



"CORE"tastic Kids Newsletter



Check us out on Facebook!!!!

"You're not paying attention." "Stop fidgeting!" "Don't interrupt."

Can you imagine what it would be like to hear people talk to you this way every single day? If you can imagine it, or if it sounds just like what you're used to hearing, then you know what it's like to have hyperactivity.

Physical activity for the hyper active child is important. It uses up excess energy they seem to have stored up and stimulates brain activity as well. Team sports and activities will also help teach hyperactive children social skills. If your child doesn't like sports, you could try dance, swimming, cycling, or gymnastics--anything where there is some contact with others. Martial arts are a good way to go as well--there is much self-discipline learned in this activity. You could also try classes in creative exercise and motion. Music classes are one of the best ways to keep creative hyperactive children absorbed and productive.

Tips To Calm Hyperactive Children

Speak in a calming voice without frustration or yelling. Be the role model: If you want your child to be calm, remain calm yourself.

- * Healthy diet. Eat fresh foods, fruits, and vegetables. Choose foods that have not been sprayed with harmful pesticides, or pumped with growth hormones, steroids, and antibiotics.
- * Eliminate foods and drinks that contain added preservatives, coloring and sugar. Check labels for anything that contains high fructose corn syrup as it has been implicated in harming brain functioning, and causing obesity, and diabetes. You will be shocked to see that it is contained in many foods you consume.
- * Maintain firm, but kind, boundaries. Negotiate for good behavior.

CORE SUPER STAR!!!



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Calendar of Events:

New School Year Begins!!

CORE will be closed on
Wednesday 24th and
Thursday 25th for Training.

CORE will be closed on
Monday September 5th for
Labor Day.

Fall Class Schedule begins
September 6th!!



We are proud to introduce you to one of our CORE STARS, Katelyn Guidry, from Alice Drive Middle School. Katelyn started CORE back in March hoping to find some help with her comprehension and spelling skills. Since Katelyn has come to Core she has made significant gains in both areas. She improved greatly at the end of her 2011 school year in Science and her PASS testing. Her reading comprehension has improved so much that she was excited to complete the Twilight series this summer. After taking the *Visualizing and Verbalizing Series* at CORE, Katelyn says, "I've been able to finish tasks I started rather than getting distracted." Her mother feels she is more confident in herself as far as homework, studying, and all around paying attention and keeping focused.

Congratulations Katelyn.

You Are Stronger...Smarter...Better!!!!

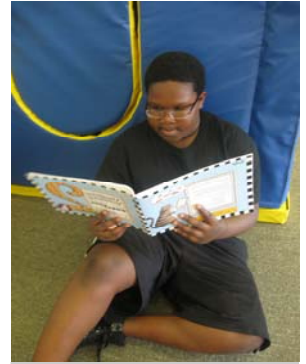
Fun with Math and Reading...Together!!

As school gets back into session, parents often look for interesting books for their children to read. Why not incorporate two subject areas? A fun new way to incorporate math and reading is to read stories that talk about the numbers, shapes, computation, orderings, correspondences, and patterns. There are several books out there that incorporate fun to learn math skills. Ideally, a good children's book should appeal to adults because it strikes some interest. Make sure the book will also appeal to your child and is age appropriate. Any book that makes a child want to read more is a five-star book in my opinion.

Take the principles you've picked up in your child's favorite story and help him/her turn them into play. For instance, you can ask your child to put sticks or blocks in order by length. You can build stairs with cubes or blocks — each step one greater than the last. You might sort buttons, bottle caps, or leaves into groups by color, shape, size, or type. By naming groups of things from the story with numbers and shape names, your child is learning math foundations through a story. For example, you might point to the beautiful flowers on a page and ask, "What shape are those petals?" "How many flowers do you see?" It's helpful to read the book through first, then reread it, and find and discuss the mathematical ideas it contains.

Some great children's books that incorporate math skills are:

- [Dr. Seuss's, *The 500 Hats of Bartholomew Cubbins*](#)
- [*The Mudflat Olympics*, by James Stevenson](#)
- [*Too Many Pumpkins*, by Linda White & Megan Lloyd](#)
- [*Ducks Disappearing*, by Phyllis Naylor & Tony Maddox](#)
- [*The Greedy Triangle*, by Marilyn Burns](#)
- [*One Hundred Hungry Ants*, by Elinor J. Pinczes](#)



"We cannot change yesterday. We can only make the most of today, and look with hope toward tomorrow"

Unknown Author

Fun Ideas for Fine Motor Skill Development

Small movements of the hand are fine motor skills and they are crucial to holding a pencil. If your child needs extra practice to strengthen fine motor skills, here are some activities you can try at home:

Cut out pictures from newspapers or magazines.

Put together small beads and play with toys that teach building skills.

Knead and build with dough or clay.

Hide small objects in the dough and have your child find them.

Play pegboard games.

Play with any toys that involve manipulation of small pieces.

Use a water bottle to squirt water on the sidewalk.

Have a cotton ball race across the table with your child.

Finger-paint on a paper plate with sand or shaving cream.

Use small marshmallows and toothpicks to form letters.

String popcorn, buttons, macaroni, or beads to make necklaces.

Use a hole-punch to create a design on a piece of paper.

Clip clothespins to a container.

Apply lace to cards.

Gather small objects from around the house (small buttons, beads, etc.). Place them in a container, have your child pick them off the floor with a pair of tweezers, and place them back in the container.

Exercise of the Month:



August is the last month of the summer. Let's have some fun with a beach themed activity: the crab walk! It's an easy and fun activity for any age. You use your hands and feet in a sitting position to walk, strengthening your core. You can practice speed and coordination while having fun! You can be a sand crab and walk real fast across the sand or slow down and walk carefully over an obstacle. Whatever your speed is, just have fun with it! Get a group of your friends together and have crab walk relay races through obstacle course. Place some objects on the grass outside that you have to walk over or avoid like a ball or Frisbee. Crab walk up an incline or through a tunnel. Make the relay fun and exciting. Just remember to go fast enough not to burn your claws on the hot sand.

Gray Matter Volume Changes Following Reading Intervention in Dyslexic Children

Center for the Study of Learning, Georgetown University Medical Center, 4000 Reservoir Road, Building D Suite 150, Washington, DC 20057, USA.

Studies in children and adults with the reading disability developmental dyslexia have shown behavioral improvements after reading intervention. In another line of work, it has been shown that intensive training in a variety of cognitive and sensorimotor skills can result in changes in gray matter volume (GMV). This study examined changes in GMV following intensive reading intervention in children with dyslexia. Eleven dyslexic children underwent an eight week training focused on mental imagery, articulation and tracing of letters, groups of letters and words, which resulted in significant gains in reading skills. This was followed by an eight week null period (control) where no intervention was administered and no further significant gains in reading were observed. Structural scans were obtained before the intervention, after the intervention and after the null period. GMV increases between the first two time points were found in the hippocampus, left precuneus, right hippocampus and right anterior cerebellum. However these areas did not change between time points two and three (control period), suggesting that the changes were specific to the intervention period. These results demonstrate for the first time that (1) training-induced changes in GMV can be observed in a pediatric sample and (2) reading improvements induced by intervention are accompanied by GMV changes.

[Krafnick AJ](#), [Flowers DL](#), [Napoliello EM](#), [Eden GF](#).

CORE FALL SCHEDULE

MORNING CLASSES

Monday and/or Wednesday

Reading Boot Camp 10 to 11am
Learn to Read 10 to 11am
Project Based Math 11 to 12pm
Math Boot Camp 11 to 12pm
Writing Workshop 11 to 12pm

September 12th through November 2nd



MOVEMENT CLASSES

Monday

Toddler Fit 10 to 11am
3-5 years Jungle Gym 2 to 3pm

Tuesday

Tween/Teen Girl Fit 5:30 to 6:30pm

Wednesday

8-11 Sports Development 4 to 5pm

Thursday

4-7 years Jungle Gym 4 to 5pm

ACADEMIC CLASSES

Monday and Wednesday

Reading Comprehension 3:30 to 4:30pm
Reading Boot Camp 5 to 6pm
Learn to Read 5:30 to 6:30pm

Monday

Writing Program 4 to 5pm

Tuesday and Thursday

Math Foundations 4 to 5pm
Math Boot Camp 5 to 6pm

September 6 through October 20th

Online registration available

www.coreinstitutesc.com

Kid Fitness Classes at a great value of \$10 per fitness class.



Class sizes are limited so be sure to enroll today!!

(803) 469-2673

1224 Alice Drive, Suite B, Sumter

Open Monday—Thursday 8:30am—6:30pm