



Happy New Year!

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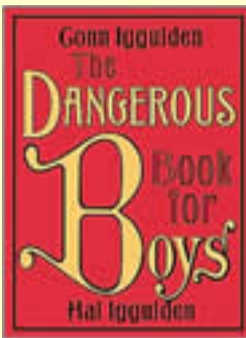
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Book of the Month

The Dangerous Book for Boys

from Amazon.com

Equal parts droll and gorgeous nostalgia book and heartfelt plea for a renewed sense of adventure in the lives of boys and men, Conn and Hal Iggulden's *The Dangerous Book for Boys* became a mammoth bestseller in the United Kingdom in 2006. Adapted, in moderation, for American customs in this edition (cricket is gone, rugby remains; conkers are out, Navajo Code Talkers in), . . .



For the rest of the book review go to [AmazonBookReview](#)

Family Fitness and Healthy Eating Links

- [Shape Up America!](#)
- [The Family Education Network](#)
- [United States Department of Agriculture](#)
- [US Dept of Health and Human Services](#)
- [Dole 5 A Day](#)

Dear Parents, Students, and Friends

Welcome 2008!! We have some great ideas for making resolutions and keeping them... it's easy when you do it as a family! As we enter the last stretch before spring testing for students, many of you are concerned about how well your child will perform...look for tips and strategies in our upcoming issues.

We welcome questions and suggestions about our newsletters from our readers, so if you would like to see more information or have an idea for an article, let us know! And remember, if you know someone who would like to receive our newsletters, simply click on the "Forward Email" link at the bottom.

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College Highlight Cornell University

Cornell is a large and diverse university, with highly autonomous schools and colleges. Prospective students should look closely at the school or program they are thinking of applying to, and not just at the university as a whole.



Cornell University is located in Ithaca, in upstate New York. This is a rural area of woods and lakes renowned for its natural beauty and popular with weekend vacationers from New York City. The University and the city offer what is probably the most family-friendly environment in the Ivy League - a factor that can make Cornell an especially attractive choice for graduate and Ph.D. students.

- Top 10% of high school class: 84%
- SAT score (25/75 percentile): 1280-1490 (Math and Critical Reading scores only)
- ACT score (25/75 percentile): 28-32

Resolutions! Family Fitness Matters

www.childcareaware.org

Two of the most common resolutions made every year are to be fit and/or lose weight and to spend more time with family. Most of us can relate to making and/or breaking one or both of those resolutions in the past. Why not make 2006 the year that you keep these resolutions by combining them?



January is Family Fit Lifestyle Month. In an effort to keep both resolutions, spend your family time as health and fitness time. Former U.S. Surgeon General and founder of Shape Up America!, Dr. C. Everett Koop stated in the introduction to 99 Tips for Family Fitness Fun , in regard to a survey the organization had conducted, "I encourage you to choose activities you can do together and support and reward each other's efforts to be more active at home, at school, at work, and in your communities. The pleasure of your company is the best reward your child can receive and the best gift you can give."

Here's how the Family Education Network suggests you keep your exercise program fun, consistent, and safe:

- Warm up! Take a few minutes to stretch before any activity.
- Keep safety in mind. Wear appropriate headgear or pads when cycling or skating. (Moms and dads, this also means you.)
- Let a different family member pick their favorite activity for the whole group to do together each week.
- Buy a notebook and use it as a fitness diary. Record how long or far each family member walked, ran, or cycled each day.
- Stick to a schedule. Make regular physical activity a part of your family's daily routine.

Teaching your children about healthy eating habits can be a fun family activity as well:

- Take your children to the grocery store to help with the shopping. For younger children who may get impatient, make shopping a scavenger hunt.
- Allow your children to help you prepare meals or snacks. The older the child, the more responsibility they may be able to handle in the kitchen.
- Let family members share in menu planning for the week. Each family member can participate by suggesting their favorite meal and side dish.
- Help your children fix healthy, creative after school or evening snacks.
- Take trips to a farmer's market together.
- Participate in a family cooking class.

Writing Strategies for Students

adapted from studytips.org

When you write something down, it forces you to think about it and to develop the thought. When you have it on paper, you may see that your idea isn't logical or doesn't fit the facts.



Keep your mind open to new ideas when writing. Practice brainstorming, mapping and outlining. Put down thoughts that come into your head, they may be useful later. The more you write, the more new ideas you can generate.

Sometimes it is good to have a deadline. Without a due date, you may never finish. A deadline helps you to maintain focus. It is also a good idea to make sure you are within the limit assigned, whether by number of words or pages. This type of discipline makes your writing better.

Make sure you always proofread and edit your writing. Check your work and ask someone else to check it, too. It is always good to write something and put it down for a few hours or preferably a day or two. When you return to it you usually have a different perspective and attitude towards the writing.

Your first draft does not have to be perfect. Just get your thoughts down on the paper, then straighten them out grammatically. The creativity that comes from writing down thoughts as quickly as they come to you is valuable. Editing does not have to be tedious. Revising can improve your paper immensely, and it will improve your writing skills, as well.

Have a Great Year!

