Homeschool Connections

An Educational Resource Tool

Fall 2012

Get Moving!

Webpicks

If you’re wondering how your family can be more physically active, you have come to the right place! The American Heart Association has posted lots of practical and fun ideas for you to try. http://bit.ly/GM1HJW

Post on your refrigerator. The Exploratorium’s “Get Moving!” guide to resistance training, cardiovascular exercises, and yoga exercises for teens. Includes expert advice.

Get Moving! Great reads about teens on the move!

For more on this topic check out the article at: www.schoolsparks.com/early-childhood-development/gross-motor.

What does your P.E. look like?

For homeschoolers, physical education can be something of a challenge. Let’s face it: most of us just don’t have enough kids to field a team for a traditional sport. But P.E. is still a critical part of a child’s early training. Particularly in younger children, physical coordination is a major part of development.

Activities that require coordination across the midline of the child’s body are especially beneficial and may even help with a child’s ability to read and write!

So what’s a homeschooler to do?

Get creative!

There are plenty of physical activities for families interested in pursuing their own physical education. Distance walking, running, or biking can be a great way to grow strong, healthy kids. Set a distance goal for the year like the length or width of Colorado (560 and 260 miles respectively) and mark your progress on a map so you can see how far you’ve gone. Tired of pounding the concrete? Go to springgrov.com, click on Play and then select Parks and Trails from the menu on the left. You can find a list of all the hiking trails in Colorado Springs and details about them on this site.

If you want something a little more adventurous, try creating your own obstacle course. You can have hurdles to leap, tires to step in and out of, stepping stones to balance on, ropes or tarps to swing on, and more. Just be sure to make the obstacles challenging enough to require creativity and imagination.

NEW! We hope you’ll file this issue for future use!

To contact PPLD’s Homeschool Committee, please email gsohns@ppld.org.

Get Moving! Great reads about teens on the move!

Books to help you get moving!

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Homeschool Events & Programs

Little-Known Secrets
Assess and enhance your family’s health!

Pikes Peak Library District offers many helpful websites and databases related to health that can be used to supplement your family’s exercise and nutrition plans. One such database is the Health and Wellness Resource Center. Besides containing a wealth of reliable information on diseases and conditions, drugs and alternative medicines, and medical dictionaries and directories, the Health and Wellness Resource Center also has several health assessment tools and calculators. Using these tools, your family can find answers to questions like:

- What is my daily carbohydrate intake requirement?
- How many calories did I burn during this activity?
- What is my current Body Mass Index (BMI)?

To find this database, access the Pikes Peak Library District website at ppld.org. Then click on the Research headline on the left side of the page and click on Health/Medicine. From here you can navigate to many health-related databases, websites, and books in the PPLD catalog, but to find the Health and Wellness Resource Center scroll down the page and click on the database’s link. You will also notice that PPLD TV has created a helpful informational video to tell you more about this amazing resource. From the Health and Wellness Resource Center’s home page, click on the Health Assessment tab along the top of the page to view a list of the various tools and calculators. This is just one aspect of an incredible database, so don’t hesitate to explore and have fun!

Lunch Bunch
There’s a different family learning experience every time. Enjoy your snack lunch while socializing with other homeschooling families after the program.

Fountain Library
1st Wed. of each month
11:30 a.m. - 1 p.m.
(contact Jessica at jfreeland@ppld.org for more information)

High Prairie Library
4th Wed. of each month
11:30 a.m. - 1:30 p.m.
(contact Becky at bcampbell@ppld.org for more information or call 260-3650 to register)

Homeschool Tools
East Library
Sept. 10
9 a.m. - 12:30 p.m.
Come and learn about the many library resources available to homeschool families. We’ll have breakout sessions highlighting the latest online resources, library tours, and activities for the kids!

Novel Ideas
Penrose Library
4th Wed. of each month
2 - 3:30 p.m.
Join other homeschooling teens to discuss a book selected on a great book! Contact Molly at mmpage@ppld.org, or 531-6333, x 149, for the month’s book title.

Homeschool Events & Programs

Knitting Kninjas
East Teen Center • 1st and 3rd Thursdays • 4 - 5 p.m.
Ages 12 - 18 Only!
Beginners and experts welcome. We have yarn and needles to lend out, but please feel free to bring your own projects too!

Game Day
East Library
Sept. 21
11 a.m. - 1 p.m.
Come play outdoor games with other homeschoolers! Hopscotch, jump rope, SPUD, ladderball, Bocce and more! Bring your lunch and meet other homeschool families as you munch. We will be meeting in the park behind the East Library. In the event of bad weather, game day will be canceled. Call 531-6333, x 1409 or gsohns@ppld.org with questions.

Science Lab
East Library • 1st and 3rd Fridays of each month, 1 - 3 p.m.
Use PPLD’s science equipment for parent-assigned experiments. Watch for news about occasional special lessons planned during Lab time. Contact Cara at cramesy@ppld.org for more information.

Featured Homeschool Family: The Idles
Carlin, 15
Interests: Flying, Civil Air Patrol, hunting, fishing
Favorite subject: History

Hannah, 14
Interests: Reading, crafts
Favorite subject: Reading

Both Hannah and Logan were adopted from a small orphanage in Russia years ago. We got them at age 3 and 7, so the challenge was not just teaching them English, but teaching them to live in a family again. Homeschooling was such a blessing because we were able to surround them with family life and learning from the very minute they arrived. They learned a lot just by being with us, hearing us talk, and watching us interact together. They had been taught different behaviors. Since we had adopted them, we were able to start them at the very beginning — ground one.

Brannon, 12
Interests: Electronics, building and design
Favorite subject: Science

Logan, 11
Interests: Food, puzzles
Favorite subject: Reading

What challenges do they find homeschooling?
Rather than a challenge, I see homeschooling as a true benefit to internationally-adopted children.

What types of curriculum do you use?
I use a mixture of things. This is one of the advantages of homeschooling — being able to use the curriculum that best serves their learning styles. Hannah has had difficulties with math, but her reading and writing abilities are above average. Logan has had issues with reading, but he does well with history. She would have been ridiculed in a traditional school environment to be 10 and starting with such basic math. However, she quickly learned and progressed. She would say, ‘Mom, I tried to teach this to me in Russia, but I didn’t understand it. I understand it now!’

We know that children who are adopted and placed their children at grade level and those children are still placed at grade level, yet placed at grade level, yet placed at grade level. We’ve used Math-U-See, Story of the World, God’s Design and Apologia, Institute for Excellence in Writing (IEW) and Rosetta Stone (English and Spanish).

How would you describe the homeschooling resources in this area, i.e. limited, helpful, plentiful?
Plentiful. I’m involved with support groups, have led one for eight years, and have found a strong homeschooling community here in Colorado Springs. PPLD has been a huge blessing to our homeschool. I’ve been known to have 100 items checked out at a time. Being able to reserve books from home and pick them up at my convenience is a huge blessing! PPLD has a great research librarian to help with outside searches.

What’s the best advice you’d give someone just starting their homeschool journey?
Don’t compare yourself to other homeschools. There are so many differences and unique ways to learn and, as public-schooled myself, it’s easy to compare everything to that experience. So often, that environment removes the joy from meaningful learning. Think outside the box!

Would you like to be a Featured Family? Contact Gail at gsohns@ppld.org.

Ballywhinney Girl by Eve Bunting (2012)
Set in Ireland, a mummified body is found in a bog. The police come, then the archeologists, who guess the mummy is over a thousand years old. The story is told from the perspective of a child living in the area. Add Bog Mummies: Preserved in Peat for more information.

Science, Irish history
ages 8 - 12

Literature (onomatopoeia), art (American regionalism), history (American farm life before electricity/running water)
ages 6 - 12

Dolphin Baby! by Nicola Davies (2011)
Perfect picture book for preschoolers! Enjoy the story, about a baby dolphin, and add the extra text, the science factsoids, for an educational text. The book also has an index, so you younger readers could also use this book for school.

Science - ages 3 - 8

Cock-a-doodle-doo, Creak, Pop-pop, Moo by Jim Aylesworth (2012)
Follow a farm family through their day. In the olden days when girls ALWAYS wore dresses, the water in the house was pumped by hand at the kitchen sink, and milking was a process that didn’t have a machine. In addition to the sense of history, this is a great way to teach onomatopoeia, and even introduce the art style of Thomas Hart Benton.

Literature (onomatopoeia), art (American regionalism), history (American farm life before electricity/running water)
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Easy-to-See, Easy-to-Read, Easy-to-Learn, Easy-to-Teach: Math-U-See, Story of the World, God’s Design and Apologia, Institute for Excellence in Writing (IEW) and Rosetta Stone (English and Spanish).

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