



"CORE"tastic Kids Newsletter



Math Tips:

Did you know that listening to classical music enhances your mathematical abilities? Most research shows that when children are trained in music at a young age, they tend to improve in their math skills. Students who were exposed to the music-based lessons scored a full 100 percent higher on fractions tests than those who learned in the conventional manner.

Most people enjoy music and find it a naturally interesting subject, while many consider math to be a "difficult" subject. Often they do not realize how closely related music and math are. Rhythm and pitch, two of the most basic elements of music, are best described using basic math concepts. Music training enhance spatial-temporal reasoning which is basically proportional reasoning - ratios, fractions, proportions and thinking in space and time. This concept has long been considered a major obstacle in the teaching of elementary math and science

Hungary, Netherlands and Japan stand atop worldwide science achievement and have strong commitment to music education. All three countries have required music training at the elementary and middle school levels, both instrumental and vocal, for several decades. Engagement in the arts — whether the visual arts, dance, music, theatre or other disciplines—nurtures the development of cognitive , social , and personal competencies .

As a result of varied inquiries, *researchers* found that learners can attain higher levels of achievement through their engagement with the arts.



Where performance meets potential.

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Volume 4, Issue 11
November 1, 2011

Calendar of Events:

Thanksgiving Break

November 23-24, 2011

CORE Closed on

December 26, 2011

Winter Extravaganza!!

December 19-22

December 27-29



Exercise of the Month

For this exercise, you will need two empty plastic containers with handles, a soft medium-sized ball, and masking tape. Cut the bottoms off of the containers to form a scoop and put tape over the edges so no one gets cut.

Hold the containers by the handles with the open end up, so it resembles a scooper. You and your child should each hold a scoop. Throw the ball to him/her, instructing him/her to catch it with his scoop.

Once he gets the hang of that, have him/her throw the ball to you in return so you can catch it with your scoop. Start a few feet apart and move back as your child gets better at the game. This exercise will help develop skills for him/her to play many different sports. It incorporates eye hand coordination and gross motor control. Go outside and have fun with your children!

Brain and Body Works — From the Inside Out

Teens who try to lose weight may be going about it the wrong way.

A study presented by a doctoral student at Temple University found that obese students have great interest in weight loss, but this intent can mean increased smoking and soda drinking. Temple University's public health doctoral candidate Clare Lenhart presented data from a 2010 survey of 44,000 students at the annual meeting of the American Public Health Association this week. The results showed that about 75.7% of the obese students attending Philadelphia, Pennsylvania, public high schools sought to lose weight.

"What I was expecting to see was increased intake of salad or healthy foods," Lenhart said. "In fact, what I found was persistent unhealthy behaviors contrary to weight loss."

Those teenagers who tried to lose weight had increased use of tobacco and soda. It was unclear from the data why the female students drank more non-diet soda when they sought to lose weight. "In some families, soda is commonplace," Lenhart said. "They might not consider that - it's just a habit."

According to the data analysis, obese female students were more likely to report at least 60 minutes of daily physical activity than their obese male counterparts who reported an average of three hours of video games a day.

The students may not have a clear idea on proper ways to lose weight, Lenhart said.

She had worked on a previous study that found obese students were at increased risk of dangerous weight loss behaviors such as binge eating, using pills and purging.

Rather than having health educators, nurses and physicians only determine BMI, it would be worthwhile for them to ask follow-up questions about what kind of habits and behaviors the students practice, Lenhart said.

"The fact that three-fourths of the students who are obese report interest in weight loss, it's an incredible opportunity from a public health standpoint," Lenhart said. "If they're demonstrating interest in changing, it's a good first step. It's a matter of helping them and taking the following steps from there." As we all know, wanting to change is the first step to making a change. It is our job as adults to provide support and knowledge to our teens.



Saying thank
you is more than
good manners.
It is good
spirituality.

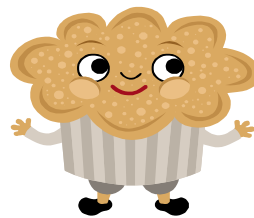
Alfred Painter

Peanut Butter Muffins

Prep time: 35 minutes

Ingredients:

2 eggs	1 cup milk
1/4 cup nonfat dry milk	2 1/4 cup flour
1/4 cup banana (about 1 banana) mashed with a fork	1 1/2 tsp. baking powder
1/4 cup peanut butter	1 tsp. baking soda
1/3 cup vegetable oil	Nonstick cooking spray
1/4 cup frozen apple juice concentrate, thawed	



Directions:

1. Preheat oven to 350
2. In small bowl, break eggs and use fork to beat them a little bit.
3. In large bowl, combine the milk, mashed banana, peanut butter, vegetable oil, apple juice, dry milk, and the eggs. Mix with a mixing spoon until mixture is creamy.
4. Add the flour, baking powder, and baking soda into the large bowl. Mix again.
5. Line a muffin tin with paper liners or lightly spray with nonstick spray. Spoon in the muffin mix. Fill each muffin cup about 2/3 of the way up.
6. Bake for about 15 minutes.
7. When your muffins are finished baking, remove from muffin tin and cool them on the wire rack. Then it's time to taste and share!!!



Mommy, Daddy, Read to Me!!

Parents who read children's stories aloud to their kids provide a strong, positive influence and build a foundation for a lifetime of significant benefits. But what really are these reading aloud benefits? What kind of difference are we talking about?

Did you know . . .?

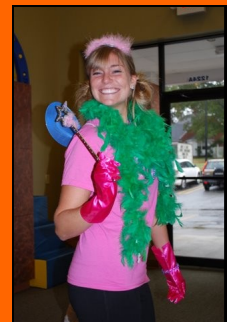
- In this day and age of hectic lives and busy schedules, reading together is a simple and enjoyable way for parents to take time out and focus on the family. Young children need lots of special, dedicated time with their loved ones.
- Reading children's stories aloud to our kids is just plain fun!!
- Reading children's stories is a wonderful bonding experience that fosters meaningful one-on-one communication with our kids.
- It shows our children in no uncertain terms that they are important to us.
- It molds our kids into becoming readers, and raising a reader significantly increases our child's potential for academic success as well as lifelong success in general.
- It is a vital and integral part of teaching our kids how to read as children learn how to read by being read to.
- It helps our children master language development.
- It builds listening skills, increases a child's attention span, and develops the ability to concentrate at length of which all are learned skills.
- It develops children's ability to express themselves more confidently, easily, and clearly in spoken and written terms.
- It develops and fosters a child's natural curiosity.
- It develops creativity and a child's ability to use their own imagination!
- It expands our children's horizons, calms fears, exposes them to new situations, and teaches them appropriate behavior.
- Reading children's stories to our children provides the best opportunities for true "teaching moments ."
- Reading picture books develops a young child's appreciation for the arts through exposure to many different styles of art and illustrations.

There is so much that reading children's stories aloud to our kids can do for them.

So let's start reading together today!

"A house without books is like a room without windows."

--Heinreich Mann



Parents, are you tired of the kids sleeping in late, playing video games, and telling you they are bored during Winter Holidays?

Bring them to CORE for a BRAIN and BODY workout!

Then use your FREE TIME to do that last little bit of holiday shopping, baking, wrapping, decorating ... whatever you want!

it's a Winter Extravaganza!

Sessions are offered for children ages 4-12.

YES! SIGN ME UP FOR THE WINTER EXTRAVAGANZA!

Child's Name _____ Age: _____ Date of Birth: _____

Parent's Name: _____

Address: _____

Telephone : (H) _____ (C) _____ (W) _____

Email: _____ Email: _____

Morning Session: 9 a.m. - noon

\$20 per session; \$5 for Lunch Bunch

Afternoon Session: 1 p.m. - 4 p.m.

\$150 for 4 full days (includes lunch)

Lunch Bunch: noon - 1 p.m.

Full payment MUST accompany registration!

Please circle the dates and times you're signing up for:

December 19:	half day (morning or afternoon)	full day	lunch bunch
December 20:	half day (morning or afternoon)	full day	lunch bunch
December 21:	half day (morning or afternoon)	full day	lunch bunch
December 22:	half day (morning or afternoon)	full day	lunch bunch
December 27:	half day (morning or afternoon)	full day	lunch bunch
December 28:	half day (morning or afternoon)	full day	lunch bunch
December 29:	half day (morning or afternoon)	full day	lunch bunch

Sign In/Sign Out: Parents or guardians MUST sign in/out when students arrive and leave each day. There will be absolutely no exceptions!

List all people that may pick up your child: _____

Drop off: 8:45 a.m. or 12:45 p.m. **Pick up:** Noon, 1 p.m. or 4 p.m.

Late pickup fee: There will be a late pick up charge of \$10 after 4:15 p.m.

Call CORE today for more details 469-2673
or go online to register at www.corepossibilities.com