

homeward

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Bucking the trends...

If you are a parent thinking about **homeschooling for the first time**, you are about to embark on an incredibly rewarding journey: providing your child with an education you can believe in while still fulfilling the goals you have for a quality family life.

Your head may also be spinning with questions, fears and more than a little doubt. Don't worry. You are not alone. We have worked closely with thousands of first-time homeschool parents to help them make the most of this important decision.

If you are a **veteran homeschooler**, you know the rewards and the struggles. You have experienced the light in your children's eyes and their excitement for learning as well as the frustrations that come with the day to day challenges.

At Bridgeway Academy, we know that homeschooling is not easy. But we also know that the benefits are indescribable. How do we know this? Because we have been there. And we look forward to sharing with you the lessons we have learned.

Everyone approaches homeschooling with a different perspective—but one thing is a constant: everyone wants to do it right and enjoy a successful homeschool experience full of rich learning and enjoyable time with their children.

Because we know the incredible rewards, we are passionate about homeschooling. Our strongest desire is to help you succeed and truly enjoy your time with your kids. That is why we are careful to evaluate each child individually and conduct in-depth surveys to gain insight into both you and your child. That information gives us the tools we need to ensure that you have the tools you need for a remarkable year.

Do we buck the trends? We sure do! Rather than simply provide our students with courses in their chronological grade level, we ensure that they receive the specific level and approach that best fits their abilities and their learning style.

Are you bucking the trends? You sure are! But we know from experience that you will always celebrate the accomplishments and rewards of your incredible journey.



Jessica Parnell - Principal of Bridgeway Academy, Certified Teacher, author and former home school mom.

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Mission Statement

We honor the decision homeschoolers make to "raise up their children in the way they should go" and we'll do all that we can do to support that commitment to children.

We provide parents with expertise and insight to the needs of their children and help design the ideal homeschool program for their specific challenges and goals.

We make it easy for our students and their parents by providing outstanding customer service and support.

Additional copies of this publication are available by request. Contact homeword@bridgeway.com, or Richard Westover at 1-610-266-9148.

COVERING THOSE ELUSIVE EXTRAS

One of the biggest questions asked by our Bridgeway Homeschool Academy students is *“What do I do about music and art? Do I need a formal curriculum?”*



Music education can be a positive force on all aspects of a child's life, particularly on their academic success.

Both music and art must be covered every year, but neither requires a formal course until high school when you want to issue credit.

Homeschool Music Classes

Music is one of those electives that must be covered every year but does not need a lot of structure. Some choose a research method; others use music lessons; and still others use their children's involvement in music activities.

Some great suggestions:

- *Piano or other instrument lessons*
- *Voice lessons*
- *Involvement in a children's or youth choir*
- *Participation in a musical*
- *Music appreciation activities (focus on an artist, his work, time period, other similar artists, etc.)*
- *Study of a specific genre (classical, jazz, opera, etc.)*
- *Field trips to concerts, musicals, or other music events (check out your local college or university for terrific music events)*
- *Study of a specific instrument*

Music is a wonderful tool that has been proven to impact the development of the brain.

According to research studies, children will have developed their capacity for music by the age of nine. This does not mean they will not progress after the age of nine, but that the



Take advantage of your freedom to make art a fun and creative outlet for your kids.

foundations that have been laid by that time will define how far they will progress.

In most states, students must complete a formal music course sometime between grades 7 and 12. You can purchase a formal music course through a homeschool curriculum provider such as *Curriculum Express* or provide formal music lessons in order to fulfill this requirement.

Homeschool Art Classes

Art is another requirement that allows a lot of freedom. In the elementary grades, you are not required to have a formal art curriculum – you are simply required to provide some form of art program that will expose your child to the various aspects of art.

Some choose to purchase an art course, others choose to cover art in a more casual way.

Giving your child a variety of art experiences is actually fairly easy. Some common art projects that our students have produced are listed below:

- Sketches of favorite cartoon characters, still life, landscapes, etc.
- Craft projects
- Free classes at a local craft store such as Michael's or AC Moore
- Building projects-- free and low-cost classes available at Lowe's, Home Depot or your local hardware store
- Study a specific artist – life, artistic method, etc.
- Pull out the paints and have fun!
- Sewing projects
- Cake decorating
- Greeting cards
- Stamping
- Scrapbooking
- Computer art

Purchase art and music through *Curriculum Express* by calling toll-free 1-800-685-3357 or going online to CurriculumExpress.com. [hw](#)

Quick Tips for Managing it All

A reality for all homeschool moms is the need to juggle school, housework, and schedules while retaining their sanity. How do you keep up with it all? Some quick tips for success:

Lower your standards. Accept the fact that you have better things to do than keep an Ethan Allen showroom.

Plan, plan, plan! Set up routines for shopping, cooking, laundry and cleaning and put it in writing. Then be sure to follow them.

Get your children involved. When you divide and conquer, you can accomplish a lot in just 10-15 minutes.



Look for new ways to save time. Bulk cooking, speed cleaning, and an organized classroom can save a lot of time.

Schedule the housework first. Those absolutely necessary daily chores can be delegated early in the day before school time. This way they'll get done without interfering with your school day.

Join a support group. Find a local support group or a good friend who can provide an outlet for refreshment and support. That time for yourself results in more to give to others.

“Bridgeway makes sure we are doing what we are supposed to be doing. And they always have a solution when we need it. That has been very empowering and makes it easier for me to manage it all.”

–Dana, parent of five Bridgeway students

Call my husband “The fun patrol.” Why? Because he is a master of finding adventure, of pushing the limits, of creating fun experiences for my kids. Through their dad, my kids have learned the joys of hiking, biking, kayaking, landscaping, building, designing and racing pinewood derby cars, wrestling, camping, building a fire, drawing, electronics, and so much more! He is the one who has given them the confidence to try new things, to overcome their fears, and to press on to excellence.

And he does all of that after work!

The Importance of a Dad

Dad brings a whole new perspective to homeschooling and to life in general.

With Dad, my kids have the opportunity to take part in a whole new world of activities. With Dad, those concepts that I just can't seem to get them to grasp are suddenly understandable. With Dad, that digestive system model that looked more like the model of the playground suddenly took a more appealing shape!

His unique approach adds so much to our homeschool program.

But there are a number of dads out there who are the primary teachers in their homeschool. For them, joining a support group or network made up of and directed to moms can be difficult.

If you are a dad who takes on the primary role in your homeschool program, be sure to visit the sites listed in the side bar on the right for some terrific help and insight from fellow homeschool Dads!

Whether he is the support network for your family or the primary instructor in your homeschool program, Dad is important and very necessary! **hw**

Things to do with your kids:

- DO A SCIENCE EXPERIMENT** together.
- BUILD A PROJECT** while teaching them how to use your tools.
- READ TO THEM** adding in your own special additions that make the story more exciting.
- GO FOR A HIKE** with your children and point out the intricacies and beauty of God's creation.
- SHARE YOUR CHILDHOOD MEMORIES** while taking a walk or hanging out on the couch with your kids.
- READ A CHAPTER OF THE BIBLE** every evening.
- TAKE YOUR KIDS TO A BASEBALL GAME** at a minor league park.
- TURN OFF THE TELEVISION.**
- PLAY SILLY GAMES** that involve lots of hugging and wrestling.
- HUG THEM** when you leave for work and when you come home.
- GIVE THEM A VISION** worth living for, even dying for, if necessary.
- GET THEM INVOLVED IN SPORTS** and be their biggest fan (don't start coaching unless you are the coach).



Resources for Dads...

- **HOMESCHOOLDADS.COM**
Written by a homeschool dad specifically for dads who take care of the homeschooling
- **NATIONAL HOME EDUCATION NETWORK**
Find a section entitled "For Dads by Dads" under the "Homeschooling Helps" tab.
- **FATHERVILLE**
A site for Dads that covers a variety of topics, but has a specific section for homeschool dads.
No matter your role, you are important and very necessary to the success of your homeschool program!

How to support your wife:

- Help with grading papers and projects.
- Do the grocery shopping or when the laundry piles up, *jump in and help!!*
- Take 10 minutes each day to sit and talk with your wife—and let her do the talking.
- Be sure to make time to date your wife.
- Encourage mom to take time off *just for herself.*

Advantages of Homeschooling

Freedom to instill morals and values

Many homeschooling families cite this as the number one reason they choose to homeschool their children and, therefore, one of the main advantages of homeschooling. In a world where religious freedom is attacked from all sides, parents are choosing to take back their rights and invest time into the character and beliefs of their children.

Better Socialization

Despite the socialization controversy, the fact is homeschoolers have an advantage in the area of socialization.

Why? It has long been recognized among college admissions counselors that homeschoolers have the advantage over their peers in the ability to converse and interact with their professors and other personnel as well as with students of all levels with confidence and without intimidation. Why? Because this has been the way their schooling was structured every day for years.

Flexibility

Whether you are looking for flexibility in schedule, focus, extra-curricular activities, volunteer opportunities, or courses homeschooling provides a great deal of flexibility unavailable anywhere else.

Customized Curriculum

Homeschoolers are not limited to curriculum at a set grade level. Instead, they are able to determine the exact level to meet their skills and abilities and begin there. This approach gives students the advantage of mastering necessary concepts before moving on and progressing quickly in those subjects where he or she is most successful.

It also means you can take advantage of your child's passions and allow him or her to dig deeper and learn more about a specific topic.

Family time

Where better to nurture relationships, build confidence, instill character and strengthen bonds than the family? Research indicates that students in families who eat at least one meal together per day are more successful and less likely to get into trouble. Imagine the impact that you can have on your child's future by increasing your family time tenfold! Time with the family is so short—homeschooling allows you to maximize that time and enjoy your children.

Character Development

One of the advantages of homeschooling is that through you, they will learn to respect elders; they will be spared the down beating so prominent in schools today; they will develop confidence in who they are; and they will become adults who have learned the importance of character.

The advantages of homeschooling are limitless! In fact, the advantages you experience may be completely different from the advantages listed here.

However, all of the advantages center around one thing ... freedom!

And that is one advantage that applies to everyone! hw



Pearls of Homeschooling

Christine Field

My pearls of homeschooling have been what I have learned and how I have grown because of my kids. Although I treasure them, they have been earned at a great price.

Sometimes homeschooling can be a difficult refinement process, much like that of an oyster producing a pearl. As the nitty-gritty sand gets into the shell, it begins to irritate the oyster, who responds by producing a smooth substance to cover up the irritant. What emerges is a perfect pearl. Only God could arrange such a scenario.

What are some of His pearls? For me, they have been:

P Homeschooling has taught me **PATIENCE** which has led to peace. It required a surrender on my part to cease my striving to control and orchestrate everything and to let God's will unfold in my life.

E Mothering small children and homeschooling has increased my **ENDURANCE**. Someone once said that parenting is not a sprint race - it's a marathon. If we want to reach the end, we need to learn to pace ourselves and increase our endurance.

A God has worked on my **ATTITUDE** and has let me know that he accepts my imperfect work as a homeschooling mother - even when I fail, I lose it, and I scream. Just as my children continually forgive me for being less than perfect, God accepts me in my weakness. That acceptance I can then extend to those around me.

R God has shepherded me through the rough spots of home schooling- the discipline problems, the learning challenges. **RELYING** on His strength, we have weathered much and He has continually restored us to health and harmony.

L God has shown me His **LASTING LOVE**, which is the perfect model for me as I love my children.

S Finally, He has given me great **SATISFACTION** at being a servant. I never knew true happiness until I figured out somewhere deep in my heart that my only true satisfaction would be found in serving my Lord Jesus Christ and in serving my family. No other calling has brought such satisfaction.

What are the pearls God has given you as homeschooling mothers? Were they handed to you in a fancy jewelry box with a gold bow on top? Or were they hatched out of the sand and irritation of a nasty old oyster shell? Would you trade them?

Never.

10 Signs that You Need to Find a Different Kind of Education for Your Child

By Jerry Mintz

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educationrevolution.org



Many parents do not realize that the education world has changed drastically since they were in school.

WHY ARE WE CONCERNED?

Back in those days, schools were smaller, class sizes were smaller, dropout rates were lower, violence in school was almost unheard of, and teachers were not terrified of showing affection to the children or of teaching and discussing moral values.

Because our public school system has now considerably deteriorated, many parents, teachers and individuals have taken it upon themselves to create public and private alternatives to that traditional system that is definitely failing. But, how do you know that it is time to look for another educational approach for your child?

HERE ARE SOME OF THE SIGNS:

- 1. Does your child say he or she hates school?** If so, something is probably wrong with the school because children are natural learners. When they're young, you can hardly stop them from learning. If your children say they hate school, listen.
- 2. Does your child find it difficult to look an adult in the eye or to interact with children younger or older than they are?** If so, your child may have become "socialized" to that very narrow group that many children ordinarily interact with in most schools and may be losing the ability to communicate with a broader group of children and adults.
- 3. Does your child seem fixated on designer labels and trendy clothes for school?** This is a symptom of the shallowness of the traditional schools' approach, causing children to rely on external means of comparison and acceptance, rather than deeper values.
- 4. Does your child come from school tired and cranky?** This is a sure sign that their educational experiences are not energizing but are actually debilitating.
- 5. Do your children come home complaining about conflicts that they've had in school and unfair situations that they have been exposed to?** This is a sign that your school does not have a proper process for conflict resolution and communication.
- 6. Has your child lost interest in creative expression through art, music and dance?** These things are generally not encouraged in the traditional system today and are not highly valued. They're considered secondary to the "academic" areas. In some cases, courses are not even offered in these areas any more. This tends to extinguish these natural talents and abilities in children.
- 7. Has your child stopped reading for fun or reading or writing for pleasure?** Are your children doing just the minimum for homework and going off for some escapist activity? This is a sign that these spontaneous activities are not valued in their school and another sign that they are losing their creativity.

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WILL YOUR HOMES RECEIVE A COLLEGE

Your child's future and your financial future depends on how well you keep your records. There is ongoing discussion in homeschool circles about the importance of maintaining records and grades for each student.

Rather than tell you my opinion, I want to tell you a story ... Joel had been a homeschool student since kindergarten.

He was an exceptional student with a passion for learning, an incredible ability to reason, and a real gift for writing.

His parents had attended a homeschool convention when he was still in middle school and learned that grades are not important. In fact, they could simply choose to use a pass/fail system for his transcript. That sounded so much easier than maintaining grades for their children!

So they decided to homeschool without worrying about grades.

They had no idea that grades would be significant when it came to scholarship funding!

When Joel graduated, he took the SATs and scored above the 97th percentile in English and 96th in Math.

The college and universities were excited about enrolling him! In fact, they were willing to offer scholarship funding in order to spark his interest in their institution.

But they had one problem . . .

Without a GPA, they were limited in the scholarship amount that they could offer.

And without grades, it was impossible to provide a GPA.

Did his lack of grades affect his ability to get into college?

No!

But, it was a huge factor in the cost that he would incur when he did attend.

I spoke with Joel's mom shortly after she heard the news to try to help her come up with a solution.

And do you know what she said?

"I wish I would have known how important grades would be when it came to scholarships."

Joel is not the only homeschooler who has faced this difficulty. I have worked with many families in similar situations—some of whom have heard my exhortations about the importance of careful record keeping and chosen to ignore them.

I don't want you to find yourself in the same situation. Please put the time and energy into accurate records today to impact your child's tomorrow.

If you need help with record keeping, consider enrolling your high school student in a home school academy like *Bridgeway Academy*.

Because your child's future (and your financial future) depends on it! [hw](#)

- Jessica Parnell



SCHOOL GRADUATE SCHOLARSHIP?

EXTRA-CURRICULARS THAT LOOK GREAT ON A COLLEGE APPLICATION

Concerned about extra-curriculars for your homeschooling child? If you plan to continue homeschooling through high school, you may have considered your options for how to address sports, clubs, graduation, newspaper club, etc.

Before trying to reinvent the wheel, check out your local homeschool support groups to learn about opportunities they may have already established. Many groups offer homeschool sports teams, drama clubs, choirs, debate teams, etc. Homeschoolers also often establish teams to compete in national math and science competitions.

But if you are starting from scratch, be sure to spend some time organizing, pulling people together who can help, and setting up your plan of attack before you jump. This will help to avoid the frustrations that so often result in burnout and the end of a great idea.

With technology where it is today, you can create a sense of community among students with just the click of a button. Better yet, you can have a newspaper or homeschool literary club with contributing members from all around the world.

And as technology continues to make our world smaller, look ahead to ways you can use the developments to your homeschooler's advantage.

Some great places to start are opportunities that add that element of "setting themselves apart" to your child's transcript.

1. HONOR SOCIETY—the National Honor Society won't admit homeschoolers, but a homeschool honor society exists if you're willing to get one going in your community. Check out

homeeducationpartnership.com for Eta Sigma Alpha Honor Society.

2. YEARBOOK STAFF—are you part of a homeschool group? Take your own pictures and allow your kids to put together a "yearbook." A yearbook creates lasting memories and gives your child that sense of belonging. With digital photos and on-line publishing options, designing and printing a yearbook

is now easy! There are a number of other on-line programs (such as blurb.com and shutterfly.com) that will allow your group to work from any computer with an Internet connection to contribute to your yearbook.

3. LITERARY JOURNAL—If you have a writer in the family, what better way to showcase his

Developing a specific expertise is a terrific way to set yourself apart from the competition.

or her abilities than to write for a literary journal? Check out narrowroadpublishing.com for your opportunity to contribute to a homeschool literary journal.

4. NEWSPAPER—If your student is interested in writing or journalism, check into your community newspapers. When I was in high school, I was able to secure a weekly column in our local newspaper where I had the opportunity to write for an audience every week. It was a terrific experience that forced me to think critically about the events around me and to do my research before writing my article. This also led to a journalism scholarship.

5. SPORTS—check with your local homeschool support groups. Many areas have homeschool sports teams that compete against one another or against smaller private schools in the area.

If you have an aspiring athlete, your local premier sports clubs are one great avenue as many colleges and universities



do their recruiting from premier teams and tournaments.

In many states, public schools will allow homeschoolers to participate in sports—some require your child to attend at least one class; others allow them to play without attending. Often private schools welcome the opportunity to add homeschoolers to their team rosters as well.

Don't assume your child will be unable to play his or her sport on an organized and competitive team. Take the time to pursue your options. We have seen many homeschool students go on to college on full athletic scholarships as a result of a diligent and committed parent.

6. CHOIR—many areas have local choirs or chorus opportunities. My homeschool daughter joined the local public school chorus to gain experience and can now choose to also participate with our county chorus or a local music school choir.

7. BAND—another one where there can be many opportunities. Look into your local 4-H club, a local music school, private and public schools in the area, or a county band. Don't hesitate to check into your church band as well. Often churches forget to recruit young members, but welcome them enthusiastically.

8. LEADERSHIP—leadership comes in many forms. If you do not have a homeschool support group nearby, find other ways for your child to take on leadership roles. As a high school student, I had the opportunity to start a children's choir in my church, to teach Sunday School, and to serve as an assistant softball coach through our community sports organization. These were all leadership activities that not only looked great on a college application, but also served to build my character and confidence in my own abilities. Your local scout organization is another terrific outlet where youth can develop leadership skills as well as provide community service..



9. STUDENT GOVERNMENT—

A student who participates in student government is one who is seen as a leader. In a school setting, this individual helps organize

student events, works with school leadership to find ways for the student body to make a difference in the community, and more. You can achieve this same valuable experience with a homeschool support group. And it looks fantastic on a college application.

Another way to provide student government experience is through the Student Governmental Affairs program (sgap.com). With this program, your student receives a monthly legislative newsletter, *The Student Forum*, which contains non-partisan, non-political, factual information about issues under discussion in Congress. The highlighted topics are geared to the interests of teenagers and are age-appropriate in both the material presented and writing style.

10. VOLUNTEERING—Your local hospital, library, boys and girls club, Salvation Army, blood bank, Red Cross, nursing home, shelter . . . the possibilities are endless. And many organizations offer scholarship funding to outstanding youth volunteers. In fact, one of our 2008 graduates just received recognition and scholarships from both UPS and the Miller Blood Center as a thank-you for his volunteer efforts. Contact your local volunteer center to learn about volunteer opportunities for youth in your area.

There are so many activities not listed here. Drama, chess,



science, photography, foreign language, nursing, math clubs—you name it, you can create it (even with just two members). If your child has a specific interest, find someone willing to join them and start your own club.

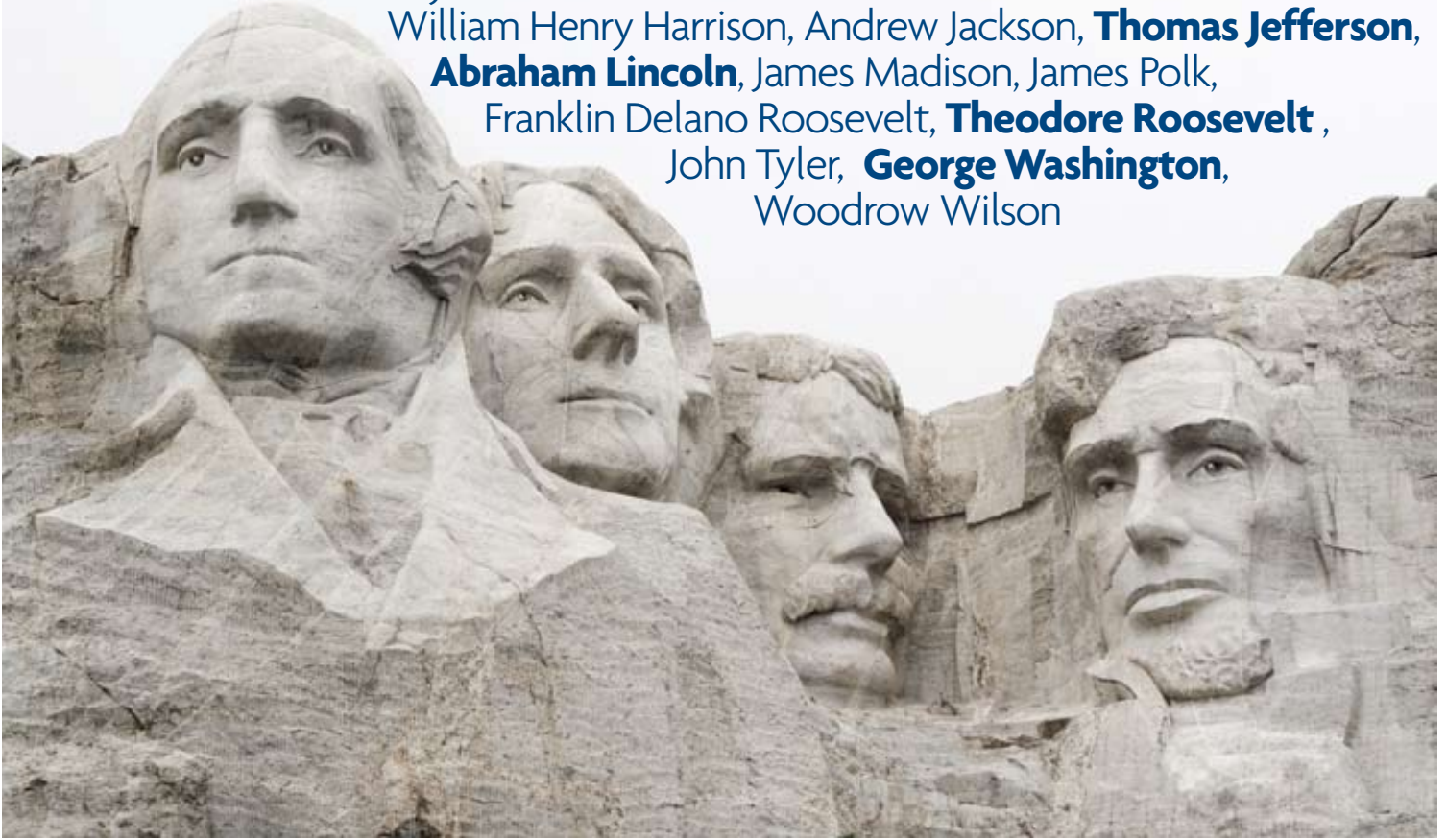
With most of these suggestions come tremendous opportunities for scholarship funding. Be sure to question the financial aid office

Data from the National Educational Longitudinal Study of 1988 showed that music participants received more academic honors and awards than non-music students

at the colleges and universities you are considering to learn more about the scholarships they offer to students who have been involved in these extra-curricular activities. [hw](#)

U.S. PRESIDENTS WHO WERE HOMESCHOOLED:

John Adams, John Quincy Adams, Grover Cleveland, James Garfield,
William Henry Harrison, Andrew Jackson, **Thomas Jefferson**,
Abraham Lincoln, James Madison, James Polk,
Franklin Delano Roosevelt, **Theodore Roosevelt** ,
John Tyler, **George Washington**,
Woodrow Wilson



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Homeschooling a Learning Disabled Child

Parents are often worried and disappointed when their child has learning problems. There are many reasons for school failure, but a common one is a specific learning disability. A



A full range of evaluation and learning solutions is available from *Essential Learning Institute*.

There is hope!

Find out more at LDhope.com

child with a learning disability is usually bright and initially tries very hard to follow instructions, concentrate and “be good” at home and in school. Yet despite this effort he or she is not mastering school tasks and falls behind. Some learning disabled children also

have trouble sitting still or paying attention. Learning disabilities affect as many as 15% of otherwise able school children.

It is believed that learning disabilities are caused by a difficulty with the nervous system that affects receiving, processing or communicating information. Some learning disabled children are also hyperactive and/or distractible with a short attention span.

Child and adolescent psychiatrists point out that learning disabilities are treatable, but if not detected and treated early, they can have a tragic “snowballing” effect.

For instance, a child who does not learn addition in elementary school cannot understand algebra in high school. The child, trying very hard to learn, becomes more and more frustrated, and develops emotional problems such as low self-esteem in the face of repeated failure. Some learning disabled children misbehave in school because they would rather be seen as “bad” than “stupid”.

Parents should be aware of the most frequent signals of learning disabilities, when a child:

- Has difficulty understanding and following instructions.
- Has trouble remembering what someone just told him or her.
- Fails to master reading, writing, and/or math skills, and thus fails schoolwork.
- Has difficulty distinguishing right from left—for example, confusing 25 with 52, “b” with “d,” or “on” with “no.”
- Lacks coordination—in walking, sports, or small activities such as holding a pencil or tying a shoelace.
- Easily loses or misplaces homework, schoolbooks or other items.
- Cannot understand the concept of time; is confused by “yesterday,” “today,” “tomorrow.”

The AACAP provides this important information as a public service to assist parents and families in their most important roles...

LEARNING DISABILITIES DO NOT IMPROVE ON THEIR OWN.

Home evaluation kits available at Essential Learning Institute.

Call 1-800-285-9089

Order the Identify Learning Disabilities Before It's Too Late! our three hour seminar on DVD today at LDhope.com.

WHY CAN'T MY CHILD LEARN?

- Poor reading comprehension
- Avoids reading and writing
- Poor self-esteem
- Confuses or reverses letters and words
- Easily distracted or overactive
- Poor handwriting skills
- Poor enunciation of sounds
- Fails in spelling
- Emotional about school work
- Forgets assignments and tests
- Homework is very frustrating
- Fails to remember instructions and assignments

Many extremely gifted children have learning disabilities. If your child exhibits one or more of these symptoms on a consistent basis, it could be a sign of a learning disability. Essential Learning Institute will design an individualized therapeutic educational program to help your student succeed.

Call **800-285-9089** or go to **LDhope.com** for more information and to **request our FREE info-kit**, including our special report, *Identifying and Overcoming Learning Disabilities*.

Essential Learning
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LDhope.com • toll-free 800-285-9089



6 EASY STEPS TO EXTRAORDINARY WRITING

Digramming, identifying sentence patterns, finding parts of speech . . . every student's favorite element of grammar, right? How many times have you heard your child ask, "Why do I have to learn this?" Finally, a way to make all of that instruction relevant!

Using each of the different sentence patterns adds an incredible amount of interest to what you are writing. Most children tend to stick to the same pattern: subject, then verb. However, by simply varying those patterns, your child can turn a rather dry piece of writing into something that makes the reader want to keep reading.

Have your child try to fit all six of these sentence openers into their next piece of writing and be prepared for instant improvement!

1. *Subject then Verb:*
Hannah jumped the fence.
2. *Begin with a preposition or prepositional phrase:*
Despite her injured knee, Hannah jumped the fence.
3. *Begin with an adverb:*
Quickly, Hannah jumped the fence.
4. *Begin with a participle (a verb with an -ing ending). If you can master this one, you will sound very sophisticated:*
Jumping over the fence, Hannah escaped the angry dog.
Be sure to construct the sentence with a comma followed by the subject of the sentence along with another verb:
Jumping over the fence is dangerous.
is very different than...

Jumping over the fence, Hannah escaped.

The thing after the comma MUST be the thing doing the "inging..."

Jumping over the fence, the wire caught Hannah's pant leg.
dangling participle—the wire is NOT the thing doing the jumping:

Jumping over the fence, Hannah caught her pant leg on the wire.

5. *Begin with a clause - when, where, whereas, unless, because, as, since, if or although:*

Because the dog was chasing her, Hannah jumped the fence.

As she was running from the angry dog, Hannah jumped the fence.

6. *Very short sentence, 2-5 words:*

Hannah jumped.

The dog growled.

Abby sang beautifully.

HEALTH & P.E. ESSENTIAL COMPONENTS OF YOUR HOMESCHOOL PROGRAM

Health instruction is essential and builds the foundation for a healthy lifestyle. Additionally, it is required in most states as a key component to your homeschool program. Less rigorous than your core courses, health can be an enjoyable breather and fun activity to do as a family.

Before you set out to purchase or design your own health course, check your science scope and sequence. With many publishers, health is built right in to your science textbook.

However, if you don't find it in your science curriculum, there are five major topics covered in most health courses. Touch on these through discussions, field trips, or using a specific course purchased through a homeschool provider such as Curriculum Express.

NUTRITION

- 1. Meal planning.** Have your child plan out the meals for a week and do a nutritional analysis on the ingredients.
- 2. Read the labels** for your favorite snacks and chart out your findings.
- 3. Visit a local health food store** – many store owners will enjoy sharing their knowledge with a captive audience.

PERSONAL HYGIENE

- 1. Encourage regular hygiene** – hair, skin and nails.
- 2. Brushing teeth** -flossing, rinsing.
- 3. Visit a dentist office** to discuss potential dental problems.
- 4. Research** various difficulties and diseases associated with unclean nails, hair, and body parts such as worms, lice, rashes, etc.

HEALTHY LIFESTYLES

- 1. Discuss the dangers** of drugs and alcohol.
- 2. Essentials** of getting the right amount of sleep.
- 3. Exercise** – a fun activity: exercise every day for one week, then take a week off. Note the difference in how you feel.
- 4. Set up an exercise challenge**–lay out goals and chart progress.

SAFETY

- 1. Fire Safety** – This is a biggie and should be included every year. Use books like *No Dragons for Tea* to teach young children proper responses to a fire; visit a fire company; request fire safety books from your local fire company; have your child draw up an escape plan outlining the escape routes from all rooms in your home; conduct a few fire drills throughout the school year.
- 2. Bike Safety** – wearing a helmet, using hand signals, knowing and obeying traffic laws.
- 3. Safety in the home** – using a stove, using knives, unplugging appliances, etc.

GROWTH AND DEVELOPMENT

- 1. For younger children:** make a book about the human body or specific systems.
- 2. Discuss** the growth and development process at age appropriate times.

PHYSICAL EDUCATION: FITTING EXERCISE TIME INTO YOUR BUSY SCHEDULE

When planning your homeschool program, it's essential to realize the importance of exercise. Because it provides a much needed change of pace, you should view physical activity as a priority.

Here are some ways to make exercise a part of your regular routine:

1. *Schedule "recess" just as you would any other subject.* Even if you feel as though core subjects are a priority and there's no time for a break, just do it! This is especially important in the early stages of your program as a consistent schedule builds the foundation for success.
3. *Be sure to schedule at least two official "Physical Education" classes a week.* Whether you schedule them in the morning, afternoon or evening, try to schedule them at the same time each day. This will help you develop a regular habit.
4. *Do not overdo it.* Physical Education does not need to be a carefully planned class. Take a walk, get on the bikes, join a community sports team, grab a workout video, play games in the backyard . . . all of these activities require minimal planning and can help refresh the mind.

No matter how you exercise, just work it in and make it fun! Remember, spending time together in physical activity makes your job even more enjoyable! [hw](#)

10 Signs continued

8. **Does your child procrastinate or wait until the last minute to do homework?** This is a sign that the homework is not very interesting, is not really meeting his or her needs and is tending to extinguish their natural curiosity.
9. **Does your child come home talking about anything exciting that happened in school that day?** If not, maybe nothing exciting is happening for your child in school. Would you want to keep working if your job was like that?
10. **Did the school nurse or guidance counselor suggest that your child has some strange three-lettered disease, like ADD, and that they should now be given Ritalin or some other drug?** I suggest that it is more probable that school has the disease, EDD—Educational Deficit Disorder, and time to get your child out of that situation!

If your child has exhibited several of these characteristics, it is time for you to start looking for an alternative. [hw](#)

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