

# HOMESCHOOL CONNECTIONS

## An Educational Resource Tool

Fall 2014

### ..What Does Our Brain Have to do with It?

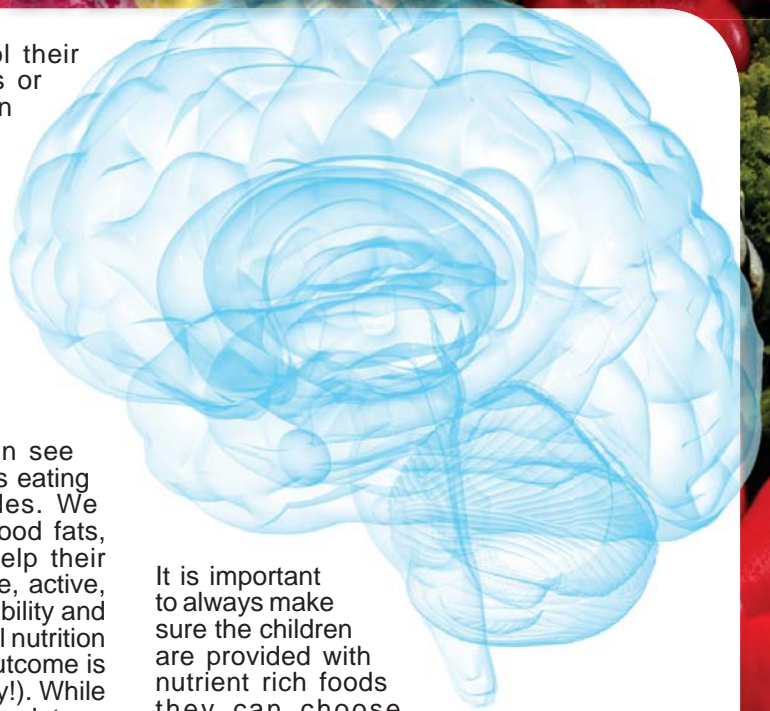
# Nutrition

Many families begin to homeschool their children due to behavioral problems or health issues. Homeschool families then may have the opportunity to assess nutritional deficiencies or monitor allergies since the children eat at home more often.

Some families discover that while we have always thought about the brain connected to learning and thinking, the brain is also connected and affected directly by our nutritional choices each day.

With the children home, parents can see direct correlations to what their child is eating and memory, behavior, and attitudes. We know more fruits, vegetables, and good fats, balanced with other food groups, help their children become more happy, attentive, active, and strong. Parents then take responsibility and make sure their children receive optimal nutrition and address any food allergies. The outcome is usually a more content child (and family!). While putting healthy food directly on a child's plate or providing nutrient dense snacks is very helpful and important for young children, the challenge is to teach the children to make these important and wise nutritional choices for themselves. For many homeschool families, teaching their children to do tasks for themselves is a high priority. Why not also teach them the important science and health information background concerning ongoing and lifelong food choices for strength and vitality?

Families may even choose to conduct experiments by letting the children choose nutrient dense foods and wait to see how the child feels after 30 minutes, then let them choose among a nutrient depleted food (but not an allergen!) and conduct a physical challenge such as an obstacle course in the backyard. The children will see and feel for themselves how much better they feel with water and good food choices. Go one step further and have the children try to read or do difficult math calculations after each food choice! What happens? Brain function is directly affected by food choices, because our brains are fueled by what we put in our stomachs! Since the brain also runs our muscles and nerves, then again, we should be putting the best fuel into our brains via the stomach!



It is important to always make sure the children are provided with nutrient rich foods they can choose at home. Stock the refrigerator and pantry with whole foods and rich, fresh grocery items they can win with! Then visit the library and check out recipe books together and try some awesome and creative ways to make choosing wisely easy! Here are a few to get you started:

*Awesome Foods for Active Kids: The ABCs of Eating for Energy and Health* by Anita Bean

*Eat, Play, and Be Healthy* (A Harvard Medical School Book) by W. Allan Walker

*A Gluten-Free Birthday for Me!* by Sue Fliess

*Good Enough to Eat: A Kid's Guide to Food and Nutrition* by Lizzy Rockwell

*It's Not About the Broccoli: Three Habits to Teach Your Kids for a Lifetime of Healthy Eating* by Dina Rose, Ph. D.

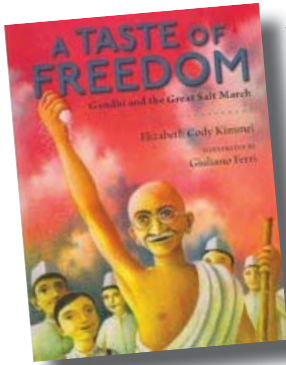
*Teen Cuisine* by Matthew Locricchio





# <sup>new</sup> The BookShelf

great new books for homeschoolers



*A Taste of Freedom: Gandhi and the Great Salt March*

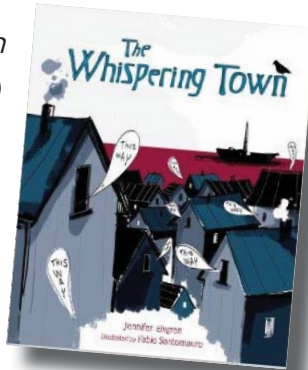
by Elisabeth Cody Kimmell (2014)  
Historical fiction, 1930, India  
Ages: 8 - 12

A child watches Gandhi as he approaches his village, and then joins in Gandhi's march to the sea, where he will lead Indians to break British law by harvesting their own salt, as they had done for centuries. Author's 'Afterword' gives more information, as well as a photograph of Gandhi at his spinning wheel.

*The Whispering Town*

by Jennifer Elvgren (2014)  
Historical fiction, 1943,  
WWII, Denmark  
Ages: 8 - 12

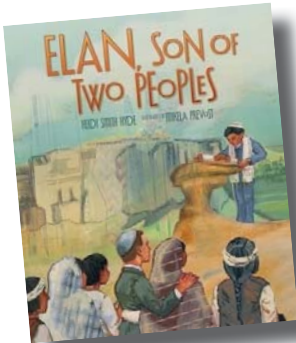
Children can begin to understand the difficulties of hiding Jews from the Nazis in this story with a child as the protagonist, and the everyday bravery required to help them escape to safety and freedom. Based on a true story.



*Elan, Son of Two Peoples*

by Heidi Smith Hyde (2014)  
Historical fiction, 1898, San Francisco, New Mexico  
Ages: 6 - 12

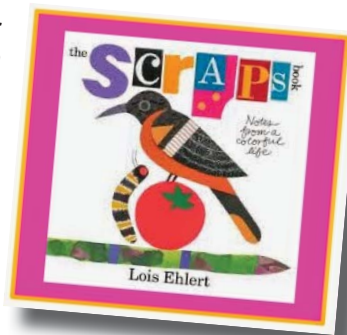
A boy becomes a man in both the Jewish tradition and Native American Pueblo tradition. Based on a true story.



*The Scraps Book: Notes from a Colorful Life*

by Lois Ehlert (2014)  
Autobiography of children's book author/artist  
Ages 3 - 12

This is a little bit of biography, and a lot of illustrations about how she creates her distinctive books. Author/illustrators-to-be will find this fascinating.

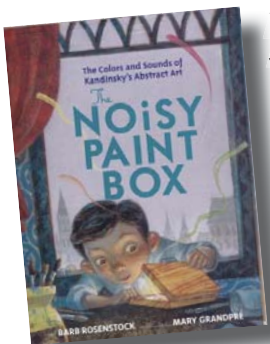


*The Noisy Paint Box: The Colors and Sounds of Kandinsky's Abstract Art*

by Barb Rosenstock (2014)  
Biography of artist (1866-1944), historical fiction

Ages: 6 - 12

Kandinsky "heard" colors – a type of synesthesia – that was unknown, or poorly understood at the time. No one understood what he painted. He took art lessons and painted what everyone else did, and was unhappy. Viewing Monet's *Haystacks* exhibition changed his life; art did not have to reflect reality.



## Little-Known Secrets

Have you heard the news?

# Pikes Peak Library District has opened a new library!

Come see and explore Library 21c located at Chapel Hills Drive and Jamboree.

What will you find?

- Over 55,000 items ready to check out
- Family Place Children's Library with new toys, blocks, dolls, books, AWE Computers, Interactive Table, tween area, parent/child work areas, and more beautiful books!
- Makerspaces
- Separate teen and adult video gaming
- Business areas
- Meeting rooms
- Internet and WiFi
- Teen area and special collection
- Awesome self-check machines!



- Her Story Café
- Much, much more!

This new library will not be a secret for long!

Come in and spend the entire day with your family!

P.S. Curious about the Family Place Library? Be sure to access [familyplacelibraries.org](http://familyplacelibraries.org) to read all about it and visit PPLD's other Family Place Library in Fountain, 230 S. Main St., Fountain, CO 80817.

## Homeschool Programs

### Science Lab Orientation Meeting

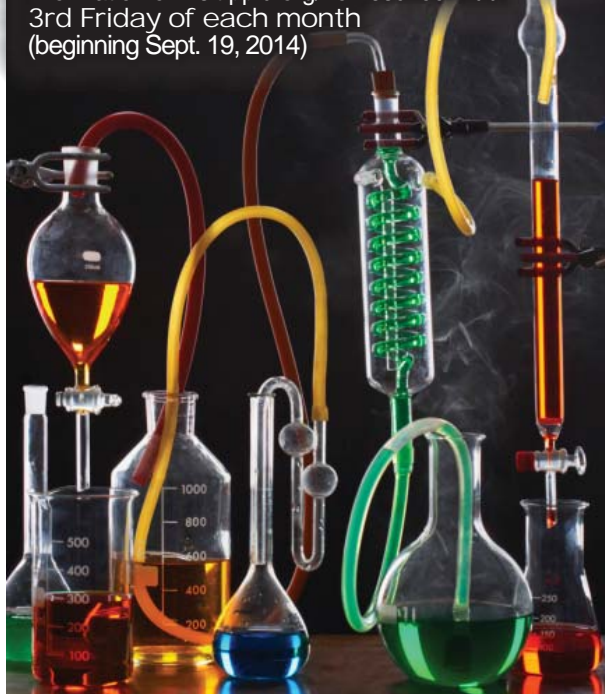
Come to a brief orientation meeting about East Library's Homeschool Science Lab and then check out the Lab itself. You'll find out about the equipment we have available and what you can do in the lab with your children.

Fri., Sept. 12 ♦ 1 - 2:30 p.m.  
East Library

### Homeschool Science Lab

Use PPLD's science equipment for parent-assigned experiments. Watch for news about occasional special lessons and programs planned during lab time. Contact Tori at [vsparrow@ppld.org](mailto:vsparrow@ppld.org) for more information or visit [ppld.org/homeschool-hub](http://ppld.org/homeschool-hub).

3rd Friday of each month  
(beginning Sept. 19, 2014)



### Homeschool Tools

Come and learn about the many library resources available to homeschool families. During this drop-in program you choose what you want to learn! We can show you some of our best online resources, answer your questions about our catalog and library services in general, introduce you to the Homeschool Science Lab, and offer library tours. We'll even have some craft activities for the kids!

Fri., Sept. 26 ♦ 9 a.m. - noon  
East Library

### Homeschool Lunch Bunch

There's a different family learning experience every time. Enjoy your sack lunch while socializing with other homeschooling families after the program. Programs are held at Fountain, High Prairie, Monument, and Rockrimmon libraries. Contact your closest location for days and times.



### Study Buddies

Teen volunteers help students in kindergarten through fifth grade with homework or reading practice. Call 531-6333, x1407 or x1403 for more information (and starting date).

Tuesdays ♦ 6:30 - 8 p.m. ♦ East Library

### Family Fun

Enjoy performers, animals, crafts and much more at monthly programs. Fun for the whole family! Check online at [ppld.org](http://ppld.org), or at your local library, to find out what's happening at that location.

### AfterMath

Is math homework getting you down? Do you need to brush up before the ACT, SAT, or GED? Our experienced math tutors can help you improve your grades and take the stress out of math. No appointments - Drop in! Grades K - 12 only.

Mondays ♦ 3:30 - 7 p.m. ♦ Monument Library

Mondays ♦ 4 - 6:30 p.m. ♦ Manitou Springs Library

Wednesdays ♦ 3 - 6 p.m. ♦ Library 21c

Thursdays ♦ 3:30 - 6 p.m. ♦ East Library

### Intergenerational APPR Booktalk

Join readers of all ages to discuss All Pikes Peak Reads teen book: *Matched* by Ally Condie. Everyone, is welcome! Light refreshments provided. Part of East Teen Centers Wig Out Wednesdays!

Wed., Sept. 17 ♦ 3:30 - 5 p.m. ♦ East

### Teen Top Chef

Three top teen chefs battle it out for the title in a competition to whip up a gourmet treat using surprise ingredients and their own creativity. Bring your friends and family to watch the action! Any teens interested in participating should call the Rockrimmon Library for more information.

Sat., Nov. 8 ♦ All Day  
Rockrimmon Library



### What is the Dewey Decimal System?

The Dewey Decimal Classification (DDC, also called the Dewey Decimal System) is a system of library classifications developed by Melvil Dewey in 1876. This system organizes books on library shelves in a specific order.

The Dewey Decimal System organizes information into 10 broad areas, which are broken into smaller and smaller topics. It is the same in the adult materials and children's materials.

<b>000 General/Dictionaries/Encyclopedias</b>	<b>500 Nature/Science</b>
<b>100 Feelings</b>	<b>600 Technology/Applied Science</b>
<b>200 Religions</b>	<b>700 Arts/Sports</b>
<b>300 Communities</b>	<b>800 Poetry/Writing</b>
<b>400 Languages</b>	<b>900 History/Geography</b>

Different topics are assigned numbers, known as "call numbers." For example, "Tigers" are given the number 599.756.

Our Newsletter theme this fall is "Nutrition." You will find cookbooks and Health resources in the 600s.

You can learn more about the Dewey Decimal System in the book *The Dewey Decimal System* by Allan Fowler. **J 025.431 F785D**. Also look up and find the DVD Using the Dewey decimal system [videorecording] a production of Schlessinger Media, **JDVD 025.431 U85**.

#### Websites to try are:

[mcpl.info/childrens/how-use-dewey-decimal-system](http://mcpl.info/childrens/how-use-dewey-decimal-system)  
[library.thinkquest.org/5002/](http://library.thinkquest.org/5002/)  
[www.cf.k12.wi.us/library/deweydecimal.htm](http://www.cf.k12.wi.us/library/deweydecimal.htm)

Some PPLD Resources about the library are:

*The Library* by Sarah Stewart. **STEW Children's-J-Easy**  
*Library Lil* by Suzanne Williams. **WILL Children's-J-Easy**  
*Lola at the Library* by Anna McQuinn. **MCQU Children's-J-Easy**



# Kids, Food, and Reading!

## Teen activity: Homemade Fresh Tomato Sauce

- Ingredients:**
- 1/2 cup finely diced onion
  - 2 pounds very ripe tomatoes
  - 4 large fresh basil leaves
- Procedure:**
1. Put oil, garlic, and onion in a medium saucepan. Cook over medium-high heat until the onion is soft but not brown (about 3 minutes).
  2. Add tomatoes and bring to boil. (You might want to cut the tomatoes to make them fit better, but be sure to get all the juice into the pot.)
  3. Add the basil, cover, and cook for 10 minutes over medium heat.
  4. Put in a food processor or blender to puree slightly.
  5. Add salt and pepper to taste. (You may also need a pinch of sugar.)
  6. Use with your favorite pasta (I like bow tie) and top with some cheese!

## Children's Activity: Make Your Own Pizza (Dough)

- Ingredients:**
- 2 1/4 cups self-rising flour (extra for dusting)
  - 1/2 cup low fat milk
  - 4 tbsp olive oil
  - 1/2 tsp salt
- Procedure:**
- Mozzarella cheese
  - Your favorite pizza toppings
1. Preheat the oven to 400°F.
  2. Mix the flour and salt in a bowl. Make a pit in the center.
  3. Pour the milk and oil into the pit. Mix together with a wooden spoon, forming soft dough.
  4. Knead the dough on a flour-dusted flat surface for about 1 minute to form a smooth ball.
  5. Divide the dough into 4 balls and flatten.
  6. Carefully place the flattened dough on two flour-dusted baking sheets.
  7. Spread 1 - 2 tablespoons of pizza sauce on each pizza. Add the cheese and toppings.
  8. Bake the pizzas for 10 minutes or until the top is golden.

### Nonfiction

- 641.5 B162U *The Unofficial Hunger Games Cookbook* by Emily Ansara Baines
- 641.5 B328B *The Batali Brothers Cookbook* by Benno Batali
- 613.7 G957O *101 Ways to Get in Shape for Teens* by Charlotte Guillain
- 641.5622 G798 *The Green Teen Cookbook* by Laurane Marchive

### Teen Fiction

- The Secret Ingredient* by Stewart Lewis LEWI
- Hope was Here* by Joan Bauer BAUE
- The Espressologist* by Kristina Springer SPRI
- Love and Peaches* by Jodi Lynn Anderson ANDE
- The House on Mango Street* by Sandra Cisneros CISN

### Kids, Food, and Reading!

Web Picks 2014  
 Homeschool Connections  
 Pikes Peak Library District serves children and their families with access to many resources on Health and Nutrition. Websites especially for children that pertain to health and nutrition can be found by clicking on the Kids Web from the PPLD home page at ppld.org. Once in Kids Web, click on Explore the Web then go to Great Web Sites for Kids. From here your children may access human biology, nutrition, and health on Brain Pop (brainpop.com/health) then click on Health and go to Nutrition. Another website would be A Guided Tour of the Human Body (madsci.org/~lynn/VH). Both these sites are accessed from Kids Web to Great Websites for Kids. Encourage your child to explore the science behind nutritional choices and how mindful eating will help them be strong in mind, spirit, and body!

- JEasy (picture books)  
*Jack & the Hungry Giant Eat Right With MyPlate* by Loreen Leedy  
*Nutley and the Nut-Free Squirrel* by Stephanie Sorkin  
*Chew, Chew, Gulp!* by Lauren Thompson  
*A World of Food* by Carl Warner
- JFiction (chapter books)  
*The Secret Lunch Special* by Peter Catalanotto  
*Mouse Noses on Toast* by Daren King  
*The Perfect Hamburger and Other Delicious Stories* by Alexander McCall Smith  
*Recipe for Adventure* series by Giada De Laurentiis
- JNonfiction  
 394.12 P458M *The Most Disgusting Foods on the Planet* by John Perritano  
 507.8 M385F *Fizz in the Kitchen* by Susan Martineau  
 630 B154F *Farming for the Future* by Gerry Batley  
 641's *Cookbooks of all Kinds*  
 745.5 R988F *Food Art* by Jeanette Ryal