

# NEWS & EVENTS



## Circles of Learning

### How we Learn

Most people fall into three styles of learning, audio, visual and kinesthetic, this means that people learn by listening, seeing, or doing. Variations occur when there is more than one type of learning preference, however one style is usually more dominant than the others.



This can be a challenge for teachers in a class of 30 children with a mix of learning styles. Around 40% of children are visual learners, 40% kinesthetic learners and only 20% are auditory learners. An interesting thought when the traditional way of education is auditory, resulting in around 80% of students not always being engaged in lessons. When children are bored or disinterested this contributes to behavioural and learning difficulties. And, for parents it is can be just as challenging if you have children at home with different learning styles.

You as the teacher or parent also have your particular style of delivering the messages. Being aware of this is the first step and to help you tailor your approach for better communication. [Read more](#)

*Circles of Learning Advisory Service*

This service is Free. Since we started Circles of Learning in 1999 we have always been at the end of the telephone or email to assist you in ways to gain better health and brain function. We give you the broad basics and can link you with specialists who may be able to help you with your situation.

The questions can be small or big and if we don't have the answers we seek them out for you. Contact us at any time. [Click here](#)

Now that the weather is getting a little warmer, open all the doors and windows and let fresh air circulate through your house. Stale air needs to be constantly refreshed and you can do this with indoor plants and open windows. Oxygen is vital for good health and good brain function.

Take a walk in nature, it is the very best thing you can do to relax, calm yourself and oxygenate you and your child's body and brain. Have Fun & Enjoy Life.

### August Diary

#### City to Surf

Sunday 14th August

A great day to enjoy for the whole family. It is not important how fast you run, this community activity includes all ages and abilities.

#### Communities for Communities

Dance the night away on

Friday 19th August at the Casino

Royale Ball, Concord Function

Centre to raise money for an

hydrotherapy pool for students

with severe disabilities.

Enquires: Frances Watson

0409 690 858



Warm wishes, *Judith*



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### *change your diet—change your health*

It is our belief that our bodies can heal themselves and when we treat our body well with whole organic fruits and vegetables then we support our immune system to do its work to heal us. **Michael Moore** of the **Summit Restaurant** has just released his inspirational book **“Blood Sugar”** filled with recipes for those who face the challenge of Diabetes. 1.7 million Australians have diabetes with an estimated 275 Australians developing diabetes every day. (Sadly these figures include many children.) Michael suffered diabetes and proved that he could manage it through a change of diet and he now shares his recipes and nutritional tips in **“Blood Sugar”**. Change your diet to change your health.

### *•Clever •Cid Health & Play Program*

The •Clever •Cid Health & Play program continues to transform the lives of many young children through the core essentials needed to activate the brain for learning.

Around an edible garden, children play games that focus on oxygenation, hydration, nutrition, exercise and creativity to complement the academic left brain learning in the classroom. The results are outstandingly successful with children reading better, writing better and greater classroom co-operation.



It is also excellent for children with learning difficulties and some schools have elected to use the program for children with behavioural difficulties. When children engage in the play activities it balances the brain and values are learned.

The •Clever •Cid program has been run in over 40 schools and **Cross City Tunnel** is gifting it to schools within the Eastern Suburbs and the Inner West. If your school does not have the program then call us and we will demonstrate to you, how it works and why it works to bring children into a cohesive state for learning.

To make it easy for your school, download the [brochure](#), forward the [web address](#) to them, or ask them to [contact us](#). Your school may qualify for a FREE program. We'll provide all the support you need to easily implement the program.

Program information click [•Clever •Cid](#)

