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FOR  
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IMMEDIATE



## Students at Northrup Elementary Reaping the Benefits of Playworks Program



*Playworks is helping students develop social, emotion, and physical skills to support academic focus and participation*

What looks like play is transforming Alhambra USD elementary school campuses. At Northrup, Playworks Coach Joy Lydia Gomez is on hand during the school day, especially during the lunch and recess block, to teach students to stay active, get involved, resolve conflicts, and become leaders by guiding students in these areas:

- Structured Recess – Zones are established during recess time so students have the opportunity to engage in a variety of physical activities including, but not limited to, soccer, hula hoop, tag, four square, etc. Playworks Coach Joy circulates throughout recess to encourage students to get involved.
- Class Game Time – A 30-minute lesson occurs every other week. Students, classroom teachers, and Playworks Coach Joy are engaged together as they learn new games which are later introduced to the recess block. By teaching the rules and expectations in a small setting, students increase the odds of inclusion during recess time.
- Junior Coaches – The Junior Coaches system develops the leadership potential of Northrup 5<sup>th</sup>-6<sup>th</sup> grade students. Through an after-school program, students hone their skills in leadership and peer mediation. These students then serve as “junior coaches” for K-5th grade students during lunch recess.
- Sports Leagues – Playworks offers a variety of developmental leagues throughout the year for 4-5th grade students. These include volleyball, basketball, and soccer.

Northrup is seeing these benefits with the Playworks program:

- A decrease in bullying
- An improvement in overall school climate
- A reduction in disciplinary incidents
- More participation in academics
- An increase in students’ abilities to focus on class activities

Here is what some Northrup students, teachers and staff are saying about their Playworks experience:

Giovanna Fierro – Noon Duty Assistant

“With Playworks the students are following the rules more and lining up quicker.”

Lynn Greep – 4<sup>th</sup> grade teacher

“Playworks teaches children how to actively play and problem solve, very important in this age of video games and other technology.”

Anais Mendoza – 3<sup>rd</sup> grade student

“With Playworks you get to play fair and you tell the other person good job nice try!”

Ethan Albayeros – 3<sup>rd</sup> grade student

“With Playworks you can play fun games and everyone is fair.”

Belinda Medina/Caroline Gonzalez – 3<sup>rd</sup> grade students

“We like that we can try a lot more games and it’s fun!”

Emma Iniguez – 3<sup>rd</sup> grade student

“Playworks is fair with the rules!”

Diane Peralta – Assistant Principal

“With Playworks Northrup has definitely experienced a decrease in discipline referrals. Students are actively engaged in fun, structured and safe play. We love Playworks!”

In addition to Northrup, these AUSD elementary schools also receive Playworks coaching services:

Brightwood

Emery Park

Fremont

Garfield

Granada

Marguerita

Martha Baldwin

Monterey Highlands

Park

Ramona

Repetto

Ynez

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PHOTO Caption:

Northrup’s Playworks Coach Joy Lydia Gomez is teaching students to get involved, play fair, encourage others, and the rules of the game so everyone is safe and included.

Left to right: Jensen De La Cerna, Caroline Gonzalez, Noah Navarra, Coach Joy Lydia Gomez, Jennife Simoes and Belinda Medina.

