

Calendar of Events

Sports Performance Camps

June 27-30

3rd-5th Grade – 1pm to 4pm

July 25-28

1st-3rd Grade – 9am to 12pm

3rd-5th Grade – 1pm to 4pm

July 4th – Closed

July 11-21

Reading Comprehension Camp

for 4th-5th Graders

Math Camp

Camp for 4th-5th Graders

STAR Performance Camp

August 1-11

Ages 7 to 11

“CORE”tastic Kids Newsletter

Focus on Change

Individuals with attention and focus problems can focus attentively on certain activities like, playing video or computer games, checking and updating Facebook. But when it comes to schoolwork, or managing day to day responsibilities, some are easily distracted and have a hard time staying on task. Attention and focus difficulties, doesn't impair the ability to pay attention, but rather the ability to control what one pays attention to. The focus of your attention determines your life experiences. Where you put your attention, is where you put your energy.

Making simple changes in diet, sleep, exercise, and routines can help in improving attention and focus. Trying more involved approaches like incorporating relaxation techniques, and yoga are also beneficial in improving attention and focus.

Since awareness is considered to be the first step in growth in some models of human development, self awareness can help support growth in individuals with focus and attention deficits. Once we are self aware and become more familiar with our actions, we can take concrete steps to bringing change in our behavior. We can then uncover the potential, creativity, and talent already inside us.



Here are some tips on reading to your kids so they will grow up a reader:

- Since your kids imitate your behavior, let them see you read books. Let them know that reading is a part of life!
- Let your children feel that reading a book with them is a pleasurable and enjoyable experience, and not a stressful activity that you are forcing them to do.
- Form a habit of reading to your child at the same time each day, or at least several times a week. Choose a time when you and your child are both relaxed and not rushed.
- Choose books that your child will be most interested in, and appropriate for his age. A young child likes colorful drawings and pictures of people.
- To help your child understand that letters and words are symbols that are used to communicate, run your finger under the print but don't force your child to follow your finger.
- Sometimes, your child likes a particular book and wants to read it repeatedly. Do not discourage this, since he finds reading this book pleasurable - and pleasure is what he should get from reading! Also, he is getting the most out of this book and is giving you a hint about his interest!
- Expose your child to a variety of books.

Exercise Helps Women with Generalized Anxiety

This article reported by Anne Harding at Reuters Health is another reason to keep burning those calories through exercise. Get started today!

A six-week exercise training program can help relieve the symptoms of generalized anxiety disorder, according to the first-ever trial to investigate whether physical activity helps patients with the condition.

Present treatments, including drug and behavioral therapies, show only limited success with the disorder, noted for chronic anxiety, exaggerated worry and tension out of proportion to what provoked it -- or even if nothing did.

"Our findings suggest that exercise training is a feasible, safe and well-tolerated short-term treatment option," Matthew Herring of the University of South Carolina in Columbus, told Reuters Health.

"These findings warrant further investigation with larger trials."

Herring presented the findings last week at the annual meeting of the American College of Sports Medicine.

"Current treatments, including pharmacotherapy and behavioral therapies, have had limited success and are characterized by notable drawbacks, including negative side effect profiles, and expense," he added.

Herring and his colleagues thought exercise could help patients for several reasons, including that physical exercise helps ease anxiety in healthy people and that it's helpful for depression, which shares some genetic roots with generalized anxiety disorder (GAD).

To investigate, they randomly assigned 30 sedentary women with GAD who were receiving drug therapy but no other treatment to one of two exercise groups, or a wait-list control group.

One group was devoted to resistance training, with participants conducting two sessions of lower-body weight lifting each week for six weeks, doing seven sets of 10 repetitions of leg press, leg curl and leg extensions. They started out at half their maximum capacity and progressed by 5 percent each week.

The other group performed cycling twice a week to exercise the same part of the body for 16 minutes continuously, also for six weeks.

Clinicians who did not know which group the women had been assigned to assesses their GAD symptoms at one to 16 days after the intervention. They also assessed worry symptoms at the study's outset and at two, four and six weeks into the process.

Sixty percent of the women doing resistance exercises, 40 percent in the cycling group, and 30 percent in the control group had remission of their GAD, for a number needed to treat of 3.33 for resistance training and 10 for cycling.

Worry symptoms at six weeks were significantly reduced in the exercise groups compared to the control group.

Herring and his colleagues are now seeking funding for large trials of the study.

"There is a need to explore the effects of exercise training on other impairments of GAD," he said.

	4		2	7	3		1	6
	8			5		4		
1	7			6			5	9
					7			
	9		1	8	4		2	
			5					
9	6			4			3	1
		4		3			8	
3	5		8	1	2		6	

Sudoku



Math Fun for the Whole Family

Magic 10 Game:

Make 3-4 sets of index cards with the numbers 0-10 on them. Mix them up and place them face down on a table. You will need at least two people to play and no more than four people. The object of the game is to create a total of 10 by adding the 2 cards together. Each person takes a turn turning over 2 cards. If your 2 cards add up to total 10 then you win the pair. If your cards do not total 10, then the next person takes a turn. This game is just like memory, only using numbers instead of pictures. This is a great game for all ages. For the younger student, you can concentrate on number recognition and for the older student they would practice their addition facts and mental math skills.

Disappearing Zucchini Muffins

Prep time: 30 minutes

What you need:

- 1½ c. shredded zucchini (about 2 small)
- 2 c. whole-grain pancake or biscuit mix
- 1 tsp. cinnamon
- 1 teaspoon allspice
- 2 eggs
- ¾ c. brown sugar
- ¼ c. unsweetened applesauce
- 2 tsp. fresh lemon juice
- powdered sugar (enough to dust the muffins)

Equipment and supplies:

- oven (you'll need help from an adult assistant)
- bowls — one large, one medium
- grater — a plastic grater is safest for kids
- measuring cups and spoons
- muffin tin and paper liners

What to do:

1. Wash zucchini and remove ends.
2. Shred zucchini using largest holes on grater.
3. Wrap grated zucchini in a couple of paper towels and squeeze to remove water.

4. Measure 1½ cups of squeezed-dry zucchini.
5. Preheat oven to 375° Fahrenheit.
6. Line a 12-cup muffin tin with paper liners.
7. In a large bowl, mix whole-grain pancake mix (or biscuit mix) with spices.
8. In a separate bowl, whisk together eggs, brown sugar, applesauce, and lemon juice.
9. Fold the egg-sugar mixture and shredded zucchini into the pancake-spice mixture; do not over mix.
10. Fill each muffin cup 2/3 full with batter.
11. Bake 10-15 minutes or until golden.
12. Remove muffins from tin (with help from your adult assistant) and cool on a wire rack.
13. Sprinkle muffins with a dusting of powdered sugar.

How much does this recipe make?

About a dozen muffins.

Reviewed by: [Allison Brinkley, RD, LD/N](#)

Date reviewed: March 2009

EXERCISE OF THE MONTH

The SWIM:

It's summer time and swimming is an amazing exercise! If you can't get to the pool, try swimming at home. The goal is to raise your chest and knees off the floor at the same time. Try swimming with arms to the side, in front, or even doing the breast stroke. Don't let the sharks get you!



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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.



CORE INSTITUTE 803.469.2673 1224 Alice Drive, Sumter