



News *from the Roman Catholic Diocese of Rochester*

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Catholic Schools receive \$60,000 grant from Fidelis Care for unique learning program

Fidelis Care, the New York State Catholic Health Plan, has again awarded Diocese of Rochester Catholic Schools a \$60,000 grant to assist a special learning program called Math & Movement™ for grades K-8 in diocesan schools. Fidelis Care generously provided a \$60,000 implementation grant last year for the program.



Schools Grant Initiative.

“We are most grateful to Fidelis for this grant,” said Jona Wright, associate superintendent of Catholic Schools. “By partnering with Math & Movement™, diocesan Catholic Schools aim to combine health, wellness and academic growth through a multi-sensory approach to teaching math that incorporates physical exercise, stretching, cross-body movements, and visually-pleasing floor mats that allow children to practice using visual, auditory, and kinesthetic learning modalities.”

“We are committed to a sustainable resource in the classroom,” Wright continued. “Students learn how to use their bodies to engage their thinking. Teachers and students engage in movement in the day. Nina Fiore, of *The Creativity Post*, offers the following, ‘...10 minutes of movement means a happier, more engaged student body, as well as students who will retain more information over the course of the day than would be retained from regular 40 minute lessons. More time teaching is not always better, especially if the lesson is not being absorbed and retained. Schools

are incorporating movement into the actual lesson plans because they have found that the lessons that students understand deepest and retain longest are those lessons which incorporate movement.’” Learn more about the program by clicking [here](#).

Don Mills, principal of Immaculate Conception School in Ithaca, says he has seen a difference with the program. “Our experience with Math and Movement has seen students be more engaged in both math and reading because of the movement involved while learning,” Mills said. “Our kindergartners not only know more number concepts but also know more sight words compared to the same time last year. Math and Movement makes math and reading more interactive. It’s not the boring “stay seated and work on that worksheet” from my youth. I only wish this was around when I was in elementary school.”

ABOUT OUR CATHOLIC SCHOOLS: The Diocese of Rochester Department of Catholic Schools operates 19 schools in a 12-county region that encompasses Greater Rochester, the Finger Lakes Region and the Southern Tier. Nearly 4,000 students in grades K-8 are served. Catholic schools serve as an extension of the Church’s educational ministry, which continues the teaching mission of Jesus. As a significant component of life long faith formation, Catholic Schools assist families in fulfilling their mission to preserve and teach the doctrines of the Catholic faith, provide a learning faith community which fosters academic excellence and nurture young people to become service-oriented, responsible and self-disciplined individuals. Catholic Schools recognize the dignity of each child and the rights of parents as primary educators of their children. For more information, visit dorschools.org

ABOUT FIDELIS CARE:

As the New York State Catholic Health Plan, [Fidelis Care](#) offers quality, affordable health insurance coverage for children and adults of all ages and at all stages of life, including products available through NY State Department of Health: The Official Health Plan Marketplace. With more than 1.4 million members in 62 counties, Fidelis Care was founded on the belief that all New Yorkers should have access to affordable, quality health insurance.