



“CORE”tastic Kids Newsletter



FACEBOOK

Did you know we have a Facebook page? See pictures of our campers learning and having fun and receive updates of our latest classes and events. We would

READING, READING, READING

- * You can use reading as a way to diminish your child’s fears or prepare him for changes in his life. For example, you can choose books about using the potty, going to school, or moving to a new house when he is about to have these new experiences.
- * Teach your child to treasure books and treat them with respect – keeping them clean and in good condition.
- * Surround your kid with books. Keep books where your kid can easily reach them so he will be able to browse them by himself.
- * Take books to read to your child on long trips and places where you have to wait like the doctor’s office.
- * Let your child gradually share some of the reading aloud. You read a sentence, paragraph, or page then it’s your child’s turn. Take over if your beginner seems tired or discouraged to ensure that reading is always fun, not just hard work.
- * If your child can’t sound out a word, suggest skipping it, reading the rest of the sentence, and deciding what word would make sense.
- * Leave notes on the refrigerator or in a lunch bag for your child to discover and read.
- * Take your new reader to the library to sign up for his or her own library card.



Where performance meets potential.

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Calendar of Events

Sports Performance Camp

July 25-28

1st-3rd Grade—9am to 12

3rd-5th Grade—1 to 4pm

Star Performer Camp

August 1—11



Math Bingo:

Make your own bingo cards with numbers instead of letters. Cut out small squares of paper; write down equations whose answers will appear on the bingo cards. Put the equations into a plastic sandwich bag, shake it up and call out the equations. First one to get five in a row wins!

Math Baseball:

Set up the playing field in your own backyard. Make sure you have 3 bases, home plate, and a pitcher’s mound. You will also need a ball and bat to play with. The basic rules of baseball apply to this fun math game. Each person gets up to bat. When the batter makes a hit and runs to a base, they will need to answer a math question. You can use simple math facts for the younger children or harder math facts for older children. (Put flash cards or equations under the bases and have each player pick one when they land on that base). First team to score 10 points wins the game. Have fun!

Focus on Rest!

Insufficient sleep can make anyone less attentive, but it can be highly detrimental for children with attention deficit disorder. Kids with attention and focus deficits need at least as much sleep as their unaffected peers, but tend not to get what they need. Their attention problems can lead to overstimulation and trouble falling asleep. A consistent, early bedtime is the most helpful strategy to combat this problem.

Help your child get better rest by trying out one or more of the following strategies:

- **Decrease television time** and increase your child's activities and exercise levels during the day.
- **Eliminate caffeine** from your child's diet. Cola drinks and chocolate have significant caffeine.
- **Create a buffer time to lower down the activity level for an hour or so before bedtime.** Find quieter activities such as coloring, reading or playing quietly.
- **Spend ten minutes cuddling with your child.** This will build a sense of love and security as well as provide a time to calm down.
- **Use lavender or other aromas in your child's room.** The scent may help to calm your child.
- **Use relaxation tapes as background noise** for your child when falling asleep. There are many varieties available including nature sounds and calming music. Children with attention and focus problems often find "white noise" to be calming. You can create white noise by putting a radio on static or running an electric fan.



Whole Wheat Applesauce Pancakes

Ingredients for Mix:

2 cups whole wheat flour
1 cup all purpose flour
3 tbsp sugar
2 tbsp baking powder
4 1/2 tsp ground cinnamon
1 1/4 tsp salt

Directions:

1. Sift ingredients of pancake mix into a sealed plastic container. Keeps unrefrigerated for 3 months. Store until needed.
2. I use a 2 cup measuring cup to make a breakfast for 2 adults. Makes for less cleanup.
3. Break egg into measuring cup and beat with fork.
4. Add 4 tbsp applesauce and beat again.
5. Add enough milk to measure 1 cup of liquid (approx. 3/4 cup). Beat again
6. Pre heat non-stick electric griddle to 300F. Add a small amount of oil.
7. Pour mixture onto griddle and cook approximately 3 minutes (until bubbles form on top) and flip. Cook for additional 3 minutes on other side.
8. Serve with your favorite toppings. I use pure maple syrup (healthy and yummy)!

The pancakes:

1 cup mix
1 egg
4 tbsp apple sauce
Approx. 3/4 cup milk



Exercising in the Heat

8 ways to keep your summer workouts safe

By Barbara Russi Sarnataro
WebMD Weight Loss Clinic-Feature

When the dog days of summer actually arrive, it's important to be prepared. Exercising in the heat can be risky if you aren't careful. When taking on summer exercise outdoors we need to be aware of the increase in heat and humidity. Typically, our bodies are warmer than the environment. When that begins to change, our muscles regulate heat by releasing sweat, which allows the body to cool itself. But when the body is sweating, it's losing fluid, she says.

Heat exhaustion and heat stroke, dangerous side effects of overdoing summer exercise, come when the body can no longer sustain the pace, the heat, the humidity, or the loss of fluid. The body cools off by sweating and as long as you remain hydrated, the body is able to cool itself off. When you become dehydrated, the problems start. If the body can no longer cool itself, it starts storing heat inside. The core temperature begins to rise and you put your internal organs and central nervous system at risk.

Signs of heat exhaustion include general fatigue, weakness, nausea, dizziness, muscle cramps, and an increase in body temperature. Temperatures above 104, an inability to sweat, acute respiratory distress, and loss of consciousness can be signs of heat stroke, which is much more severe and can lead to death. This doesn't mean you have to abandon your quest for a great summer workout. Just follow these nine guidelines to exercise smart in the heat. But make sure to talk to your doctor about starting an exercise regimen and issues about heat and hydration.

Summer Exercise Tip No. 1: Acclimate Yourself

It can take up to 14 days to adjust to temperature changes. When preparing for an event that will take place in the heat of the day, be active in the heat ahead of time: "They have to try to get out in the middle of the day when it's hot and exercise in order to acclimate to the conditions for the event."

Summer Exercise Tip No. 2: Stay Hydrated

When it comes to summer exercise, all our experts agree that the biggest concern is hydration. To maintain good hydration for a moderate summer workout, drink 20 ounces of water two hours before exercise, at least 8 ounces of water shortly before getting out in the heat, and then a gulp every 15 to 20 minutes during exercise. Make sure to talk to your doctor about specific fluid intake when you exercise.

Summer Exercise Tip No. 3: Slow Down

When the temperature hits the 90s, don't expect to go out and set a personal record, says Roberts. If it's hotter than you're used to, cut the pace back or cut the exposure back. Don't try to do the same pace you did the day before.

Summer Exercise Tip No. 4: Wear Light, Breathable Clothing

Lightweight fabrics that wick away sweat are best for exercising in the heat. Clothes should also be light in color in order to reflect the sun. Sunscreen is also important when you exercise outdoors.

Summer Exercise Tip No. 5: Exercise Early or Late

If possible, get out before 7 a.m. or after 6 p.m. to exercise in the summer months, says Roberts. This will add length to your day, and energy to your summer workout. Inevitably, heat and humidity will slow you down.

Summer Exercise Tip No. 6: Use Common Sense

Don't choose a hot summer day to try your hand at rock climbing or in-line skating for the first time. You shouldn't start doing something brand new if it's really hot, even if it's just for a half an hour. When you don't know what to expect or how your body will take to the activity, it's best to save it for a cooler, more forgiving day, he says. The biggest thing with heat and exercise, is common sense. If you're feeling bad, you need to get inside, get your core temperature down. Even if you are in an event, it's just not worth it. You want to live to run another day.



Who Says Learning Can't Be Fun?

