

Fields of Vision

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Developmental Vision
Therapy conducted
by appointment

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Thursday

BACK TO SCHOOL SALE

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School and Vision

The new school year is well underway. Enclosed in this newsletter are Basics needed to make students more comfortable. Correct posture and desk size add to the comfort level. Controlled movement breaks reduce stress, teach issues of penmanship and add to the comfort level. Read, review and call with questions. Call to schedule a school vision screening or a seminar at your school.

Donna Wendelburg MS

Important Facts to Know:

- 80% of school is visual
- Over 50% of 10 year olds have NEVER had a professional eye exam.
- Pediatricians and school nurses do not perform complete eye exams.
- All individuals can learn!
- If vision and/or visual perception skills are not developed, they can be taught
- Reading, writing and computer games in a moving vehicle create visual stress

Back to School

What does Achievers Unlimited of Wisconsin Do?

- Educating how motor, vision & visual perception development interweave in human development
- Conducting vision & visual perception

screenings for daycares, preschools, elementary, middle & high schools, home schools, athletes & businesses

- Providing functional, motor, vision & visual perception testing & therapy to improve visual attention, visual speed, visual efficiency

Things to Accomplish Before School Starts

- Eye exam with a developmental vision specialist
- Physical exam
- School supplies
- Create a home study area
- Start a new routine before and 30 minutes after school

Before and After School (30 Min)

Dribble - dribbling forces eye muscles to move and become flexible

Juggle - juggling helps relax the eyes and keeps them more peripheral

Move - run, walk, and calisthenics

Listen to a book on tape while dribbling or juggling

- imagine the story as a movie

DO NOT play video games of any type

NO reading, writing or computer time

Ergonomics in the Classroom and Home Study Area

Research on correct posture has been done since the 1940's. Dr. Darrell Boyd Harmon and many others revealed incorrect posture leads to body fatigue and can create *stress induced* visual problems with symptoms such as:

- Posture distortions
- Blurred or double vision
- Head movement rather than eye movement when reading
- Headaches or nausea during or after reading
- Poor penmanship
- Poor spelling
- Skipping or rereading numbers, letters, words or lines
- Reversing letters or words when reading

Correct Posture

Correct posture increases:

- Attention span
- Gets more oxygen into the system

What is correct posture?

- Feet flat on the floor - "dangling legs" decrease attention span
- Legs should be at a 90-degree angle
- Back straight - to allow diaphragm to work properly
- Head straight - more than a 10% head tilt prohibits the two eyes from working as an efficient team
- Head is elbow finger distance from working surface
- Pencil grip - fingers should be above the sharpened section - high enough to view writing

without a head tilt

Working Surface

Check desk size at the beginning of the year and after each growth spurt.

- Feet flat on the floor
- Knees should not hit under the desk
- Work on a 20 degree slanted surface – 3” non-glare 3 ring binder works great

Lighting

Correct lighting increases the length of time an individual can work with ease.

- No glare - sit between lights
- No shadows
- Avoid glare from windows

Computer Posture

Correct posture will extend the amount of time an individual can be productive at a computer.

- Minimum distance from computer is elbow to finger tip
- Eyes horizontally level
- Back straight
- Feet flat on the floor or on a stool
- Eyes looking down at the screen - 20-degree angle is best
- Age appropriate computer time before a movement break –

Age 4 - 10 min

Age 5 - 15 min

Ages 6-7 - 20 min

Ages 8 -10 - 30 min

Ages 11-12-40 min

Ages 13-15 - 50 min

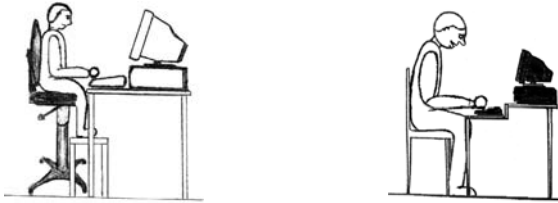
Ages 16 and older - 60 min

- Information from Dr. Paul Harris, Director/Trustee of Optometric Extension Program, Inc. - September 2001

Length of Study Time

Behavior is a language. When an individual daydreams, is "antsy", talks to others or chooses not to do the work, their behavior indicates a short visual break is needed.

- Setup an activity corner in the back of the classroom or study area for juggling, dribbling or movement breaks - 30-60 seconds can help immensely
- Self-directed study time for first graders should be limited to 10 minutes
- Add 10 minutes for each grade with a maximum of 60 minutes



Breaks for Eye, Body and Mind

- If it is frustrating trying to find a calculation mistake in your checkbook. After a short break away from the checkbook, the mistake is easily found.
- The same is true for students. Planned visual breaks increase attention and performance. 1-2 minutes of juggling or dribbling to take off "the edge" and allow them to continue to return.

Visual Breaks In School

- After each page - look away and focus on an object for 1-2 seconds and return to the next page.
- After each chapter, take a longer visual break - 30 seconds to a minute -
 - Look at the four corners of the room without moving the head.
 - Take three deep breaths.
- Juggle or dribble with the smallest ball you can use successfully. Goal: 100 times with right, left and alternating hands - Start with a tennis sized ball size down to 1" superball with one finger by 4th grade.

Study Skills to Improve Social Studies, Science & Foreign Language

Read a chapter only once!

- Before reading or answering questions - look at pictures and captions - look at all italicized words.
- Read the first question - read until you find the answer - write the answer down.
- Read the next question - read until you find the answer - write the answer down - continue the process.

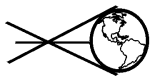
Research has proven short frequent exposures to information help individuals remember material. Flashcards give frequent exposure for test preparation.

Flashcards

- Prepare flashcards while reading the text - include notes from class and off board.
- Put one piece of information on each flashcard.
- Front side: a key word, date or questions.
- Back side: definition or event. Review flashcards.
- Next day, prepare more cards. Shuffle with previous days.
- **Review cards daily** by looking at front side one day and backside the next day.
- Test preparation should only take 10-15 minutes the night before the test.

Accentuate the Positive!!!

- Use positive statements to elevate self-esteem • GREAT ATTITUDE!
- You had 10 problems correct • That's quite an improvement



Achievers
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...Bringing your world into focus

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ADDRESS SERVICE REQUESTED

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