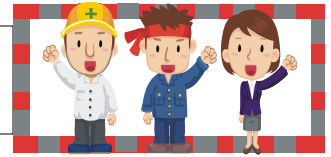


"CORE"tastic Kids Newsletter



Tips for Back to School Reading

Below are some fun and practical ways to make reading a normal and natural part of family life and encourage kids of varying ages to get reading-ready as they head back to the classroom and prepare to dive into books all year long.

Record your child's favorite book - A cassette recorder is one way to enable younger children to enjoy a favorite book again and again. Grandparents, parents, older brothers or sisters can record their favorite stories on tape or the whole family can join in and play different characters.

Read around the world - Help develop geography and reading skills by making a faux passport and a copy of an oversized world map. Each time you and your child read a story about a different part of the world, color in that country on the map and stamp the passport. Continue the activity by doing research on the countries, reading the newspaper and watching the news.

Share your stories - Telling stories from your personal life is a fun way to teach values, pass on family history and build your child's listening and thinking skills. Your child might someday want to write the stories down in a book for a class project.

A special nook - Create a special place for you and your child to read. It could be a favorite chair, a couch, a child's bed, or outside under a tree or by a lake.

For all ears - Read aloud to your children, even after they've learned to read on their own and are attending school. Young readers enjoy listening to many books that they can't yet master and teenagers like to hear old favorites. Encourage kids to describe the pictures or take turns reading aloud with you. Even though kids may also read books in class, spending additional time reading their favorite literature with you is also important.

Regular intervals - Set aside a special time each day that you and your child devote to reading. Before bed, at breakfast and before dinner are common times for many families with busy school and activity schedules. For example, your child can read to you while you wash the dinner dishes or you can read to your child from the newspaper as she eats her breakfast. Even if it's only 15 minutes a day, you're encouraging lifelong reading.

Caught in the act! - Show your child that reading isn't just for the classroom. Let your kids catch you reading whenever possible. Try making a game of it. One way might be to create "I caught you reading!" coupons. Each time they "catch" a family member reading they present them with a coupon. At the end of each week, hold a drawing to award a family member with a prize.

A library of their own - Build your child's affection and respect for reading by helping them create their own personal library. Designate a space on a bookshelf or a special box for books. Add new books to their collection by either getting books already finished by an older child or by going to the bookstore together.

Everyday opportunities - Newspapers, magazines, hardcover and paperback books may be obvious reading choices, but don't dismiss road signs, menus, billboards, cereal boxes and lots of other everyday items. Read aloud anything with words and present reading as a way to discover the world.



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Calendar of Events

There is still time to enroll
in our Fall Classes

We will be closed
Monday,
September 6 in
observance of Labor Day

Fall 2 classes begin
Monday,
October 18



Body Works — From the Inside Out

Study: We're too lazy, watch way too much TV

S.C. residents eighth-laziest in nation, watch the most TV, sleep too much, data show
By NOELLE PHILLIPS thestate.com

You do it. Your co-workers do it. "You send an e-mail to someone two doors down at the office," Pate said. "Before the Internet took over, you would walk down there and talk to them." A short stroll down the hall won't cure sedentary habits or obesity, but it's a start, said Pate, who is an exercise science professor at USC's Arnold School of Public Health. South Carolina needs to get started.

The Palmetto State is the eighth-laziest in the union, according to a survey released Tuesday by Businessweek.com. We apparently excel at sleeping and hanging around in front of the TV or online and spend a lot less time working than folks in other states. In fact, we rank No. 1 in the amount of television we watch every day. (Three hours and seven minutes, we're told.)

Business Week's Website ranked the country's laziest states, based on data from the U.S. Bureau of Labor Statistics and other government statistics. The survey averages the amount of time people who are 15 and older spend on various activities. Southern states made the top three - Louisiana, Mississippi and Arkansas.

But some of Businessweek.com's conclusions might raise eyebrows. Do we really sleep an average of 8 hours and 42 minutes a day and work just 3 hours and 26 minutes? OK, so 15-year-olds and retirees might skew some of the numbers. But there is a serious message here.

And there are people who are serious about changing our habits. One of those is Amy Splittgerber, executive director of Eat Smart, Move More SC, an organization working to prevent childhood obesity. Part of what the group does is encourage families to turn off the television and get moving. Eat Smart, Move More sets up community groups to work with schools, churches and other organizations to change habits and environments. For example, churches can rethink snack time during Sunday school. And cities can build sidewalks and increase police presence so families feel safe in letting their children walk to school.

"We can't just educate people or create a brochure or have a contest," she said. "Those things haven't worked for a generation. Let's change these environments we live in, socialize in and pray in."

Changing habits also should include getting up from the work desk throughout the day to get water, visit a co-worker or walk a lap around the parking lot. Scientists are learning more and more about the importance of moving about during the day in addition to 30 minutes of moderate to vigorous exercise, Pate said. "It's just very bad for our bodies," he said about sitting all day. BusinessWeek's study factored in state statistics that show only half the adults in South Carolina get enough physical activity, only one-third have sidewalks in their neighborhoods and only 37.4 percent use outdoor parks and facilities for physical activity.

Still, South Carolinians should not be too down on themselves for being called among the nation's laziest. The nation as a whole is on the same trend of gaining weight and sitting around. "There's a lot of bad to go around," Pate said.

SOURCE: BusinessWeek



Before the reward, there must be labor. You plant before you harvest. You sow in tears, before you reap in joy.

Ralph Ransom

The Top 10

According to the ranking based on data from the U.S. Bureau of Labor Statistics, here are the laziest states in the country:

1. Louisiana
2. Mississippi
3. Arkansas
4. North Carolina
5. Tennessee
6. Kentucky
7. West Virginia
8. South Carolina
9. Alabama
10. Delaware

SOURCE: BusinessWeek

Are Intelligence and Achievement Contagious? The Most Critical, Must-Have Attitude You Can Possibly Have Starting a New School Year Is...

Every year, hundreds (or is it 1,000s?) of new books flood the educational marketplace. There's no way on earth that you or I can keep up with the flood. But if you were to narrow down the list of critical things that every educator should keep at or near the top of their list, what would you put on the list?

Here is a list of the usual: be rigorous (assign challenging content), assess often (formative assessment is big these days), use inclusion more (it's more politically correct and it saves money), and be sure to differentiate (flash news bulletin: kids are unique), plus a dozen others.

Are ALL of those a good idea?

In some ways, yes. But if your list got narrowed further and further to just the top three or four items, what would you put on the list for the upcoming school year? I know what I would insist that everyone on your staff keep in the top 5. In fact, I would be relentless about it until it was heavily embedded in every class, every day. What are these top 5 "must do" items? Keep reading...

We all accept the reality that colds and the flu are contagious. We think that since there are often airborne particles or hand and face transferred germs involved, we can "catch" something from others. But could your students "catch" achievement? It sounds far-fetched, but is it?

New science is telling us that the culture at your school may be more important than you think. I'm going to make a case for a new list of top 5 items to be on your list: start the new year with a "malleable brain" or "growth mindset."

Why? Traditionally, we have believed that the individual differences we see among our kids are just that: differences that "reside" inside our kids. But new evidence suggests that we might be thinking a bit too small.

A recent cluster of "attitude" and belief studies explore the consequences of organization-level (think "whole school") transfer of intelligence. Collectively, the studies tell us the following:

1. Organizations (like schools) exude a number of values to its own members, as well as to the public. Remember how Disney treats its customers as "guests" and the staff as "cast members." This experience shifts the way employees ought to think about how they relate to customers. At your school, what is the accepted "label" and "identity" of your staff? Do you all "teach" or are you "change agents"? There's a BIG difference. Teachers focus on teaching content and change agents focus on changing lives through building skills and new attitudes.
2. We systematically shift our level of self-presentation (display of "smarts" to others) when we join an organization. This means that kids will "present" themselves as "higher" at a school which asserts itself as a "top level", than they would at a school which exudes a "struggling school" mentality. What is your school's mentality?
3. These personal shifts are inferences for participants' behavior and ultimately, their self-concepts. The studies show that the effects of an organization's "vibe" are not due to a simple priming effect, and that environments shape cognition and behavior. Your students will grow, stay the same or fall back after this upcoming school year.
4. School kids theories of their own intelligence (whether they believe it is fixed or flexible) are critical to their failure or success. Their personal theory will influence their own tendency to either give up or persevere in the face of failure. A flexible theory says, "I might fail today, but I can be better tomorrow." This belief is often transferred by the prevailing school culture to individuals. But, that alone isn't everything. Their belief is either strengthened or weakened by the student's perception of how it will affect 'my' status. In other words, if kids think they'll LOSE status when they do better academically, it weakens their interest in developing a growth mindset. Each of these works together.
5. Often, educators use words like "smart students" or "slower students." These terms alter the child's mindset in negative ways. If you're "smart" then, in theory, you don't need to put out much effort. If you're supposedly "slow" then you're not going very far, so no need to put out much effort. In fact, researchers have demonstrated that children with disabilities are LESS likely than other children to hold a mindset of upward possibilities in their intellectual abilities. This is scary because the lower a child's IQ, the more "upside gain" is possible.

But does all this theory work? You bet!

In study after study students with a growth mindset, even in mathematics, did better than the control group who were NOT given the positive growth mindset. In other words, if you change the culture at school, both across the board and in students (1 at a time), you'll get better results, even if your instruction never changes! Add new instructional changes (like more engagement) and you can expect miracles this coming year!

www.jensenlearning.com

Exercise of the Month: September

As school starts to kick off to a great start, let's kick into action with some fun family sports. How about a game of soccer in your own backyard? Children love to run and play and what better way than to get involved at your own house. Let's face it parents, we are tired from a long summer and now trying to get back on track with our daily school routines, we could use a little energizer too! All you need are a few items from your garage to use goals and a ball. Set up 2 items at each end of the yard to make a goal; for example 2 chairs or 2 buckets. These items will make a great goal for each team. Then choose your teams. Be creative and come up with some great team names like the ball blasters vs. soccer kings. Set the rules for the soccer game: explain where the boundaries are and how the goals are set up. For those family members that don't want to participate, they can sit on the sidelines and cheer for each team. Soccer is a great game to build your cardiovascular system and to teach teamwork. Have FUN!



Back To School



After a summer of swimming, sleeping in and riding bicycles, returning to school can be both an exciting and stressful time for parents and children alike. Children have to adjust to new teachers, new friends and new environments. All of these changes, coupled with re-energized daily routines that accompany the school year, can be intimidating for any family; but parents of children with attention deficit hyperactivity disorder (ADHD) may have unique challenges. With a little extra preparation and communication, parents can help their children with ADHD thrive in and out of the classroom.

Adjust Bed and Wake Up Times: Make sure the new schedule allows for enough sleep at night. Good quality sleep is important for learning and for your child's overall health.

Organize School Supplies: Make a fun time out of buying new school supplies and organizing the school backpack. You can also use this time to talk with your child about his feelings related to school. Reflect upon his feelings and be a good listener.

Create a Study Area at Home: If your child will be assigned homework during the school year, spend time before school starts creating a nice study area. Make this work space their permanent identified place for study. Make sure all necessary materials are available in the area - pencils, pencil sharpener, paper, good light, crayons, colored pencils, scissors, ruler, etc. Come up with homework rules - what time it will begin, no television during homework time, no clutter on homework desk, etc.

Be Positive: The new school year can create anxieties in parents, too! Help your child to feel positive about school by being calm and positive yourself. Remind your child to enjoy himself and have fun.

Math Activities

Number Recognition/Equations: Looking for a way to make math practice fun? In this activity, kids get creative using cut-out paper numbers, markers, googly eyes and pipe cleaners to design cute insect friends. Turning numbers into a fun art project is a great way to learn number recognition. After the numbers are done, you can put them together to make unique and memorable equations.

Early Addition: Take math off the page and into the real world by playing a counting game with lima beans painted blue and white. This simple game adds up to one thing: a fun way to practice early addition! **What You Need:** lima beans, blue spray paint, small cup, small index cards or paper, blue crayon, stapler or heavy string **What You Do:** **1.** Before starting the game, spray paint the lima beans on one side only, so one side of each bean should be blue and the other side should be white. **2.** Now play the game. Ask your child to place five beans in the paper cup, shake the cup to mix up the beans, and then toss the contents onto the table. **3.** Give them the blue crayon and ask them to draw the total number of beans they see on a piece of paper or index card, then color them in according to the beans' colors. For example, if your child's toss shows 4 beans facing blue side up, and 1 bean white side up, they should color 4 beans blue and leave one not colored in, or white. **4.** Repeat step 3, encouraging them to continue tossing the five beans from the cup, until they think they've discovered all the ways to make 5. **5.** Stack the pages or index cards and bind them together with string or staples to make a book showing all the different ways to make the number 5. As your child's curiosity about numbers grows, adjust the game by changing the quantity of beans until you get all the way up to 10. As they mature, ask them to write the addition sentence that matches each picture on its bottom, for example, $2 + 3 = 5$.

