

stephenheppell



@stephenheppell



heppell.net

# Professor Stephen Heppell

Felipe Segovia Chair in Learning Innovation at UCJC - Universidad Camilo José Cela, Madrid.

#### noise and sound

CO<sub>2</sub> levels

food

writing & reading

tech and screens

seating & standing

playfulness



temperature

light and lights

walls & windows

zoning

teacher's desk

user manual / protocols

outside

connected

#### CO<sub>2</sub> levels

#### lower than 2,200 parts per million is acceptable, higher is damaging



open up windows where and when possible - leave doors open too

get students to measure around the school - especially exam / test rooms



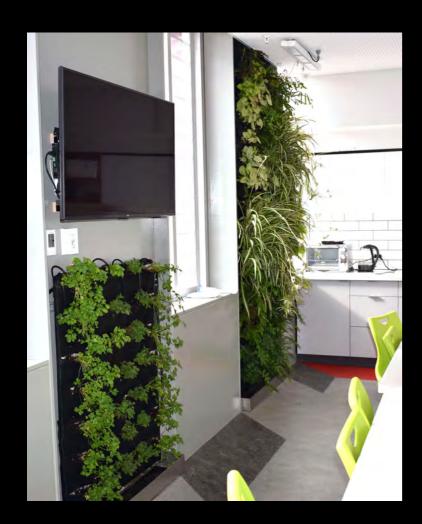
BYO— bring your own plant

use many plants to swap CO2 back to oxygen - hyroponic walls, or even just BYOP - kids all bring their own plants, give the plants names, make it a bit competitive... set the pot colour (white?)



#### temperature

# sweet spot for learning is between 18° - 21°C help students to be temperature aware



green walls are cooling



get upper windows / skylights to open again - eg clear paint off

get students to measure around the school especially exam / test rooms - use digital or traditional max - min, thermometers



# light and lights

lower than 500 lux will give attention, behaviour and cognition problems - neaer to 1,000 is ideal



clear all paper off glass

open all blinds - start replacing dim IWBs with bright flat panels





get the kids to survey all spaces and see where the most urgent change is needed replace fluorescent rube with direct swap LED pure white ones



repaint some
walls with this much better light
reflection

and learn outdoors more, where possible

#### walls & windows

4

#### declutter - make many of them writeable

show process not just "finished" so others can too





timestamp wall displays







use Edding 4090 chalk pens, lumo colours







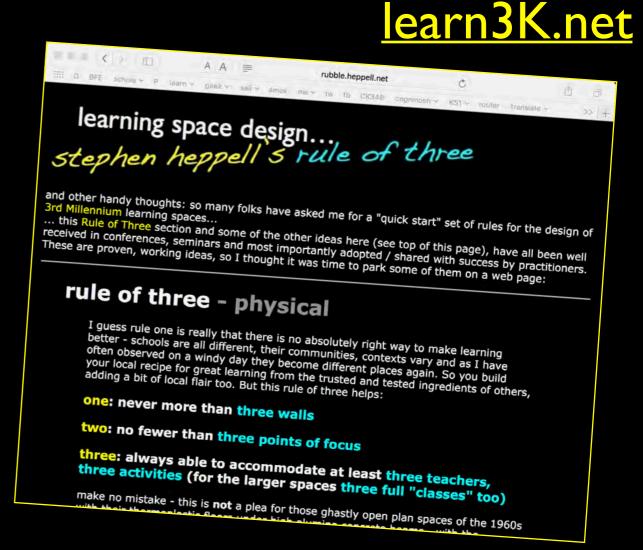
tiered seating - direct instruction and more



...take up huge amount of space, emphasise "only one direction" and a teachers' "power zone". They are poor for storage

build (IKEA plus wheels) - or buy. Needs some lockable storage





aim maybe for three points of focus

## outside

#### celebrate the great light and air, the "safe" adventure, add number







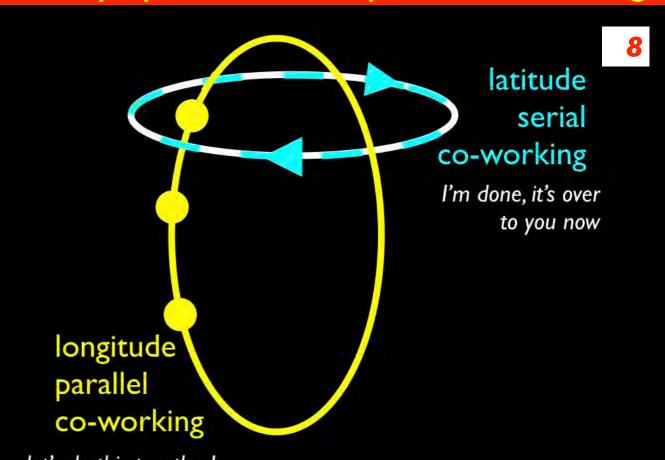
tablet / phone to measure running speed

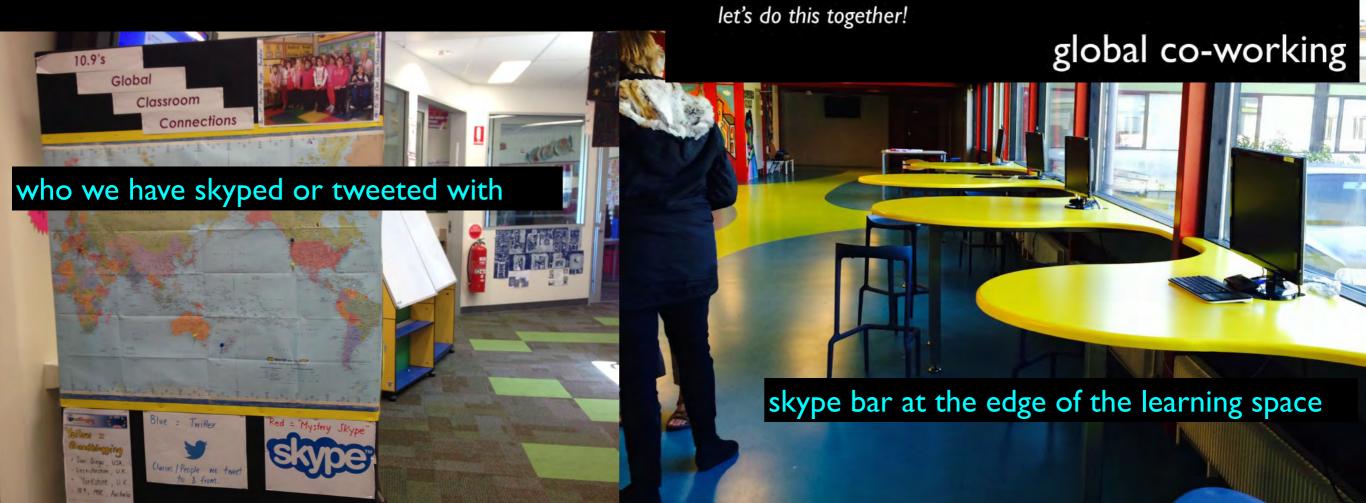


horizontal climbing wall

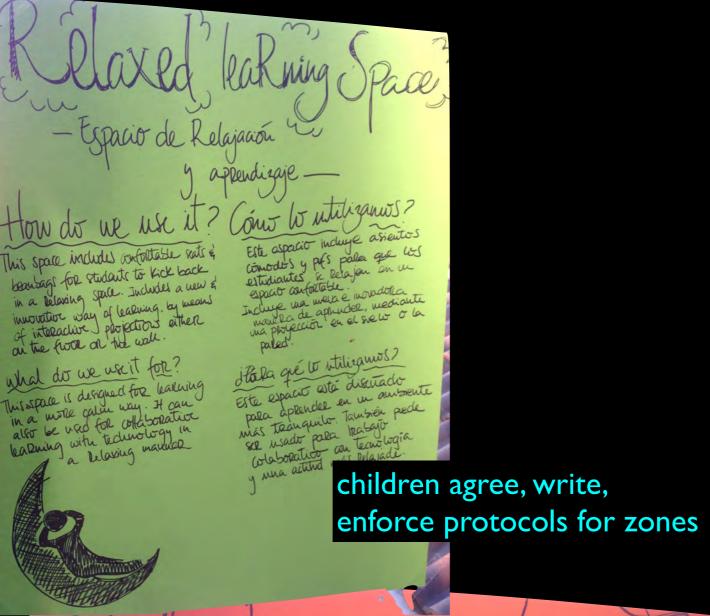
#### connected







### user manual / protocols



enforce protocols for zones

Children agree, write, enforce protocols for zones

Children agree, write, enforce protocols for zones

download "user manual" for agile spaces for colleagues from: learniture.co.uk



important cognitive reasons for play - and for adding "the unexpected" to their learning lives

example:

exit slides - safe and exhilarating





Thinking Thursdays for Team

GB Olympic Hockey squad

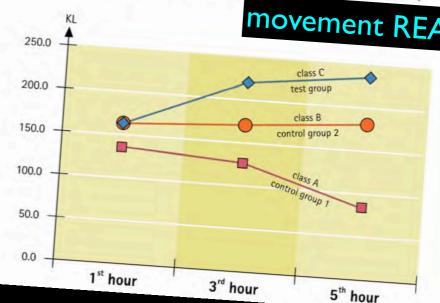


# seating & standing





movement REALLY matters



survey where kids read at home...

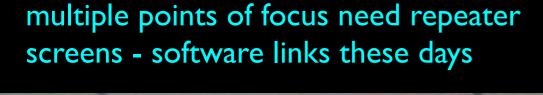




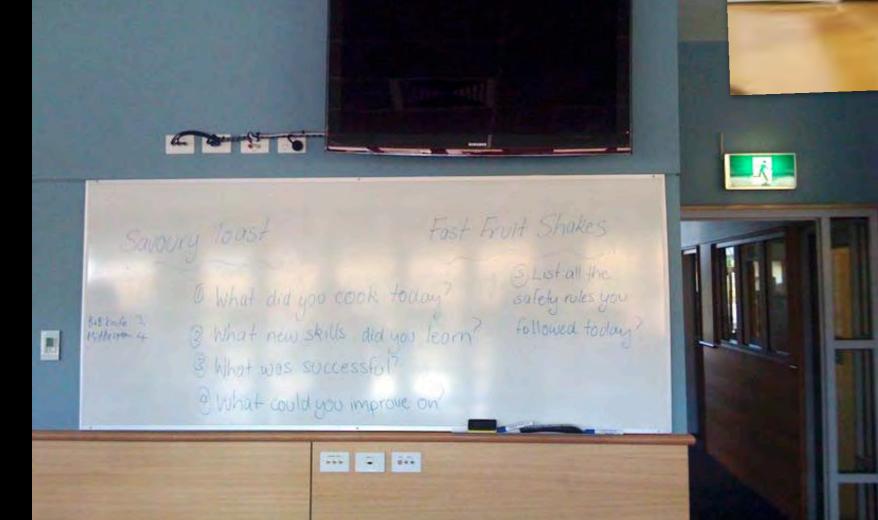
#### tech and screens

phones are always

- on the desk, screen up
- prepared to be shared
- doing things that couldn't otherwise be done



high up bright screens not low down dim IWBs



# writing & reading



celebrate text - everywhere!

want good readers? Model good reading

Mr Heppell

currently reading

Swallows and

Amazons



#### **REGISTER FOR FREE!**

QuadBlogging >

Registration is free and now open!
Signing up is simple... Just fill out the form below, follow @DeputyMitchell and @QuadBlogging and you'll be notified about your Quad details either through Twitter or through the Quad Co-ordinator responsible for your Quad.

© professor stephen heppell, www.heppell.net

#### food

become food aware not just for wellbeing but for optimum cognitive engagement



BrainFood olive oil (aceite de oliva) coconut oil (aceite de coco) wild salmon (salmon salvaje) blueberries & strawberries (arandanos y fresas) tumeric (curcuma) eggs (huevos) walnuts and almonds (nueces y almendras) kale (kale) research project broccoli (brocoli) 2018 at UCIC avocado (aguacate) beets (remolacha) dark chocolate (chocolate negro) spinach (espinacas) pumpkin seeds (semillas de calabaza) celery (apio) fish and meat (pescado y carne) lentils (lentejas) citrus juices (zumos citricos) kimchi (kimchi) jicama (jicama) dandelion greens (hojas de diente de leon)

<sup>\*</sup>reduce processed meats, sugar and energy drinks \*reducir embutidos, azucares y bebidas de energia)

## noise and sound

15

trying to keep under around 72 db always most effective when the learners lead









Debbie Evans @devans17 - May 28

TY @stephenheppell for an awesome BIG day @BondiBeachPS Our kids loved the day. Our teachers are buzzing to do BYOplant tomoro! Our canteen are putting in a noise meter on the aisles. If noise goes over 70db custard price doubles! Can't get the parents to leave PC tonite!

think creative solutions!







#### noise and sound

CO<sub>2</sub> levels

food

writing & reading

tech and screens

seating & standing

playfulness



temperature

light and lights

walls & windows

zoning

teacher's desk

user manual / protocols

outside

connected



stephenheppell



@stephenheppell



heppell.net

# Professor Stephen Heppell

Felipe Segovia Chair in Learning Innovation at UCJC - Universidad Camilo José Cela, Madrid.