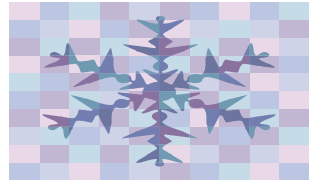


"CORE"tastic Kids Newsletter



Winter Educational Activities for Young Children

It's always fun to use things in our children's everyday lives to spark discussion and easy educational activities. Since many of us are currently in the midst of winter, this season can be a great topic of "study" for our littlest ones.

To introduce the topic of "Winter," ask your child what she knows about the seasons. Is she aware of spring, summer, autumn and winter? Does she know what the differences are between the seasons in your local area?

Don't lecture. Just make conversation and find out what she knows already. Have her look out the window and tell you what she notices about the trees, bushes, flowers and gardens. Are there leaves visible? Buds? Flowers? Greenery? Bare branches? Brown stems?

Find a photo, painting, or picture in a book of an obvious winter scene. Ask your child if she knows what season it is in the picture. What things tell her what time of year it is? If she doesn't know, point things out to her that will give clues: bare branches, snow on the ground, no flowers, people in warm clothes, etc. Hide the picture from view and have the child describe to you in her own words what she saw in the picture. Encourage as much detail as possible, but remember to keep it low-key and fun. This process of orally telling back what she's seen, helps cement the image in her memory.

- To supplement your discussion, enjoy together a winter-time picture book such as Ezra Jack Keat's 'The Snowy Day' or the Alaskan tale 'Momma, Do You Love Me?' by Barbara M. Joosse.

Ask your child how people stay warm in the winter (warm clothes, mittens, fireplaces, warm houses, etc.). Let her brainstorm for awhile. Then ask how she thinks animals stay warm in winter (thick fur, migrate to warmer climates, hibernate in caves, etc.).

Sometimes a preschool child might say things like, "Baby squirrels snuggle up in a tree with a soft blanket to stay warm." Ask her gently if she's ever seen a real squirrel with a blanket. Does she think that's how they'll really stay warm in those cold, winter months? The line between fantasy and reality in preschoolers is sometimes thin ... don't harshly bring your child into reality, just gently coax her into thinking about how things really happen in nature.

But just so you don't think it all needs to be a serious dose of reality, have some fun and brainstorm about "pretend" ways animals might stay warm. For fun, read one of these wonderfully fun and beautifully illustrated winter-time books by Jan Brett: The Mitten and The Hat.

Have your child finish the sentence, "Winter is ..." For example: Winter is ... "cold"; winter is ... "snowmen"; winter is ... "mittens"; winter is ... "cocoa and marshmallows." Consider writing down your child's responses (she'll feel so official seeing her words written down on paper). If you're feeling particularly creative, you can even print out little "Winter is ..." booklets using clip-art found on your computer that coincides with your child's winter responses. Or have your child illustrate their own home-made "Winter is ..." book. Or let her cut out winter photos from magazines and newspapers, pasting them onto a large sheet of paper as a "Winter is ..." collage.

Have a wonderful time as you explore the glories of winter with your preschooler!



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Calendar of Events:

Happy New Year!!!

New TEEN Fitness
Class for Girls

New Classes begin
January 10, 2011

See the back cover
for our
Class Schedule



Become a fan of The Core Institute on Facebook at www.facebook.com/The-Core-Institute

Body Works — From the Inside Out

Kids don't get enough exercise from sports

By Alison McCook

NEW YORK | Tue Dec 7, 2010 11:23am EST

(Reuters Health) - Parents hoping to keep their kids active often sign them up for sports, but a new study finds that this may not be enough.

On average, kids enrolled in soccer, baseball or softball exercised heavily for only 45 minutes during practice -- 15 minutes less than the amount recommended by national guidelines.

Among girls who played softball, only 2 percent got at least 60 minutes of strong exercise during practice.

These results will likely come as a surprise to some parents, study author James Sallis at San Diego State University told Reuters Health. "Many parents will sign children up for sports as an enjoyable and regular way to get physical activity, among other benefits," he said in an e-mail. "And the players do get some activity, but I don't think it is enough."

Physical activity is important in childhood because active kids have better mental health and stronger bones, the researcher noted, and exercise helps fight childhood obesity.

However, "providing physical activity is not the main goal of youth sports," Sallis explained. Practices sometimes lasted more than three hours, but much of that time is likely spent improving skills and strategy, during which kids are often standing in line. In baseball, hitting, catching and other skills require little activity, he added. "So, time spent on skills can compete for active time." The emphasis on skills may be one reason girls get such little exercise in softball, he suggested.

Boys, kids 10 or younger, and those enrolled in soccer tended to get more heavy exercise.

Despite national recommendations that kids get a total of at least 60 minutes of moderate to heavy exercise, research suggests that fewer than half do -- and teenagers are even worse.

In the U.S., more than 40 million young people play on a sports team. To investigate whether organized sports help kids get the exercise they need, Sallis and his colleagues outfitted 200 seven- to-14-year-olds with devices that measure physical activity during team practice for soccer, baseball, and softball. The kids practiced at least once per week and had games at least once per week.

The researchers measured how often kids got moderate or vigorous exercise, roughly equivalent to brisk walking and jogging, respectively. "If the kids are breathing heavy and sweating, they are being active," Sallis explained.

Only one-quarter of all participants got at least 60 minutes of moderate or vigorous exercise, the authors report in the Archives of Pediatrics & Adolescent Medicine. Kids who played soccer exercised an average of 14 minutes longer, and kids 10 or younger got an average of 7 extra minutes of strong exercise. Relative to girls, boys got about 11 extra minutes of heavy exercise.

Kids also get exercise during physical education classes, play and recess, but parents can't count on those activities to make up for what sports lack, Sallis cautioned. Many schools are cutting PE and recess, and kids often have to do homework and eat dinner after sports practice. If they're not getting exercise during organized sports, "there is no time left."

He recommended that coaches and sports organizations work to integrate more fitness and endurance into practices. "If coaches were convinced that fit players were better players, there would be more physical activity during practices."

Russell Pate of the University of South Carolina, who wrote an accompanying editorial, agreed that the organizers of youth sports programs need to take steps to ensure that kids who participate "get as much physical activity as possible while they're doing it."

Furthermore, Pate added, the amount of heavy exercise kids get is "highly variable," both between sports and within sports, suggesting parents need to "be selective" about which teams they sign up for.



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

Benjamin Franklin



Tween/Teen
GIRL Fitness
Monday
and Wednesday
5:00 to 6:00 pm

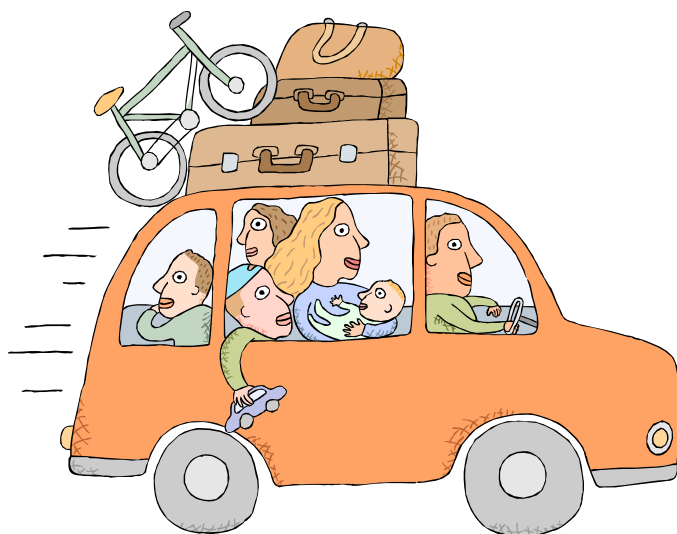
Controlling Impulses

Impulse control, sometimes called self-regulation, refers to a child's ability to control his or her behavior. It is natural for young children to show a mix of strong emotions such as excitement, joy, anger, frustration, and disappointment. An important part of growing up is learning how to show emotions at appropriate times and in appropriate ways. Children who learn to control their anger or frustration, and who use words to express their feelings, get along better with others. Most children begin to develop appropriate ways to control their impulses and regulate their behavior as early as 3 years of age.

Parents can reduce the impulsive frustration in their children's lives by positively modeling and teaching children different ways to control their anger and impulses. Many young children commonly show their frustration and anger by hitting, screaming, or sometimes even biting. When parents calmly provide words to help children express their feelings and provide children with other strategies for meeting their needs, while at the same time maintaining firm and fair limits for behavior, they help children develop impulse control. When parents suggest a reason for choosing one option over another, they are helping children develop empathy, self-control, and problem-solving abilities. These lessons in a young child's life form the basis of self-discipline. Early self-discipline or self-control is related to self-control later in childhood and throughout life.

Math Games for in the Car

Children spend many hours in cars and on buses. This time is perfect for organizing pre-primary math games. Car math games can be as simple as asking children to find specific numbers on license plates or as complex as asking them to answer math calculation questions, such as "I saw three red cars and two blue cars so, how many cars did I see altogether?" Try a math game that focuses on counting, distance and analysis. Tell children to start counting at a mile marker and to keep counting until they pass the next marker. Have them compare their numbers and talk about why they might be the same and different. Read more: [Pre-Primary Math Games | eHow.com](#)



Here is a fun way to keep kids active indoors during the winter:

The Indoor Jungle/Zoo

First you will need to find a large open area in your home (basement, family room or large bedroom). Then clear the floor of any hazards (items that may cause a trip or fall), move some furniture around to make an open area. Use your imagination to create a jungle or zoo. Parents, you have to be an animal too to keep your kids engaged. Try to hold their attention for at least 30 minutes. Act out several animals, use sound effects and large motor skills to get your whole body involved. Change animals frequently to keep the interest going in the game. The more dramatic you are, the more fun it will be for everyone. Run like a cheetah, jump like a kangaroo, flap your arms like an eagle, gallop like a horse and whinny...and so on. Create as many animals as you can. Enjoy your day in the jungle!

CORE

Where performance meets potential
1224 Alice Unwe, Suite B, Sumner

Call for details!

803) 469-CORE (2673)

Business Hours:

8:30 am - 6:30 pm

Monday - Thursday
(Closed Fri.)



Kid fitness at membership at a great value of \$7.50 per fitness class!

CORE 2011 CLASS SCHEDULE

TIME	Monday	Tuesday	Wednesday	Thursday
9:00 - 10:00 am	PK-1 Jungle Gym	PK-1 Jungle Gym	PK-1 Jungle Gym	PK-1 Jungle Gym
10:00 - 11:00 am	Toddler Fit	Toddler Fit	Toddler Fit	Toddler Fit
2:00 - 3:00 pm	3 - 5 YRS Jungle Gym	3 - 5 YRS Jungle Gym	3 - 5 YRS Jungle Gym	3 - 5 YRS Jungle Gym
3:30 - 4:30 pm	2nd - 4th H.O.P.E. (Attention/Focus Class)	2nd - 4th H.O.P.E. (Attention/Focus Class)	2nd - 4th H.O.P.E. (Attention/Focus Class)	2nd - 4th H.O.P.E. (Attention/Focus Class)
	4 - 7 YRS Jungle Gym	4 - 7 YRS Jungle Gym	4 - 7 YRS Jungle Gym	4 - 7 YRS Jungle Gym
4:30 - 5:00 pm	8 - 10 YRS Sports Development Vortex	8 - 10 YRS Sports Development Vortex	8 - 10 YRS Sports Development Vortex	8 - 10 YRS Sports Development Vortex
	4th - 5th Multiplication Boot Camp	4th - 5th Multiplication Boot Camp	4th - 5th Multiplication Boot Camp	4th - 5th Multiplication Boot Camp
4:30 - 5:30 pm	2nd and Up Reading Boot Camp Math Foundations Class	2nd and Up Reading Boot Camp Math Foundations Class	2nd and Up Reading Boot Camp Math Foundations Class	2nd and Up Reading Boot Camp Math Foundations Class
	5th - 7th H.O.P.E. (Attention/Focus Class)	5th - 7th H.O.P.E. (Attention/Focus Class)	5th - 7th H.O.P.E. (Attention/Focus Class)	5th - 7th H.O.P.E. (Attention/Focus Class)
5:00 - 6:00 pm	PK-1 Learn to Read	PK-1 Learn to Read	PK-1 Learn to Read	PK-1 Learn to Read
6:30 - 6:30 pm	Tween Teen Fit	Tween Teen Fit	Tween Teen Fit	Tween Teen Fit
	4th - 5th Reading Comprehension	4th - 5th Reading Comprehension	4th - 5th Reading Comprehension	4th - 5th Reading Comprehension

We are offering a variety of fun weekly classes for your children. Come let them "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!

STRONGER! SMARTER! BETTER!

www.coreinstitutes.com
Membership information:
Monthly Fee: \$60
(Vortex, Jungle Gym, Toddler Fit)
8 classes a month with scheduled days