

POWER UP WITH

CIRCUS ARTS-IN-EDUCATION

Assembly & Residencies at your school!

Be Ready to Learn & Have CIRCUS FUN!

- Kids do better in school when they eat healthy & physically active
- Kids who eat healthy miss fewer days and are late less often
- It lets kids be more creative and perform better with increased attention span & memory
- Healthy food improves kids' behavior and attitude at school
- Kids feel good and complain less about being hungry
- Right food provides nutrients kids need to grow and develop healthy

HEALTHY FOOD, STUDY & CIRCUS PLAY

- Healthy eating habits and physical activity work together for better health.
- Making healthy food choices helps kids to grow, develop, and be ready to learn.
- Being physically active is fun and helps you feel good too!



The circus instructors work with schools at their location. Circus Arts-in-Education program educates, promotes & serves:

- Physical fitness in a form of CIRCUS hands-on workshops
- Healthy lifestyle to prevent childhood obesity & diabetes
- As arts, culture, physical fitness, overweight prevention and fitness for life

Option 1 Assembly Circus Arts-in-Education
(1 day-\$750.00) -5-45 minute each workshop for selective grades

Option 2 In-School Circus Arts Residences
(1 week-\$2500.00 or greater based on your budget) *We suggest that school district book this program in blocks, so they will receive a special packages for multiple bookings. Monday through Friday

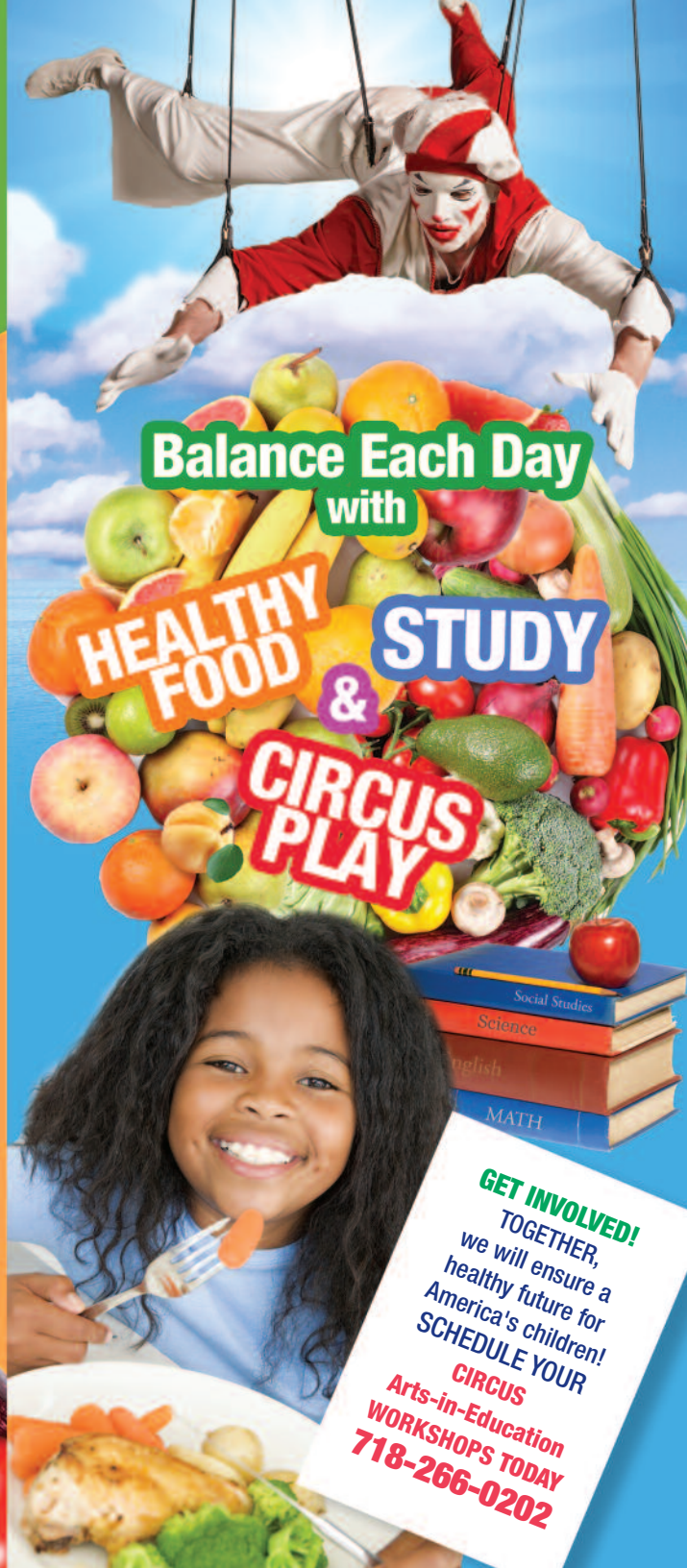
- Monday-Thursday 5-6 circus hands on workshops daily (45 minute each)
- On Friday, a demonstration highlighting the skills learned by the students
- Together with the students, teachers attend the hands on workshops and learn the circus skills while enjoying the teamwork & fun

Option 3 After School Circus Arts Program
• Each district has the option to utilize the Circus Arts-in-Education program at their location
• The program can be scheduled (based on each school budget) or become a major after school program from September-June

Circus Arts-in-Education programs developed, designed and empowered students ranging from K-12.



New Way Circus Center Inc 501(c)3
DBA **Arts on Stage NY**
P.O.Box 245475,
Brooklyn, NY 11224
718-266-0202
Fax 866-693-3316
www.aosny.com
info@aosny.com



Balance Each Day
with

HEALTHY
FOOD

STUDY

&
CIRCUS
PLAY

GET INVOLVED!
TOGETHER,
we will ensure a
healthy future for
America's children!
**SCHEDULE YOUR
CIRCUS
Arts-in-Education
WORKSHOPS TODAY
718-266-0202**

Healthy Food

- Kids do better in school & are more alert when they eat healthy food.
- Kids who eat healthy miss fewer school days and are late less often.
- Healthy food improves kids' behavior and attitude.

FEED YOUR BRAIN EATING HEALTHY FOOD TO BE READY FOR TESTS:

Kids and teachers will soon hit their first exams. Studying is an excellent way to prepare for an exam. If you don't know the material, you can't pass the test! Beyond studying, there are other important things children should do to make sure their body and brain are healthy, and happy for the tests.

- Get plenty of sleep, especially the night before the test.
- Stay hydrated.
- Feed your brain by eating healthy foods while studying & before the exam.

Study

- Making healthy food choices helps kids to grow, develop, and be ready to learn.
- Increases attention span and memory.
- Improves concentration and focus during the tests.



Circus Play

WHY CIRCUS?

WHY is CIRCUS activity important?

- Key elements in living a longer, healthier & happier life.
- Promotes physical fitness education & increases fitness level.
- Helps manage & control weight.
- Relieves stress, maintains a healthy weight & lower risk for chronic disease

CIRCUS PHYSICAL activities benefits:

- Means movement of the body that uses energy.
- For health benefits, circus activities should be 60 minutes a day.
- Speeds heart rate and breathing – improves heart and lung fitness
- Resistance, strength – helps build and maintain bones and muscles
- Balance and stretching– enhances physical flexibility to reduce risk of injuries.
- Reduces feelings of depression and anxiety

The New Way Circus Center Inc
DBA Arts On Stage NY
501(c) 3 vendor with NYC DOE
since 1995.

Our Circus Arts-in-Education is a citywide program that promotes in-school circus arts through education and entertainment, fosters teamwork, physical fitness, concentration, self-discipline and self-esteem. It's safe, healthy, and constructive fun.



Circus Arts-in-Education program - Students benefits from physical activities

- 1 Academically-because they strengthen young people's academic skills
- 2 Socially-because it fosters a sense of community and respect for diversity
- 3 Psychologically-because under a safe environment monitored by caring adults, they develop positive and caring relationships with adults and peers like

The result helps students:

- **improving** self-esteem and interpersonal skills
- **gaining** a sense of belonging through teamwork
- **handling** adversity through winning and losing
- **learning** discipline
- **improving** problem solving skills
- **increasing** creativity while supporting youth leadership development

STAY ACTIVE
BE READY
TO LEARN
CIRCUS ARTS
& HAVE FUN



TOGETHER,
we will provide
quality
arts education
for every
NYC school
student.

