



"CORE"tastic Kids Newsletter



Math Tips:

Did you know that listening to classical music enhances your mathematical abilities? Most research shows that when children are trained in music at a young age, they tend to improve in their math skills. Students who were exposed to the music-based lessons scored a full 100 percent higher on fractions tests than those who learned in the conventional manner.

Most people enjoy music and find it a naturally interesting subject, while many consider math to be a "difficult" subject. Often they do not realize how closely related music and math are. Rhythm and pitch, two of the most basic elements of music, are best described using basic math concepts. Music training enhance spatial-temporal reasoning which is basically proportional reasoning - ratios, fractions, proportions and thinking in space and time. This concept has long been considered a major obstacle in the teaching of elementary math and science

Hungary, Netherlands and Japan stand atop worldwide science achievement and have strong commitment to music education. All three countries have required music training at the elementary and middle school levels, both instrumental and vocal, for several decades. Engagement in the arts — whether the visual arts, dance, music, theatre or other disciplines—nurtures the development of cognitive , social , and personal competencies .

As a result of varied inquiries, *researchers* found that learners can attain higher levels of achievement through their engagement with the arts.



Where performance meets potential.

1224 B Alice Drive
Sumter, SC 29150

Phone: 803-469-CORE (2673)

E-mail: core@tuomey.com

www.coreinstitutesc.com

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Calendar of Events:

New Office Hours

Monday—Thursday

8:00am—6:30pm

Thanksgiving Break

November 26-27, 2009

No group classes on November
25th

Christmas Break



Exercise of the Month:



The Turkey Trot (Skipping): Try out a calorie burning exercise everyone can do! Skipping is a great exercise to improve your cardio vascular system and bi-lateral coordination skills. Stand up nice and tall with good posture. Start off by bending one leg at a 90 degree angle, lifting it up to your chest and the opposite arm with elbow bent up toward your head. Make a small hopping movement with the foot that is left on the ground. Alternate arms and legs for the completed experience. You can adjust your level by lifting your knees higher and swinging your arms at a faster pace. Don't confuse this with jogging or running. The skipping motion has your legs come up toward the front of your body involving a hopping movement instead of toward the back like running.

Body Works — From the Inside Out

Holiday Blues

Holiday time is right around the corner! Often the "Most wonderful time of the year" can turn into a nightmare that you wish would just go away. Mark Sichel, a practicing psychiatrist, wrote a great piece on holiday stress. Here are 6 great tools to get through the holiday season happily....as well as ways to prevent problems and misery for yourself and your loved ones:

1. **Have an attitude of gratitude.** Misery and gratitude cannot occupy the same space in our psychological house, and we have the power to choose between these emotional states.
2. **One golden rule to getting along with family...be responsible for how you behave. You certainly have no control over how your relatives behave.** The most important part of avoiding holiday stress with our families is for each of us to feel mastery over, & satisfaction with, our own behaviors, attitudes & feelings. If you know in your head and your heart that you've acted like the best parent, child, brother, sister, friend that you know how to be, you can walk away from any difficulty feeling good about yourself.
3. **Decide upon your priorities and stick to them.** Organize your time. Be reasonable with your schedule. Do not overbook yourself into a state of exhaustion--this makes people cranky, irritable, and depressed.
4. **Plan unstructured, low-cost, fun holiday activities:** window-shop and look at the holiday decorations. Look at people's Christmas lighting on their homes, take a trip to the countryside, etc.--the opportunities are endless.
5. **Do not let the holidays become a reason for over-indulging** in food and drink and create unnecessary weight gain and hangovers for yourself. This will exacerbate your depression and anxiety. Contrary to popular opinion, alcohol is a depressant.
6. **Give yourself a break:** create time for yourself to do the things YOU love to do.

If you keep only one thing in mind to combat the holiday blues, make it be to remember: The choice is always yours. The sky is partly sunny, and the glass is half full, if you want it to be that way. If we choose not to make this choice, we can choose instead to focus on the partly sunny skies and revel in our gratitude for our bounty, health, hope, and our courage to face each day with hope and determination.

Reading and Spelling Tips

Tips to Improve Reading Skills

- Set aside a regular time to read to or with your child every day.
- Surround your child with reading material.
- Have a family reading time.
- Encourage a wide variety of reading activities. (Restaurant menus, road signs, movie times, etc.)
- Develop a library habit!
- Use a variety of aids to help your child. (Textbooks, computer programs, books on tape, reading games)
- Show enthusiasm for your child's reading.

Reading Activities

Alphabet Scrapbook- Use a notebook, one page for each letter, to build a scrapbook. Have your child cut out pictures from magazines that start with the different letters of the alphabet and glue them to their matching letter page. See how many pictures you can add to each page!

Favorite Recipe- Rewrite an easy recipe, such as pancakes, changing some words, "big spoon" for tablespoon or "little spoon" for teaspoon, and have your child read the recipe aloud as they help you make it!

Write a Book Review- Have your child write or tell you a review of a book they have finished reading.



Saying thank
you is more than
good manners.
It is good
spirituality.

Alfred Painter

Brain Based Learning

Gratitude is Good for the Brain!

Research is showing that not only is your turkey dinner good for the brain, but the act of giving thanks is good for brain health and happiness as well.

Dr. Michael McCollough, of Southern Methodist University in Dallas, Texas, and Dr. Robert Emmons, of the University of California at Davis, have published a scientific study indicating that gratitude plays a significant role in a person's sense of well-being. McCollough and Emmons conducted a Research Project on Gratitude and Thanksgiving. "The study required several hundred people in three different groups to keep daily diaries. The first group kept a diary of the events that occurred during the day, while the second group recorded their unpleasant experiences. The last group made a daily list of things for which they were grateful.

The results of the study indicated that daily gratitude exercises resulted in higher reported levels of alertness, enthusiasm, determination, optimism and energy. Additionally, the gratitude group experienced less depression and stress, was more likely to help others, exercised more regularly and made more progress toward personal goals. According to the findings, people who feel grateful are also more likely to feel loved. McCollough and Emmons also noted that gratitude encouraged a positive cycle of reciprocal kindness among people since one act of gratitude encourages another." (2)

The research found that anyone, regardless of age or religious affiliation, benefitted from an "attitude of gratitude." It's as simple as developing a daily pattern of finding and acknowledging things to be thankful for in daily life. Gratitude may be as simple as clean running water, food on your table, the beauty of nature or another birthday. The goal is to shift your focus from what you don't want or what is not working well in your life to those daily blessings that often go overlooked.

Dr. Emmons recommends keeping a "Gratitude Journal". Nothing fancy, just a simple notebook left out in the open where family members can keep the daily invitation to say "thanks" for something. The added bonus is that not only does the author of the gratitude benefit, but the research shows a positive ripple effect to the readers of the gratitude as well. The key to a healthy brain is to develop a pattern of thankfulness all year long, not just one day each November.

Who knew Thanksgiving was such a brain friendly holiday! So, now you can enjoy the upcoming Holidays and enrich your brain with good foods and gratitude. Happy Thanksgiving from The Core Institute! We are truly thankful for the wonderful CORE families that share their beautiful children with us each week.



Handwriting Tips:

By [Raina Kelley](#) | NEWSWEEK

Does handwriting have a practical use today, or is it just a relic of a bygone era when children listened to their elders? Certainly, notes written by hand have the retro appeal of, say, a gift of homemade apple butter, but apart from the odd scribble of gratitude or condolence, do we really need it?

Many educators say yes, for reasons having nothing to do with thank-you notes. Handwriting is important because research shows that when children are taught how to do it, they are also being taught how to learn and how to express themselves. A new study to be released this month by [Vanderbilt University](#) professor Steve Graham finds that a majority of primary-school teachers believe that students with fluent handwriting produced written assignments that were superior in quantity and quality and resulted in higher grades—aside from being easier to read. The College Board recognized this in 2005 when it added a handwritten essay to the SAT—an effort to reverse the de-emphasis on handwriting and composition that may be adversely affecting children's [learning](#) all the way through high school and beyond.

All this matters, educators say, because evidence is growing that handwriting fluency is a fundamental building block of learning. Emily Knapton, director of program development at Handwriting Without Tears, believes that "when kids struggle with handwriting, it filters into all their academics. Spelling becomes a problem; math becomes a problem because they reverse their numbers. All of these subjects would be much easier for these kids to learn if handwriting was an automatic process."

No one is predicting, or even recommending, a return to the days when children obsessively practiced the curlicues on their Palmer Method capitals. Beauty seems to be less important than fluidity and speed. Graham's work, and others', has shown that from kindergarten through fourth grade, kids think and write at the same time.

Predictions of handwriting's demise didn't begin with the computer; they date back to the introduction of the Remington typewriter in 1873. But for at least a generation, penmanship has seemed a quaint and, well ... *schoolmarmish* subject to be emphasizing. Now, backed by new research, educators are trying to wedge it back into the curriculum. After all, no one has suggested that the invention of the calculator means we don't have to teach kids how to add, and spelling is still a prized skill in the era of spell check. If we stop teaching penmanship, it will not only hasten the dreaded day when brides acknowledge wedding gifts by e-mail; the bigger danger is, they'll be composed even more poorly than they already are.

Peanut Butter Muffins

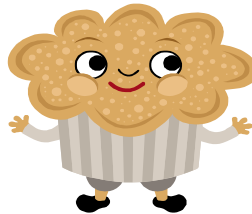
Prep time: 35 minutes

Ingredients:

2 eggs	1 cup milk
1/4 cup nonfat dry milk	2 1/4 cup flour
1/4 cup banana (about 1 banana) mashed with a fork	1 1/2 tsp. baking powder
1/4 cup peanut butter	1 tsp. baking soda
1/3 cup vegetable oil	Nonstick cooking spray
1/4 cup frozen apple juice concentrate, thawed	

Directions:

1. Preheat oven to 350
2. In small bowl, break eggs and use fork to beat them a little bit.
3. In large bowl, combine the milk, mashed banana, peanut butter, vegetable oil, apple juice, dry milk, and the eggs. Mix with a mixing spoon until mixture is creamy.
4. Add the flour, baking powder, and baking soda into the large bowl. Mix again.
5. Line a muffin tin with paper liners or lightly spray with nonstick spray. Spoon in the muffin mix. Fill each muffin cup about 2/3 of the way up.
6. Bake for about 15 minutes.
7. When your muffins are finished baking, remove from muffin tin and cool them on the wire rack. Then it's time to taste and share!!!



Brent Petersen, Jodi Danback, Sheri Barfield, Tammi Soles, Becky Latta, Vicki Towery, and Cindy Charles

On October 29th, CORE Institute celebrated storybook day by dressing like storybook characters!!!

It was "CORE"iffic!!!!