



# "CORE"tastic Kids Newsletter



## Reading Tips For Parents

**Say how much you enjoy reading.** Tell your child how much you enjoy reading with him or her. Talk about "story time" as the favorite part of your day.

**Read with fun in your voice.** Read to your child with humor and expression. Use different voices. Ham it up!

**Know when to stop.** Put the book away for awhile if your child loses interest or is having trouble paying attention.

**Be interactive.** Discuss what's happening in the book, point out things on the page, and ask questions.

**Don't leave home without it.** Bring along a book or magazine any time your child has to wait, such as at a doctor's office. Always try to fit in reading!

**Dig deeper into the story.** Ask your child questions about the story you've just read. Say something like, "Why do you think Clifford did that?"

**Take control of the television.** It's difficult for reading to compete with TV and video games. Encourage reading as a free-time activity.

**Be patient.** When your child is trying to sound out an unfamiliar word, give him or her time to do so. Remind your child to look closely at the first letter or letters of the word.

**Pick books that are at the right level.** Help your child pick books that are not too difficult. The aim is to give your child lots of successful reading experiences.

**Gently correct your young reader.** When your child makes a mistake, gently point out the letters he or she overlooked or read incorrectly. Many beginning readers will guess wildly at a word based on its first letter.



*Where performance meets potential.*

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Volume 4, Issue 3

March 7, 2011

## Calendar of Events

March 28, 2011

Spring Classes begin

## Dealing with Math Anxiety

Does your child feel NERVOUS before a math test? PANIC and freeze while taking math tests? Feel HELPLESS doing their homework? Think that it's HOPELESS, that they just don't get math, never will, so there's no sense in even trying? Well, don't panic! Feeling nervous about math is very common. Have your child try the following tips to help ease their math anxiety!

### **Nervous Nights?**

Stomach-churning, head-spinning sleepless nights can be a sign of math anxiety. Try these simple ideas to help you relax and wake up feeling in charge.

Study - OK, that sounds dumb. Of course you should study. Look at #2...

Don't study too much! Spending too much time going over and over the same stuff won't help and will just overwhelm you. Calm those fears by treating yourself with calmness. Try to have a set routine - knowing that you ALWAYS eat oatmeal on test days might just help. Go to bed on time. In the morning, eat breakfast, put on your lucky sweater (really! it works!), and pack yourself a treat for lunch.

### **Test... Brain... Freeze... Panic**

OK - you studied, got a good night's sleep and are wearing the lucky sweater. You get to class and forget your name. What to do now?

Remember your name. No, really - just thinking of something that you DO know is the first step in remembering all those lost formulas.

Unfreeze your mind by unfreezing your body. Give yourself a quick stretch (don't get up and do jumping jacks, OK?) and tell yourself you are OK. Take a deep breath and try to break the cycle of panic.

Work around the panic by finding something on the test that you can do. Gain confidence and then go back and finish the rest of the problems. Keep going on the ones you can do, then go back and try.

### **It's Not Hopeless!**

Most people feel that they are the only ones who don't get it. It's not true.

Ask for help. There are lots of people around who can help if you just ask. Find a tutor or ask your teacher.

If the help isn't working, change it! It's OK to try a different way.

Try to remember if there was a particular incident related to math that was unpleasant. Sometimes a bad early experience can lead to a general feeling of anxiety about all math, which can lead to stronger feelings without realizing the cause. Sometimes just recalling and talking about the first incident can help you deal with the anxiety.

From: [www.math.com](http://www.math.com)

# Body Works — From the Inside Out

Phys Ed: Brains and Brawn

By GRETCHEN REYNOLDS

It has long been a cliché that muscle bulk doesn't equate to intelligence. In fact, most of the science to date about activity and brain health has focused on the role of endurance exercise in improving our brain functioning. Aerobic exercise causes a steep spike in blood movement to the brain, an action that some researchers have speculated might be necessary for the creation of new brain cells, or neurogenesis. Running and other forms of aerobic exercise have been shown, in mice and men, to lead to neurogenesis in those portions of the brain associated with memory and thinking, providing another compelling reason to get out at lunchtime and run.

Since weight training doesn't cause the same spike, few researchers have thought that it would have a similar effect. But recent studies intimate otherwise. Several studies involve animals. It's not easy, of course, to induce a mouse or a lab rat to lift weights, so the experimenters have to develop clever approximations of resistance training to see what impact adding muscle and strength has on an animal's brain. In one study [researchers from Brazil](#) secured weights to the tails of a group of rats and had them climb a ladder five sessions a week. Other rats on the same schedule ran on a treadmill, and a third group just sat around. After eight weeks, the running rats had much higher levels of brain-derived neurotrophic factor (B.D.N.F.), a growth factor that is thought to help spark neurogenesis, than the sedentary rats. So did the rats with weights tied to their tails. The weight-bearing rats, like the runners, did well on tests of rodent learning and memory, like rapidly negotiating a water maze. Both endurance and weight training seemed to make the rats smarter.

In somewhat similar fashion, [researchers from Japan](#) recently found that loading the running wheels of animals improved their brain functioning. A loaded running wheel is not strictly analogous to weight lifting; it's more similar in human terms to a stationary bicycle with the resistance dialed high. The animals that were assigned to the loaded wheels showed significantly increased levels of gene activity and B.D.N.F. levels within their brains. The higher the workload the animals managed to complete, the greater the genetic activity within their brains.

This "study demonstrates for the first time that voluntary wheel running with a load increases a muscular adaptation and enhances gene expression" in the rat brain, said Min-Chul Lee, a researcher at the University. Even more striking, he added, his findings indicate that "this kind of exercise may have the identical or even more useful effects than endurance training (e.g., treadmill exercise) on the rat brain."

Just how resistance training initiates changes in cognition remains somewhat mysterious. Ms. Liu-Ambrose said that "we now know that resistance training has significant benefits on cardiovascular health" and reduces "cardiovascular risk factors," which otherwise would raise "one's risk of cognitive impairment." She speculates that resistance training, by strengthening the heart, improves blood flow to the brain generally, which is associated with better cognitive function. Perhaps almost as important, she added, resistance training at first requires an upsurge in brain usage. You have to think about "proper form and learning the technique," she said, "while there generally is less learning involved in aerobic training," like running.

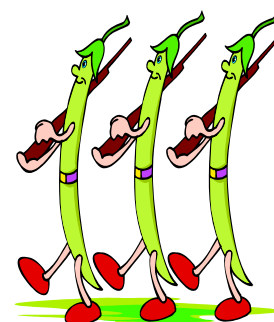
The brain benefits from being used, so that, in a neat circle, resistance training may both demand and create additional brain circuitry. Imagine what someone like Einstein might have accomplished if he had occasionally gone to the gym.

**Exercise of the Month:** March into March like a soldier. Stand tall and take charge of your little ones to prepare for the nice spring weather. This month we will concentrate on building a strong heart with a fun cardiovascular exercise. The MARCHing Soldier is a great way to get started. Stand up tall and swing your arms. Once you have a good alternating rhythm, add your legs. Bring your legs up high, knee to the chest and alternate as you take a step. Alternate your arms and legs for the bilateral movement and raise your knees high with each marching step for the cardio aspect of the exercise. Adding a little fun to any exercise makes it a game, not a workout. Walk around your house or yard with your children and pretend to be strong MARCHing Soldiers. Have Fun Troops!



There's a dear little  
plant that grows  
in our isle,  
'Twas St Patrick  
himself, sure,  
that set it;  
And the sun on his  
labor with pleasure  
did smile,  
And with dew from his  
eye often wet it.  
It thrives through the  
bog, through the brake,  
and the mireland;  
And he called it the  
dear little shamrock  
of Ireland...

~Andrew Cherry



# SUMMER SCHEDULE 2011

## SUMMER MOVEMENT CLASSES

Vortex Ages 8 - 11 Tuesday and Thursday 4:30 - 5:30pm  
Jungle Gym Ages 4 - 7 Tuesday and Thursday 4:30 - 5:30pm

## ACADEMIC CAMPS \$240.00

### Phonics Camp (learn to read)

Kindergarten - 1st Grade  
August 1 - August 11  
9:00 - 12:30

### Phonics, Spelling, and Comprehension (reading recovery)

2nd - 3rd Grade  
June 13 - June 23 (8 days)  
9:00 - 12:30

### Reading Comprehension

4th - 5th Grade  
July 11 - July 21 (8 days)  
9:00 - 12:30

### Math Camp

2nd - 3rd Grade  
June 13 - June 23 (8 days)  
1:00 - 4:30

### Math Camp

4th - 5th Grade  
July 11 - July 21 (8 days)  
1:00 - 4:30

## SPORTS DEVELOPMENT CAMPS \$90.00

Pre-K and Kindergarten 9:00 - 12:00 Monday - Thursday  
June 6 - 9

1st - 3rd Grade 9:00 - 12:00 Monday - Thursday

June 27 - 30  
July 25 - 28

1st - 3rd Grade 1:00 - 4:00 Monday - Thursday

June 6 - 9

3rd - 5th Grade 1:00 - 4:00 Monday - Thursday

June 6 - 9  
June 27 - 30  
July 25 - 28

## FUN CAMP \$170.00

Star Performance Camp 1:00 - 4:30 Monday - Thursday

Co-ed Ages 6 - 11  
August 1 - 11 (8 days)

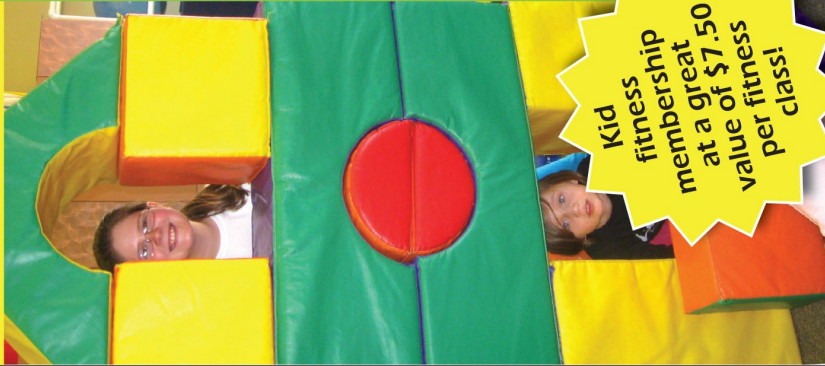


Call for details!  
**(803) 469-CORE (2673)**



1224 Alice Drive, Suite B, Sumter

**Business Hours:**  
**8:30 am - 6:30 pm**  
**Monday - Thursday**  
**(Closed Fri.)**



**Kid fitness 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<br>Jungle Gym  | PK-1<br>Jungle Gym  | PK-1<br>Jungle Gym  | PK-1<br>Jungle Gym  |
| 10:00 - 11:00 am | Toddler Fit   | Toddler Fit   | Toddler Fit   | Toddler Fit   |
| 2:00 - 3:00 pm   | 3 - 5 YRS<br>Jungle Gym                                   | 3 - 5 YRS<br>Jungle Gym                                   | 3 - 5 YRS<br>Jungle Gym                                   | 3 - 5 YRS<br>Jungle Gym                                   |
| 3:30 - 4:30 pm   | 2nd - 4th<br>H.O.P.E.<br>(Attention/Focus Class)          | 2nd - 4th<br>H.O.P.E.<br>(Attention/Focus Class)          | 2nd - 4th<br>H.O.P.E.<br>(Attention/Focus Class)          | 2nd - 4th<br>H.O.P.E.<br>(Attention/Focus Class)          |
| 4:30 - 5:00 pm   | 4 - 7 YRS<br>Jungle Gym                                   | 4 - 7 YRS<br>Jungle Gym                                   | 4 - 7 YRS<br>Jungle Gym                                   | 4 - 7 YRS<br>Jungle Gym                                   |
| 4:30 - 5:30 pm   | 8 - 10 YRS<br>Sports Development Vortex                   | 8 - 10 YRS<br>Sports Development Vortex                   | 8 - 10 YRS<br>Sports Development Vortex                   | 8 - 10 YRS<br>Sports Development Vortex                   |
| 5:00 - 6:00 pm   | 4th - 5th<br>Multiplication Boot Camp                     | 4th - 5th<br>Multiplication Boot Camp                     | 4th - 5th<br>Multiplication Boot Camp                     | 4th - 5th<br>Multiplication Boot Camp                     |
| 5:30 - 6:30 pm   | 2nd and Up<br>Reading Boot Camp<br>Math Foundations Class | 2nd and Up<br>Reading Boot Camp<br>Math Foundations Class | 2nd and Up<br>Reading Boot Camp<br>Math Foundations Class | 2nd and Up<br>Reading Boot Camp<br>Math Foundations Class |
|                  | Tween Teen Fit  | Tween Teen Fit  | Tween Teen Fit  | Tween Teen Fit  |
|                  | 5th - 7th<br>H.O.P.E.<br>(Attention/Focus Class)          | 5th - 7th<br>H.O.P.E.<br>(Attention/Focus Class)          | 5th - 7th<br>H.O.P.E.<br>(Attention/Focus Class)          | 5th - 7th<br>H.O.P.E.<br>(Attention/Focus Class)          |
|                  | PK-1<br>Learn to Read                                     | PK-1<br>Learn to Read                                     | PK-1<br>Learn to Read                                     | PK-1<br>Learn to Read                                     |
|                  | 4th - 5th<br>Reading Comprehension                        | 4th - 5th<br>Reading Comprehension                        | 4th - 5th<br>Reading Comprehension                        | 4th - 5th<br>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!

**Membership information:**  
**\$60 for 8 classes**  
 (Vortex, Jungle Gym, Toddler Fit)

There is something for everyone. Just call ahead and let us know what class you'll be attending. **It's that easy!**

**Stronger • Smarter • Better** [www.coreinstitutesc.com](http://www.coreinstitutesc.com)