

move

HEALTHY MOVEMENT IN THE CLASSROOM



Healthy movement can
improve on-task behavior



Healthy Movement

Research is now confirming what many of us know intuitively: moderate movement can improve focus and concentration. Sometimes the simplest thing can help, like standing up or bracing your legs on a footrest.

Virco®, America's leading maker and supplier of furniture for K-12 schools, has partnered with experts in child development, sensory integration and environmental adaptations to enhance classroom furniture designs for the benefit of all children. These collaborations – including a series of school-based product evaluations and assessments – have enabled the development of this brochure, which we've entitled *Move: Healthy Movement in the Classroom*.

To learn more about the importance of furniture that supports healthy movement for positive behavior and engaged attention at school, visit Virco's Healthy Movement website – www.healthymovement.com – and click on the Program Evaluation link.



Illustrated products: ZUMA® ZLAB adjustable-height lab stool in Apple and Silver Mist paired with ZUMA ZBOOM adjustable-height stand-up desk in Fusion Maple and Silver Mist with translucent, removable, personal book box.

Sitting still isn't the same
as paying attention



Fun and Focused

ZUMA® rockers have taught us three things we never expected: they bring smiles to every classroom, whimsy can be a good thing, and sitting still isn't necessarily the same as paying attention.



Illustrated products: ZUMA® ZROCK13 in Purple Iris, ZROCK15 in Squash, and ZROCK18 in Apple, all with Chrome frames.

One size doesn't have to fit all



Provide Practical Solutions

With efficient modern designs, adjustable-height task chairs, once cost prohibitive, can now be just as affordable as fixed-height chairs. Students no longer have to settle for the institutional awkwardness of “one size fits all.”



Illustrated products: ZUMA® ZTASK15 in Purple Iris and Silver Mist (adjustable from 14”-17”); padded Sage SGLABP in Horizon and Silver Mist (adjustable from 19.5”-27”).



Virco makes several seating series with a variety of sizes and seat-height adjustments.

A Metaphor® task chair for smaller students and an I.Q.® lab stool for elevated work surfaces are shown here.

Flexible furniture for new attention pathways



New Attention Pathways

Modern classrooms offer more potential points of focus than in the past. From teachers to electronic whiteboards, collaborative pods to tablets and traditional notebooks, students face more demands on their attention than ever before. Given the pace at which technology and curricula are changing, the wisest furniture choice is often the most flexible!



Illustrated products: ZUMA® ZHEX desks with see-through wire bookrack and flexible junction tabs in Fusion Maple and Silver Mist; ZUMA ZTASK18 mobile task chairs in Hyacinth and Silver Mist.

Visit www.healthymovement.com for references and additional information on the benefits of rockers, task and lab chairs, and flexible collaborative student desks.

In Their Own Words

"Virco's ZUMA line has been a perfect fit for us. ZUMA rocking chairs serve as our standard classroom seating. Our students benefit from the extra movement and gentle range of motion provided by these rockers, which help them maintain higher levels of attentiveness throughout the day. ZUMA rockers are not just for students with attending needs; they are for every child!"

Brenda Farmer
Principal, Sunset Elementary School
Cody, Wyoming

"Virco has lines of furniture that provide children with different types of movement experiences. Therapists at PTN have already begun using this furniture with students and have seen dramatic differences in the student's ability to remain seated and complete work when using dynamic seating."

Kelly Bloom
Occupational Therapist
Pediatric Therapy Network

"Our teachers really like their ZUMA furniture. The desks are perfect for project-based learning and working in teams, and the chairs are very comfortable. I've enjoyed going from room to room to see how our classrooms are being arranged; the different configurations are incredible!"

Mark Melton
Principal, Yukon High School
Yukon, Oklahoma

We have been using the Zuma Rocker chair at our school for three years now. There was an immediate increase in student engagement and a decrease in students wanting to leave the room or get up and move around the classroom. The students absolutely love using the chairs because of their need to "move." Students are more focused in class and as a result are experiencing more academic success. Classroom management problems have also decreased since we started using the Zuma Rocker chairs.

Not only have we noticed an improvement in student success in school but we have also noticed that adults benefit from using these chairs. As we scan a room of adults during a meeting we immediately identify those who need the motion in order to remain focused on the tasks at hand.

Arlene Fehr
Principal, Gold River Secondary School
Gold River, British Columbia



Visit www.healthymovement.com for references and additional information on the benefits of rockers, task and lab chairs, and flexible collaborative student desks.

Virco Products for Healthy Learning Environments

Virco's industry-leading classroom chair and desk lines provide educators with an array of furniture solutions for creating a flexible learning environment that supports healthy movement and collaborative learning.

Adjustable-Height Task Chairs



Adjustable-Height Lab Chairs



Rocking Chairs



Collaborative Learning Desks

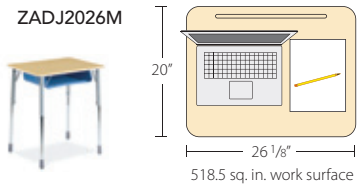




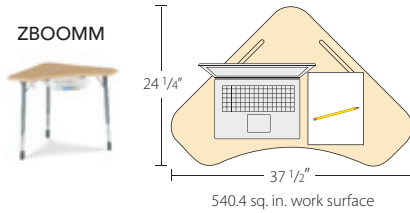
Virco rocking chairs, task chairs and mobile work stations help you create classroom environments that stimulate student interaction.

Flexible Classroom Designs Using Virco's Collaborative Learning Furniture

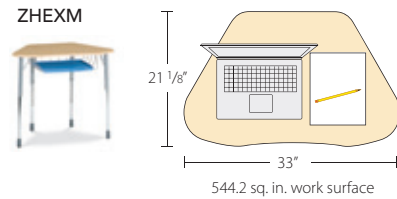
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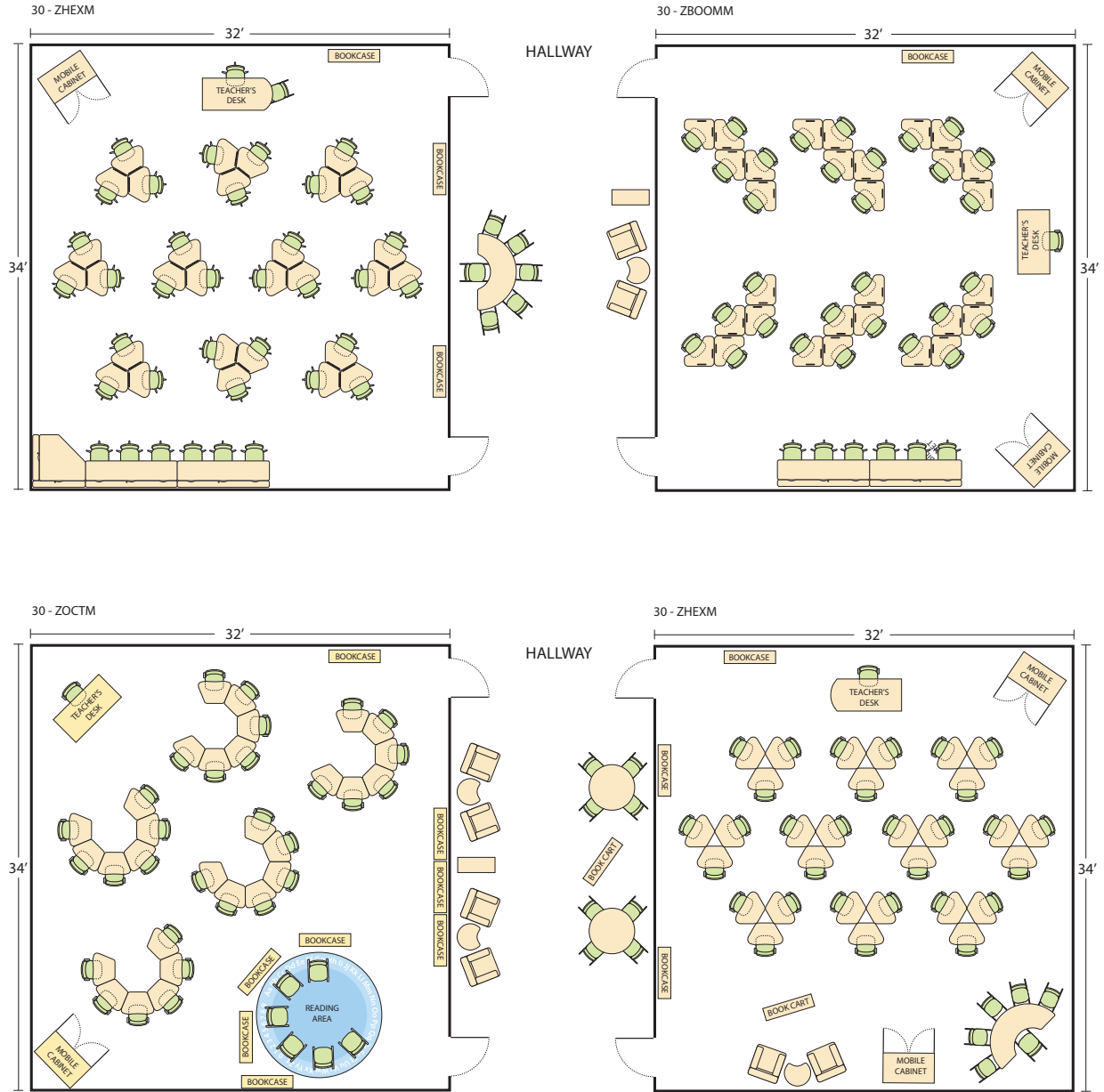
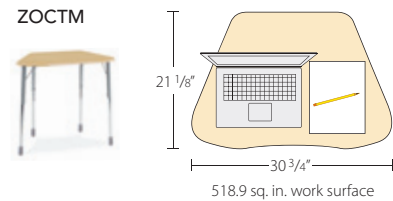
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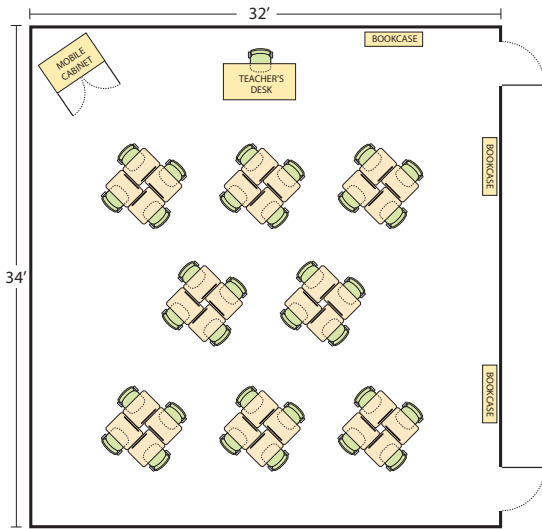
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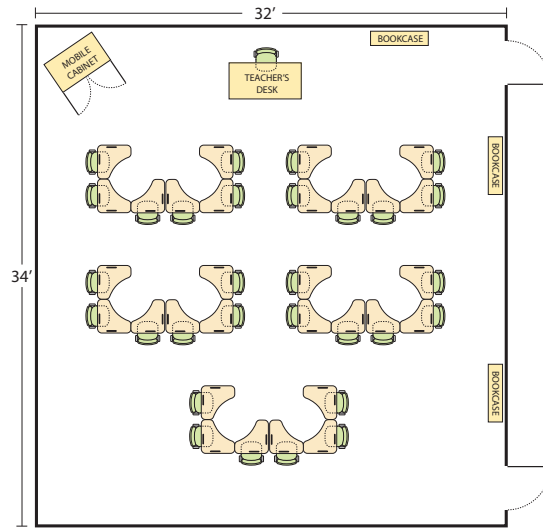
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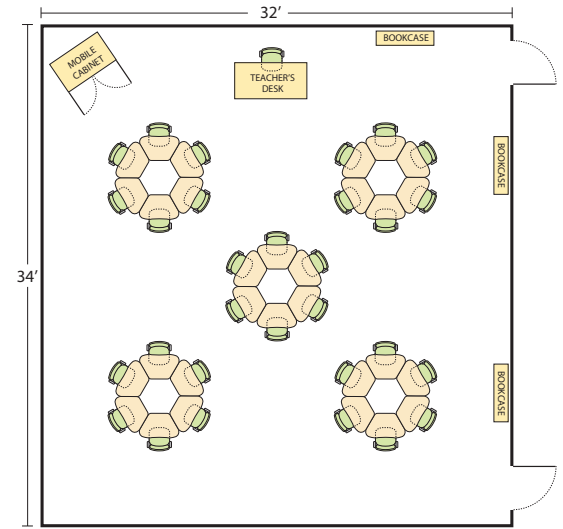
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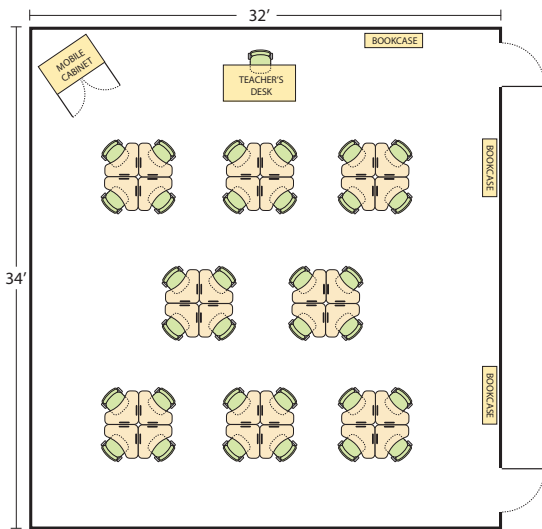
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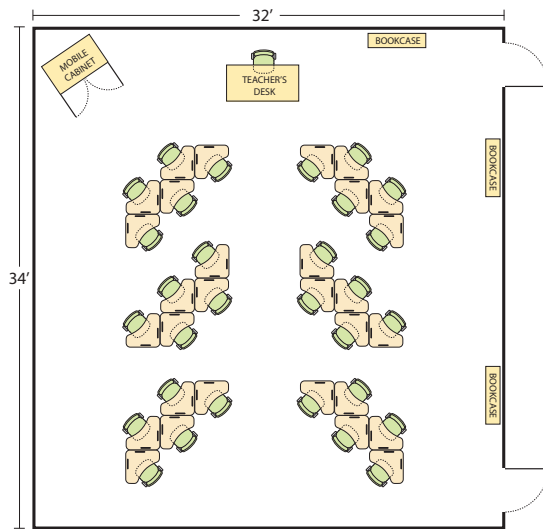
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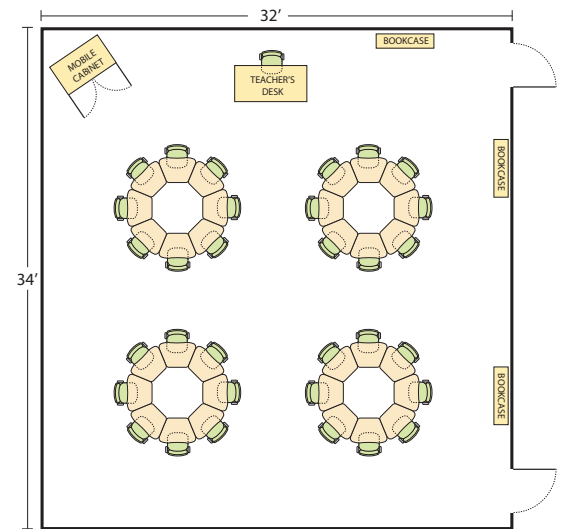
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30 - ZBOOMM



32 - ZOCTM





Integrated Classrooms Support Student Independence

ZUMA's extensive classroom seating solutions allow teachers to blend furniture for special needs students into traditional classroom configurations. The result is a more comfortable and effective learning environment for students who might otherwise feel singled out.



4-leg stack chairs

cantilever chairs

task and lab chairs

sled-base combo

4-leg combo

ErgoCombo®

tablet arm

ZUMA desks

The ZUMA® Series also includes more than 10 single-student and collaborative learning desks in a variety of shapes and sizes with a host of accessories.

Colorful Choices for Creative Classroom Environments

Soft Plastic Seat Colors



FRW™ Hard Plastic Desk-Top Colors



Frame Colors

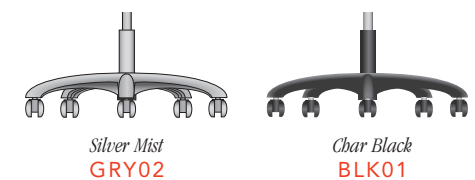


All rockers come with a Chrome frame and color-matched glides.

High-Pressure Laminate Desk-Top Colors



5-Star Base Colors



Frequently Asked Questions

Q: What is the role of movement in development?

A: A young developing brain requires various types of motion to develop important foundational skills for learning. The sensory system that responds to movement helps to coordinate the eyes, hands and body for fine motor and gross motor activities.

Q: What are the benefits of rocking in the classroom?

A: Many people move or fidget unconsciously when they are working. Some people tap their foot, shake their legs, or change positions when seated. These are all unconscious strategies we use to help us pay attention. Some children may need more movement than their peers to help them organize their bodies for school work. The rhythmical sway of a rocking chair can have calming and organizing effects that will help a child to “settle in” and be ready to work.

Q: Will constant rocking upset my classroom management?

A: After an initial adjustment period, studies have shown that dynamic seating (such as sitting on exercise balls) improves a student’s ability to participate and engage more effectively in class. Children who appear to have disruptive behaviors, such as tilting in their chairs or standing up, may, in fact, may be unconsciously providing themselves with movement or other sensory input (i.e. heavy work, touch, fidgeting, chewing) in order to learn.

Note: The rocking chair should be on a flat surface. Carpet tends to muffle the sound a bit more than linoleum; however, even on a typical hard floor the sound of the rocking chair is minimal.

Q: Why should I have rocking chairs in my classroom and how many are appropriate?

A: Active sitting leads to active learning. Depending on the individual needs and age, every child may learn differently. While some do well in static chairs, others may do better in seating that provides movement. Think of the students that sit on their feet, rock back in their chairs, are constantly out of their seat, fidgeting or who are impulsive. These students may be seeking movement needed to better attend to their lesson.

In a typical classroom of about 30, about 10-20% of children have a difficult time remaining seated or paying attention. While the learning styles and need for movement varies among each child, it seems that having at least 3-5 rocking chairs available to the students is a good starting point. In younger grades, it may be beneficial to have more opportunities for dynamic seating as the sensory systems are still developing.

In one study, by occupational and physical therapists, about 70% of children preferred using dynamic seating. The study saw benefits for children with diagnosis of ADHD, oppositional defiant, and severe behavior disorder. Although students, without diagnosis, rated dynamic seating as preferred or comfortable, the impact on their learning is unclear in this study.

Q: Can rocking chairs be used with ordinary single pupil desks or activity tables? Are they interchangeable with normal chairs? What are the trade-offs, if any?

A: Depending on the height of the classroom tables, the rocking chairs can typically fit under a desk like any other chair. It is recommended that a foot stool be made available so that the children’s feet may be grounded. It is important to ensure that the size of the rocking chair is appropriately matched for the size of the student and the desk height.



The responses to the questions above were provided by Pediatric Therapy Network® (PTN), a non-profit organization dedicated to providing the community with high quality early childhood and therapy programs, research and education as it relates to fostering the best possible outcomes for children. In 2010, Virco hired PTN to study the use of ZUMA® rocking chairs in the classroom. PTN relied on the results of these studies in preparing its responses to these questions. Visit <http://www.pediatrictherapynetwork.org> for more information on PTN.



healthy movement

21ST CENTURY CLASSROOM SOLUTIONS FROM VIRCO



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