



## LPS Foundation Spotlight November 2024

### Hopkins Elementary Puts Reading in Motion with Student Desk Bikes



While reading and biking don't typically go together, they combine perfectly in the **Hopkins Elementary School library**, where students can work their wiggles out while reading. The introduction of exercise bike desks has transformed the library into a dynamic space where students not only engage their minds but also their bodies, helping to boost focus, energy, and overall well-being.

**Students love riding the bikes, and the benefits are manifold.**

Research shows that physical activity stimulates brain function, enhancing cognitive abilities and improving memory retention.

This means that while students pedal away, they're priming their brains to absorb more information from the books they're reading.

Principal Heidi Wagner is enthusiastic about the positive impact on the students, saying, *"The bikes have become a favorite among students. It's incredible to see them so engaged—both physically and mentally—while they read."*

**Hopkins purchased the bikes after winning a \$1,000 Stride grant in 2023. The Stride gives schools the chance to compete in three categories to win health and wellness grants.** The grants are instrumental in bringing innovative wellness initiatives, like the exercise bikes, into schools to benefit students' physical and mental health. Imagine walking into the music room at Littleton Academy.

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### Join us at the LPS Poetry Slam



**You're invited to the LPS Poetry Slam at Options Secondary Program on Tuesday, November 19 at 6:30 p.m.** In partnership with the LPS Social,

Emotional, and Behavioral team, the LPS Foundation organizes this annual event for high school students across the district. The event gives students an opportunity to perform their original poems in front of a supportive audience.

In addition to performing at the event, students participate in a workshop with National Poetry Slam Champion [Jovan Mays](#). They also receive dinner and have a chance to connect with fellow poets.

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### Help LPS Students during the Season of Giving

As we enter the season of giving, we are reminded of the impact that each of us can have on the future of our students and community. At the Littleton Public Schools Foundation, we believe that by "Growing Minds, Shaping Futures," we can help every child thrive on their unique path to success.

**This year, as part of our Colorado Gives Campaign, we invite you to invest in the growth of our students. Your donation will support initiatives that nurture curiosity, creativity, and academic achievement in all LPS schools.** Whether providing grants for innovative classroom projects or ensuring every student has access to the necessary resources, your generosity plants the seeds for a brighter tomorrow.

Together, we can make a lasting difference. [Please consider contributing to our Colorado Gives Campaign](#) and help us continue shaping futures through the power of education.

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### Mark Your Calendars and Make a Difference

**LPS Poetry Slam** - Tuesday, November 19

[Colorado Gives Day](#) - Tuesday, December 10

[LPS Night at the Nuggets](#) - Monday, February 10

**In Bloom: The 2025 Spirit Celebration** - Friday, April 4

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from the LPS Foundation?**

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add you to our mailing list!

The LPS Foundation raises funds to support each LPS student's unique path to success.

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