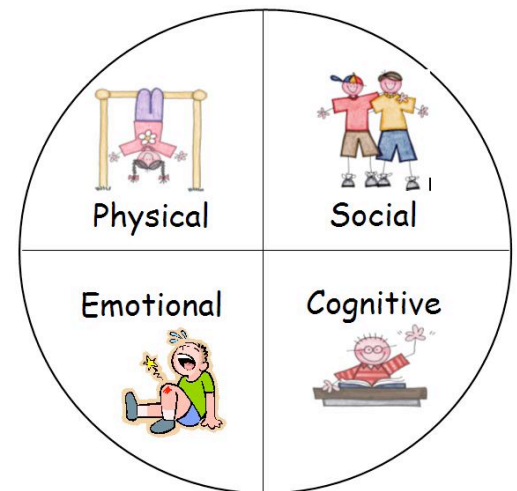


# How Can We Support Learning?

Current brain research shows that learning actually changes the brain. CAT scans and other new scientific tests have provided evidence that enriching experiences stimulate neural connections and change the physical structure of brain cells. The more we can do to provide stimulating experiences, both at school and at home, the better we equip children's brains for new learning.

Learning involves much more than just academic content. Every child is a complex balance of 4 domains: physical, social, emotional and cognitive, or thinking skills. We must work to stimulate and develop growth in all of these important areas. Too much emphasis in any one domain creates an unbalance that can result in less development in other areas.

Children learn by doing. When we provide primary, first hand experiences children are more often interested and engaged in learning. When we empower children to make choices they develop confidence and take their learning to a higher level.



Interactions between home and school are vital to support children's learning. Both environments build on each other to help children develop language skills. Frequent, open communication between home and school is crucial.

Parents can make powerful contributions to literacy learning by providing:

- adequate sleep- 8 or more hours per night
- good nutrition -a balanced variety of whole unprocessed foods
- abundant opportunities for physical movement
- limited screen time - TV, computer, video games
- lowering children's stress and anxiety - emotional climate has been shown to be one of the most important factors in learning

Of course it is also very important to talk! talk! talk! listen! listen! listen! and read! read! read! Our goal is not just for children to be able to read - we hope they want to read!