVIOR

Creating Calm. Reclaiming Time

Before Move2Learn, Mr. Styles'* classroom felt like a tug-of-war. Some students couldn't stay in their seats; others were constantly distracted. He spent much of each lesson redirecting behavior instead of teaching. By the end of the day, everyone was worn out.

When his class received Active Seating and a Move2Learn Educational Toolkit, things began to shift. Move2Learn gave Mr. Styles exciting options and seating choices in his room, and showed him how to use brain boosts to reset energy before it boiled over. Mr. Styles shared *"with this generation, everything goes so fast. And with everything moving so quickly, my classroom needs to keep moving too."* Students who need it can now pedal, wobble, or bounce without disrupting their classmates.

Today, Mr. Styles spends far less time managing behavior and far more time teaching. When he notices a lull, he asks students, "who wants to roll the Move2Learn Cube?" "It says 10 jumping jacks!" They stop and do it, then it's back to the math lesson with more engaged students. The room feels calmer. And learning feels possible.

HOW MOVE2LEARN HELPS TEACHERS RECLAIM THEIR CLASSROOMS

Mr. Styles' story isn't unusual. It's what happens when teachers get the right tools and the right support. **That support starts with Jennifer Wiser, Move2Learn's Director of Programs**, who in 2025 delivered 6 professional learning sessions across ACPS. Jen doesn't just drop off equipment and leave. She's in classrooms alongside teachers modeling brain boosts, troubleshooting, and coaching educators through the early days until movement becomes second nature.

“

Students are able to focus more on their work, get their wiggles out, and enjoy their classes more because they don't feel like they have to sit still all the time.

—Assistant Principal, Mount Vernon Community School

Each teacher receives Move2Learn's **Educational Toolkit**, a cornerstone resource we developed specifically for classroom use. The Toolkit gives teachers ready-to-go brain boosts, Movement Challenge activities, and strategies for integrating movement into daily instruction. It's practical, it's immediate, and can be done in tight spaces. Because Alexandria is one of the most diverse school systems in Virginia, serving families from over 120 countries, our **Toolkit materials are translated into the top 4 non-English languages spoken: Spanish, Arabic, Amharic, and Dari**, ensuring that movement-based learning is accessible to most every student and every family.

WHAT THE DATA SHOWS

Mr. Styles' experience isn't unique; it's a pattern we see across Alexandria. When teachers have the right tools and the right support, something shifts. The classroom feels different. Students who once bounced off the walls are now channeling that energy productively. Students who used to disengage are leaning back in.

The numbers back that up. Every year, when we ask hundreds of ACPS educators about what's happening in their classrooms, teachers report two clear and consistent shifts: **fewer disruptions pulling them away from instruction, and more students staying focused and on task.** When students have the right outlets to regulate their energy, everyone benefits: teachers get to teach, and students get to learn.

FEWER DISRUPTIONS

83%

of teachers say their students exhibit fewer behavioral problems in class when using M2L Active Seating

ON TASK AND ENGAGED

92%

of teachers say students are better able to stay on-task and are more engaged in class with M2L Active Seating

“

I never would have imagined how much under desk pedals could help my students focus during small group lessons with me. I am totally amazed and glad I ordered one for my 3rd graders to use. I'm even able to use it with my 6th grade math students during tutoring whenever I notice them getting distracted.

—Teacher, Patrick Henry PreK-8 School



MENTAL HEALTH

From “Too Much” to “In Control”

Gianna, a sixth grader at George Washington Middle School, calls herself a “fidgety person.” She starts each day by choosing her spot: sometimes at an under-desk cycle, sometimes on a bright accordion stool. She loves having options. She’ll tell you that it would be “horrible” if she couldn’t move in class, because **movement helps her concentrate and makes her feel refreshed, like she’s restarting her “brain-computer.”**

Before active seating, that same energy showed up as blurting out, tapping, or wandering. Now she pedals or sways while she works, checks in with how her body feels, and uses movement on purpose to stay focused. She isn’t being told to “sit still” anymore. She’s learning to notice what she needs and make a good choice.



Gianna’s story isn’t an accident. It’s the result of a school culture where movement is understood, encouraged, and taught; where students learn *why* their bodies feel what they feel, and *what* they can do about it. That’s where SEL comes in.

HOW SEL TEACHES STUDENTS TO HELP THEMSELVES

Move2Learn’s SEL curriculum is built on a simple premise: **students deserve the tools to understand what they’re feeling and the power to do something about it.** In 10 lessons, students learn to name the emotions that get in the way of learning, recognize the triggers that set those emotions off, and practice healthy strategies like intentional movement, deep breathing, and dynamic stretching, to get back on track.

These SEL lessons follow research-based best practices in social-emotional learning and pairs them with the movement tools already in students’ classrooms. The result is students who feel agency over their own responses, and carry those skills far beyond one class period or one school day.

WHAT THE DATA SHOWS

Gianna’s story shows what’s possible when one student learns to understand her own body and emotions. Across Alexandria, hundreds of students are on that same journey.

Over three years, our SEL survey data reveals **consistent high-level trends in the three skills that matter most: identifying emotions, understanding triggers, and regulating responses.** These aren’t abstract concepts for students; they’re tools they’re using every day to stay in class, stay focused, and take control of how they feel.

STUDENT GROWTH OVER THREE YEARS 

NAMING THEIR FEELINGS

92% > 95%

of teachers say students can identify what they’re feeling and why

UNDERSTANDING THEIR TRIGGERS

92% > 93%

of teachers say students can recognize what sets them off before it escalates

GETTING BACK ON TRACK

94% > 91%

of teachers say students use healthy strategies to self-regulate

FEWER BEHAVIOR CHALLENGES

68% > 76%

of teachers using SEL lessons report fewer behavior challenges, an 8-point gain over three years

BETTER FOCUS AND ENGAGEMENT

80% > 90%

of teachers say students are better able to stay on task using Move2Learn SEL lessons, a 10-point gain over three years



Students learned to advocate for themselves, understanding they were in a safe space.

—Special Education Teacher, Alexandria City High School



THE BIGGER PICTURE

What it All Adds Up To

**SHOWING UP + STAYING ON TASK + FEELING EMOTIONALLY SUPPORTED
= BEING READY TO LEARN**

Throughout this report, you've seen what movement does for classrooms: stronger attendance, calmer behavior, students learning to manage their emotions. Each outcome matters on its own. But **the real power of Move2Learn is what happens when they come together**; when a student who used to act out, skip school, or shut down becomes a student who shows up, stays focused, and believes they can learn.

And sometimes, it happens in a single moment.

ONE BIKE, TWO STUDENTS, ZERO CONFLICT

At the Juvenile Detention Center classroom in Alexandria, the stakes are as high as they get. Students there are often angry and lost. When tensions rise, the instinct is to fight and fight back. A few years ago, the principal asked Move2Learn for something simple: a stationary bike for the classroom. No program, no curriculum. Just a tool.

Not long after, two students who had been fighting quickly and frequently were taking turns on that bike. One said to the other: *"Hey man, you want this? It's your turn. I've been on it a while."*

No confrontation. No disruption. No lost class time. The moment that used to explode turned into a hand-off and the lesson continued.

That exchange didn't happen because of a rule or a consequence. It happened because one student had found a way to regulate himself, and in doing so, made space for another to do the same. It's a small moment.

But small moments, repeated across hundreds of classrooms and thousands of school days, add up to something much larger than better behavior. They add up to students who are ready — ready to learn and ready to succeed.



WHAT THE DATA SHOWS

The outcomes you've seen in this report, **better attendance, calmer classrooms, and students who can manage their emotions**, don't just improve a school day. Students who are consistently present, engaged, and emotionally regulated are more likely to pass their classes and stay on track from grade to grade. They feel confident tackling challenging work in middle and high school. And they graduate with the habits that employers and colleges value: showing up, managing their energy, persisting through difficulty.

Move2Learn doesn't replace core academics, it helps make them work better. Like every Virginia public school district, ACPS is required to create a Comprehensive School Improvement Plan (CSIP) that identifies what students need most and maps out how each school will get there. These plans set measurable targets across school climate, attendance, academics, and student wellness, and they guide how schools invest their time, staff, and resources. They are a school's most official statement of what matters.

Move2Learn works to support the CSIP goals Alexandria's schools have set for themselves: stronger social-emotional skills, more effective classroom strategies, positive school climates, and reduced absenteeism. In 2025, we asked educators: does Move2Learn align with your school's improvement goals? **Ninety-seven percent said yes.** That alignment isn't incidental; it's the result of years of deliberate partnership with school leaders, teachers, and district administrators.

We study the data we collect to act on it. **Our team analyzes results, tracks trends, and uses what we learn to ensure our programming connects directly to each school's priorities, instructional focus areas, and evolving annual objectives.** When school goals pivot year to year, whether toward attendance, SEL, literacy, or school climate, Move2Learn adapts alongside them, strengthening what schools are already working to achieve without losing sight of our own mission.

BUILDING TOWARD ACADEMIC EVIDENCE

Right now, **our strongest evidence lives in what teachers see and report: students who are more focused, more engaged, and ready to learn.** These are leading indicators of academic success, the behaviors that predict grades, test scores, and graduation rates.

Our next step is to deepen this evidence, to connect these classroom-level gains to student-level academic outcomes. Through our **Strategic Plan 2025–2029**, we're building formal data-sharing partnerships with ACPS to track how Move2Learn participants perform over time in attendance, behavior, and grades, and in milestones like promotion and graduation. We're also identifying two Title I model schools where we'll implement all three program pillars together with rigorous, shared measurement.

We believe in being transparent about where our evidence is strong and where we're still building. Teachers see the academic impact every day. Our job now is to capture it with rigor to strengthen our programs and open doors to classrooms beyond Alexandria.

WOVEN INTO ALEXANDRIA

No One Does This Alone

The most important thing we've learned in seventeen years is that **no single organization can transform how a community's children learn.** It takes a network of people who believe in upstream preventative work over intervention, community organizations who show up, schools willing to reimagine the school day, and adults who understand that their child's need to move is a strength, not a problem.

In Alexandria, Move2Learn leads a collaborative effort to support students who face challenges that make learning harder — and sometimes feel impossible. We don't just deliver programs; we connect the people and organizations that help students feel safe, regulated, and ready to learn. When we invest in movement clubs, a neighborhood small business provides yoga instruction, a community center opens its doors, and a family receives a toolkit in their home language, a student feels something powerful: this whole community is behind me. **What we can do alone is meaningful, but what we do together is life-changing.**



VIRGINIA FOUNDATION FOR HEALTHY YOUTH & THE HEALTHY COMMUNITY ACTION TEAM

Through a grant from the Virginia Foundation for Healthy Youth, Move2Learn steers Alexandria's **Healthy Community Action Team**, a coalition of local non-profits and small businesses dedicated to providing integrated movement, nutrition, and mental health programming to local at-risk youth.

The impact of this collaboration is best seen through the students we serve. Margaret, an 8th grader at George Washington Middle School, experiences a full circle of wellness: she practices self-expression in a Latin Dance Club with **Inspira Dance**, builds strength through boxercise at **Casa Chirilagua**, and learns to fuel her body with healthy snacks like kale chips from **Inova Healthy Plate**.

This spring, she will work alongside **Master Gardener** volunteers to plant greens in her school garden, culminating in a school-wide "Salad-bration" harvest.

Similarly, our partnership supports the girls of the **International Academy at Alexandria City High School**. When they head to the soccer field each spring to build teamwork and friendship, Move2Learn ensures that cost is never a barrier by providing essential gear, like shoes and equipment, and sports hijabs. During the offseason, **Mind the Mat** introduces the players to yoga and mindfulness, teaching them to maintain mind-body balance year-round. Together with partners like **Neighborhood Health, 27Fit, and the Virginia Cooperative Extension**, we are building a sustainable ecosystem of health for Alexandria's youth.

INOVA COMMUNITY HEALTH FUND

Forty-seven percent of Alexandria residents identify mental health as the city's most pressing challenge. Move2Learn meets that challenge upstream, before a crisis forms or a child reaches a breaking point, through **after-school programming that teaches students the neuroscientific link between movement and emotional regulation**. This is prevention that looks like belonging.

A shy sixth grader at Patrick Henry K-8 School stands at the edge of the gym. Not yet sure where he fits. Before his after-school basketball club, he checks in with his feelings: anxious, scared. Then he moves, stretching, running, and dribbling. Forty-five minutes later: calm. Smiling. Laughing. He just learned something no textbook could teach him.

The Inova Community Health Fund makes moments like this possible, giving 500 students across 16 clubs the opportunity to experience, in real time, the power of the mind-body connection. When children learn to regulate before a crisis occurs, they carry that skill for life. That is the investment Inova makes alongside us: not in a program, but in a child's capacity to know himself, trust his body, and find his place in the room.

BURKE & HERBERT BANK FOUNDATION

At Hammond Middle School's Back to School Night, history teacher and Move2Learn Movement Mentor, Joellen Kris-Broubalow, provided a dynamic look into the future of the classroom. While presenting her curriculum, she simultaneously demonstrated the power of active learning by pedaling a desk cycle, **showing parents how physical activity serves as fuel for focus and learning**. This demonstration was part of a larger outreach effort where over 150 families received "Movement-at-Home" kits: accessible, language-translated tools featuring simple exercises designed to improve regulation and focus outside of school hours.

Ms. Kris-Broubalow has seamlessly integrated movement into her 90-minute academic blocks. Her classroom is equipped with a variety of active seating options, including under-desk pedals and accordion stools, and she utilizes the Fitness Cube from the Move2Learn Educational Toolkit to lead "Brain Boosts," three-minute high-energy intervals halfway through each block. **These transitions are strategic, resetting student attention spans and lowering stress levels.** She notes, *"If you can combine purposeful movement in your class, the learning is going to take off."*

This transformation was made possible through a generous investment from **The Burke & Herbert Bank Foundation**. Their support has brought 66 pieces of active seating into 10 different classrooms at Hammond, directly impacting 250 students. By removing the physical barriers to focus, this partnership ensures that Hammond students are not just sitting in a classroom, but are physically and mentally primed to succeed.

OUR TEAM

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TRUSTED, TRANSPARENT, AND ACCOUNTABLE

Move2Learn is committed to earning and keeping your trust.

- We hold Candid's Platinum Seal of Transparency, the highest level of recognition for transparent reporting on impact and finances.
- We have completed three consecutive years of independent financial reviews to demonstrate our ongoing commitment to accountability and sound fiscal stewardship.
- The majority of our expenses go directly to program services that equip teachers, transform classrooms, and support students' well-being and learning, at no cost to schools or families.

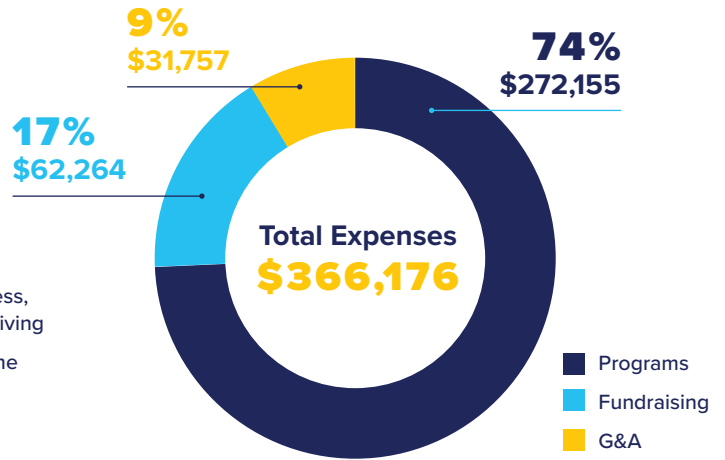
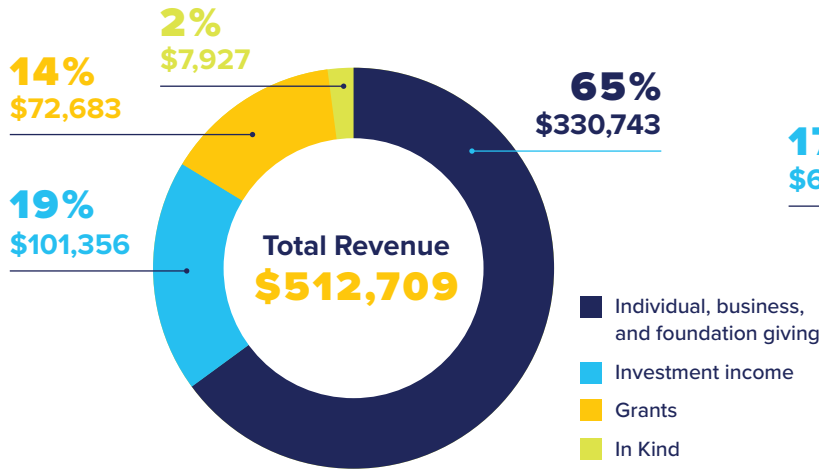


To learn more, visit our nonprofit profile and financial information at bit.ly/CandidM2L or contact us anytime at hello@move2learn.org or 703.220.4261.



FINANCIALS

INVESTING IN MOVEMENT



WHAT YOUR INVESTMENT MAKES POSSIBLE

When you invest in Move2Learn, your dollars change students' lives. Because we work at no cost to families and schools, your support removes every barrier, so students most in need have running shoes, stationary bikes, or trained, movement-ready teachers. One investment ripples outward: one teacher reaches hundreds of students, and one student who feels supported shows up ready to learn.

That's the return on your investment in Move2Learn: **students who show up, stay focused, and learn better.**

TAX CREDITS AND WAYS TO GIVE

Your gift to Move2Learn could come with a **65% Virginia state tax credit**. As an approved organization with the Virginia Department of Education, Move2Learn is proud to offer donors a dollar-for-dollar reduction on their Virginia state income tax bill — not just a deduction, but a credit. Tax credits are available on a first-come, first-served basis, so we encourage you to act early in the tax year.

Beyond the tax credit, there are additional ways to maximize the impact of your generosity. Gifts of appreciated securities provide an immediate charitable deduction for the full market value while avoiding capital gains taxes. Donors age 70½ and older can make tax-free Qualified Charitable Distributions directly from a traditional IRA. And planned legacy gifts allow you to support Move2Learn's future while enjoying tax advantages today.

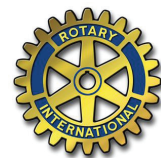
SPONSORS & DONORS

THANK YOU TO ALL OF OUR AMAZING PARTNERS, DONORS, AND SPONSORS.
TOGETHER, WE MOVE STUDENTS TO LEARN BETTER!

Our sponsors at the \$5,000 level and above:



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