



**AMP\* the Brain!**  
**MAP!\* your strategy**

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for Denver Schools

**Inspire Excellence!**

**\*Art... Music...Physical fitness...**  
**What if the Hokey Pokey IS what it's all about?**

*Campaign for Denver Public School Board  
Fact Sheet and Position Paper*

## **Healthy Students do better academically and... Better in life!**

Promoting academic achievement is one of the four fundamental outcomes of modern school health programs. Scientific reviews have documented that school health programs can have positive impacts on educational outcomes, as well as health-risk behaviors and health outcomes. The academic success of America's youth is strongly linked with their health. Health-risk behaviors such as physical inactivity are consistently linked to academic failure and often affect students' school attendance, grades, test scores, and ability to pay attention in class.

## **Physical Activity Improves Academic Performance**

When children and adolescents participate in the recommended level of physical activity—at least 60 minutes daily—multiple health benefits accrue. There is a growing body of research focused on the association between school-based physical activity, including physical education, and academic performance among school-aged youth.

- There is substantial evidence that physical activity can help improve academic achievement (including grades and standardized test scores), and academic and classroom behavior,
- Studies suggest that physical activity can have a positive impact on cognitive skills, attitudes, academic behavior, attention and concentration. All of these are important components of improved academic performance and classroom behavior.

## **Arts in the Schools Increase Test Scores/Lower Dropout Rates**

Arts education helps close the achievement gap, improves academic skills essential for reading. • Longitudinal data of 25,000 students demonstrates that involvement in the arts is linked to higher academic performance, increased standardized test scores, more community service and lower dropout rates.

## **Music Skills Improve Grades and Test Scores**

Data from the National Education Longitudinal Study, indicates that music participants received more As, and Bs than non-music participants. Music participants also received more academic honors and awards and score higher on SAT's & Standardized Tests

**This is OUR campaign... OUR DREAM... to have healthy, happy, well educated kids who grow up to be the teachers, engineers, business owners and school board members of tomorrow... Support policies that inspire excellence in the schools through Art, Music and Physical Activity... because we all deserve enjoyment in this life!**

FOR A COMPLETE LIST OF REFERENCES TO THE SCIENTIFIC LITERATURE CONTACT

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