

Headin' for **SUCCESS!**

SUCCESS! Learning Center

presents

THE SPOT

August 2015

No. 41

American Students Need More Sleep

Sleep Makes Us Smarter

According to the Centers for Disease Control, only 31% of high school students reported getting at least 8 hours of sleep on school nights, even though teenagers need 9 or more hours of sleep every night.

What difference does it make? Lack of sleep hurts our concentration, our memory, and our ability to reason. It slows our reactions and distorts our thinking process. Consistent, long-term shortage of sleep is linked to increased risk of high blood pressure, heart disease, stroke, diabetes, obesity, and depression.

“But,” cry the students, “I haven’t finished my homework!” Unfortunately, running without enough sleep isn’t going to help. According to the American Psychological Association, adults who get fewer than eight hours of sleep per night show pronounced cognitive and physiological deficits, including *memory impairments, a reduced ability to make decisions and dramatic lapses in attention.*

During sleep, the brain cleans and repairs itself, disposing of toxic wastes created during the day’s activities, sorting through and processing data that flooded in during wakefulness, and running vital checks to balance crucial enzymes, hormones, and proteins. Too little sleep, and the brain is increasingly clogged with garbage, unfiled information is lost, and systems begin to falter.

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Now Enrolling

After-School Session Begins August 31st

Mon-Tues-Wed-Thurs ❖ 3:00-6:00 p.m.

Tues & Thurs Evenings ❖ 6:30-9:30 p.m.

The After-School Session begins Aug. 31st. Each class period runs for three hours, and students may attend two, three, or four tutorials each week. Registration forms are available on our website or by calling the office (see below).

During the school year we concentrate especially on helping students understand their coursework, complete homework accurately, and prepare for tests. Additional enrichment activities, supplementary skills practice, and math and English tutoring are also available.

Our classrooms are led by experienced, credentialed teachers, and our T.A.s are highly-skilled college and high school students who enjoy sharing their knowledge. We maintain a very low teacher/student ratio of 1 to 4.

Rates and fees are explained on Page 2.

Success! Learning Center

a non-profit educational and tutoring center

Tutoring, test preparation, and homework assistance for students in grades 3-12

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Website: www.successlearningcenter.org

SLC Tuition

10% Discount for Full Semester Paid in Advance

Fees for the after-school session are paid every four weeks, usually the first week of the month. Classes are scheduled from 3:00-6:00 p.m. and 6:30-9:30 p.m. The tuition for a student who attends two days per week (24 hours total tutoring in four weeks) is \$288 per month, three days per week is \$360, and four days is \$432. A discount is available for families.



Some months, such as December and February, have only three weeks of teaching due to school vacations, and parents thus pay only three weeks of tuition. Check the complete 2015-2016 calendar including holidays and payment schedule online at www.successlearningcenter.org (click on “2015/2016 After-School Session”), or pick up a copy of the calendar at the Learning Center.

This year we are again offering a semester pre-pay. Several parents have asked if they can receive a discount for paying the entire semester at once, and we’re happy to oblige. It’s a lot easier on everyone when there is only one payment to deal with. We’ve warmed up the calculators and figured out the numbers. The Fall Semester runs from 8/31/15-1/28/16, a total of 19 weeks. We are offering a 10% discount when the entire semester is paid in advance. A student attending two times each week will pay a total of \$1,368.00 when the monthly fees are added up; the discounted rate is \$1,231.00 paid in advance. A similar 10% discount applies for students attending three times and four times each week.

Success! Learning Center is a 501(c)(3) charitable organization. Donations are gladly accepted to help underwrite our educational program. Limited scholarships are available for those in financial need. Please see the Director for more information.

Improving English Language Skills

*Success! Learning Center offers English writing, grammar, vocabulary, and reading practice.
Lessons are adjusted to the individual student’s needs and weaknesses.
Includes daily composition and grammar practice, pronunciation, and language effectiveness.
Strengthens speaking and listening skills; improves reading and writing skills.
Students may also work on study skills and note-taking exercises.
Also available for ELD (English Language Development).*

Math Workshop

*Practice classroom skills
Learn new math subjects
Enrichment and review*

*Word problems and turning English into math
Analytical thinking plus creative problem-solving
Elementary topics include telling time, handling money,
fraction, decimals, place value, and math manipulatives
High School topics include algebra and geometry
through trigonometry and calculus*



NEW PSAT Offered at High Schools in 2015

Wednesday, October 14, 2015

The newly-revised SAT will premier in March 2016; the new, revised PSAT will be offered at high schools beginning in October 2015.



The test day is **Wednesday, October 14th**. Students register for the PSAT through their high schools, usually in September. The PSAT will only be given on one day, so be sure to mark your calendar and get your student registered!

The PSAT (preliminary SAT) gives students an excellent opportunity to practice their test-taking skills for the new version of the SAT. It also provides 11th-grade students an opportunity to compete for National Merit Scholarships.

The PSAT is offered only once each year. Students register for and take the test at their high school. There is no online registration.

We also recommend that college-bound students take the PSAT in 10th grade in order to

become more familiar with the types of questions and the skills necessary for the SAT. However, it's important that sophomores not be discouraged by low scores. Remember, this

is a practice test—the “real” test is the one taken in 11th grade.

Scores on the PSAT enable students to compare their performance on an admissions test with others applying to college. Juniors can also receive information from colleges and universities interested in their abilities by checking “yes” to the Student Search Service.

Success! Learning Center has new PSAT practice tests for those interested in a little extra preparation. You can also find practice materials online:



<https://collegereadiness.collegeboard.org/psat-nmsqt-psat-10>

Borrow Free Audiobooks from Your Library

Listening While Reading Helps Reluctant Readers

Listening to an audiobook while reading the text helps anyone who is having difficulty reading. Reluctant readers and those with reading difficulties learn more quickly when they follow along on the printed page while listening to the text. Students struggling with high-level prose and unfamiliar vocabulary understand more easily when they can hear the text read.

In fact, audiobooks are fun and can aid anyone who needs a little help getting through a tough literature assignment.

Check out your library website. On the Santa Clara County Library website <<http://www.sccl.org/>> click on “Browse” and then “Ebooks and Downloads.” Follow the links for more information. Some audiobooks have to be checked out and downloaded; others can be listened to right in your computer browser. In fact, it is sometimes possible to set up the words on the screen and get the audio playing at the same time. Pretty cool!





More Sleep

(Continued from Page 1)

How much sleep do we need? The National Institutes of Health suggests that school-age children need at least 10 hours of sleep daily, teens need 9-10.5 hours, and adults need 7-8 hours.

Many people insist they do just fine on very little sleep, but research doesn't support their claims. Researchers estimate that perhaps one adult in a thousand can function effectively on less than six hours of sleep each night. Children and teens have bodies and brains that are still growing and still maturing. They are even more vulnerable than adults to the effects of sleep deprivation.

Too many students complain they can't wake up in the morning, fight sleepiness in class, and doze off over their homework. They stay up late night after night, spending hours producing low-quality work, and reading and re-reading textbooks they can't seem to remember. They sit apathetically in class, too dazed to take decent notes or participate in discussions. Then they go home, doze off over their studies, and repeat the cycle again.

Sleep is crucial, as vital to our well-being as air, food, water, and personal safety. Make sleep a non-negotiable priority in your household. Not enough time? Get enough sleep, night after night, and watch the quality of the work climb. Students who are awake and alert in class and concentrating on the subject learn about half the material *in class*. That means fewer hours re-learning. Students who can focus easily and concentrate on their work do a better job far more quickly.

Time for bed? **GO** to bed. Turn off the computer, the lights, put chargers and cell phones in another room, and go to sleep. We don't need to sleep half-way through the morning—we need to turn off electronics, screens, and electrical lights and let our bodies relearn the way they were meant to function. Sleep when it's dark. Get up and do work when it's light.



There are many tips for helping overstressed brains and tense bodies relax into sleep, including a regular enjoyable bedtime routine, a warm bath, a cup of hot milk or cocoa, a relaxing conversation. Stay away from TV, video, active games, exciting stories, anything that revs up the brain. Personally, when I can't sleep, I reach for a heavy science, history, or archeology tome and enjoy a bit of reading in bed. A few pages of scholarly prose, and I'm out like the proverbial light.



Make sure you and your student(s) get enough sleep. Your children's teachers will thank you. So will your students once they've gotten used to feeling awake every day. Good night!

This article is based on information in the following publications:

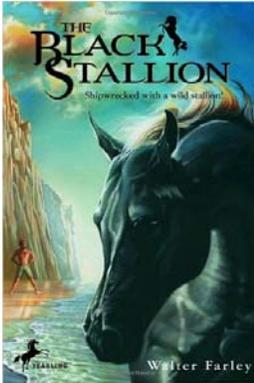
"Insufficient Sleep Is a Public Health Epidemic." Centers for Disease Control and Prevention. 13 January 2014. <<http://www.cdc.gov/features/dssleep/>>

"More Sleep Would Make Most Americans Happier, Healthier and Safer." *Psychology: Science in Action*. American Psychological Association. February 2014.
<<http://www.apa.org/action/resources/research-in-action/sleep-deprivation.aspx>>

Park, Alice. "The Power of Sleep" *Time*. 11 September 2014. <<http://time.com/3326565/the-power-of-sleep/>>

Great Reads for Horse Lovers (and Anyone Else)

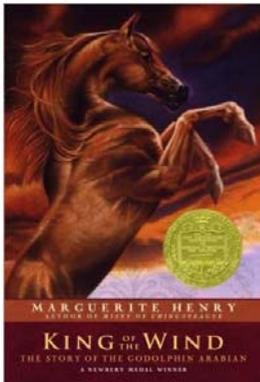
Got a horse-crazy girl or boy at your house? Here are some of Mrs. Haas' favorites to send their way. Mostly written in the 1940s and 1950s, they have been well-loved by generations of children. Spend a few hours with horses, learn a bit about Life Before Computers, and enjoy a good read!



The Black Stallion by Walter Farley has been loved and cherished by generations of horse-crazy kids. First published in 1941, it's the exciting story of Alec Ramsay and the wild stallion shipwrecked with him on a desert island.

Alec doesn't know much about horses when the story opens, so the reader gets to learn along with him as he and his very unlikely four-legged friend learn to tolerate each other, survive in a hostile environment, and, eventually, figure out how to live in civilization.

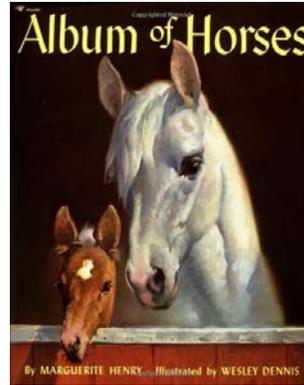
Take a trip back to a quieter time long before computers and enjoy a fast-paced story.



King of the Wind by Marguerite Henry, illustrated by Wesley Dennis, retells the classic stories of the Godolphin Arabian whose blood flows through Thoroughbred race horses to this day.

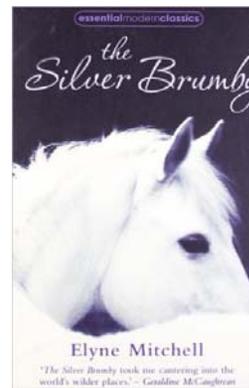
“Sham,” named for his sunny red color, and his friend Agba the stable boy, journey from his birthplace in the Sultan of Morocco's stables to the courts of France and eventually the green pastures of England. Small but incredibly fast, Sham is scorned all his life by those who equate height with power, but he carries the toughness and grit of his forebears who roamed the Sahara desert.

Arabian horses today are known for their great hearts, their remarkable endurance, and a wild beauty. Here's a great story about the very beginning of their influence on European and American breeding.



Album of Horses by Marguerite Henry, illustrated by Wesley Dennis. Henry wrote many wonderful horse stories, most famously *Misty of Chincoteague*, (a wild pony on the islands off Virginia) and *Brighty of the Grand Canyon* (about a plucky little burro in gold-mining days).

This book talks about the different breeds of horses and their many jobs, from pulling plows and clearing fields to racing with jockeys or carts, playing polo, hunting cross country, and many more. It's chock full of information and anecdotes about famous horses and horse lovers.



The Silver Brumby by Elyne Mitchell follows the life of Thowra, a creamy (pale silvery-gold) brumby, or wild horse, of the Australian Alps. (What! You didn't know that Australia has snowy mountains? See what good readers can learn from books!)

Because of his unusual coloring, Thowra is disliked by other horses and hunted relentlessly by man. Can he survive harsh winters and long dry summers? Is he fast enough and cunning enough to escape the hunters who want to add him to their stable? Will he be able to win and hold a herd of mares?

In this gripping story, people are the outsiders and horses have their own concerns. Thowra's life is tough, but he loves it and he doesn't want to leave it. Readers will be cheering him on as he struggles to live his own life in his own way.