# "CORE"tastic Kids Newsletter

## Math Tips:

Math can be a difficult subject for many students. Most children lose interest in mathematics, simply because they think it's too hard. Parents and teachers may find it difficult to motivate their students to complete their math assignments. Here are some suggestions to help your students in solving math problems and overcome their uncertainties.

**Encourage Them-**You can improve your children's learning ability by providing them with a positive environment. Children should be appreciated when they try to solve their math problems, since they can easily pick up signs of negativity.

**Follow Up On Homework-** If your student is facing problems, then the teachers should properly explain the assignment to them. Children will feel comfortable when they know what they have to do. Parents should monitor the progress of their children.

**Demonstrate the Use of Math-**Parents can also use real life examples to teach math to their children Simply ask them to calculate the money you have to pay for tickets, the next time you go out to the movies. Try estimating the amount of groceries in the cart before you reach the register.

**Real Life Math-**Explain to your children how they can use math to solve their problems. They should understand that math is not about using simple arithmetic skills like addition and subtraction; it is much more than that. They can find out how many pieces of pizza you need to cut so that it can be shared with your family. Just go beyond the daily assignments and let your children explore the real world problems to improve their mathematics. This will show them the true value of math in their lives.

**Get Them to Talk!-**Encourage your children to communicate. Tell your child to solve their math problems by talking about the correct steps. This will allow you to monitor what he or she is thinking. You can detect the problem areas while your child is talking their way through the steps.

**Use Computers-**You can increase your child's learning speed by using computers. Today's children are much more familiar with computers than their parents were at the same age. There are many computer games that involve the use of math skills.

**Telling Time-**Teach your children how to tell the accurate time. Use digital and analog clocks for this purpose. You can talk with them about seconds, minutes, hours and days.

**Talk to Teachers-**Parents and teachers should communicate with each other on a frequent basis. They should assist the students in learning the proper mathematics skills. Parents can also play an essential role in improving their children's performance by regularly communicating with the teachers.

**Here are some practice math sites that your student can visit:**

www.mathplayground .com  www.gamequarium.com  www.aaastudy.com


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**Calendar of Events:**

Fall 2 Schedule begins
November 2, 2009

Thanksgiving Break
November 26-27, 2009

Christmas Break
December 24-25, 2009

**Exercise of the Month:**
**Jumping Jack-O'-Lantern**

This is a physical jumping exercise performed by jumping to a position with the legs spread wide and the hands touching overhead. The next step is returning to a position with the feet together and the arms at the sides. Perform this movement while jumping in a circular motion. Use glow sticks or sparklers for some added excitement and to get ready for Halloween this month.

Another option is the half jack-o'-lantern. This exercise is performed the same way but the hands only come up half way to be level with your shoulders and then back down. These two versions of the exercise are great for vestibular activation, plyometrics and gross motor development.

Have some real fun with your friends and count while you do the jumping jack-o'-lanterns and try to beat each others records. Add a timer and try to beat your own count each day in a certain amount of time. Whichever method you choose, just have fun with it!

# Body Works — From the Inside Out

**EATING RIGHT**
**CALORIES IN and CALORIES OUT**

**Diet trends often focus on one food or one nutrient, promising it will be the magic bullet for losing weight and keeping it off forever. But when registered dietitians analyze a weight-loss plan, invariably it turns out the key is reducing your intake of calories.**

**Budget your diet just like you budget your finances. If you overspent in the calorie department one day, try to make up for it in the exercise department the next.**

**Over time, if you save up calories, you are able to have that once-in-a-while splurge and not feel like you've blown your calorie budget.**

**The American Dietetic Association's Complete Food and Nutrition Guide provides these examples of calorie-burning activities:**

| Activity | Calories Burned in One Hour for 120 pounds | Calories Burned in One Hour for 170 pounds |
|---|---|---|
| Basketball | 330 | 170 |
| Bicycling (10mph) | 220 | 310 |
| Bowling | 165 | 230 |
| Hiking | 330 | 460 |
| Horseback riding | 220 | 310 |
| Jogging | 385 | 540 |
| Mowing lawn | 300 | 425 |
| Running (10mph) | 880 | 1,230 |
| Swimming | 330 | 460 |
| Walking briskly | 220 | 310 |
| Weight training | 165 | 230 |

Imagination is more important than knowledge.

**Albert Einstein**

## Reading and Spelling Tips

Family Reading Ideas

- Mealtime is a perfect time to get the family together and read an imaginative story. Before dinner is served or as everyone is finishing, take a few minutes to read.
- With the beautiful fall weather just around the corner, take the kids to the park and take a book along. Times like these create memories!
- The next time you go out to eat, take a book to read while you are waiting for the food.
- Encourage interest-based reading. If your child is interested in a particular topic, visit the library and find some books on that subject!
- Keep a book in the car just in case you have some spare time in the car.
- Make a tent with a sheet and some chairs to create a "reading hideaway".
- Telling stories can still help stimulate a young child's development. Make up a silly story and encourage your child to help create parts along with you!

Spelling Games

**Picture Spelling**- Have your child pick 8 spelling words (words they can draw a picture for). Have them draw and color a picture leaving the spelling word off the page. Then you can have a fun spelling "quiz" in which you hold up the picture and they spell the word aloud.

**Letter Stampers**- Use letter stampers and ink pad for your child to stamp out their spelling words.

**Word Sort**- Write your child's spelling words on index cards and have them sort the words alphabetically.

# Brain Based Learning

## Principles of Brain-Based Learning – Part 2

**By: Eric Jensen**

### Rough Drafts:

Brains rarely get complex learning right the first time. Instead, they often sacrifice accuracy for simply developing a "rough draft" of the learning material. If, over time, the learning material maintains or increases in its importance and relevance, the brain will upgrade the rough draft to improve meaning and accuracy. To this end, prior knowledge changes how the brain organizes new information. Goal-driven learning proceeds more rapidly than random learning. Learning is enhanced by brain mechanisms with contrasting output and input goals.

### Input Limitations:

Several physical structures and processes limit one's ability to take in continuous new learning. The "slow down" mechanisms include the working memory, the synaptic formation time for complex encoding and the hippocampus.

### Perception Influences Our Experience:

A person's experience of life is highly subjective. Many studies show how people are easily influenced to change how we see and what we hear, feel, smell and taste. This subjectivity alters experience, which alters perception. When a person changes the way they perceive the world, they alter their experience. It is experience that drives change in the brain.

### Malleability/Neural Plasticity:

The brain changes every day and more importantly, we influence those changes. New areas of brain plasticity and overall malleability are regularly discovered. It is known that experience can drive physical changes in the sensory cortex, frontal lobes, temporal lobes, amygdala and hippocampus. In addition, whole systems can adapt to experience such as the reward system or stress response system.

### Emotional-Physical State Dependency:

Both emotional and body states influence attention, memory, learning, meaning and behavior. These states become more stable over time and will resist change. For example, the longer one is angry or depressed, the more comfortable he or she becomes with that state. This has profound implications for the social and behavioral role of education.

Now that we understand our Brains and how they learn, let's get moving towards becoming "Brain Friendly" parents and teachers.

CORE institute

*Where performance meets potential.*

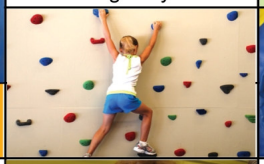
# 2009 Fall 1 Schedule of Classes


**Beginning Sept 8 Through October 23, 2009**

CORE institute
*Where performance meets potential.*

**1224 Alice Drive, Suite B, Sumter**
(In the old Winn Dixie Shopping Village)

Come let your children "hang out" with us in our Jungle Gym! We have a rock climbing wall, Wii Fit, swings, ropes, balance beams, trampolines, and lots of brain "aerobic" challenges! **Each class costs only $15!**

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
|---|---|---|---|---|
| **9:00 - 9:30** | 1st-2nd Handwriting /Print | PK -K Handwriting /Print | 1st-2nd Handwriting /Print | PK -K Handwriting /Print |
| **9:30 - 10:00** | 3rd-5th Handwriting/ Cursive |  | 3rd-5th Handwriting/ Cursive | |
| **9:00 - 10:00** | PK – 1st Sports Development Jungle | Advanced Math | PK – 1st Sports Development Jungle | Advanced Math |
| **9:00 - 10:00** |  | PK – 1st Sports Development Jungle |  | PK – 1st Sports Development Jungle |
| ——— | | | | |
| **10:00 - 11:00** | 2nd- 3rd Sports Development Vortex | 2nd- 3rd Sports Development Vortex | 2nd- 3rd Sports Development Vortex | 2nd- 3rd Sports Development Vortex |
| **10:00 - 11:00** | | 3rd-5th Reading Comprehension | | 3rd-5th Reading Comprehension |
| **11:00 - 12:00** | 4th-5th Sports Development Vortex | 4th-5th Sports Development Vortex | 4th-5th Sports Development Vortex | 4th-5th Sports Development Vortex |
| **11:00 - 12:00** | | 2nd-3rd Multiplication Boot Camp | | 2nd-3rd Multiplication Boot Camp |
| **1:00 - 2:00** | 5-6 years Learn to Read | 5-6 years Math | 5-6 years Learn to Read | 5-6 years Math |
| **2:00 - 3:00** | 3-5 years Sports Development Jungle Gym |  | 3-5 years Sports Development Jungle Gym | |
| **3:00 - 4:00** |  | |  |  |
| **3:00 - 4:00** | | | | |
| **3:30 - 4:30** | | 8-10 years Sports Development Vortex |  | 8-10 years Sports Development Vortex |
| **3:30 - 4:30** |  | 4-7 years Sports Development Jungle Gym | | 4-7 years Sports Development Jungle Gym |
| **4:00 - 4:30** | 1st-2nd Grade Handwriting/ Print | 3rd-5th Handwriting/Cursive | 1st-2nd Grade Handwriting/ Print | 3rd-5th Handwriting/Cursive |
| **4:30 - 5:30** | 2nd and up Reading Boot Camp | 2nd and up Math Boot Camp | 2nd and up Reading Boot Camp | 2nd and up Math Boot Camp |
| **4:30 - 5:30** | | 3rd-5th Advanced Math | | 3rd-5th Advanced Math |
| **5:30 - 6:30** | SAT Prep | | SAT Prep | |
| **5:30 - 6:30** | 4-7 years Sports Development Jungle Gym | PK-1 Learn to Read and write | 8-10 years Sports Development Vortex | PK-1 Learn to Read and write |

www.coreinstitutesc.com

08/24/2009

There is something for everyone. Just call ahead and let us know what class you'll be attending. **It's that easy!** (803) 469-CORE (2673)