

# CWSF 2012 - Charlottetown, Prince Edward Island



## Kevala Van Volkenburg

### Finding a Better Brain Booster

**Challenge:** Health

**Category:** Intermediate

**Region:** Northern British Columbia

**City:** Fort St. John, BC

**School:** Bert Bowes Jr Secondary

**Abstract:** I wanted to find out if exercise, Brain Gym or a Combination of the two improve students academic performance. Each activity was tested for 5 days, at 1:00pm students received a test, once they completed the test students did 10min.of the planned activity. Once the 10 minutes was up, students received another simalar test. I found that exercise improves your academic performance more than BrainGym.

#### Biography

My name is Kevala. I love science! Science is my favorite class in school. I have been studying exercise for several years, first the effects on the body and now on the mind. After reading SPARK I became interested in how exercise effects the brain. The brain is extremely complex and the more I learn the more I want to know! I am also interested in the ocean, there are so many unknowns and so many things to learn. I have been to the Vancouver Aquarium which I think is an amazing program. Science fair has always been a big part in my life and I enjoy doing it.

#### Awards

#### Value

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|---|---------|
| Excellence Award - Intermediate - Silver Medal<br>Sponsor: Youth Science Canada                                 | \$700   |
| Western University Scholarship<br>Silver Medallist - \$2000 Entrance Scholarship<br>Sponsor: Western University | \$2 000 |
| Total   | \$2 700 |