



Ways to Increase Learning



Here are some things that impact your child's brain:

- **Electronics.** Video games and T.V. affect the brain's ability to learn. Please consider limiting your child's time with these activities. Try to balance it with brain-friendly activities. Perhaps one hour of reading earns a half hour of video gaming.
- **Nutrition.** The best brain foods are whole grains, legumes (bean, lentils...), raw vegetables, fresh fruits, and raw nuts and seeds.
- **Sleep.** Eight to ten hours are necessary for mental concentration.
- **Water.** Water makes an amazing difference in the brain's ability to do its job. Please consider sending a clean water bottle once every week or two. Any time a parent donates a case of water bottles, I'll happily distribute them to the 3rd graders.
- **Exercise.** Physical exercise that is not highly competitive stimulates the learning parts of the brain.
- **Jesus.** Of course, Jesus is the key factor to healthy brains and learning. Regular prayer with your child will help him be more relaxed, confident, and ready for a challenge.

Here's a verse that makes a positive difference in my life:

“Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

Philippians 4: 6, 7