

The Pearls of Wisdom

Newsletter
August—September 2011

From My Family To Yours:

Happy New School Year!



As the summer coming to the end at Pink Pearl we will have a "get ready to school break", from August 29th to September 5th.

Though all of you will be busy to complete the pre-school tasks: getting kids' rooms ready for school, last minute shopping for school supplies and clothes, getting everything organized. Despite of all this craziness, take an opportunity to do something special with your kids. Every year, we as family take a week off before school to pause in life, breathe, and spend some quality time together. Our sons are always so excited about our vacation before school!

All our classes will resume on September 6th. We wish for your kids a very successful school year. We believe that desire, determination, and hard work will help them achieve their goals at school and sports.

Happy School Year!



August Pearl!



Congratulations to our *Student of the Month:*

Autumn Renea F.

She has shown great respect, dedication and progress in Gymnastics program!

Keep up the good work!!



Announcements: start planning the school year now!

Gymnastics:

- ♦ **New classes added start Sept.:**
Monday 4:30 to 6:30
Saturday 12:00 to 2:00
- ♦ **Open Gym :**
Girls : Thursday, 5–6:30 p.m.
Boys : Friday at 5–6:30 p.m.;
invite friends and have fun,
learn to flip!
- ♦ **Teens & Adults Program:**
Friday at 5–6:30 p.m.

Dance Lessons :

- ♦ **Creative Movement** (3-5 y/o):
Saturday 9:00 –9:30
- ♦ **Pink Pearls Ballet & Jazz**
(5+y/o): Saturday 9:30–10:30
- ♦ **Zumba Dance** (Teens &
Adults): Saturday 10:30–11:30
- ♦ **Ballroom Dancing** (Teens &
Adults): Saturday 1:00–2:30
- ♦ **Zumba** classes will start in Sep-
tember

Tumbling & Cheerleading:

- ♦ **Pink Pearl Cheerleader:**
Tuesday at 4:30
- ♦ **A Teen Tumbling Night:**
Tuesday 5:00 to 6:30

Pink Pearl Fitness Club:

- ♦ **Pink Pearl Fitness club** is
a new name and will maintain
philosophy of Life Balance
- ♦ **Mom & Daughter Fitness**
—New Class is open on **Fri-
day at 4:00 p.m.** Great op-
portunity to bond together
and grow physically, spiritu-
ally, and emotionally. Be in-
volved in each others lives!

Welcome :

- ♦ **Moriah Beard**
- ♦ **Faith Mathewson**

Happy Birthday:

Emily G. – August 12th

Fall Schedule: www.PinkPearlGymnastics.com

From the Coach:

The new school year is almost here! The beginning of the school year is a very challenging time and the whole family goes through the period of adjustment, especially the little ones.

Our experience has shown that those kids that had started their preparation in advance, usually start their year much better at school and sports.

Here are some good habits that will help your child to be better prepared to school:



- ♦ *Organized schedule is a key for success: early to bed, early to rise...*
- ♦ *Get done with shopping for school supplies in advance*
- ♦ *Organize your child's room; designate a study corner for homework; clean out the shelves.*
- ♦ *Pick up a new book or let them work on the project, exercising their mind*
- ♦ *Get the backpack ready: it is an art to have it nicely organized*
- ♦ *Teach them to pack their own lunch box*
- ♦ *Have their school clothe and sport uniform in certain place so they always know where it is*
- ♦ *Have them their laundry done on the same day every week*
- ♦ *Have a fun hour at the same time*
- ♦ *Do everything together! Have fun!*

Health and Fitness

Health: How to Food-Shop

Advice from Suzanne Somers

Making poor food choices can be all too easy — especially when you hit the grocery store and see aisle upon aisle of delicious, but dangerously unhealthy, foods. If you want to eat more healthfully and lose weight, consider revamping your grocery shopping list and start choosing the most nutrition-rich products at the store. Here's how to do it:

If it's bagged or boxed, don't buy it. Odds are, if the food comes in a bag or a box, it's been processed and contains chemicals and preservatives that could add to your body's toxic load.

Shop the perimeter of the store. The healthiest foods — fresh produce, meats, and dairy — are often located in the outer aisles, while the interior of the store — or Fake Food Land, as I like to call it — is stocked with the processed foods that will add to both your toxic load and your waist line.

Check the labels. If it lists something long and unpronounceable, put it down. If you can't read it and say it, you probably don't want to eat it. (There are exceptions to this rule, since some healthy ingredients have long unrecognizable names. Use the Ingredients to Avoid list in my [Food Reference Guide](#) to help you navigate.)

Look for clean foods. Choosing organic produce, grass-fed beef and lamb, organic chicken, wild-caught seafood and natural pork will limit your exposure to toxins.

Avoid refined carbohydrates. White flour, white rice, corn, and most sweeteners are Insulin Triggers that can cause your body to store all the calories you eat as fat — and make it hard for you to burn your stored fat as energy. Look for whole-grain breads and pastas to help avoid the insulin rush.

Choose the best beverages. Water is the best and healthiest drink, but decaffeinated teas and Swiss Water decaffeinated coffees are also good choices. Avoid sodas, whether regular or diet — the regular kinds are loaded with sugar and trigger an insulin surge, and the diet ones are full of chemicals and toxins you want to avoid.



Fitness: What is Zumba?

The Zumba is a latin-inspired, dance-fitness class that incorporates latin and international music and dance movements, creating a dynamic, exciting, and effective fitness system.

A Zumba class (Zumba Fitness - Party) combines fast and slow rhythms that tone and sculpt the body using an aerobic/fitness approach to achieve a unique blended balance of cardio and muscle-toning benefits.

The cardio-based dance movements are easy - to - follow steps include body sculpting, which targets areas such as gluteus, legs, arms, core, abdominals, and most important muscle in the body—the heart.

Zumba Program is the most effective, innovative workout designed for everyone. The primary elements that make it so unique and successful are:

- ♦ It is a blast! Zumba is “exercise in disguise”.
- ♦ It is different! The music, the steps, the moves, the class, the energy... nothing compares to a Zumba Fitness-Party!
- ♦ It is easy! People of any fitness level, from any background, and of any age can start the program right away.
- ♦ It is effective! The Zumba program is cardio-based workout with components of resistance/sculpting training to tone the entire body and achieve any desired fitness goals.

What is your Goal?

- Lose Weight
- Gain Weight
- Maintain Weight
- Increase Energy
- Improve Health

Join our Pink Pearl Fitness Club:

Zumba—Yoga—Pilates—Aerobics—Dance—Strength Training

Try a Free Fitness Class Now!

Teacher of the Year is from Maryland: Michelle Shearer

Michelle Shearer was a pre-med student at Princeton University when, on the verge of burnout, she began volunteering in a class for deaf students. She loved it. That's when she decided to go into teaching, starting on a path that led her to Frederick County schools and, now, to being named the 2011 National Teacher of the Year.

Shearer, a chemistry teacher at Urbana High School, won the title over three other finalists, from Florida, Illinois and Montana, in the annual contest. Shearer grew up with a love of numbers and earned dual certification in chemistry and special education. She has taught all levels of chemistry for 14 years at Urbana and at the Maryland School for Deaf, where she also taught math.

There Shearer offered, in American Sign Language, a course in advanced placement chemistry for the first time in the institution's 135-year history. She wrote on her contest application that when she suggested to her students that they also take AP calculus, they asked, "Why?" She signed back, "Because you can." With the philosophy that "there is an aspiring scientist in all of us," Shearer said she captures students' attention by making real-life connections to scientific concepts.

"Students become eager to explore when they feel connected to the subject," she said. Shearer said she is committed to helping children who have traditionally been underrepresented in science, including those with special needs and minorities. She has worked with students with poor vision, dyslexia, dysgraphia, attention deficit disorder and Asperger's syndrome in her AP chemistry classes.

Shearer plans to spend next year traveling across the country and around the world to promote public education. With the steady drumbeat of negative news about it, she said she will try to make people aware of the many successes in public schools. Shearer was selected by a committee of representatives from 14 national education organizations from the 2011 State Teachers of the Year, who are nominated by students, teachers, principals and school district administrators.

She said she has noticed changes in students since she began teaching 14 years ago. Today, she said, they are more eager to challenge themselves at younger ages. "I have students in AP chemistry who are in 10th grade. You are talking about students who are 15 years old doing the same level of work as college students." Shearer has noticed another change, too. "Students are more savvy, very in tune with technology, and again I think this is an interesting change to note," she said. "We hear so much about negative changes, but I see some very positive changes. The willingness to take advanced courses at younger ages and challenge themselves is important."

By [Valerie Strauss](#)

In God We Trust

I sent my son to Israel...

A Jewish businessman in Chicago sent his son to Israel for a year to absorb the culture.

When the son returned, he said, "Papa, I had a great time in Israel. By the way, I converted to Christianity."

"Oy vey," said the father. "What have I done?" He took his problem to his best friend, Irving.

"Irving," he said, "I sent my son to Israel, and he came home a Christian. What can I do?"

"Funny you should ask," said Irving. "I too, sent my son to Israel, and he also came home a Christian.

Perhaps we should go see the rabbi."

So they did, and they explained their problem to the rabbi.

"Funny you should ask," said the rabbi. "I, too, sent my son to Israel, and he also came home a Christian.

What is happening to our young people?"

And so they all prayed, telling the Lord about their sons.

As they finished their prayer, a voice came from the Heavens:

"Funny you should ask," said the Voice.

"I, too, sent my Son to Israel"

Gymnastics in News

Is Gymnastics Safe?

Gymnastics is a reasonably safe sport

Gymnastics ranks 24th in the list, placing it near the middle of surveyed activities. Gymnastics ranks somewhat above average in hospital admissions. Of course, this information represents all of gymnastics, including injuries that occur in the yard while doing cartwheels or from striking the furniture while performing in the living room. In competitive gymnastics, particularly the highest levels, the injury rate is higher. Unfortunately, there is little reliable information on the national extent of the highest competitive level injuries (9). Those competitive gymnasts who are injured severely enough to require an emergency room visit are likely represented in Table 1. However, those who are injured less severely may never visit an emergency room and deal with treatment via simple first-aid or a visit to their personal physician. Visit this link for more information: <http://www.nd.edu/~ndsmcgy/resources-whygymnastics.html>

Playing it Safe:

Before You Practice or Compete

As with any athlete, gymnasts benefit from advance planning. Here are some things you should do:

- **Stay in good shape.** Eating a healthy diet and staying in good physical shape — whether you're competing or not — is particularly important for gymnasts. Almost all gymnastic maneuvers require strong muscles and excellent coordination, both of which are enhanced when you keep yourself fit. Staying in shape also will make you less susceptible to injuries.
- **Get a good night's sleep before a practice or competition.** You'll be more at risk of injury if you try to perform a routine when you're tired.
- **Warm up and stretch thoroughly.** Before you take the floor or get on any piece of gymnastics equipment, do jumping jacks or jog in place for a few minutes to get the blood flowing. Then gently stretch your muscles and joints, holding each stretch for at least 30 seconds.

- **Know your own skill level.** When you are first learning an event, start with simple maneuvers and learn them well before you move on to something more difficult. Trying to attempt something beyond your abilities is a good way to get hurt. Never attempt a maneuver in competition that you haven't practiced before.

Progress on each piece of equipment incrementally. For instance, when attempting to learn the balance beam, start with a line on the floor and then a beam on the floor before moving up to a raised beam

While Competing or Practicing

When practicing a routine or trick that is difficult or dangerous, have a coach spot you and ready to catch you in the event of a fall. This will greatly reduce your chances of getting injured and help you maximize the benefit you get from practicing.

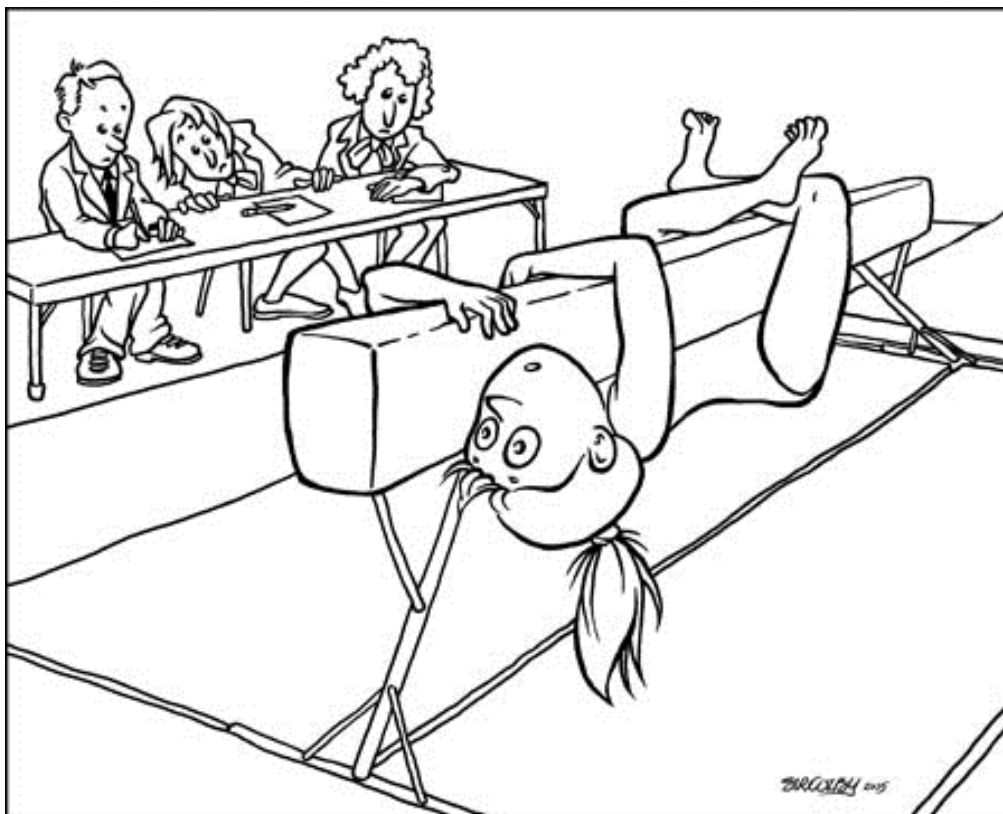
If you don't feel comfortable doing a maneuver, let your coach know. Gymnastics is supposed to be fun. Doing a routine that you're not comfortable with will make you less confident and more likely to get hurt.

Know and follow all the rules governing your event, and always know where you are during practice and competitions. It may seem silly to say, but you want to make sure you never wander into an area where you may be in danger of colliding with a gymnast doing a routine.

If you notice any pain or discomfort while performing a routine, let your coach know right away. Don't do any more gymnastics until the pain goes away or you've had the injury looked at by a doctor and been cleared to start practicing again. "Playing through the pain," as they say, will only make injuries more severe. That can keep you sidelined even longer.

If your school or gym club has a trampoline, don't go under it when someone else is using it. Keep the tarp surface clear of items like shoes and clothes. If you are on the trampoline, make sure the area around it is well padded, and always aim for the center of the trampoline when you land.

For more info visit: http://kidshealth.org/teen/safety/sports_safety/safety_gymnastics.html#



Pink Pearl Gymnastics

Gymnastics * Dance * Cheer * Fitness*

After School program*

406 Davis Str., Ste. 101, Virginia Beach, VA 23462

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Pink Pearl Gymnastics
Gymnastics/ Tumbling & Cheer Classes
Sign Up Now!
Get \$10 off for the Month

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After School Program
Sign Up Now !
Get \$25 off for the 1st Month

Pink Pearl Gymnastics
Get a 10% Discount for more than one family member registered for classes !

Pink Pearl Fitness Club
Health and Fitness Classes
Sign Up Now!
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Pink Pearl Gymnastics
Refer a friend!!
If they sign up for classes take \$10 off your next months class.
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Name _____
Phone _____

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Referred By: _____