

"CORE"tastic Kids Newsletter

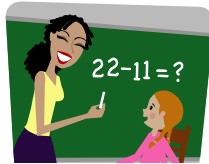
Math Activities

Money Drop: This fun activity is great for counting money practice. Spread out a variety of coins on a sheet of construction or printer paper on a flat surface. Holding a large paper clip 6-7 inches above the coins, the child lets go letting it land on the coins. The child totals the coin amounts for all coins the paper clip is touching.

Modifications: Set a timer for one minute and continue totaling until the timer goes off.

Math Bowling: This fun activity is great for computation practice. Place numbers on a set of toy bowling pins or fashion some from soda bottles. To play, the child rolls a ball to knock over the pins. They can add the numbers on the pins they knocked over.

Match the Dots Numbers: This is a terrific activity and is awesome for number recognition and simple addition and subtraction. Cut shapes out of paper (construction or regular printer paper (allow to color shapes if using printer paper)). Write numbers on each shape as well as the plus and minus sign. The adult puts up a number and the child has to match the number or give the answer to the problem shown by using his/her own shapes and numbers.



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Calendar of Events

April 18-22: Spring Break -
No Academic Classes
April 24: Happy Easter

Reading Tips For Parents

For Young Readers

Point out print everywhere. Talk about the written words you see in the world around you. Ask your child to find a new word on each outing.

Play with puppets. Play language games with puppets. Have the puppet say, "My name is Mark. I like words that rhyme with my name. Does park rhyme with Mark? Does ball rhyme with Mark?"

Write it down. Have paper and pencils available for your child to use for writing. Working together, write a sentence or two about something special. Encourage her to use the letters and sounds she's learning about in school.

Talk about letters and sounds. Help your child learn the names of the letters and the sounds the letters make. Turn it into a game! "I'm thinking of a letter and it makes the sound mmmmm."

Create a writing toolbox. Fill a box with drawing and writing materials. Find opportunities for your child to write, such as the shopping list, thank you notes, or birthday cards.

For Older Readers (Activities to do after reading a book or story)

- **Mapmaker:** Draw a map of the book's setting.
- **Fictional Friends:** Who of all the characters would you want for a friend? Why? What would you do or talk about together?
- **Dear Diary:** Keep a diary as if you were a character in the story. Write down events that happen during the story and reflect on how they affected the character and why.
- **Author Interview:** Write an interview or letter in which the character in a story asks the author a series of questions and reflects on how they feel about the way they were made.
- **Time Machine:** Instead of traveling into the book, write a scene or story in which the character(s) travel out of the book into today.

The moments that make us fat by Elizabeth Cohen, Senior Medical Correspondent (CNN), caught my eye as soon as it talked about visualizing yourself doing something. We talk so much about using your mind's eye at Core to gain a deeper understanding, so I thought why not get a deeper understanding of the choices we make and how it affects our health.

-- If you're trying to lose weight, close your eyes for a minute and imagine the moments that make you fat. Think through your day, and you'll see them, as big and obvious as a hot fudge sundae sitting right in front of you. You've been good all day, and wham, your friends suggest you go to a buffet for dinner; or you've diligently worked out and wham, you end up at a cocktail party with an array of the most killer desserts ever.

Don't rely on your willpower to get you through these tough times, advises James Hill, executive director of the Anschutz Health and Wellness Center at the University of Colorado. "Willpower is not inexhaustible," he says. "You only have a certain amount of it, and it's gone."

The key is to accept the fact that your willpower will run out at some point, and plan strategies to get you through fattening situations. Here are the top five moments that make you fat, and what you can do to outwit them.

On vacation

The problem: You're on vacation and you want to kick back, relax, and enjoy the local cuisine -- but you don't want to come home with pounds to shed.

The solution: "Go for it," advises Frances Largeman-Roth, a registered dietitian. But share with others. If you're in Paris, for example, don't skip a visit to the bakery -- that would be tres triste -- but share the goodies with friends.

After a break-up

The problem: You want to bury your sorrows in a pint of ice cream.

The solution: "Instead of meeting your friend for a drink to dish about your ex, meet up for a power walk or run," Largeman-Roth advises. Also, sign up for a team that is training for a 5K or some other race to distract yourself and meet new people.

A party with fabulous food

The problem: You're at a party and everything looks delicious. It's free, it's in front of you, and no one's stopping you.

The solution: Don't arrive famished, says Dr. Melina Jampolis, CNN Health's diet and fitness expert. Eat a small protein snack before the party, such as a few slices of turkey, a half a cup of low-fat cottage cheese, or half a protein bar.

Watching TV

The problem: You want to plop in front of the television with a high-fat snack.

The solution: Use a small bowl, or snack on frozen grapes or veggies with a yogurt-based dip.

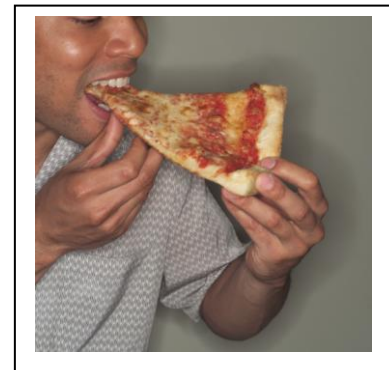
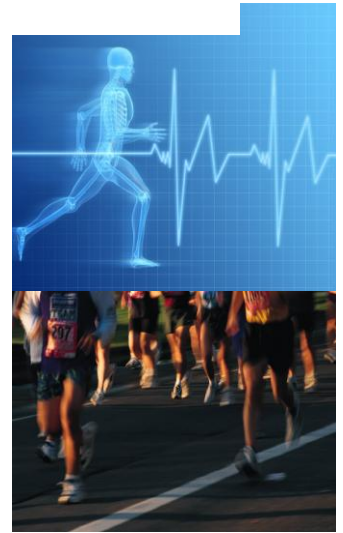
At a buffet, or a restaurant with enormous portions

The problem: Buffets offer limitless amounts of food, and much of it has tons of calories.

Restaurants with big portions of delicious foods make it hard to push the plate away.

The solution: Simply don't go to buffet restaurants, Hill advises. But if you really have to, sit at a table where you can face away from the buffet -- Jampolis says studies show people who face away tend to eat less -- and load up initially on fruits, vegetables, and lean proteins so (at least hopefully) you won't have enough room for the bad stuff. At the end of the meal, she suggests having everyone at the table get just one dessert and share, so you get a little taste of lots of things.

As for big portion restaurants, the trick is to get the doggy bag at the front end, not the back end. Hill suggests when you order your meal, ask for half of your dinner to be brought to you on a plate, and the other half in a to-go box.





Attention and Focus



One of the symptoms exhibited by children who suffer from a lack of attention and focus skills is being disorganized and having difficulty moving from one task to the next. By helping your child establish a good time management program, you can help ensure that he will do better in school and in later life.

These children seem to function better if they follow a daily routine. You should establish a time for specific activities such as mealtimes, homework, and bedtime and keep the same schedule every day. When scheduling a specific time for your child to go to bed, you should be aware that lack of sleep can make attention disorders worse. You should make sure that your child goes to bed early enough to enable him to get the recommended amount of sleep for children in his age group.

Making good use of the hours and minutes of the day requires planning and prioritizing. These skills don't come easily to children with attention and focus problems. How can you help your child do a better job of estimating how long it takes to complete a task or to get somewhere? How can you get them to pay attention to deadlines?

Here are some helpful strategies.

Practice time estimation.

Make a game out of predicting, timing, and checking their estimates of the time needed for various activities. How long does it take to walk from the bus area to the classroom? Can they estimate how long it takes to complete an assignment?

Use an analog clock.

Digital clocks are easier to read, but an old-fashioned clock with hands gives students a better sense of how swiftly time passes.

Set a timer to motivate targeted behaviors.

To help with transitions, for example, set a time limit to finish a task, and set an alarm to signal when time is up.

Make sure students begin tasks promptly.

Children with attention and focus difficulties often use delaying tactics—like sharpening a pencil or going to the restroom—to put off doing tasks they find boring. Stand next to your child to get them started. If punctuality is a problem, include it as a goal for your daily schedule and include rewards for accomplishments.

Exercise of the Month: *The Fitness Challenge*

Make a fitness challenge for your children. Offer rewards for them meeting certain goals, like prizes or a special trip with you. Set up a challenge for your older children such as completing a race at school, running a 5K with you or excelling at a school sport or local division sport. For the younger children, you can set up a challenge in your own backyard. For example, set up a long jump or 40 yard dash, throw a ball the farthest, kick a ball the farthest, most sit ups or pushups, etc. Just make it fun and give an incentive. Chart your child's progress over several weeks on a chart that they can see on a daily basis to motivate them to continue. At the end of a month, tally up the results and give out a prize. When they reach their larger goals give them larger rewards to encourage more exercise and healthy habits.



CORE institute

Where performance meets potential.

SUMMER CAMPS

...can help your children find -- and reach! -- their potential. Athletes will develop skills to build strength, balance, speed, agility and power. Academic programs will help your children gain confidence and become more successful in school.

Sign up for one today!

SUMMER ACADEMIC CAMPS



\$240 per 8-day session.

(All camps run Monday through Thursday.)
Academic Camps are 8 days each.

| | | |
|-----------------------------------|-------------|---|
| PHONICS/LEARN TO READ | August 1-11 | 9:00 am - 12:30 pm / Kindergarten - 1st grade |
| PHONICS, SPELLING & COMPREHENSION | June 13-23 | 9:00 am - 12:30 pm / 2nd - 3rd grade |
| READING COMPREHENSION | July 11-21 | 9:00 am - 12:30 pm / 4th - 5th grade |
| MATH | June 13-23 | 1:00 - 4:30 pm / 2nd-3rd grade |
| | July 11-21 | 1:00 - 4:30 pm / 4th-5th grade |

SUMMER SPORTS PERFORMANCE SERIES



\$90 per 4-day session.

Monday through Thursday

Day 1: Speed & Agility Day 2: Balance & Coordination
Day 3: Core & Plyometrics Day 4: Strength & Power

| 9:00 AM - NOON | | 1:00 - 4:00 PM | |
|----------------|------------------------|----------------|-----------------|
| June 6 - 9 | Pre-K and Kindergarten | June 6 - 9 | 1st - 3rd grade |
| June 27 - 30 | 1st - 3rd grade | June 6 - 9 | 3rd - 5th grade |
| July 25 - 28 | 1st - 3rd grade | June 27 - 30 | 3rd - 5th grade |
| | | July 25 - 28 | 3rd - 5th grade |

Register at 469-2673

or online at

www.coreinstitutesc.com

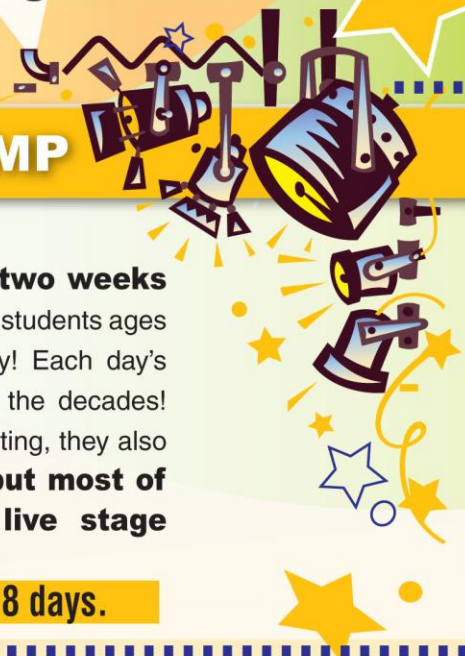
**Deadline for
Registration: June 1**

STAR PERFORMANCE CAMP

Bring out your inner star!

The CORE Institute offers this exciting camp for two weeks **Monday - Thursday**. An exciting musical theater camp where students ages 7-11 will dance, sing, act and have visual art class every day! Each day's activities are based on music and stage performance through the decades! While students learn theater-related skills in voice, dance and acting, they also gain focus and discipline while exercising their mind and body, **but most of all, they are having fun!** Camp ends with a live stage performance! Relatives and friends are invited!

Date: August 1-11 / 1:00 - 4:30 pm Cost: \$170 for 8 days.



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