

<b>From</b>	TutorSelect - Advanced Learners
<b>Subject</b>	Fun, Sun and Summer Schooling

# ADVANCED LEARNERS

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## Advancing Students Beyond the Classroom...

Advanced Learners is a private tutor placement service that provides tutoring for students needing academic help.

In addition to our large selection of tutors for all subjects at any level, we also have specialized tutors to assist older students and adults with high level math & science, test prep and college

## Monthly Topic

### Fun, Sun and Summer Schooling

Education does not take place just in the classroom. It takes place everyday and everywhere. New opportunities arise to teach kids and teens about day-to-day choices, routines, activities, and much more that is not always found in books.

Inspiring a student's love of math, finance, and money can be as easy as allowing them to make choices in the grocery store. Give them \$10 a week to decide what their "treat" for the week is. Give them a piggy-bank to save for a bigger treat or toy. Track the money they receive, spend and save each week on a spreadsheet. [Check out http://www.moneyinstructor.com/kids.asp](http://www.moneyinstructor.com/kids.asp) for more great tips for kids of all ages.

Does your child always seem to be on the computer instead of cleaning their room, studying, or doing yardwork? Help them become more "scheduled" by creating a daily or weekly planner. For each routine item you want them to accomplish each day, give them so many minutes to use on the computer, or X-Box. [Tips for starting early with elementary students http://organizedhome.com/content-64.html](http://organizedhome.com/content-64.html).

Science doesn't always have to come straight from a book. Talk about all the forms that water can take and ask your kids to give you examples; for teens ask them to tell you how it changes. Water to steam, water to ice, condensation, it's all simple science we experience every day. How about making rock candy and watching the crystals grow? How did that happen? [Visit http://www.sciencemadesimple.com/](http://www.sciencemadesimple.com/) for great at home lessons.

Summer school can be taught by you!

### Children's Need for Physical Activity: Fact Sheet



### Success Story

"I called his mom last week... Shelly was pleased that Tyler got an A on his Geometry Final Exam which brought his final grade up to a "B". Shelly is looking forward for me to tutor Tyler this fall."

Ryan E., Orlando, FL



### National HotDog Month

July is National Hot Dog Month, and according to the National Hot Dog and Sausage Council, Americans will be consuming the infamous little red tubes of "meat" in record numbers this summer.

The Council estimates that over seven billion hot dogs will be eaten by Americans between [Memorial Day](#) and [Labor Day](#). During the [July 4th](#) weekend alone (the

entrance exams.

Our office works quickly to connect you with a highly qualified, experienced tutor who meets your specific needs, so that tutoring sessions can begin immediately.

Our expert tutors are available to assist you 7 days a week, year-round, for morning, afternoon, or evening sessions...and best of all, they come to you.



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- Children in the United States today are less fit than they were a generation ago. Many are showing early signs of cardiovascular risk factors such as physical inactivity, excess weight, higher blood cholesterol and cigarette smoking.
- Inactive children, when compared with active children, weigh more, have higher blood pressure and lower levels of heart-protective high-density lipoproteins (HDL cholesterol).
- Even though heart attack and stroke are rare in children, evidence shows that the process leading to those conditions begins in childhood.
- The 2003 Youth Risk Factor Surveillance Study indicates that 33.4 percent of youth don't engage in physical activity that promotes long-term health.
- A fitness testing program sponsored by the Chrysler Fund Amateur Athletic Union, which tracks fitness among 9.7 million people between ages 6–17, shows that children are getting slower in endurance running and weaker.
- The National Health and Nutrition Examination Study (NHANES, 1999-2002) found that the prevalence of overweight American adolescents ages 12–19 was 16.7 percent for males and 15.4 percent for females. There was an increase of 250 percent from 1970 to 2002.
- About 16 percent of adolescents ages 12–19 have total cholesterol levels exceeding 200 mg/dL.
- An estimated 22 percent of American children under age 18 are exposed to secondhand smoke in the home. An estimated 2,000 American young people become smokers every day.
- Children spend an average of three to four hours a day watching TV.
- Inactive children are more likely to become inactive adults.
- Healthy lifestyle training should start in childhood to promote improved cardiovascular health in adult life. The following good health practices should be promoted among children:
  - regular physical activity
  - a low-saturated-fat, low-cholesterol diet after age 2
  - smoking prevention

biggest hot-dog holiday of the year), 155 million will be downed.

### Quote of the Month

*To repeat what others have said, requires education; to challenge it, requires brains.*

Mark Twain, Author

### Suggested Reading

*Fried Green Tomatoes at the Whistle Stop Cafe*  
by Fannie Flag

Folksy and fresh, endearing and enduring, this bestselling book tells the tale of two women and the cafe they ran in Whistle Stop, Alabama, offering barbecue, coffee, love, laughter -- and an occasional murder.

[Suggested for 8th graders](#)

For more information please contact me directly,  
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Victoria Kearney  
Director of Tutoring Services

- appropriate weight for height
- regular pediatric medical checkups

**Higher Grades**

**Higher Self-Confidence**

**Higher Achievement**

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