



"CORE"tastic Kids Newsletter

Handwriting Ideas!

"Summer Fun!" with Handwriting":

Fine motor /upper extremity activities:

- Use finger to write in various media—Kool-Aid, flour, Jell-O powder, sugar, dry corn, etc.
- Paintbrushes with water on driveway
- Washing windows
- Spray nozzle on garden hose
- Use sanding block to sand a wood project
- Brush the family dog
- Cooking activities: stirring, pressing, kneading
- Dig and play in sand

Gross Motor Activities:

- Carrying groceries, laundry basket
- Pushing or pulling shopping cart, sibling in wagon
- Tug-of-war with a towel, rope, etc.
- Vacuum
- Raking/pushing wheelbarrow
- Riding bicycles
- Jump rope/jumping on trampoline
- Potato sac/jumping bag races



Play Ball!

Juggling is a great way to develop effective eye-hand coordination and build a foundation for rhythm, timing, and sequencing. Use a variety of balls and other objects with various sizes and weights to challenge the body and mind! Two can join in on the fun. Practice synchronized ball exchanges with music. Go for 10 in a row without a drop!!



Where performance meets potential.

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- ☺ May 16—Heart & Sole—Five Miler
- ☺ May 25—Memorial Day
- ☺ May 28—TSA—Last Day of School for LS and MS

Math Tip:

Children typically forget some of what they learned during the school year if they don't engage in learning activities over the summer. This is particularly true in math. Studies show that on average, students lose about 2.6 months of math learning over the summer.

Here are a couple of activities to work math into your summer routine that can help support your child's classroom learning.

1. The License Plate Game: (Families can play while traveling in the car) Ask your children to add up the numbers on the license plates of passing cars. You can assign a value to the letters, for example, every letter equals 5. Older children can multiply the numbers.
2. Supermarket Games:
 - Before you fill a bag of peaches or apples at the grocery store, ask your child to estimate how many will fit. Then count afterward to compare the actual number to the estimate. Helping your child learn to make appropriate predictions will help in understanding how numbers are used in everyday life. Learning to ask, "Is my answer reasonable?", will help tackle math problems when they return to the classroom.
 - Get newspaper advertisements announcing sales from the grocery store. Have your child look at the specials and determine how to spend \$10.00.
 - Have your child add the total amount of groceries that you are purchasing before you reach the register check-out.

Body Works — From the Inside Out

Everyone is busy - stress is everywhere. We are craving control, but don't know how to regain it. We are seeking inner peace, but struggle to remember when we last had it. So, if you want to learn what it takes to renew your energy, revitalize your spirit, and recapture balance in your life, I have a few techniques that can help you.

- **Get up 20 minutes earlier.** That's right - up and out of bed to begin your day with a workout! Get your heart rate up for at least 10 minutes out of a 20-minute routine. You can do bodyweight squats, lunges, pushups, sit-ups, jump rope, bench dips, etc. Add some 30-60 second jog/run intervals and you are well on your way to a great day.
- **Deliberately pursue pleasure.** Award-winning author, Christiane Northrup, M.D., speaks and writes about choosing activities EVERYDAY that create pleasure. This could mean walking on the beach, reading a good book, taking a hot bath, sitting in a Jacuzzi, taking dance breaks, getting a massage or connecting with a friend. Most of us don't have enough fun; we need to seek out, prioritize and deliberately pursue daily activities that we enjoy.
- **Find even more accountability.** You may need additional strategies to help you with the most important ingredient to an improved lifestyle - EXERCISE. Increased accountability for your exercise regime could come from a friend, a personal trainer, a life-coach, a group-exercise class or your partners in small-group personal training. Peers play an important role in creating accountability. They expect you to be present and they cheer you on when you work hard. They also inquire about your absences and expect a darn good reason why you didn't make it when they did! Continue to try new classes, get outside your comfort zone, and discover what works for you.

I know you're busy. That's OK. Take time for you. Take Control of Your Life - starting today!

Brent Petersen



"The greatest wealth is health."

Virgil

Reading and Spelling Tips:

Word Find- Choose several words your child will recognize from a newspaper or magazine article. Write the words down and have your child circle the words every time they appear.



Sound Game- Say a word aloud. Your child then either says a word that rhymes or that starts with the same sound as you word. (Example: Your word-book, Optional responses- look, bird, or ball) Take turns giving the starter word and keep the game going as long as you can!

Hide and Seek- Use the letters of a starter word to come up with as many words as possible from the given word. The letters can only be used however many times they appear in the given word. Example: Starter word-difficulty, possible words to form- it, left, fifty, cliff. (Other starter word suggestions: alphabetical, friendship, education, determination, hippopotamus)

Picture Walk- (For younger students) Before reading a picture book, go on a picture walk! Look at all of the pictures and have your child predict what is happening. Write down their predictions so you can compare them to what happened in the story!

Internet Games and Activities- Visit www.gamequarium.com and click on Readquarium for games that reinforce sight words, vocabulary, comprehension and phonics!



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		

"Horizons on the Hill"

A Magnet Program for Exceptional Children At Thomas Sumter Academy

Vision: To change the world of education by inspiring exceptional individuals to achieve their maximum potential.

Mission: To offer a unique education program that recognizes and serves the physical, cognitive, social, sensory, and emotional needs of exceptional learners.

Every child deserves the chance to find maximum success in the academic setting. "Horizons on the Hill" seeks to offer exceptional learners a unique education experience by utilizing an inquiry style, research based, sensory-cognitive curriculum that offers a wide range of experiences and opportunities that are not part of the traditional school experience. This inquiry curriculum, paired with a "brain" friendly delivery system and dynamic, well-trained teachers, offers gifted and talented students and students with learning differences the opportunity to rejoice in the learning process.



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The Core Institute is a performance development center that seeks to maximize physical and intellectual skills. Our goal is for each student's performance to meet his or her potential - what ever level that may be! If you believe your child could be a better athlete on the playing field or a more successful student in the classroom, then call us today. Be a part of the Core Families who are seeking excellence!

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www.corepossibilities.com

Multitasking: 'A Brownout In The Brain'

by [Jon Hamilton](#)

Carrying out several tasks at once can feel so productive; however scientists say switching rapidly between tasks can actually slow us down. Even though modern technology allows people to perform more tasks at the same time, juggling tasks can make our brains lose connections to important information. Consequently, in the end, it takes longer because we have to remind our brains what we were working on.

David Meyer at the University of Michigan has spent the past few decades studying multitasking — mostly in adults. "For tasks that are at all complicated, no matter how good you have become at multitasking, you're still going to suffer hits against your performance. You will be worse compared to if you were actually concentrating from start to finish on the task," Meyer says.

Multitasking causes a kind of brownout in the brain. Meyer says all the lights go dim because there just isn't enough power to go around. So, the brain starts shutting things down — things like neural connections to important information. The technical name for creating or recreating these neural pathways is "spreading activation." It involves building connections step by step. Meyer says it's similar to what we do when we free associate. I say to you, 'What do you think of when I say the word apple to you?'" And you start vibing on apple. 'Oh, apple's a fruit, it fell on Newton's head. Newton was a physicist. He invented the first theory of gravity.' And on and on," Meyer says. When we're interrupted, re-establishing those connections can take seconds or hours. "It goes on subconsciously and eventually, if I'm lucky, I get back up to speed with what I was thinking about before," Meyer says.

Saying no to distractions depends, in part, on being able to control your impulses — something that's not fully developed in every person. In fact, Meyer says, our brains can get hooked to where "they literally need a fix of multitasking." There's not much research on the addictive nature of multitasking. But Meyer likens it to playing video games or skydiving: We all get a buzz from novelty and variety. Of course, when the stakes get higher, multitasking can stress you out. For many, the experience of multitasking falls somewhere between the rush of skydiving and the anxiety of landing planes.

CORE NOTES:

In summary, we all need to follow the valuable advice given to Lighting McQueen in the movie *Cars*: "Slow Down and Go Faster!" May is always a busy month with end of the year testing, graduations, recitals, sporting events, etc... Most families can't wait for the summer to arrive and to see their hectic schedules slow down a bit. During this busy time it's more important than ever to protect your brain from a "Brown Out". It seems simple - prioritize and focus on one activity at a time. This advice applies to our children as well. Homework, texting, "IMing", listening to music and watching TV are not a great combination for learning and neural growth. It's time for all multi-task "addicts" to start their own sustained focus rehab program. Good Luck everyone! Here's to a healthy brain!!

Cindy Charles

