

"CORE"tastic Kids Newsletter



Great Math Games for the Whole Family

Concentration: (add, subtract, multiply or divide)

The object of this game is to find pairs of matching cards. Help your child write math facts on one set of index cards and the answers on another set of index cards. Then shuffle the cards up and turn them face down. The key is to find the math fact/equation and the matching answer. The first player turns over two cards. If they match, the player keeps the two cards and takes another turn. The next player continues by trying to find two matching cards. The game continues until all matches are found. The player with the most matches wins!

Go Fish: (addition facts)

Prepare flash cards with the numbers 0-10 written on them. Make three sets of each number card. The key is to find two numbers that total 10. Each player is dealt out seven cards and the remainder of cards is used for the pond. The first player asks his/her opponent for a card that they can add to one of their cards that will total 10. If the opponent does not have the number card that was asked for, then you Go Fish! The game continues until one player has made all their math equations to total 10 and has no more cards left.

Guess My Number: (number logic)

Player one picks a number from 0-99 and writes it down. Player two makes a guess and writes it down and shows it to player one. Player one gives clues until the number is guessed right. (Ex. "Your guess is greater or less than my number".) Once the number is guessed correctly then switch turns. *For younger children use numbers 0-10.*

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Calendar of Events

Time to sign-up for
SUMMER CAMPS!!

Academic Classes finish on
May 26th

May 30th- Closed for
Memorial Day

No Jungle Gym / Sports
Development classes the
week of May 30th to June 2nd

June 2nd- CORE AWARDS

Exercise Corner

Safety Tips for Exercising in the Warmer Weather:

Are you and your children getting ready for summer vacation? Most of us are. Children love to be outside and soak up the sunshine just as much as adults do. But beware...heat exhaustion and heatstroke affect children just as much as adults.

Signs of heat exhaustion:

- increased thirst
- weakness
- fainting
- nausea
- irritability
- headache
- increased sweating
- cool and clammy skin

Signs of heatstroke:

- confusion
- weakness, dizziness
- lack of sweating
- flushed, hot, dry skin
- severe headache
- rapid breathing & heartbeat

If any of these signs occur bring the child indoors or into shade immediately. Undress the child to cool down their core temperature. Have them lie down and elevate their feet slightly. If the child is alert, you can mist them down with the water hose or put them in a cool bath. If you are not sure or concerned, call your local pediatrician or family doctor for assistance. If the child is suffering from heatstroke, seek emergency medical care immediately.

Be safe and think about Prevention! Make sure your children drink lots of water or clear fluids before and during any activity in hot, sunny weather. Make sure kids wear light colored and loose clothing. Do not have your child participate in heavy outdoor activities during the hottest part of the day (10 a.m. - 2 p.m.). And most important, teach your children to come inside whenever they feel overheated. Have a safe summer!

References: KidsHealth.org (1995-2011 The Nemours Foundation. All rights reserved)



Exercising for Two

Having a newborn baby in the house, my brain is still in infant mode; so when I saw this article titled *Exercising for Two* By *Gretchen Reynolds* online I had to share it. Just proof that it is NEVER too soon to start our children on the right foot...and then the left, and then the right...

Almost anyone who's been pregnant remembers the profound link that can develop between a mother-to-be and her unborn child. You feel that life inside you, both physically independent and braided with your own. Now, new research suggests that the bond may be stronger than had been suspected. When you exercise during pregnancy, your baby is not, as most of us would have thought, a passive, floating passenger (and ballast on the bladder). Instead, he or she may be actively joining in the workout, with the fetal cardiac system growing stronger and healthier as a result of the workouts. This training response lingers apparently even after birth, the new science shows. Babies born to mothers who exercised while pregnant were found to have healthier hearts than other infants a full month after delivery.

For the study, a group of 61 healthy women, ages 20 to 35, who'd been part of a pilot study of exercise, pregnancy and fetal heart health. About half of the women had exercised regularly during their pregnancies, jogging, power-walking or otherwise working out at a moderate pace at least three times a week. Some also had lifted light weights or practiced yoga. But their primary activity had been aerobic. The other half of the mothers-to-be "were normally active but did not engage in formal exercise," said Linda E. May, an exercise physiologist who led the study.

What she hoped to discover was just how much a mother's workout would affect her unborn child's heart. Years ago, scientists showed that a fetus's heart rate increases while its mother is exercising. But many early researchers had considered this response transient, lasting only while the mother worked out.

Dr. May, however, wondered whether an unborn child's heart might be more permanently remodeled by a mother's workouts. Unborn children, as it turned out, did exhibit a training response, even though their mothers were seemingly doing all of the work. When Dr. May examined the fetal cardiac readings, in an earlier report published last year, she found that fetuses whose mothers had exercised showed lower heart rates and greater heart-rate variability than those whose mothers had not worked out.

For her most recent presentation, Dr. May asked the women to return to the lab again, this time a month after giving birth. The newborns, healthy and no doubt squalling, underwent another cardiac exam.

The babies born to exercising mothers continued to have lower heart rates and greater heart-rate variability four weeks after delivery than the babies born to the other women. The effect was especially robust in the children whose mothers had exercised the most, Dr. May said; they had the slowest heart rates and presumably the strongest hearts.

"The next step," Dr. May said, is to retest the babies involved after more time has passed and see whether the cardiac effects continue into toddlerhood and beyond. But for now, she said, if you are pregnant and can bear the thought of jogging (or power-waddling, a more common, if ungainly, third-trimester workout) and have your doctor's approval, then "it does seem likely that you will be giving your child a head start on heart health."



Are you a Visual, Auditory, or Kinesthetic Learner?

It is important to remember that every individual learns differently and has a unique learning style. Approximately 20 to 30 percent of the school-aged population remembers what is heard; 40 percent recalls well visually the things that are seen or read; Approximately 20 to 30 must write or use their fingers in some manipulative way to help them remember basic facts.

For some, auditory input is most valuable; others rely upon a visual style. Still others learn through kinesthetic means, or a combination of the three. Every person has one primary learning mode. Once you identify that mode, you can learn to maximize it and enhance your child's education.

Auditory Learners

Auditory learners tend to benefit most from traditional teaching techniques. Auditory learners succeed when directions are read aloud, speeches are required, or information is presented and requested verbally.

Visual Learners

Some students rely upon a visual learning style: "Show me and I'll understand." Visual learners benefit from diagrams, charts, pictures, films, and written directions. These students will value to-do lists, assignment logs, and written notes. Many of these techniques, however, also benefit kinesthetic learners.

Kinesthetic Learners

Most of the school population excels through kinesthetic means: touching, feeling, experiencing the material at hand. "Children enter kindergarten as kinesthetic and tactual learners, moving and touching everything as they learn. By second or third grade, some students have become visual learners. During the late elementary years some students, primarily females, become auditory learners. Yet, many adults, especially males, maintain kinesthetic and tactual strengths throughout their lives. Kinesthetic learners are most successful when totally engaged with the learning activity. They acquire information fastest when participating in a science lab, drama presentation, skit, field trip, dance, or other active activity.

When your child identifies his or her unique learning style, you can begin to build upon it. Understanding learning styles is only a first step in maximizing potential and overcoming learning differences



READING CORNER

Talk to your child. Ask your child to talk about his day at school. Encourage him to explain something they did, or a game he played during recess.

Read it and experience it. Connect what your child reads with what happens in life. If reading a book about animals, relate it to your last trip to the zoo.

Play sound games. Practice blending sounds into words. Ask "Can you guess what this word is? m - o - p." Hold each sound longer than normal.

Read it again and again. Go ahead and read your child's favorite book for the 100th time! As you read, pause and ask your child about what is going on in the book.

Create a book together. Fold pieces of paper in half and staple them to make a book. Ask your child to write sentences on each page and add his or her own illustrations.

Do storytelling on the go. Take turns adding to a story the two of you make up while riding in a car or bus. Try making the story funny or spooky.

"Are we there yet?" Use the time spent in the car or bus for wordplay. Talk about how jam means something you put on toast as well as cars stuck in traffic. How many other homonyms can your child think of? When kids are highly familiar with the meaning of a word, they have less difficulty reading it.

Different strokes for different folks. Read different types of books to expose your child to different types of writing. Some kids, especially boys, prefer nonfiction books.

Teach your child some "mind tricks." Show your child how to summarize a story in a few sentences or how to make predictions about what might happen next. Both strategies help a child comprehend and remember.

Get them to read another one. Find ways to encourage your child to pick up another book. Introduce him or her to a series like The Boxcar Children or Harry Potter or to a second book by a favorite author, or ask the librarian for additional suggestions.

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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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