



5890 La Costa Canyon Ct, Las Vegas, NV 89139 | P:(661) 702-8946

We believe that the path to wellness is paved when a child is safe, secure and healthy. HOPSports has been privileged to connect children in classrooms around the world by sharing culture and country/region depictive sports, dance and the arts in classroom-based and core-curricular integrated physical activity Brain Breaks. Based on a Coordinated School Health Model and collaborative approach to health and learning as recommended by the CDC, HOPSports has been a proven strategy for children's, health, fitness, well-being and academic success in 70 countries.

We are privileged by the Republic of Macedonia's recognition of school-based intervention to engender healthy habits to last a lifetime, and respectfully invite representatives from Goce Delcev University in Stip in collaboration with the Primary School Goce Delev in Strip and the Primary School Vidoe Podgorec in Strumica to participate in the second round of a research-based international pilot project of HOPSports Brain Breaks.

Objective of the Project. The objective of HOPSports OLS BB Research project is to increase student's daily physical activity levels with 3-5 minute physical activity breaks which do not detract from the current curriculum or realization of the school program, and are in accordance with the low legislative for ICT implementation of the teaching process. The pilot program is designed to support student learning in the classroom and success outside of the classroom environment through increased opportunity for physical activity, recognition of and promotion of healthy behaviors, and systematizing interactive global content representing sport, fitness and the arts.

Participants. The 1st round of HOPSports On Line Streaming "Brain Breaks" International Contents Creation Project (2013-2015) involved with 54 countries. In the continuum of the project, in its second round 2015/2017, additional countries including Republic of Macedonia have joined in. The project is coordinated by Prof. Dr. Ming-kai Chin, Vice President of Global Affairs and Research, HOPSports & Prof. Dr. Magdalena M. C. Mok, Chair Professor, Department of Psychology, Centre Director, Assessment Research Centre, The Education University of Hong Kong, Hong Kong.

The Republic of Macedonia was represented by Goce Delcev University in Stip in collaboration with the Primary School Goce Delev in Strip and the Primary School Vidoe Podgorec in Strumica. As representatives from Goce Delcev University in Macedonia, following persons were involved:

Assist. Prof. Dr. Biljana Popeska, at Faculty of Educational Sciences and Head of University Sport Center as National Coordinator and researcher; Assoc. Prof. Dr. Kiril Barbareev at Faculty of Educational Sciences and President of Executive Board of University Sport Center as researcher; Assoc. Prof. Dr. Snezana Jovanova – Mitkovska at Faculty of Educational Sciences as researcher and head coordinator for the schools; Assoc. Prof. Vladimir Janevski at Faculty of Music, Head of Department for Ethnology as researcher and student coordinator for recording Macedonian Brain Break videos.

As representatives from primary schools following persons were included in project activities: teachers Cvetanka Madjunarova, Lidija Miloevic, Lidija Kamceva Panova, Dobrinka Kocева,



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Stoilkova Roza, slavica Pilatova and the principal Elena Tashkova, representing Goce Delcev Primary School and Olivera Andonova, Vaska Taseva, Stojka Azmanova, Snezana Sokolova, Mirjana Janusheva, Irina Paunaova and the principal Leonid Tanchev representing Vidoe Podgorec Primary School.

Time Frame and Project Activities. The second round of HOPSports On Line Streaming (OLS) Brain Breaks (BB) project will be realized in a period from September 2015 to December 2017. The period from September to November 2015 is considered as Prepration period including translation, sampling, recruitment, printing, trialing etc. The Implementation period for all countries is any 4 months between 1st December 2015 and 30 June 2016. Implementation period means use of Brain Break videos for 5 to 10 minutes each day, 5 days a week consecutively for 3 months and administration of Pre – test and Post – test questionnaire to students and teachers. Period after 30 June 2016 is period for collection and data analyzes and publication of results.

Financing. The project is not supported by any finances. The eventual financial costs for pre and posttest materials should be supplied by the Universities.

It is my privilege to recognize Goce Delcev University, Goce Delcev Primary School and Vidoe Podgorec Primary School for their exemplarily efforts and collaborative approach to student health and learning, and authorize designated teachers and entities as specified to represent the Republic of Macedonia in the HOPSports On Line Streaming (OLS) Brain Breaks (BB) Project 2016/2017.

It is with unequivocal belief that I endorse our partnership as a durable and effective method to enhance the quality of education and life experience for the Republic of Macedonia's students while serving as a catalyst for personal growth and boost to health and well-being.

Please feel free to contact me should questions regarding the Pilot Project remain.

Respectfully Yours,

A handwritten signature in black ink, appearing to read "Tom Root".

Tom Root
CEO and Founder, HOPSports, Inc.

8 Feb 2017