



"CORE"tastic Kids Newsletter



Handwriting Ideas!

Handwriting is one of the most important skills that children acquire and use throughout the school year as part of their occupation as students! Hand skills are crucial to successful handwriting. Small movements of the hand are fine motor skills. Try these FUN activities this summer to strengthen your fine motor skills.

- Scissors
 1. cutting pictures out of newspapers or magazines
 2. cut out "body parts" from magazine pictures to create funny new collage people
- Toys
 1. playing with small beads, Legos, Tinker Toys, Lincoln Logs
 2. kneading and building with Play Dough or clay
- Food
 1. forming letters with small marshmallows and toothpicks
 2. stringing popcorn or cereal to make a necklace



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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- ☺ June 1—Core Institute opens at 1224 B Alice Drive
- ☺ June 2—Adult Fit classes begin
- ☺ June 8—Summer Camps begin

Math Tip:

Intense physical activity programs have a positive effect on academic achievement; including increased concentration, improved mathematics, reading and writing test scores, and reduced disruptive behavior.

During summer vacation, there are so many moments in an average day that lend themselves to learning about math. With the awareness of these teaching moments, you can maximize, and build upon them throughout the summer. A great way for kids to strengthen their math skills is with hands-on activities. Whether it is math puzzles, counting games or using measurements to cook something yummy - kids will have a great time using their math skills in practical ways.

Cooking: Making pancakes can lead to learning about measurements, fractions, and multiplication. Start with a basic recipe, and then double or triple it, and allow your child to figure out how much of each ingredient is needed. For younger children, simply learning about basic measurements, such as teaspoon, tablespoon, cup, etc. is very helpful. For older children, you can teach fractions by finding out how much milk is needed if the recipe calls for $\frac{1}{4}$ cup and then have them triple the recipe.

Napkin fractions: Fold paper towels or napkins into large and small fractions, from $\frac{1}{2}$ to $\frac{1}{16}$. Use markers to label and decorate the different fractions.

Change it: Start collecting change in a jar on the first day of summer. On the last day of summer, estimate your change, then count it, and plan a special purchase.

Record-breakers: Use a stopwatch to time yourself running, roller blading, swimming, or biking. Then, try to beat your time and graph the results.

Helping your child become a mathematical thinker is an important way to support your child's classroom learning. Bringing math alive in these ways can impact more than summer.

Body Works — From the Inside Out

I read the following article on MSNBC the other day and I wanted to pass it on. I find it to be relevant in most cases and if nothing else a gentle reminder that sometimes we need to step back and make sure our choices are worthwhile. We need to make sure that the little bodies that we are plugging into sports are getting the proper motor and social development needed to take something valuable away from being part of a team. Building self confidence and self awareness is one of the most important foundations when working with young athletes. A child needs to learn that success and failure are both important parts of growth and that their efforts will be rewarded no matter the outcome. As parents we need to question our motives and ask ourselves the question; who is this for? Are the choices we make for our children really what's best for them? When something no longer has meaning or a once motivating activity yields no rewards, children are ready to move on to something "More Fun."

'It's not fun anymore'

Kids with a strong internal drive may thrive on the competition. But the pressure can be too much for others, particularly grade-schoolers who aren't as equipped to deal with the stress as older athletes.

And the goals of sports for young kids can differ dramatically from those of their parents and coaches, says youth fitness researcher Avery Faigenbaum, an associate professor of exercise science at the University of Massachusetts in Boston.

"Most children would rather play on a losing team than sit on the bench of a winning team," he says.

When Faigenbaum asks kids who've quit why they're no longer interested in sports, their typical response: "It's not fun anymore." They wanted to have a good time, make friends and learn something new, he says. But make the game all about hard-core training and the final score, and many kids will sideline themselves.

"They're getting turned off of sports at a young age -- and that's a sad tale," says Faigenbaum.

There's ample evidence that sports participation can have important benefits for kids, including improved physical health and emotional well-being. Hopefully, they'll also learn life lessons in teamwork, discipline, leadership and time management. But kids can't profit from these benefits if they're quitting sports early on.

-Jacqueline Stenson



"No one can go back and make a brand new start; anyone can start from now and make a brand new ending."

Carl Bard

Reading and Spelling Tips:

Write Another Chapter- Students write an additional chapter for a book they finished reading. This is a great opportunity for students to change something about the story, or add missing action or details they would have liked to see in the story.



Write a Different Ending- Students rewrite the ending to a story or book that they finished reading so that the story ends differently. This requires creative thinking and also helps to reinforce reading comprehension as students must understand what happened and why in order to create a believable new ending to the story.

Synonym Search- Select 6 to 10 words from your child's reading and have them come up with a synonym for each word. Students can utilize a thesaurus as a resource tool.

Spelling Kickball- Play kickball as usual, except ask the students to spell a word before being pitched the ball. If the word is misspelled, he or she "strikes" out. If the word is spelled correctly, roll the ball and the game progresses normally.



What Do Stress And Gratitude Have in Common? How Do They Connect With Student Achievement?

These days, it's a challenge to manage your own stressors. In men, increased blood flow to the left orbitofrontal cortex suggests activation of the "fight, freeze or flight" response when stressed. In women, stress is activated in the limbic system, which is associated with emotional responses.

Exercise can reduce stress, but so can many other things, including cultivating an attitude of gratitude. It is, according to UC Davis scientist Dr. Emmons, a "chosen attitude." He says we must be willing to recognize and acknowledge our blessings, wherever they come from. If we roll up our sleeves and commit ourselves to becoming grateful, we will see that with gratitude comes greater joy and less stress. Rightfully, you may ask, "What does this have to do with school achievement?"

Old, outdated theory says that each person has a "set point" of happiness determined by genetics. That no matter what happens to you, you always return to the same level of happiness. Now research has demonstrated that 'pop psychology' theory is dead wrong. Emmons found that people who kept a consistent gratitude journal were actually able to raise their level of happiness over time. **And students who were in better moods (no surprise) get better grades and score higher on achievement tests.**

In another study, Todd Kashdan, associate professor of psychology at George Mason University, interviewed college-aged students and older adults, asking questions about giving and receiving. As director of the Laboratory for the Study of Social Anxiety, Character Strengths, and Related Phenomena at George Mason, Kashdan is interested in the assessment and cultivation of well-being, curiosity, gratitude and the meaning and purpose in life. He has been active in the positive psychology movement since 2000, when he taught one of the first college courses on the science of happiness. Kashdan says that if he had to name three elements that are essential for creating happiness and meaning in life it would be meaningful relationships, gratitude, and living in the present moment with an attitude of openness and curiosity. How do you do that?

Student success in the classroom is directly correlated with the teachers ability to managing student states. Here is what you can do in the classroom or at home. First, foster meaningful relationships with tribes, clubs, committees, partner work, teams and mentors. Second, cultivate an attitude of gratitude with daily journaling, sharing positives with partners and teammates, as well as teaching students what to look and listen for to become more grateful. Third, teach students how to be better at living in the present moment. (That's easy for pre-K and K-3, but it becomes an art as we get older.) Finally, teach students HOW to develop an attitude of openness and curiosity. That can be done with exploratory learning that allows the student to generate questions about the content, project or process. Do all these take time? Yes, in total, at least ten minutes a day. In return, you'll get a lifelong learner who is curious, grateful and has better mental health. That sounds pretty good to me! Brain-based education says, "Be purposeful about it." Now, go have some fun!

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1224 B Alice Drive
 Sumter, SC 29150
 Phone: 803-469-CORE (2673)
 E-mail: core@tuomey.com

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Please come visit us at our new home: 1224 Alice Drive

Cindy Charles and Brent Petersen

STRONGER, SMARTER, BETTER - CORE!



Weekly Summer Class Schedule

	Kid Fit	Adult Fit	Sports Performance 9 and up
Explorers (Walkers—3)	Tuesday, Thursday 10:30—11:30	Tuesday, Thursday 5:30—6:30 PM	Monday, Wednesday 11:00—12:00
PK—K	Tuesday, Thursday 9:30—10:30		Monday, Wednesday 4:30—5:30
PK—1st	Tuesday, Thursday 5:30—6:30		
1st—2nd	Monday, Wednesday 10:00—11:00		
2nd—5th	Monday, Wednesday 5:30—6:30		
3rd—5th	Monday, Wednesday 9:00—10:00		