



Camp Academia

11 August 2009 Newsletter

Brilliant Brainjoggers head back to school . . .

It is time for school – but this year is not like any other school year you have experienced. This year is different, because *you are ready*. You've all spent your summers hard at work, making time to Brainjog in between all of your exciting summer plans. Do you know what? Other kids weren't doing that – which means that you are ahead of the game! You are all prepared for school, and Brainjogging is excited to spend the upcoming school year learning with you!

In recent studies, it has been well-established that students who spend time learning over the summer months lose less ground when tested in the Fall, compared to their peers who are *not* enrolled in a summer program. Brainjogging works! Congratulations!

There's a checklist for you in this newsletter – cut it out, put it on your desk, your bulletin board, wherever you'll see it and pay attention to it! This checklist is a guide to success!

Letter to the parents,

The day is coming (or has already come) – your Brainjogger has either returned to school or is about to do so! Be comfortable in the knowledge that your Brainjogger is well-equipped with the tools to thrive this school year. In order for your student to do well, you and he or she must continue to work together to enhance Brainjogging's positive impact.

Remember, your child's success is your responsibility as much as it is his or hers. Students need reasonable bed times, healthy meals and plenty of support. The children know that they must Brainjog twice a day, that it is important to eat well and sleep well, but the more you reinforce these things, the more likely they will be to do them. Students will be tired as they head back to school – the shock of early mornings after a summer of fun is always stressful (for you as much as them!). They'll overcome the fatigue, as they do every year.

You and your children are ready for a wonderful, successful year! Be excited for it! We believe in you and your children!!



We're ready!

Student Checklist

1. **Brainjog!** After you brush your teeth in the morning, do your Brainjogging!

Now, Brainjogging does a lot, but it doesn't do everything. Here are some things you should do in addition to your Brainjogging:

2. **Sleep well!** Your brain doesn't work well when you're tired, so don't be! 7-12 year old children need about 10 or 11 hours of sleep a night, while 13-18 year old children need about 8 or 9. Rest up – you have to be ready for the school days ahead of you . . .
3. **Eat a healthy breakfast!** You might not be hungry when you first wake up, but your brain and body need fuel for the day, so eat whole grains to keep hunger away!
4. **Stay away from those video games!** Don't undo all your hard work – Brainjog at least twice a day and don't be tempted by video games.
5. **Put school vocabulary into your Brainjogging as soon as you get your textbooks!** As you get your textbooks, start putting vocabulary word lists into your Brainjogging. You'll be miles ahead of students who haven't been preparing as well as you have!

Campers' running start for the school year

Several students jump-started their return to a social and academic atmosphere by attending the 31 July through 2 August camp session. Campers trekked to the Edwin I. Hatch Nuclear Power Plant in Baxley, GA, where they learned about the nuances of nuclear power and its positive impact. This trip allowed campers the opportunity to compare coal plants to nuclear ones, as the last camp session included a trip to the Hal B. Wansley Coal-Fired Plant.

Campers also had the opportunity to spend the night at the Georgia Baptist Children's Home, also located in Baxley, GA. All of our students come from loving environments, but they know understand that not all children are lucky enough to have homes and parents. The Baptist Children's Home takes in orphaned or abandoned children so that they can thrive in an environment as loving as your own home! Campers also met World War II Veteran Hugh Lee Young and saw *The King and I* by the Coluric Theatre.