

# NEWS & EVENTS



## Circles of Learning

### *Mother's right, smarter kids eat their fruit and vegetables*

Mothers have been saying it for years, and now doctors agree: smarter kids eat their vegetables.



Children who eat a nutritious diet of fruits and vegetables have higher IQ levels, while a diet of processed and sugary foods has the opposite effect. And it seems the earlier you start your child on a healthy diet, the better.

The Avon Longitudinal Study of Parents and Children, which has tracked around 14,000 children for five years, discovered a direct correlation between

eating habits and IQ scores. For every point gained from eating healthily, there was a 1.2-point increase in the IQ level. Conversely, every point lost by eating processed food resulted in a 1.67 fall in the IQ score.

The researchers believe the greatest benefits are seen when a child starts early on a healthy diet, and especially during the first three years.

Journal of Epidemiology & Community Health, 2011 UK

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### *Are children at risk by protecting them too much?*

Taking risks is an important part of the development of a child. Falling off bikes, taking tumbles are all a part of a healthy life. Life is full of risks and if children don't test themselves at an early age, they are likely to grow up being fearful of life. Dr. Daniel R Condon in his book *Permanent Healing*, tells us that there is a connection between being Over Protected and Allergies. Could this be a further reason why we see children with so many allergies? Our role as parents is to guide them to be the best they can be. We need to protect our children, but not over-protect them.

### *Changing Education Paradigms*

An inspirational animated speech by Sir Ken Robinson on reforming education and why so school alienates so many kids. Amusing, informative and accurate. [Click here](#)

Have a wonderful month.

*Warm wishes, Judith*

#### March Diary

##### TWEENIES

Tuesdays 3.30-5.30

Mentoring, excursions, games, Circle Time and introduction to the Centre.

Wednesdays 3.30-5.30

City & local excursions, scale model building, on line games and multimedia games

**Free** After School Programs for 9-13 yr olds. Ways Youth Centre, Bondi Beach  
Ph. 9365 2500 or [eva@ways.org.au](mailto:eva@ways.org.au)

##### Discover Balance

Children 7yrs + teenagers

Harmony workshops:

Times: Sat 4-6pm Sun 10-12noon

Mar 9/10<sup>th</sup> & 12/13<sup>th</sup> April  
8/9<sup>th</sup> 30<sup>th</sup>/1<sup>st</sup> May

**Cost:** \$125

Easter workshops:

April 11/12/13/14/15/18/19/20

8 sessions 4.15-5.30

**Cost:** \$355

Call 0430 811 469

[Click here](#)



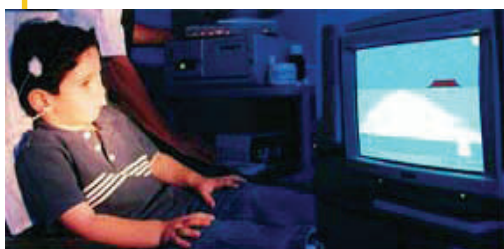
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## Neurofeedback: The *Permanent* Alternative to Medication for the Treatment of ADD/ADHD, autism and learning difficulties

Biofeedback / neurofeedback for the treatment of ADD/ADHD and learning difficulties are often not well understood, and here Chantal Kayem reports on how Neurofeedback can help your child.

**What is Neurofeedback (NF)?** EEG neurofeedback (or biofeedback) is a treatment for the brain disregulation that occurs in many conditions including ADD/ADHD, learning disabilities, autism, anxiety, depression, behaviour disorders, sleep disorders, headaches, migraines, emotional disturbances and more.



**How Does NF work?** In simple terms, through NF, a child is given information about their brainwaves and how to change it. When a child is given this information, they can change their brainwaves and consequently make their brain work more effectively. Typically, the brains of people with ADD/ADHD, learning difficulties, autism etc. use too many slow brainwaves they should be using when they are sleeping just waking and not enough “fast”, alert, concentrated brainwaves.

Discover what the process involves, how long it takes to see improvements and what results can be obtained for ADHD, ADD, learning disabilities and behavioural problems and more [Click Here](#)

### *Clever Kid Health & Play program*

10 more schools have the Clever Kid Health & Learning program and more schools are looking to run it this year. We continue to emphasise the importance children experiencing the program. Through creating a fruit and vegetable garden, the children learn the importance of nature and the elements vital to the growth of plants and to themselves.



Through simple techniques of breathing, hydration, visualisation, and games around nutrition and ways to build self worth, this program has a huge impact on children’s ability to learn in the classroom. Activities calm the children and bring about greater class cooperation. Through balancing the brain and releasing stress, the children are open to learning.

The program has expanded to embrace pre-school children, and a number of special needs schools have taken it on and are seeing big leaps in the children’s ability to communicate and being confident about their abilities.

We can assist your school in obtaining funding for the program and call us first to see if your school is eligible for one of the Free programs available now.

cross city tunnel [For more information Click here](#)



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