



nature & scenic

Home School Newsletter

A New Beginning

Volume 1, Issue 1

Jan/Feb/Mar. 2008

LICOC
Home School Group

Inside this issue:

Women's encouragement	1
Teaching multiple kids	1
Helpful tips	2
Recipes	3
Health/Upcoming events	4
Suggestion for teaching	4
Children/YA corner	5

Upcoming Events

- [Art Gallery](#) January 26
11 am -1pm
- [Recitation](#) February 23
- [Woman's meeting](#)
Sunday, March 16
- [HSLDA Workshop](#) - The Essentials for teaching HS at home. Mar. 28th



The New Year Resolved

Did the spirit of Scrooge enter with you into the New Year? Did part of you wake up on January 1st thinking, "New year, same old thing"? Perhaps you were not enthusiastic about setting goals for yourself AGAIN.

Maybe the stresses of marriage, motherhood, school, ailing health, financial woes just seem to be ever before you no matter what the calendar says.

Psalm 16:5, 6:

Lord, you have assigned me my portion and my cup; You have made my lot secure

The boundary lines have fallen for me in pleasant places; Surely I have a delightful inheritance.

The Lord always returns our outlook to the heavenly realms. In His grand and holy plan, the yearly prospectus is more than promising.

We are assured that in His infinite foresight, we are well taken care of in 2008 and beyond! In Jesus Christ, we are on track and where we need to be.

As we continue to trust and rely on Him, serve our families, and encourage one another; the Lord has, does and always will continue to bless us in His *timeless* glorious love.

Doris Colson

Tips for Frazzled Home school Moms

Any homeschooling family with more than one child knows the challenge of keeping "Baby Kong" from tearing apart the house during school time. Now that we are teaching the oldest two of our four children, my wife, Mary, has had to develop an intricate strategy in order to have a productive day.

We would like to share with you some tips on how to deal with those unruly toddlers and make it through this difficult and often exhausting stage of home school life.

1. Get them involved.

It seems like our two youngest children save their worst behavior for school time. We have found that many times they just want to be

included in on the fun. If we'll give them some "school work" to do, they feel like they are involved. This could be something as simple as a special coloring book that you set aside as their home school book. Granted, this will only last a short time, but it's a start.

2. Time their naps.

Most children in the pre-school years are still taking a daily nap. We have found that we can accomplish quite a bit during nap time. Save the most difficult subject for this time of day.



3. Baby swap.

Most home school families know of a few other families that are also experiencing the same challenge. Consider trying a kid swap. You take their younger pre-school age kids for a day and let them teach a few lessons to your older children. The next day switch places. This will mean a nice break for the kids as well, being taught in a different environment by someone else.

4. Special toys.

Put aside a box of toys that are reserved for school time. These toys could be ones that are more -

(cont. Pg. 2)

educational in nature. A set of Lincoln Logs will keep their attention much longer than the same old toys they always play with. The key is to make it a toy that will not require supervision from you. Puzzles can be good if they are simple enough for them to figure out on their own.

5. Tag team.

If you are teaching more than one older child at a time, you may have one of them watch the young ones while you focus on an individual. This will teach them responsibility for their sibling as well as leadership. It will train them for the future when they may be caring for children and possibly home schooling themselves. Don't be afraid to put the older ones in charge and instruct the younger ones to obey them. The older sibling will gain great confidence and respect from the younger ones. This will be invaluable when you are not around to keep an eye on them.

6. The playpen.

If there is one gift that I would like to give to each of my children when they have their first child, it is

it is a playpen. Getting the child used to it at an early age is the key. There will be times when they will wail to get out, but if you persevere, you will have a great tool to use for half hour periods when you cannot be distracted.

7. The dreaded video.

Many parents that were flooded with TV when they were young have banned it completely in their homes. This is understandable. If you have not quite reached that point yet, the occasional video can be a great help in getting the young ones to focus on something else besides digging through the garbage can. Why are they so attracted to the garbage anyways?

Home schooling is not an easy task, especially when you have toddlers. Millions of parents have done it and so can you if you take some time to strategize. The main thing is to view these little ones as the blessing that God says they are, instead of the nuisance they seem to be at the time. I always tell my wife to relax and focus more on the

relationships we are creating, because the academics will follow. May God richly bless you in this rewarding adventure.

Scott Shroud (author of "Baby Kong")

I am so grateful to OUR LORD for entrusting me with the

privilege of teaching my children.

I am so thankful for this time that we get to share together.

These days are precious to me.

I know that having my children around me has eased my

worries and made these otherwise endless hours

much more pleasant.

Relaxed homeschooler Newsletter

Denise Whitaker

Tips:

1. I have an idea for anyone who wants to expose their child to a foreign language. I've started setting the girls' favorite DVD's (Cinderella, Ice Age, etc.) to either French or Spanish (including the subtitles). They may not sit through the whole thing, but 20 minutes or so along with exposure to these languages from Dora, Muzzy, foreign language lessons you may already be doing at home I think are useful. I say French and Spanish because those are the two language options I've noticed on the DVD's that we have. LIC Marie Baudin

2. Rosetta Stone Language program is now offered for FREE (online) through your local library—check it out!!

Weekly menu

I set aside one day a week to organize my weekly schedule and I also take time to make a weekly dinner/lunch menu. My day for this is usually Sunday.

A dinner/lunch menu has been a tremendous help in my home organization and time management (who doesn't strive for organization and better time usage!). Making this menu is time-consuming, however it saves me time and money in the long-run. I have found that keeping in mind a few key factors makes this work for me.

"Creating a weekly menu helps me to save time....."

a). Knowing my schedule for the week helps me plan meals better. I literally write out on an index card Sunday - Saturday and plug in meal ideas. If I know in advance that *one day will be particularly busy* then I plan a crock pot meal for that evening. On Wednesdays and Devo Fridays I cook simpler dinners, because we are always "battling the clock to leave on time".

b). Creating a weekly menu helps me to save money because I know exactly what I need to buy for the week--because I check my ingredients and make a list before shopping.

c). Creating a weekly menu helps me to save time, I check my menu the night before so I know which



planning

meats to take out. If I can prepare my dinner in the morning (not necessarily cook in the morning --just prepare) my afternoon flows easier. I abhor the days when it's 3:00 in the afternoon and I am scrambling around for what I'm going to cook for dinner! This also saves time because I am not making several trips to the market (something I really hate doing!)

d). I also save my old index card menus, so I am not constantly coming up with meals. I have found that my family eats basically the same meals--just moved around a bit. Every few weeks I find new meals to add, which create a more diverse diet for us.

e) Creating a menu is a healthy option because I can see on paper how much meat, chicken, fish, vegetables, fried foods we have in our diet. My husband would request French fries and Steak every day--no joke intended, so I make sure to have that at least once a week. I am able to throw in fish, chicken, vegetable casseroles as long as he has French fries and steak somewhere in the week.

Happy Cooking!

Adrienne Peterson



"If you don't have a plan for yourself, you'll be apart of someone else's."

American Proverb

Tip:

www.moneysavingmom.com If you like to save money or get things for free check this site out. Catherine Bullinger

Season your meat before you freeze it. When defrosted this step will save time and add great flavor. Caprice Brown

Mom time off - Allow kids to vote on a quick meal (Tacos, hot pockets, spaghetti, etc.), then Schedule a day for older kids to cook dinner. Katrina Watkins

Add Salsa to your omelet when you don't have time to cut up tomatoes, onions, etc. Use mild if you don't want your omelet to have too much of a kick. Marie Baudin

Volume 1, Issue 1

Honey - soy Chicken

Prep: 5 minutes
Total: 40 minutes

Ingredients

Serves 4

1/2 cup
honey

2 tablespoons soy sauce

8 skinless chicken drumsticks
(about 3 pounds total)

coarse salt and ground pepper



Directions

Preheat oven to 475 degrees. Line a shallow roasting pan or 9-by-13-inch baking dish with aluminum foil. In a large bowl, mix together honey, soy sauce, and 1/3 cup water. Add chicken, and toss to coat; season with salt and pepper. Transfer chicken and honey mixture to prepared roasting pan.

Bake chicken, basting with juices from edges of pan every 10 minutes, until well browned and an instant-read thermometer inserted into thickest part of drumstick (avoiding bone) registers 165 degrees, 30 to 40 minutes. Serve chicken drizzled with pan juices.

Looking for a
easy delicious
meal? Try this
recipe

The Dinner table is a great time to build bonds, create memories, & communicate with our families.

- Set a regular family mealtime. Pick a time together.
- Turn off the TV. Turn on the answering machine. Focus mealtime on family talk.
- Keep table talk positive. Everyone gets to talk and to listen. Great time to share how God's blessed your day.

Adapted from "The Family Table: A Place to Nourish and Nurture" By Roberta L. Duyff, MS, RD, FADA, CFCS

Quick Fettuccine Alfredo

Ingredients:

Serve 2 to 4 people

Salt

1 pound of fettuccine

1 cup (2 sticks) unsalted butter, room temperature

8 oz grated Parmigiano-Reggiano, plus more for serving

1/2 cup of cooking water

Directions:

Bring a large pot of water to a boil. Add salt and fettuccine, and cook for 3 minutes.

In the bowl of an electric mixer fitted with the paddle attachment, beat butter and cheese until smooth, about 5 minutes.



Drain fettuccine, reserving 1/2 cup of the cooking water. Toss fettuccine with cheese mixture and 1/4 cup of the reserved cooking water until completely incorporated, adding more pasta water as needed. Add chicken or shrimp (optional). Serve immediately with additional cheese sprinkled on top.

Smothered Chicken - Family favorite

Prep time: 15 min.

Cook Time: 30 min.

Ingredients:

1 lb. boneless skinless chicken tenders

1 Cup Flour (I use whole wheat flour, you can use white too)

3 small onions (can add as many or as little onions as you wish)

1/2 tbs. Adobo

1/2 tbs. Garlic powder

1/2 tsp. pepper

corn starch

salt

canola oil

3 Cups Water



1. Clean Chicken and put rice on before you start Chicken.

2. Prepare coating for Chicken in a bowl: Season flour with 1/2 tbs. Adobo and 1/2 tbs. garlic powder, 1/2 tsp. pepper (you can season the flour with whatever you usually use and flavor to your liking).

3. Place a shallow layer of canola oil on the bottom of a large/deep skillet. Use very little oil, just enough to coat the bottom of the pan. Take the chicken tenders, coat them with the flour mixture, and pan fry them until they are brown.

4. Once they are nice and brown and a little crispy remove them from the skillet and place on the side. If you have too much oil left over just discard, but don't wash out skillet.

5. Prepare gravy: Add 3 Cups of water to the skillet and add 1 tsp. salt and garlic powder to taste. Add onions. Bring to a boil. (You could use seasoned chicken broth to replace the water and salt.)

6. While bringing water to a boil prepare 1 tbs. of flour mixture you used for chicken and 2 tbs. cornstarch

and 1/4 tsp. salt in a mug with cold water (fill mug 3/4 way with cold water). Mix well. Add cold water mixture to boiling water in skillet with onions and mix with stove on high. Keep mixing until gravy thickens, then lower heat to simmer and add chicken back to skillet covering it with the gravy and onions. You may want to taste gravy to make sure there is enough flavor. If not add some salt and garlic powder and mix well before you add chicken.

7. Cook for 20 minutes and serve over rice. I serve it over brown rice and with green beans or broccoli.

Becky Young

Titus 2:4-5

...Train the younger women to love their husbands and children, to be self-controlled and pure, to be busy at home, to be kind, and to be subject to their husbands, so that no one will malign the word of God.

Websites for kids to check out www.bbc.co.uk/schools/podsmisson/bones.com

It's a game for 3-6 year olds. Its called put Annie back together. You put the bones where they belong on the body.

www.edheads.org

This is really cute for 5 year olds and up. activities. CB



Books for read along time with kids

One of my personal favorites is:

The Seven Silly Eaters by Maryann Hoberman. Maybe because it's a rhyme and I love rhymes.

Two others I've enjoyed are:

Did I tell you I love you today? By Deloris Jordan

Does God Know how to tie Shoes? By Nancy White Carlstrom

Catherine Bullinger



Suggestions for teaching teen students:

1. Choose a few curriculums and then allow your teen to decide which one he/she would like to use.

2. Once they have made their decision, ask him/her "Why did they choose that particular curriculum?"

3. Let them also decide their hours of schooling and hold them accountable to that time.

Deanna Patterson



Ten Reasons to Homeschool thru High School by Cafi Cohen



months, very quickly compared to the four years most high schools sense to them, most teens can cut the time for traditional high school

Efficiency:

Many homeschoolers complete standard high school academics eighteen to twenty-four take. Using self-instructional materials, they chose, and learning in ways that make by half.

Head Start on College:

Homeschooled teenagers often take college classes to supplement high school homeschooling.

Self-Directed Learning:

The absence of experts in the home promotes autonomy and self-directed learning. Most homeschooled teenagers not only learn to teach themselves, they also become expert networkers.

Travel:

Freedom from the teaching constraints of school allows homeschoolers to take advantage of travel opportunities whenever they present themselves.

Work Experience:

Teenage homeschoolers have time for volunteer and paying jobs. Often they get better jobs than those who attend school simply because they are available during school hours.

Time:

Homeschoolers not only have more hours each day for creative endeavors and learning activities; they also have more time to be alone, to think, to daydream – to develop a private self and a personal identity.

Family Closeness:

In contrast to many adolescents who pull away from their families, homeschooling parents almost universally report that their teenagers grow closer to all family members.

Limited Peer Pressure:

Removed from the near-constant peer pressure in schools, most homeschooled teens develop mature manners and values.

Saving Money:

Both parents and teenagers may earn money while homeschooling, making home education less expensive than attendance at a public school where average yearly costs for extracurricular activities can exceed \$500 per year.

Fun:

Homeschooling teens is fun for parents, who – in the light of their life experience – enjoy learning all the math and history and foreign language they missed the first time around.

Health— MRSA :



MRSA The Super bug

Methicillin Resistant *Staphylococcus Aureus* is a bacterial infection that has been affecting hospitalized and chronic ill patients for many years. It has recently caused infections in the otherwise healthy people in the general public. The danger this bacteria imposes is that It cannot be treated with the routine antibiotics.

MRSA normally lives on your skin and your nose without causing infection.

It is spread from person to person via skin to skin contact, or contaminated object to hands.

MRSA is not spread through the air like the common cold or the flu.

The bacteria lives in wounds and cuts.

Prevention:

Do not share personal items. (such as towels, razors, and toothbrushes). Cover wounds and cuts with a band aid.

Do not touch other peoples open wounds or cuts.

The Super Bug

Wash hands vigorously with warm soapy water for as long as it take to recite the alphabet—frequently. Washing hands is the the most important procedure to prevent the transmission of infection. Make it a habit to always wash your hands before eating, after the bathroom, and when you come home from being outside. Such as the library, park, church, etc.

May God bless us with Spiritual and physical health in the new year.

Information gathered by Jackie Green from Center for Disease Control.

“Wash hands vigorously with warm soapy water for as long as it take to recite the alphabet.— frequently”

Books and websites:

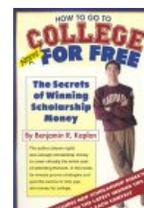
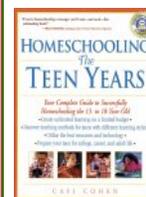
Homeschoolers College Admissions Handbook—Cafi Cohen

How to Go to College for almost Free (The secret of winning scholarship money) - Benjamin R Kaplan

HomeSchooling the teen years Cafi Cohn

Free online ACT practice test

www.testpreview.com/act_test_breakdown.htm



"The children of your servant will live in your presence: their descendents will be established before you." Ps 102:28

Poem



I hear the wind rustling through the trees, the birds chirping. The sun shining down on me. It makes me feel happy to be alive. Many kids don't take the time to just sit and enjoy the wonders of the world. Instead, girls talk about guys and guys talk about girls. Some even watch T.V. all day instead of going outside to play. I mean - do they ever take the time to just go outside and feel the breeze or look up to the sky and say thank you God for creating me? These are the things that matter in life, not what's on T.V. or who you'll choose when you're older to be your wife. God's world is awesome just like his word and we should be willing to share his word with everyone.

Asia

What do you like about being homeschooled?

Jacob (7th gr.) - "My school day ends early."

Eveleth (3rd gr.) - "I like math, hand writing and breaks."

Savannah (1st gr.) - "I like math, reading, & science experiments."

Amber (8th gr.) - "I like Grammar, breaks and talking with my Mom."

Maya (5th gr.) - "I can take as much time as I need to do my lessons. In a classroom there would be a lot more students."

Ashley (3rd gr.) "Spending time with brothers and sisters, lunch, & the trampoline

D'ona (5th gr.) - "I like "pajama Day" "

Asia (6th gr.) - "I don't have to worry about peer pressure"

Caleb (2nd gr.) - "I like art activities and Konos lessons."

Crystal (11th gr.) - "At home I have a safe, Godly environment. Which I wouldn't have if I went out to school"

Making Mr. Hamlet by Timra Tomengo

Instructions for Sculpting a Pig -

(found on page 11 of [Create Anything with Clay](#))

You will need:
A small marble-size ball of pink clay
Scraps of pink and black
Toothpick or paperclip



Step 1
Roll clay into a ball

Step 2
Make the face parts:
Triangle ears
Round eyes
Nose: a flattened ball with toothpick-drawn nostrils
Curly tail (wrap around a toothpick or wire)

Step 3
Bake 30 min at 275 degree F/135 degree C

Step 4
Let it cool completely. Have fun!

Mr. Hamlet is really cute and a great toy.

Book review

The Mysterious Benedict Society, by Trenton Lee Stewart, copyright 2007, can be found at the library and most likely at a book store around town.

This book is about four remarkable children named Kate Wetherall, George "Sticky" Washington, Constance Contraire, and Reynard "Reynie" Muldoon. It is set in a fictitious time and place.



In this book the four children spy an ad in the newspaper that reads "Are You a Gifted Child Looking for Special Opportunities?" Then, they, among many other children set off to take a test of mind bending puzzles and questions. After the test they finally meet the person behind the test, Mr. Benedict. From there they find out WHY Mr. Benedict made the test.

He was looking to find children smart enough to help him on a mission to travel undercover to the Learning Institute, for the "Very Enlightened" to stop a Mr. Curtain (who for some reason looks like Mr. Benedict).

Through an invention he calls the "Whisperer" Mr. Curtain is sending hidden messages through TV and radio signals that affect what people think. Mr. Benedict and his helpers assist the children through Morse code and riddles for safety reasons.

Mr. Curtain is getting ready for something he calls "the Improvement", when he no longer needs TV's and radio signals or kidnapped children, and the Mysterious Benedict Society must stop him.

Do you think the children stop Mr. Curtain? Why does Mr. Curtain look like Mr. Benedict? Why was Constance chosen?

I found this book to be very interesting. It was a nice long mystery book read. My mom read it and liked it too. I think readers who enjoy long mystery books would most likely enjoy this book. I did.

Nikki Strittmatter

Do you enjoy writing or drawing? You submissions are needed. Please contact Catherine Bullinger for further details.

We would like to THANK everyone for helping to make this Newsletter possible. Praise God, for His Love and mercy. Newsletter staff