



# "CORE"tastic Kids Newsletter



## Handwriting Ideas:

### FUN IDEAS

Small movements of the hand are fine motor skills and they are crucial to holding a pencil. If your child needs extra practice to strengthen fine motor skills, here are some activities you can try at home:

Cut out pictures from newspapers or magazines.

Put together small beads and play with toys that teach building skills.

Knead and build with dough or clay.

Hide small objects in the dough and have your child find them.

Play pegboard games.

Play with any toys that involve manipulation of small pieces.

Use a water bottle to squirt water on the sidewalk.

Have a cotton ball race across the table with your child.

Finger-paint on a paper plate with sand or shaving cream.

Use small marshmallows and toothpicks to form letters.

String popcorn, buttons, macaroni, or beads to make necklaces.

Use a hole-punch to create a design on a piece of paper.

Clip clothespins to a container.

Apply lace to cards.

Gather small objects from around the house (small buttons, beads, etc.). Place them in a container, have your child pick them off the floor with a pair of tweezers, and place them back in the container.

## Exercise of the Month:

August is the last month of the summer. Let's have some fun with a beach themed activity: the crab walk! It's an easy and fun activity for any age. You use your hands and feet in a sitting position to walk strengthening your core. You can practice speed and coordination while having fun! You can be a sand crab and walk real fast across the sand or slow down and walk carefully over an obstacle. Whatever your speed is, just have fun with it! Get a group of your friends together and have crab walk relay races through an obstacle course. Place some objects on the grass outside that you have to walk over or avoid like a ball or frisbee. Crab walk up an incline or through a tunnel. Make the relay fun and exciting. Just remember to go fast enough not to burn your claws on the hot sand.



*Where performance meets potential.*

1224 B Alice Drive  
Sumter, SC 29150

Phone: 803-469-CORE  
(2673)

E-mail: [core@tuomey.com](mailto:core@tuomey.com)  
[www.corepossibilities.com](http://www.corepossibilities.com)

Volume 2, Issue 8  
August 1, 2009

### Calendar of Events:

Camp Rock August 3-13  
8:30am—12:30pm

Summer Classes End  
August 14th

Ribbon Cutting  
August 20th at 3 p.m.

SAT Preparation Class  
Begins September 8th

Call or come by the office to  
inquire about our Fall Schedule

# Body Works — From the Inside Out

Each breath is necessary for life to continue, yet many are taken by us unconsciously. The average person has 21,600 breaths in a 24 hour period, roughly 15 breaths a minute. That means that on average our inhales and exhales are just a brief 2 seconds each. So when we begin to extend the pace of our inhalation and exhalation to 4, 5 or 6 seconds for an extended period of time, the results are like sunshine for our body and we slow down our aging process. Almost too bright to handle....relaxation of our central nervous system takes place, our lung capacity increases which in turn massages our hearts, we regenerate our brain, organs and glands by oxygenating the bloodstream and we thrive! Our heart, our inner sun and center of life thrives! Conscious, purposeful breath equals conscious, purposeful life.

*Begin by noticing the natural pace of your breath with your hand on your heart. Then place your other hand below your chest and visualize the breath moving that deeply into both lungs. Feel your belly expand on the inhalation and release and relax on your exhalation. Gradually inhale 4 counts, exhale 4 counts, then 5 counts each and work your way up to 8 counts if possible for 5 minutes or more. With every breath, repeat your mantra. Visualize your heart (your inner sun) shining more brightly and functioning more efficiently with every breath.*

Use slower, longer, purposeful breaths anywhere, anytime. You could be in a meeting, doctor's office, exercising, driving, etc. Let's recognize that our breath should not be taken for granted anymore and is our life energy force.....consciously savor each moment and enjoy the gifts summer has to offer!

*-Marilou Ramos*

## Reading and Spelling Tips Influenced by Gardner's Multiple Intelligence

**Body Smart:** Physically act out spelling words or associate movements with vocabulary words and definitions.

**Word Smart:** Create double entry journals for books they are reading. One side is objective (impartial), reporting information, plot, summaries, quotations, and/or facts. The other side is subjective (partial), including reader's feelings, personal observations, unfamiliar vocabulary, predictions, agree/disagree statements, "this reminds me of..." statements, and/or interpretations.

**Picture Smart:** Encourage your child to keep art journals, drawing scenes from stories they read.

**Math Smart:** Classify spelling words in several different ways. Some examples: same first letters, number of letters, parts of speech, rhyming.

**Self Smart:** Help your child look at their spelling/reading work, then set goals for improving one aspect of their work.

**Music Smart:** Sing, play an instrument, or tap out spelling words. Play predictable, non-distracting music in the background. Examples: jazz instrumentals (George Benson, Kenny G, or David Sanborn), environmental music, Bach (Brandenburg Concertos), Handel (Water Music), and Vivaldi (Four Seasons).

**People Smart:** Read stories together as a family. After reading, have each person share/discuss what was read to gain insight to different perspectives on the same story.

**Nature Smart:** Weather permitting, find time to read or study spelling words outside.

Multiple Intelligence inventories available on the Internet are helpful in pinpointing your child's multiple intelligence strengths and weaknesses. Visit <http://kerstens.org/alicia/planning10/Multiple%20Intelligences%20Inventory.pdf> for additional information.



"We cannot change yesterday. We can only make the most of today, and look with hope toward tomorrow"

Unknown Author

# Brain Based Learning

## Does Improved Nutrition Boost Neurogenesis?

Neurogenesis is the production of new brain cells. New brain cells are critical for brain health. Increasing neurogenesis reduces the likelihood of brain problems such as Alzheimer's and other brain related health problems. Several new studies have shown just how important this process is for your child and learning. Chronic stress (distress) and lack of mental and/or physical activity can lower brain cell production. But there is also good news, we now know that improved nutrition boosts neurogenesis. The more we improve nutrition, the better the students' neurogenesis. This means better learning!

Here are a few Brain Based nutrition tips:

The brain operates like a massive furnace and requires proper fuel to function optimally. Just as you would not want to put oil in a wood burning stove, you do not want to give the brain poor quality or ineffective materials to work with. The brain doesn't make its own fuel; it requires assistance to receive quality operational materials. Unfortunately, many brains aren't getting the necessary resources for proper function, hence the brain health crisis.

1. The brain needs water, and lots of it; not corn syrup, refined sugars or artificial sweeteners; just plain H<sub>2</sub>O.
2. The brain needs glucose as a primary fuel source. Again, not corn syrup, refined sugars or artificial sweeteners, but complex carbohydrates that are sustainable and not burned up instantly.
3. The brain also needs lots of antioxidants from fruits and vegetables. Antioxidants help prevent damage to the brain just as a fire screen prevents sparks from burning holes in the carpet nearby.
4. Protein, Protein, Protein!
5. Finally, Omega-3 fatty acids aren't just good for the heart, they are an essential fatty acid needed to promote neurogenesis and insulate brain cells to help those cells communicate with each other, so oily fish, nuts, avocados and even cod liver oil should be making their way back into your kitchen cabinets.

## REFERENCES

van Praag H. (2009) Exercise and the brain: something to chew on. Trends Neurosci. May;32(5):283-90

Lee E, Son H. (2009) Adult hippocampal neurogenesis and related neurotrophic factors. BMB Rep. May 31;42(5):239-44

Innis SM. (2008) Dietary omega 3 fatty acids and the developing brain. Brain Res. Oct 27;1237:35-43



## Math Ideas:

A mnemonic device (pronounced "neh-mon-ik") is a [memory](#) and/or [learning](#) aid. Commonly mnemonics are often verbal, something such as a very short poem or a special word used to help a person remember something. Mnemonics rely on associations between easy-to-remember concepts which can be related back to the data that is to be remembered. This is based on the principle that the human mind much more easily remembers spatial, personal, surprising, humorous or otherwise meaningful information than random sequences. Mnemonic devices are especially important in teaching mathematics, as those who are not familiar with math can be overwhelmed by the formulas and methods of solving problems that they need to memorize. Through the use of special mnemonic devices some spectacular results in recall performance have been obtained.

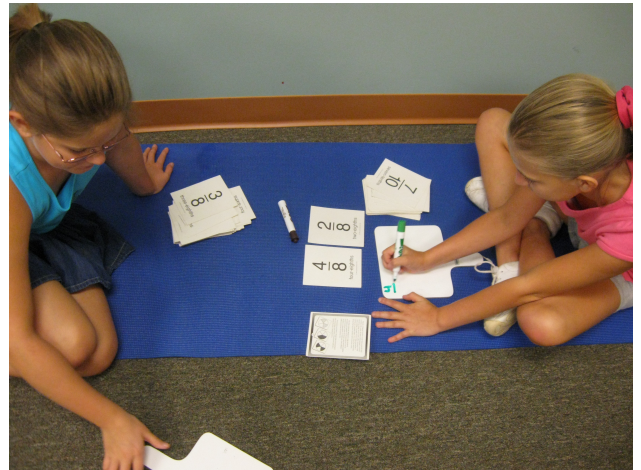
Mnemonic for remembering the prefixes of metric measurements:  
**KING HENRY DIED MERRILY  
DRINKING CHOCOLATE MILK**  
Kilometer Hectometer Decameter Meter  
Decimeter Centimeter Millimeter

Mnemonic for remembering Roman Numerals:  
**I VALUE XYLOPHONES LIKE  
COWS DIG MILK**  
I V X L C D M  
1 5 10 50 100 500 1000

Mnemonic for remembering the order of operations in long division:  
**DAD, MOM, SISTER, and BROTHER**  
Divide, Multiply, Subtract, Bring-down

Mnemonic for remembering the order of operations in multiplying fractions:  
**CRISS CROSS SIMPLIFY THEN YOU CAN MULTIPLY  
T TIMES THE T AND THE B TIMES THE B**  
(Top times the top and bottom times the bottom)

Mnemonic for remembering the order to complete mathematical operations:  
**PLEASE EXCUSE MY DEAR AUNT SALLY**  
(parenthesis, exponents, multiplication, division, addition, subtraction)



Check out our **AWESOME**  
Math Campers!!!



*You are cordially invited to The Core Institute  
for our Ribbon Cutting  
on  
August 20, 2009  
at 3:00pm*

