S.M.A.R.T.

STRONG MINDS. ACTIVE BODIES.

READY TO LEARN.

Dear Family,

This year, your child will be participating in an exciting program called S.M.A.R.T., which stands for Stimulating Maturity through Accelerated Readiness Training. S.M.A.R.T. is a research-informed, multi-sensory approach that uses purposeful movement to activate the brain and build the skills students need for success in school and beyond.

Through engaging activities, students will strengthen the connection between their bodies and brains—supporting focus, memory, regulation, coordination, and physical fitness. By improving these foundational skills, S.M.A.R.T. helps students feel more confident, stay on task, and perform at their best in the classroom and in life.

S.M.A.R.T. Activities include a variety of purposeful exercises that challenge both body and mind, such as:

- Crawling patterns
- Creeping movements
- Overhead ladder skills
- Spinning & turning
- Balancing exercises
- Rolling & core control

S.M.A.R.T. Activities will be integrated into the daily classroom schedule in a fun, active, and positive way to help students build strength, coordination, and attention—key ingredients for classroom readiness and lifelong success.

If you have any questions, please do not hesitate to contact me.

FOCUS STRENGTH BALANCE ATTENTION

Sincerely,