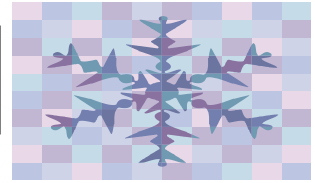


# "CORE"tastic Kids Newsletter



## Math Tips:

### Math Tip:

Learning how to solve problems in mathematics is knowing what to look for. Math problems often require established procedures. The key to solving problems is knowing what the procedures are and when to apply them. To identify procedures, the student has to be familiar with the problem situation and be able to collect the necessary information, identify a strategy or strategies, and use it appropriately.

When deciding on methods or procedures to use to solve problems, the first thing your child should do is look for clues (which is one of the most important skills in solving problems in mathematics). If your child begins to solve problems by looking for clue words, they will find that these "words" often indicate the operation.

**Clue Words for Addition—sum, total, in all, perimeter**

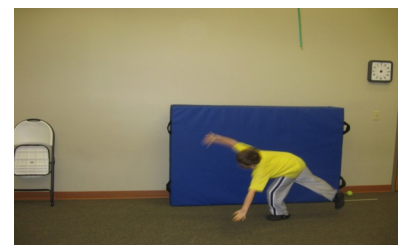
**Clue Words for Subtraction—difference, how much more, exceed**

**Clue Words for Multiplication—product, total, area, times**

**Clue Words for Division—share, distribute, quotient, average**

## Exercise of the Month:

**Snowflake Cartwheels:** With the cold winter weather outside, it may be difficult to get an efficient amount of exercise. Most children like to run around outside for exercise. The snowflake cartwheel is a fun inside activity. Clear a path and a space to perform the cartwheel. Make sure nothing is on the floor that you might land on, trip on or bump into. Raise your arms above your head and point your dominant leg, raising it slightly off the ground. Your dominant leg corresponds to your writing hand. Keep your head straight and look straight ahead. Place your dominant hand on the floor first as you lift your back leg up in a kicking motion. Follow your momentum and bring your dominant leg up while placing your other hand on the ground. Bring your back leg to the ground first and release your hands. Stand up straight as you set your dominant leg down. The dominant leg is in back now and the body is facing the opposite direction. A cartwheel resembles a snowflake because each one will look different. Start with one at a time and then work your way up to a continuous flow of cartwheels. Have a great time bringing that winter fun indoors!



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### Calendar of Events:

#### January 18th:

Dr. Martin Luther King, Jr.  
Holiday—CORE is open

#### February 15th:

Presidents Day  
Holiday—CORE is open

Sign up for Winter Session Classes:  
Multiplication Boot Camp, Math Foundations  
Reading Classes  
Focus and Attention Classes  
Winter Session ends March 12, 2010

\*\*\*Become a fan of The Core Institute on Facebook at [www.facebook.com/The-Core-Institute](http://www.facebook.com/The-Core-Institute)\*\*\*

# Body Works — From the Inside Out

## STICKING TO IT!

With the new year in full swing, many of us are gun-ho on our resolutions. Here are a few quick pointers from lifehacker.com to help you stick to it as temptation comes your way

### Distract yourself at the moment of temptation.

It seems cruel, but researchers have learned a lot from tempting kids with an immediate sugary treat versus a more substantial treat if they wait it out. What did the kids who successfully avoided eating marshmallows right away have in common? According to [NPR's story on The Marshmallow Test](#), they distracted themselves whenever the lure of the fluffy white puffs became too strong—twirling their hair, counting to some random number, singing a song. Anything that got their mind off what it was consciously trying to avoid worked better than just torturing themselves over it, and we adults can probably learn a thing or two from those exercises. What better reason, really, to keep an engaging, entertaining game handy on your cell phone for immediate playing whenever temptation strikes?

### Create a reminder network

Before an action you want to do every day becomes a real habit, it requires a lot of reminders and dragging yourself to do it. To get there, learning trainer Dr. Stephanie Burns [suggests setting up external triggers and reminders](#). Not just sticky notes on the bathroom mirror (though those can help), but a whole multimedia onslaught of conscious-mind triggers: clock alarms, devoted friends who call at the same time every day, rubber bands, locks on the cupboard containing the too-hard-to-resist treats, and so forth. Once you get use to doing the same thing, in the same place, in the same surroundings, you'll have the efficiency of a self-winding wristwatch.

### Think progress not perfection

You are not Vulcan, Cylon, or any other science fiction race that has perfect, programmatic willpower. You are human, and you will, inevitably, [give into your cravings](#), whether on special occasions or when faced with gourmet tiramisu. When you do, don't consider your resolution failed, but consider that any massive change will have setbacks and mistakes. As they say, moderation in all things—including moderation. If food is your particular vice, remember, It's not what you eat, but the spirit in which you eat it. Same goes for most anything you promise yourself, really.



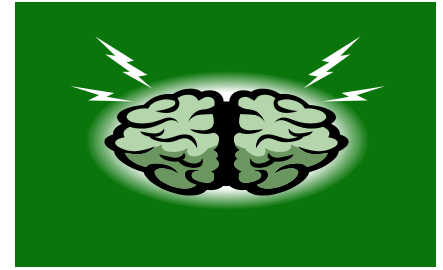
Be always at war  
with your vices, at  
peace with  
your neighbors,  
and let each year  
find you a  
better man.

Benjamin Franklin

## Reading and Spelling Tips

- **Back Writing**- Write letters/words on your child's back with your finger and have them tell you what letter/word they felt.
- **Visualize Spelling Words**- Show a spelling word and take it away. Have your child say and spell the word using their "mind's eye." Then have them tell you what letter they "see" first, last, etc.
- **Spelling Planks**- Hold a plank position (arms and legs straight in a push-up position, back flat) and spell words aloud. For an extra challenge, do a push-up for the vowels!
- **Word Jumble**- Mix up the letters of each spelling word and unscramble them to spell the word correctly. (Example: Jumble: plaep, Spelling Word- apple)
- **Count on Spelling**- Use the letter tiles from Scrabble to build spelling words. Then add the points for each letter to get a total for each spelling word. Find out which spelling word is worth the most points!
- **Memory**- Use spelling words, letters or pictures to play a game of memory. Take turns flipping two cards over trying to find a match!

# Brain Based Learning



## Can Student's Brains Actually Change?

Since our brain is involved in everything we do, then the next question is, "Is our brain fixed, or is it malleable? And -is our brain shaped by experience?"

An overwhelming body of evidence says, "Yes - to both!" Research shows our brain is altered by everyday experiences, such as how we teach reading, learning vocabulary, studying for tests and by learning to play a musical instrument (Gaser and Schlaug, 2003).

Studies also confirm the success of software programs using the rules of brain plasticity or malleability to retrain the visual and auditory systems to improve attention, hearing and reading. (Simos, et al., 2002).

In short, altering our experiences will alter our brain. This is a simple, but profound syllogism.

- Our brain is involved in all we do
- Our brain changes from experience

Our experiences at school and elsewhere will change our brain in some way.

The brain is involved with everything we do at school so educators who understand this and take brain based research into consideration in the delivery of their classroom curriculum and behavior management, see awesome success with their students.

Here's to a New Year and Your New and Constantly Changing Brain!

### PARENTS!!!! For Your Information:

- Winter Weather Update: Watch WIS, WLTX, WOLO, WACH or the Core websites for Core closings due to inclement weather.
- **Only** Academic Group classes missed will be made up in the case of cancellations due to inclement weather.
- Make up days will take place the last Saturday of each month, if necessary.



## Handwriting Tips:

### Putting Thoughts on Paper

#### Word & Sentence Skills

#### Read this first

Have you ever noticed how children who haven't been taught sentence-writing skills try to put their thoughts on paper? They mix up capitals and lowercase letters. They run words together. They do not use ending punctuation. Do you know why they do that? They are simply writing the way they think or speak. Verbal language does not need or use capitals, spacing, or punctuation. But, all three are essential to written language.

#### Why was that hard to read?

That is hard because you can't tell where one word or sentence ends and another begins. What is missing? Capitals, spacing, and ending punctuation! Have you ever noticed how children who haven't been taught sentence-writing skills try to put their thoughts on paper? They mix up capitals and lowercase letters. They run words together. They do not use ending punctuation. Do you know why they do that? They are simply writing the way they think or speak. Verbal language does not need or use capitals, spacing, or punctuation. But, all three are essential to written language.

#### Three skills to teach

1. **Capitalization** rules for starting sentences
2. **Spacing** between words and sentences
3. **Ending punctuation including** periods, question marks, and exclamation points

So you must deliberately teach these skills to your budding writers. Then they and you will be able to read what they write!

HWT

### Granola Peanut Butter Balls

#### Ingredients:

2 tablespoons honey  
4 tablespoons peanut butter  
2 cups granola  
2-4 tablespoons milk, or as needed

#### Directions:

In a large bowl, mix together honey and peanut butter. Using spatula, stir in granola. Add enough milk, just to moisten—you want it to stick together. Form into balls. Chill until ready to serve.  
Makes about 16 balls.



**NEW!**

For 2010

- Math Foundations Class
- Attention and Focus Class—HOPE / HYPE
- Multiplication Boot Camp
- Parent Leadership Conference