



GOD’S WORDS FOR TODAY (Mk. 2:18-22)

The Holy Gospel according to St. Mark

Now John's disciples and the Pharisees were fasting; and people came and said to him, "Why do John's disciples and the disciples of the Pharisees fast, but your disciples do not fast?" And Jesus said to them, "Can the wedding guests fast while the bridegroom is with them? As long as they have the bridegroom with them, they cannot fast. The days will come, when the bridegroom is taken away from them, and then they will fast in that day. No one sews a piece of unshrunk cloth on an old garment; if he does, the patch tears away from it, the new from the old, and a worse tear is made. And no one puts new wine into old wine skins; if he does, the wine will burst the skins, and the wine is lost, and so are the skins; but new wine is for fresh skins."

Reflection:

The Lord gives us wisdom so we can make the best use of both the old and the new. He doesn't want us to hold rigidly to the past and to be resistant to the new work of his Holy Spirit in our lives. He wants our minds and hearts to be like new wine skins - open and ready to receive the new wine of the Holy Spirit. Are you eager to grow in the knowledge and understanding of God's word and plan for your life?

Prayer:

Lord Jesus, fill me with your Holy Spirit that I may grow in the knowledge of your great love and truth. Amen.

MISSION VISION

“Inspired by our faith in God, by our Catholic traditions and by the charism of St. John Baptist de La Salle educational innovator par excellence, we together and by association are committed to give quality human and Christian education to all building a society founded on equity and justice and on sustainable and inclusive development. .”

FROM THE OVCAR – GRADE SCHOOL COMMUNITY:

From the Assistant Principal

1. Schedule of special exams:

	Grades 1-3	Grades 4-6
Jan. 15	Reading, Math	English, Math
Jan. 16	Soc Stud, Filipino	Soc Stud, Filipino, Science
Jan. 18	Language, Science	

Note: Examinees should proceed to BB 41 after the Homeroom period. Bring the exam permit.

2. Lunch break proctoring:

AREA	TIME	MONDAY
BG 113	11:20 - 12:20	Ms. Cristy
BG 114	11:20 - 12:20	Ms. Ruby
BB 111	11:20 - 12:20	Ms. Arlene
BB 110	11:20 - 12:20	Ms. Marie
BB 104	11:20 - 12:20	Ms. Tin

From the GS CLCE Department

Let us thank the Lord for the classes and their advisers who continuously support the “Daily Meal with God” project (Daily Mass Participation).

May you continue to be good examples to other Christian Lasallians. God bless you!

Sponsors for today:

Grade 6	BB 405	Ms. Joseph Vallejo
Grade 4	BB 212	Ms. Ruth Ararao
Grade 3	BB 205	Ms. Daycel Alon
Grade 1	BB 109	Ms. Elizabeth Pagulayan

Sponsors for Tuesday, January 16, 2018:

Grade 2	BB 110	Ms. Fe Lajara
Grade 5	BB 302	Ms. Marilyn Camitan

Grade 1	BG 110	Ms. Marciz Cantos
Grade 4	BB 310	Ms. Elma Langamon

From the Grade Moderators

- Grade school class picture taking is scheduled on Jan. 15, 16 and 18 at the BB lobby. Please follow the schedule below:

Time	15-Jan	16-Jan	Jan. 18
7:40 - 8:00	N1 BB 102 AM	1 BG 111	4- BB 209
8:00 - 8:20	N1 BB 103 AM	1 BG 112	4- BB 210
8:20 - 9:00	N2 BB 101 AM	1 BG 113	4- BB 211
9:00 - 9:20	N2 BB 105 AM		4- BB 212
9:20 - 9:40	K BB 106 AM	1 BG 114	4- BB 310
9:40 - 10:00	K BB 201 AM	2 BB 104	RECESS
10:00 - 10:20	K BB 202 AM	2 BG 108	4- BB 311
10:20 - 10:40	K BB 203 AM	2 BB 110	4- BB 312
10:40 - 11:00	1 BG 109	2 BB 111	5- BB 301
11:00 - 11:20	1 BG 110	2 BB 112	5- BB 302
11:20 - 11:40			LUNCH
11:40 - 12:00			LUNCH
12:00 - 12:20	N1 BB 103 PM		LUNCH
12:20 - 12:40	N2 BB 101 PM	3 BB 205	5- BB 303
12:40 - 1:00	N2 BB 102 PM	3 BB 206	5- BB 304
1:00 - 1:20	N2 BB 105 PM	3 BB 208	5- BB 305
1:20 - 1:40	K BB 201 PM	3 BB 204	5- BB 308
1:40 - 2:00	3 BB 108	6- BB 403	5- BB 309
2:00 - 2:20	3 BB 109	6- BB 404	6- BB 306
2:20 - 2:40	K BB 202 PM	6- BB 405	6- BB 401
2:40 - 3:00	K BB 203 PM	6- BB 406	6- BB 402

**Advisers are requested to be with their respective classes during the class picture taking. Wear school uniform on your scheduled date. Kindly go to the venue five minutes before the scheduled time of pictorial.*

FROM THE OVCAR –JUNIOR HIGH SCHOOL COMMUNITY:

From the Assistant Principal

- JHS Partners are reminded to apply their OB thru AHRIS for the LIDICSA Festival of Teacher which will be held on February 9 at Canossa Academy.
- JHS Partners who are LET Proctors are informed that LET for MAPEH is temporarily suspended for the intramurals week.
- Today is the start of the Intramurals week of Grades 9 and 10. Movement to the SENTRUM will start after the morning prayer. Please go to your designated area as provided by the Grade Moderators. Program will promptly start at 8:00 am. In the afternoon, students will go to their respective area (Hasyenda for Grade 9 and Peace lane for Grade 10).
- Since there will be no classes on January 17, 2018, the cultural contest which is originally scheduled on that day will be held on January 19, 2018. The closing ceremony of the intramurals for Grades 9 and 10 will be held on January 26, 2018 alongside with the closing ceremony of Grades 7 and 8 intramurals.
- For the cultural contests, all students are required to watch the performances at the SENTRUM. The Masters of Ceremony will determine the time of recess and lunch break and students are expected to return to the SENTRUM promptly after the breaks.
- All stipulation in the student handbook are in effect. Please wear decent sports attire and do not make yourself part of the attractions.
- Dismissal time for the duration of the intramurals is 4:00 pm. However, there might be an extension during the cultural contest.
- Classes are reminded not to block the glass portion of your doors.

From the JHS- CLCE Department

Let us thank the Lord for the classes and their advisers who religiously support the “Daily Meal with God” project, (Daily Mass Participation). May you continue to be living examples to other Christian Lasallians. God bless you!

Please be reminded of the proper behavior while attending the Holy Mass. Remember that Jesus is truly present in the Holy Eucharist so, savor the moment and focus on Him.

Sponsors for today:

6:30 a.m.

Grade 9	LS 402	Ms. Jeraldyn Licaros
Grade 10	CMR 205	Mr. Adrian Dimaunahan

12:10 p.m.

Grade 7	LS 406	Ms. Sheila Manalo
Grade 8	LS 410	Mr. Bryan Lord Taningco

Sponsors for Tuesday, January. 16, 2018

6:30 a.m.

Grade 9	LS 403	Ms. Gina Lontoc
Grade 10	CMR 206	Ms. Merrylle Marquez

12:10 p.m.

Grade 7	LS 407	Ms. Glyndelyn Ona
Grade 8	LS 411	Ms. Fatima Rivera

On Recollection:

Schedule:

Date	Grade & Section
January 29, 2018- Monday	G7 LS 106
	G8 LS 212
	G9 LS 202
January 30, 2018 - Tuesday	G7 LS 306
	G8 LS 410
	G9 LS 401
February 5, 2018 - Monday	G7 LS 107
	G8 LS 411
	G9 LS 404
February 8, 2018 - Thursday	G7 LS 208
	G8 LS 109
	G9 LS 101
February 9, 2018 - Friday	G7 LS 207
	G8 LS 210
	G9 LS 103

Reminders for the recollection: Come in your type B uniform. Don't forget to bring your snacks and the assigned materials.

On The Sacrament of Confirmation:

The CLCE Department has started preparing for the Celebration of the Sacrament of Confirmation scheduled on April 21, 2018. This is open to Catholics from Grades 8-10 who have not received this Sacrament yet. Those who are interested, please coordinate with your CLCE Teacher.

From the Grade Moderators' Office
For Grade 10

GRADE 10 SCHEDULE OF INDIVIDUAL AND CLASS PICTURE TAKING

Time	Jan. 22 (Mon.)	Jan. 23 (Tue.)	Jan. 25 (Thu.)	Jan. 26 (Fri.)	Jan. 29 (Mon.)	Jan. 30 (Tue.)
7:40 – 9:40	BM 104	BM 205	BM 105	CMR 205	BM 201	BM 204
10:00 – 12:00	BM 202	CMR 202	CMR 201	BM 206	BM 203	BM 102
1:00 – 3:00	CMR 204	CMR 207			BM 103	CMR 206

Note:

Classes whose schedule falls from 10:00 – 12:00 will have an early recess at 9:40 – 10:00 while classes whose schedule falls from 1:00 – 3:00 will have an early lunch at 12:00 – 1:00

GRADE 10 PICTORIAL GUIDELINES

KNOW YOUR ATTIRE

Make sure to come to school with your complete School Uniform and your preferred attire for the creative shot.

The motif for your attire for the creative shot as agreed upon (based on the majority of the votes of each class) during the meeting with class representatives (Presidents) was **NEUTRAL COLORS** (black, grey, brown, white or navy blue).

(Formal, Semi-formal, Sunday dress for the ladies and long sleeved polo, neck tie, coat(optional) and slacks for the gentlemen) **STRICTLY NO JEANS or SHORTS and ABIDE BY DLSL's DRESS CODE POLICY!**

(You may refer to the sample attires posted outside the GM's office.)

PLEASE COME ON TIME

Please go to the pictorial venue (**MMR 7&8**) on time as stated in the schedule allotted for each class to give ample time for the stylist to fix your hair and do your makeup.

Bring extra money for the extra services you would like to avail.

Fill out the pictorial form legibly and accurately; then, submit it to the front desk for queuing.

(Class advisers are requested to join their respective class for the class picture)

KNOW YOUR PACKAGE

Grade 10 Package – in School Uniform with Sablay and Creative Shot: Php 550.00

1 pc. 8X10 in glass to glass frame (formal shot in school uniform with sablay)

1pc. 5X7 (group shot/creative shot with classmates and adviser)

12 pcs. 2X3/wallet size (formal shot in school uniform with sablay)

12 pcs. 2X3/wallet size (informal/creative shot in chosen attire)

During the pictorial, be guided by the following:

Three (3) shots/poses – formal (uniform with sablay) – one (1) pose will be chosen

Three (3) shots/poses – informal or creative – one (1) pose will be chosen

Three (3) shots/poses – informal or creative class picture – one (1) pose will be chosen

NOTE: Individual payment for the package (Php 550. 00) should be done in the school cashier prior to the photo shoot dates. Class Presidents will collect and submit the receipts at the Grade 10 GM's Office. The Grade 10 GM will only give the picture package once the whole class has completed the payment and submitted the receipts.

Optional/add-on packages:

Softcopy (CD RAW FILES) – Php 300.00

Recopy Rates:

1pc 8R – Php 300.00

1pc 5R – Php 100.00

8 pcs Wallet Size – Php 150.00

Group Shot (SOFTCOPY ONLY) – Php 300.00

False Lashes – Php 100.00

NOTE: Cashiering for additional packages will be handled by Splurge Photography staff during the photo shoot dates.

On Creative Shot: For a more flexible and unique pictures, students are allowed to wear their desired casual/creative attire in accordance to the motif as long as it abides by **DLSL's Dress Code Policy**.

Splurge Photography will provide the sablay, ample supply of tube tops (for female inner/under garment), polo, coat, neckties (for male), accessories and props during the pictorial. Please return whatever you will borrow once done with your photo shoot.

HAIR AND MAKEUP GUIDE

Package includes basic hair and makeup with minor retouch. If you have preferred hair and makeup style please inform the makeup artists on duty. Additional fees will apply if you wish to have a “creative makeup” for your Creative Shot/Casual Shot or redo your hair and makeup.

NOTE: Do not put any oil on your hair so as not to give the beautician/make up artist hard time fixing your hair.

For those who wish to go to the venue with their makeup on, you may do so just please make it natural looking. For hygienic purposes, girls may bring their own makeup sponge/brushes to be used by the makeup artists in the venue. Please inform them if it is your turn. Tipping is strictly prohibited.

PRACTICE YOUR POSES

Practice your smiles, angles, and poses beforehand and make sure that your face is fully seen in the photos. You may discuss your concerns with the photographers during your pictorial.

NOTE: Asking someone to take your picture using mobile phone/own camera while your shoot is on-going is **NOT** allowed.

KEEP IT CLEAN AND PROPER

Please bear in mind that your photos will be part of the Stallion Magazine of your batch and the one which will be presented during your Recognition Rites. Photos that are indecent, insulting and malicious will not be accepted. These unacceptable photos include poses that portray nudity or too much “skin” exposure, display of cigarettes, alcoholic beverages, illegal drugs or drug paraphernalia, destructive weapons, and sexual objects or symbols.

Remember to exhibit proper decorum all the time. Do it the Lasallian Way. Any untoward action and behavior will be dealt with accordingly.

CHOOSE IMAGE FOR PRINTING WISELY

Please take time to decide in choosing your photos for printing. The selected images are considered final and changes will no longer be entertained by Splurge Photography after. Choose wisely.

Note:

The school will no longer issue letter to your parents regarding the pictorial fees and guidelines. Should they have any questions or clarifications, they may refer to this bulletin entry through our website or they may call our office at local 239. Thank you very much.

FROM THE OVCAR – GUIDANCE OFFICE:

1. **For Grade 7 Students and Math Teachers:** The High School Personality Questionnaire (HSPQ) will be administered starting today during their Math subject. Below is the schedule:

Date	Section	Time	Teacher
January 15, 2018 (Monday)	LS 205	8:40 - 9:40 am	Ms. C. Quinto
	LS 108	10:00 - 11:00 am	Ms. J. Alarcon
	LS 106	11:00 - 12:00 pm	Ms. S. Manalo
	LS 207	2:00 – 3:00 pm	Ms. J. Alarcon
January 16, 2018 (Tuesday)	LS 305	7:40 – 8:40 am	Ms. S. Manalo
	LS 105	8:40 – 9:40 am	Ms. S. Manalo
	LS 406	10:00 - 11:00 am	Ms. S. Manalo

	LS 206	1:00 – 2:00 pm	Ms. J. Alarcon
	LS 208	2:00 – 3:00 pm	Ms. S. Manalo
January 18, 2018 (Thursday)	LS 407	7:40 – 8:40 am	Ms. C. Quinto
	LS 308	10:00 - 11:00 am	Ms. C. Quinto
	LS 408	11:00 - 12:00 pm	Ms. J. Alarcon
	LS 307	1:00 – 2:00 pm	Ms. J. Alarcon
January 19, 2018 (Friday)	LS 405	8:40 – 9:40 am	Ms. C. Quinto
	LS 306	11:00 - 12:00 pm	Ms. J. Alarcon
	LS 107	1:00 – 2:00 pm	Ms. C. Quinto

Note: Students are requested to bring pencils (Mongol #2) and an eraser.

2. **For Grade 8 Students and Advisers:** Today there will be **ANAK Talk** titled “#ProudtobeSDO” from **7:40 – 8:40 am at BB Roofdeck**. Advisers, kindly instruct the concerned students to bring a ball pen and to proceed to the venue immediately after the Morning Prayer. Please be prompt. Thank you very much.
3. **For G10 Advisers and Students:**
 - a. Those who would like to apply for STEM but failed to reach the cut-off score are reminded to tell their parents to write a letter address to Mr. Randolph Renegado requesting to take the qualifying exam for STEM. Thank you.
 - b. STEM applicants are reminded that you should reserve **on or before January 31, 2018. No more extension** will be given to those who will fail to reserve on the given dates. **Please bring also your NCAE results for Admissions’ reference.** Thank you.
 - c. The following students are requested to get their NCAE results from Guidance Office:
 1. Arellano, Jose Mari C.
 2. Bauan, Kyla Louise A.
 3. Cavero, Francesca Louise P
 4. Cruz, Tom Stephen H.
 5. Directo, Cherlie R.
 6. Dimayuga, Raphael M.
 7. Llanes, Ma. Vettina A.
 8. Reyes, Mickaela Gabriell M.
4. **For Grade 12 DLSU manual applicants:** If you have questions regarding your lacking documents, please send an email to admission.requirements@dlsu.edu.ph DLSU will take 3-5 days to respond. However, if you already know what documents you lack, please scan these documents and send to the same email add: admission.requirements@dlsu.edu.ph. Just indicate your application number, complete name and what these documents are. Application number is found in the test permit given to you during the exam. Thank you. **DLSU Requirements:** NSO/PSA birth certificate, Secondary School Records
5. **Looking Ahead:**

January 24, 31	SHS Career Talk
January 19	Structured Homeroom G4 & G5
January 19	G6 Talk on Sexuality Issues
January 22	Structured Homeroom G10
January 22-26	CPQ Administration G5
January 26	SDO Activity for G6
January 29	Talk on Drug Awareness G7–G9
January 30	PACT-POIS Administration G8

FROM THE OVCAR – STUDENTS ACTIVITIES OFFICE:

1. **On Club Grade.** We remind our Club Moderators that the deadline of submission of Club Grade was December 13, 2017. Once again, we call the attention of those Club Moderators who have not yet submitted their club grades to please do so until this week, Please submit the club grade to dlsissao@gmail.com following this format:

FOURTH QUARTER CLUB GRADE
S.Y. 2017 – 2018

Name	Grade and Section	Club Grade	Club
Extra, Jocell M.	G7 - LS101	5	YFC
Mantupar, Mac Kevin	G7 - LS101	5	YFC

Please be reminded of the following:

1. Family name followed by a comma then First Name of the Child.
2. For Grade and Section, start with G7 (or the level of the student) followed by a space then hyphen space and then section. This is very important in sorting the section of the students.
3. The sorted Club Grade shall then be forwarded to the Grade Moderator.
4. For other concerns, please get in touch with the SAO and look for Mrs. Melissa Ishikawa.

FROM THE OVCM – INSTITUTIONAL LASALLIAN FORMATION OFFICE:

Schedule of Retreat

January 22-23, 2018 - G10 BM204

January 29-30, 2018 - G10 BM205

FROM THE OVCA – INSTITUTIONAL HEALTH SERVICES:

Cont...The Benefits of Healthy Habits

COMBATS DISEASES

Healthy habits help prevent certain health conditions, such as heart disease, stroke, and high blood pressure. If you take care of yourself, you can keep your cholesterol and blood pressure within a safe range. This keeps your blood flowing smoothly, decreasing your risk of cardiovascular diseases.

Regular physical activity and proper diet can also prevent or help you manage a wide range of health problems, including:

- metabolic syndrome
- diabetes
- depression
- certain types of cancer
- arthritis

Make sure you schedule a physical exam every year. Your doctor will check your weight, heartbeat, and blood pressure, as well as take a urine and blood sample. This appointment can reveal a lot about your health. It's important to follow up with your doctor and listen to any recommendations to improve your health.

BOOSTS ENERGY

We've all experienced a lethargic feeling after eating too much unhealthy food. When you eat a balanced diet your body receives the fuel it needs to manage your energy level. A healthy diet includes:

- whole grains
- lean meats
- low-fat dairy products
- fruit
- vegetables

Regular physical exercise also improves muscle strength and boosts endurance, giving you more energy. Exercise helps deliver oxygen and nutrients to your tissues and gets your cardiovascular system working more efficiently so that you have more energy to go about your daily activities. It also helps boost energy by promoting better sleep. This helps you fall asleep faster and get deeper sleep.

Insufficient sleep can trigger a variety of problems. Aside from feeling tired and sluggish, you may also feel irritable and moody if you don't get enough sleep. What's more, poor sleep quality may be responsible for high blood pressure, diabetes, and heart disease, and it can also lower your life expectancy. To improve sleep quality, stick to a schedule where you wake up and go to bed at the same time every night. Reduce your caffeine intake, limit napping, and create a comfortable sleep environment. Turn off lights and the television, and maintain a cool room temperature.

IMPROVES LONGEVITY

When you practice healthy habits, you boost your chances of a longer life. Those who walked just 30 minutes each day significantly reduced their chances of dying prematurely, compared with those who exercised infrequently. Looking forward to more time with loved ones is reason enough to keep walking. Start with short five-minute walks and gradually increase the time until you're up to 30 minutes.

TAKEAWAY

Bad habits are hard to break, but once you adopt a healthier lifestyle, you won't regret this decision. Healthy habits reduce the risk of certain diseases, improve your physical appearance and mental health, and give your energy level a much needed boost. You won't change your mindset and behavior overnight, so be patient and take it one day at a time.

<https://www.healthline.com/health/5-benefits-healthy-habits#takeaway>

Medical and Dental Check-up

Date	Time	Medical	Dental
January 15, 2018	09:20 am- 10:20 am	1 BB 111	1 BB 111
	10:20 am - 11:20 am	-----	1 BG 110
	02:00 pm – 03:00 pm	3 BB 202	-----
January 16, 2018	10:00 am – 11:00 pm	5 BB 304	-----
	01:00 pm – 02:00 pm	-----	6 BB 405
	02:00 pm – 03:00 pm	5 BB 305	6 BB 403
January 18, 2018	10:00 am – 11:00 am	4 BB 312	-----
	01:00 pm – 01:50 pm	-----	4 BB 310
	01:50 pm – 02:50 pm	Nursery 2 BB 102 pm	Nursery 2 BB 102 pm
January 19, 2018	09:20 am – 10:20 am	2 BB 110	2 BB 110
	10:20 am – 11:20 am	-----	2 BG 108
	1:50 pm – 02:50 pm	Kinder BB 203 pm	-----

Professional Reading #10

How Physical Fitness May Promote School Success

by Gretchen Reynold published on September 18, 2013

Children who are physically fit absorb and retain new information more effectively than children who are out of shape, a new study finds, raising timely questions about the wisdom of slashing physical education programs at schools.

Parents and exercise scientists (who, not infrequently, are the same people) have known for a long time that physical activity helps young people to settle and pay attention in school or at home, with salutary effects on academic performance. A representative study, presented in May at the American College of Sports Medicine, found that fourth- and fifth-grade students who ran around and otherwise exercised vigorously for at least 10 minutes before a math test scored higher than children who had sat quietly before the exam.

More generally, in a large-scale study of almost 12,000 Nebraska schoolchildren published in August in The Journal of Pediatrics, researchers compiled each child's physical fitness, as measured by a timed run, body mass index and academic achievement in English and math, based on the state's standardized test scores. Better fitness proved to be linked to significantly higher achievement scores, while, interestingly, body size had almost no role. Students who were overweight but relatively fit had higher test scores than lighter, less-fit children.

To date, however, no study specifically had examined whether and in what ways physical fitness might affect how children learn. So researchers at the University of Illinois at Urbana-Champaign recently stepped into that breach, recruiting a group of local 9- and 10-year-old boys and girls, testing their aerobic fitness on a treadmill, and then asking 24 of the most fit and 24 of the least fit to come into the exercise physiology lab and work on some difficult memorization tasks.

Learning is, of course, a complex process, involving not only the taking in and storing of new information in the form of memories, a process known as encoding, but also recalling that information later. Information that cannot be recalled has not really been learned.

Earlier studies of children's learning styles have shown that most learn more readily if they are tested on material while they are in the process of learning it. In effect, if they are quizzed while memorizing, they remember more easily.

Straight memorization, without intermittent reinforcement during the process, is tougher, although it is also how most children study.

In this case, the researchers opted to use both approaches to learning, by providing their young volunteers with iPads onto which several maps of imaginary lands had been loaded. The maps were demarcated into regions, each with a four-letter name. During one learning session, the children were shown these names in place for six seconds. The names then appeared on the map in their correct position six additional times while children stared at and tried to memorize them.

In a separate learning session, region names appeared on a different map in their proper location, then moved to the margins of the map. The children were asked to tap on a name and match it with the correct region, providing in-session testing as they memorized.

A day later, all of the children returned to the lab and were asked to correctly label the various maps' regions.

The results, published last week in PLoS One, show that, over all, the children performed similarly when they were asked to recall names for the map when their memorization was reinforced by testing.

But when the recall involved the more difficult type of learning — memorizing without intermittent testing — the children who were in better aerobic condition significantly outperformed the less-fit group, remembering about 40 percent of the regions' names accurately, compared with barely 25 percent accuracy for the out-of-shape kids.

This finding suggests that “higher levels of fitness have their greatest impact in the most challenging situations” that children face intellectually, the study's authors write. The more difficult something is to learn, the more physical fitness may aid children in learning it.

Of course, this study did not focus specifically on the kind of active exercise typical of recess, but on longer-term, overall physical fitness in young children. But in doing so, it subtly reinforces the importance of recess and similar physical activity programs in schools, its authors believe.

If children are to develop and maintain the kind of aerobic fitness that amplifies their ability to learn, said co-author Charles Hillman, a professor of kinesiology at the University of Illinois and a fellow at the university's Beckman Institute for Advanced Science and Technology, they should engage in “at least an hour a day” of vigorous physical activity. Schools, where children spend so many of their waking hours, provide the most logical and logistically plausible place for them to get such exercise, he said.

Or as he and his co-authors dryly note in the study: “Reducing or eliminating physical education in schools, as is often done in tight financial times, may not be the best way to ensure educational success among our young people.”

Source: <https://well.blogs.nytimes.com/2013/09/18/how-physical-fitness-may-promote-school-success/>