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What does ela stand for in school

School is available in many forms -- from traditional K-12 education to college and seeking advanced degrees. Learn all about schooling here. August 4, 2009 2 min read Brought to you by Touring and Tasting Brutocao Cellars Hopland, California Shortly after the Brutocao family released its first wine in 1980, they chose the Lion of St. Mark, modeled after the lion atop St. Mark's Cathedral in Venice, as a symbol of tradition and family quality. Today, the family blends their Italian heritage with their 400 acres of vineyards in the southern county of Mendocino. Winemaker David Brutocao follows methods honored over time, minimally invasive to produce complex and memorable wines. Flavor is key with Brutocaos believing in wine production with food in mind. Their restaurant, right next to the Hopland tasting room, proves it. The crushed grape grill offers a complete palette of exquisite foods to enjoy. From wood-fired pizzas to fresh pasta, crushed grape offers superb Italian cuisine and intriguing night specialties. Guests can dine inside or on the outdoor deck, overlooking the winery's six authentic championship fields. The restaurant and tasting room comprise only part of the seven-acre Brutocao Cellars Schoolhouse Plaza, which was originally Hopland High School from 1922 to 1963. The historical photographs on display in the tasting room pay homage to the school, transformed by Leonard Brutocao into a complex dedicated to wine and wine. Special events are held regularly here. The former high school gym has been transformed into the Bliss hall, a banquet hall/conference center for up to 200 guests. A popular spot for spring and summer weddings and fall and winter conferences, the venue recently hosted the California Sustainable Winegrowing Alliance Conference presented by UC-Davis. The building now houses specialty shops and offices on the first floor and two conference rooms and special events on the second floor. From a table in Italy, to the many tables that are found today at cantine Brutocao, lives the brutocao family tradition of good friends, good food and excellent wine. It is a tradition that they share warmly with all those who visit the Brutocao Cellars. What to buy: Quadriga Classic Italian blend by Sangiovese/Primitivo/Barbera/Dolcetto \$24 Mendocino Choir Collaborative blend of Zinfandel, Sangiovese, Barbera, Syrah \$37 Anderson Valley Pinot Noir Black cherry, fresh earth, smoked oak \$26 Zinfandel Port Black cherry, currants, chocolate spice \$34 Contact: 800.433.3689; Fax: 707.744.1046 www.brutocaozellars.com 13500 S. Hwy 101 Hopland, CA 95449 Tasting Room Open Daily 10-5 Getting There: Hopland Tasting Room Located at the intersection of Hwy 175 and Hwy Anderson Valley Tasting Room is located on Hwy 128, just west of Philo; 707.895.2152. At the beginning of the school year next August, none of the classrooms at Vallecito Elementary School in San Rafael, California, will have chairs. The school is becoming the first in the country, and perhaps in the world, to go completely to the standing benches. The radical move is based on some fundamental facts: many children are sedentary up to 80-90% of the times they are awake, and over the course of their lives, sitting for more than six hours a day increases the risk of death. Standing can increase both fitness and attention. If offices are starting to swap chairs for standing desks, why shouldn't schools do the same? The program is the brain of Vallecito elementary school parents Juliet and Kelly Starrett, who are also co-founders of San Francisco CrossFit, a gym that trains Olympians and other athletes in ultra-intense workouts. After spending a decade in team and corporate classes on the dangers of sitting, they realized that their daughter's elementary school had the same problem. While volunteering on a field day at school, they noticed the children were struggling to jump into a sack race. Some couldn't even get in the bag without sitting down - problems that Kelly Starrett, a physiotherapist, attributes to long inactive days. We left that day and it was the first time we thought, hey, we recommended standing desks to every adult we work with in the corporate or athletic world or whatever, yet there we're sending our kids to sit there all day for six hours, Juliet says. While doing more research, they found growing evidence of the benefits of standing desks for children. In a study of hundreds of children in two dozen classrooms in Texas, a researcher at the Texas A&M School of Public Health found that students with standing desks burned 17% more calories than those seated. For obese children, the effects are even greater, and the Starretts believe this makes standing desks a perfect intervention for the childhood obesity epidemic. Children with a high body mass index can burn up to 30% more calories a day standing, Kelly says. This is childhood obesity wiped out. All you have to do is stand up. The Starretts decided to offer to buy a series of standing desks for a school classroom. I had in mind that I would have to spend six months and more meetings with the principal, and maybe even bring it to the district level, juliet says. But we sat down and explained five reasons why we thought standing desks would be a good intervention and in two seconds he was on board. Serendipitously, a new fourth-grade teacher needed furniture, so she was the first to receive the new desks feet last fall. Other teachers liked the idea so much that three other classrooms converted into standing desks during the winter break, including a first-grade class. Each class also includes some so that students have the opportunity to sit, even if the quickest moved to their feet. In the first class we had assembled, for the first two to three months the children would exchange using stools, Juliet says. But then the stools would be out in the corner. What's interesting is that first graders have never used stools, but when you get to fourth grade you're so used to sitting down that you literally have to train to stand up. Students don't stand all day; most classes last 15 minutes, and between recess, lunch, and other breaks, students typically spend only a total of three to four hours standing. If they are tired, they can always sit on the floor. The desks are also designed to make it easy to stand, carefully adapted to each child's exact height and with a bar at the bottom to prop up a foot and lean on. The whole thing is in dynamic motion, kelly says. Instead of standing as I would at the grocery store - which looks like a lot of work - the desk ends up sustaining an organic dorsal hip position. The headrest moves, so that students can agitate during the day, something that is especially useful for children with ADHD. These are children who would punch and pinch their neighbors, or else they would have behaved in class, Juliet says. Not only does research show a dramatic increase in concentration, but it's also what our teachers reported in our school. Kids are much more attentive to a standing desk. For students, it's a way to get activities they wouldn't otherwise do. A large kaiser family foundation study found that children spend 7.5 hours in front of the screen every day. Combine that with the six hours a day I'm at school, and the fact that virtually no child goes to school anymore, they sit doing their homework, they sit down during meals, Juliet says. We estimate that children spend 80% to 90% of their waking hours in sedentary positions. Although children play a sport after school, research shows that a small amount of exercise cannot compensate for general inactivity. Your session basically cancels out the positive effects of training, he says. Even though these children spend an hour after school playing football or another sport, if they literally spend every other waking hour in a sitting position, it doesn't even matter that they're doing a sport, because it's still considered a sedentary lifestyle. After the positive response to the first classrooms of the school, the Starretts asked other teachers if they also wanted to change. Every single teacher at the school said yes. The ordinary classrooms, with traditional, are starting to look noticeably worse, Juliet says, while standing desks are starting to look normal. It makes sitting rooms honestly ridiculous, ridiculous, Says. If you go to fifth grade class in our school, you have a group of kids who have 5'6 curved on these little children's desks. Before, no one would have noticed because it's always been done. Now, the school is raising money for the new furniture, and the Starretts have launched a new nonprofit called StandUpKids to help make it easy for other schools to make the switch. Through a partnership with DonorsChoose, they are helping facilitate donations. The great thing about DonorsChoose was that it gave the opportunity to get around bureaucracy, kelly says. School districts have real fixed costs. Asking them to invest \$150,000 per school is a big question. The Starretts hope to raise a corresponding \$1 million grant to support donations to individual schools across the country. The new StandUpKids website outlines the science behind the benefits of permanent student desks and supports funders to support these programs. Right now, a lot of donors think, okay, public schools don't even have matites, so it would be frivolous to fund a standing desk when schools don't even have basic supplies, Juliet says. We feel like our mission is to really change the mindset there. We are actually harming our children by putting them on the benches sitting all day, and that the sedentary situation in this country is a legitimate public health crisis. This is not a frivolous expense. In 10 years, the couple hopes to help push every public school in the United States to stand up. We just think it's the most significant public health intervention after vaccination, Kelly says. Kelly.