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## Shadow Oaks Elementary School

By Chris Van Tuyl

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They are called "Burst Breaks" — and they're quite a hit at Shadow Oaks Elementary School in Horn Lake. "Burst Breaks are when the children are sitting there with that look; getting kind of bored," said assistant principal Lorie Lundy. "They'll stand up ... and karate-chop their spelling words or they'll cheer their multiplication facts — it's getting the brain moving, keeping the blood flowing."

While it fits with the recently implemented Move to Learn campaign through the Bower Foundation and the Mississippi Department of Education, and the goal of increasing physical activity in classrooms, the get-out-of-your-chair excitement has been taking place at Shadow Oaks for a number of years now.

"They do jumping jacks — they've come up with some very creative stuff," said principal Traci Suiter.

In Shirl Young's second-grade class, the latest and greatest is called the "Humdinger," where children are in essence perfecting their balance. Should their eyes open or one foot touches the ground, they're out of the running. Humming, of course, is mandatory.

"Learning needs to be fun and entertaining," Young said. "We try to incorporate learning with fun activities. It's a lot better way to get together and get them back into focus."

As a former middle-school science teacher, Lundy had her own method.

"We had 'Controlled Chaos' in my room," she said. "And that was a good thing, because kids were learning. It's no longer sitting around like Charlie Brown's teacher, 'Whaa-whaa-whaa.' "

Two other favorites in Young's class are "Pick Your Spot" and "Sparkle, Sparkle Zap."

"Some she makes up," said Suiter, "some she borrows. That's just how they learn."

