

# JEI

## EDUCATION NEWSLETTER

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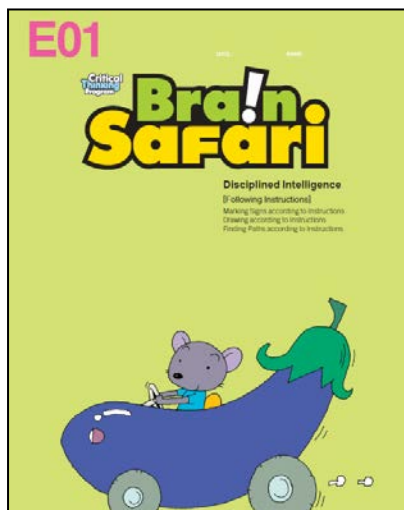
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Read about the new upcoming  
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## Foods That Make You Smarter II

In last month's newsletter, we talked about some of the foods that can keep your child's brain working at peak performance: fish, nuts, blueberries...even a bit of dark chocolate! In this issue, we'll focus on herbal remedies and dietary supplements that give students an extra edge when it comes test time. While scientists are still studying the effectiveness of some of these herbs and extracts, the preliminary research is compelling enough to give them a try. Let's take a look at peppermint, Gotu Kola, and Ginkgo biloba.

Peppermint has been used for centuries as a medicine, particularly for intestinal disorders. But in more recent times, researchers have discovered that it has the power to improve concentration levels—at least for short periods of time. The *Washington Post* reported in 2007 on research conducted independently by the University of Cincinnati and Wheeling Jesuit University in West Virginia, which

confirmed the effectiveness of peppermint. The *Post* also acknowledged that several school districts in the D.C. metropolitan area were experimenting with giving students peppermint candies during tests. While the results were hard to quantify, administrators across the country have begun passing out peppermint candies during those high-stress times of the year for both students and schools.

Peppermint is effective at boosting brainpower both by smell and taste. The nose's sensitivity to peppermint results in an immediate increase in neurological activity, while ingesting it in the form of tea or candy has a more long-term effect on cognitive function. Whether it's encouraging teachers and principals to pass out mints during test time or offering sugar-free candies to your fatigued kids, peppermint works!

Gotu Kola, like peppermint, has a long history of use in traditional medicine.

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# JEI Math Olympiad – Not Winning, but Taking Part

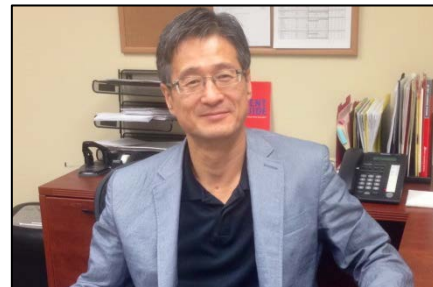
By **Gil Choi**

**O**n March 15th, 2014, JEI held its Math Olympiad for the first time in nearly 10 years. More than one thousand students participated in the event, held nationwide at five regional locations in the US and Canada, as well as some JEI Learning Centers in remote areas. The event was a huge success, as we had only anticipated around 600-700 participants for the competition. While the students were taking the test, parent seminars on various topics were held at the major locations. The winners of the competition will be announced on the JEI website, [www.jeilearning.com](http://www.jeilearning.com), on April 7th. A report card showing the score, regional and nationwide averages, and a percentile ranking will be provided for each student.

JEI Math Olympiad is a tough competition and may not be fun for every student, but we like to try and make it as festive as possible—for example, by

handing out goody bags. In making it enjoyable, we also need help from parents. Yes, we give out prizes and a scholarship, and I understand that parents want very much for their kids to win. However, I believe this is mainly an event for participants to find out where they stand in their respective region, as well as nationwide. If your kid happens to win, that's fantastic. If not, just like in the spirit of the Olympics, the most important thing is not winning but taking part. So let's try not to get too serious about all this.

For most parents, scores will be disappointing. For many reasons—one being that there are no ties at the top—the tests are very, very challenging. We don't expect anyone to get a perfect score; the chance is less than one in a thousand. Yes, the test is that difficult. So parents, even if your kids have not done well, don't be too hard on them. Instead, applaud them for their efforts and for doing their best—whatever the result. If your kids didn't do as well



*Gil Choi, Senior Vice President of JEI Self-Learning Systems, Inc.*

as you had expected, now you know for certain that there is room for improvement. In the end, we want to take the positives from participation, not dwell on the negatives.

Also, if you really want your kids to get into good colleges (which of course should never be the final goal), they need only to perform well in high school. Their grades from elementary and middle schools don't count. The best thing you can do now is prepare your kids for high school and college by building good study habits—a solid foundation for future learning.

## JEI FACEBOOK FAN SPRING PROMOTION

Spring ahead with JEI!

Encourage academic growth in your children by enrolling in JEI.

LIKE us at <http://www.facebook.com/jeilearningcenter> for a chance to win an Amazon Kindle Fire HD Tablet when we reach

**2,000** 





# Briefs

## Kids Directing Traffic in San Francisco

At an elementary school in San Francisco, students are serving as crossing guards and traffic directors under the supervision of a police officer. AAA is providing neon badges and hats as well as training videos to students participating in the pilot program. The surprising effect is that drivers are showing more polite behavior near the schools. ([www.educationnews.org](http://www.educationnews.org), 03/2014)

## Organic Milk is Healthiest

A study has found that organic milk is healthier than regular milk, as it contains more Omega-3 fatty acids. The omega-6 fatty acids in regular milk are linked to cancer and other diseases, while omega-3s have anti-inflammatory properties. But when organic milk isn't available, researchers say, whole milk is better than low-fat since it is richer in heart-healthy fatty acids. ([www.parentnews.com](http://www.parentnews.com), 03/2014)

## Depression Plaguing Kids Under Ten

A study conducted by the UK's *Daily Mirror* has shown that high numbers of children under 10 are experiencing anxiety and depression. Yet two-thirds of local authorities in Britain are cutting funding for such support. The charity Young Minds is working to prevent this. Lucie Russell, their campaigns chief, says that online bullying and the stress of test-taking have led to soaring numbers of children in need of therapy. She says, "By 2030 depression is going to be the biggest health problem in the Western world." The NHS currently budgets only 0.7% for mental health services, but leaders in British care labor are stressing early intervention, insisting that physical and mental health are of equal importance. It is a situation that Russell calls "a ticking time bomb." ([www.educationnews.org](http://www.educationnews.org), 03/2014)

*Foods That Make You Smarter II*  
(continued from page 1)

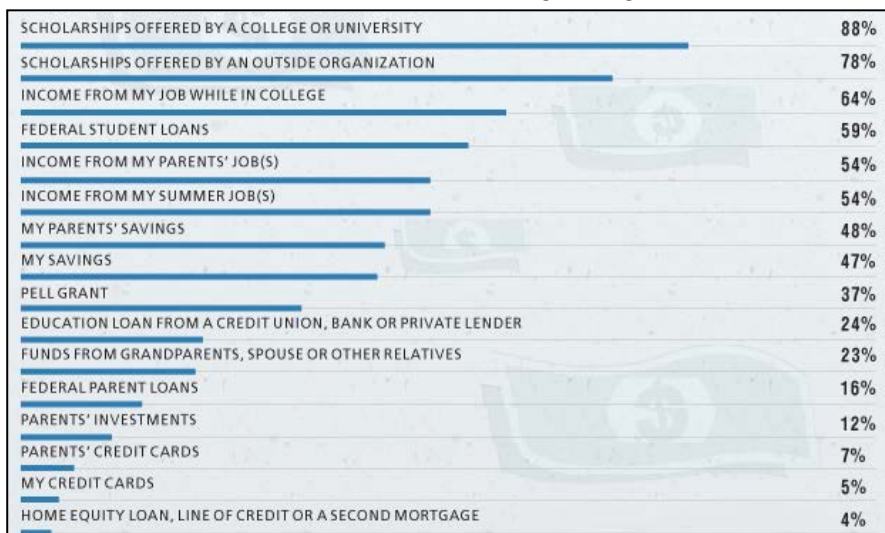
The plant's leaves have been used topically to treat wounds and skin diseases. However, modern research has indicated that the same chemical compounds that make it effective at treating cuts and rashes can also decrease anxiety and boost cognition. While experiments continue regarding proper dosage and effectiveness in humans, Gotu Kola's long history in multiple medical traditions suggests that its benefits are only beginning to be fully understood. It is, however, not generally recommended for very young children, so consult your physician and see if it can't give an edge to your older kids.

Finally, there's Ginkgo biloba. Among the oldest surviving species in the world, Ginkgo has a long history of human use, particularly in traditional Chinese medicine. Also like Gotu Kola, the reasons for its effectiveness as a mental enhancer are not entirely understood. However, it is considered safe to administer to children of all ages. In fact, a study published in the journal *Psychopharmacology* suggested that the benefits of Ginkgo biloba lasted up to 2.5 hours after ingestion—long enough to make it through important tests.

Peppermint, Gotu Kola, and Ginkgo biloba are only three of thousands of herbal remedies available in the United States. While the manufacturers of many of these supplements make exaggerated claims regarding their effectiveness, the three explored in this article have scientifically demonstrated merit as "brain food." We encourage you to do your homework, try them out, and note the results in your child's school performance.

## HOW TO PAY COLLEGE FEES

From a survey of 1,124 high school seniors on how they will be financing college:



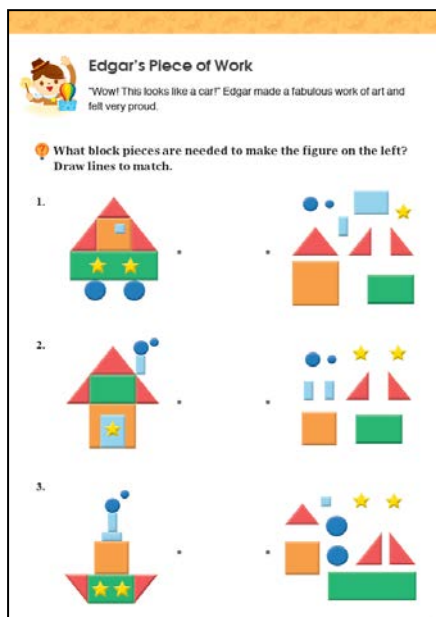
## New Program - JEI Brain Safari

JEI is proud to introduce a new program – Brain Safari. It works to strengthen logical and critical thinking skills, as well as to enhance creativity and memory proficiency. The workbooks will benefit students who already possess basic math and English skills and who want to improve their overall analytic abilities. Brain Safari's six learning domains are:

- Disciplined Intelligence
- Spatial Intelligence
- Memory Training
- Logical Reasoning
- Analytical Reasoning
- Creativity Training

Brain Safari workbooks also include science-related texts in our "Explorations" sections, and different writing genres in "Lively Stories." The pilot program is designed for students in 2<sup>nd</sup>

through 5<sup>th</sup> grades. The Brain Safari program will be available at JEI Learning Centers in June of this year.



*Sample page from the domain Spatial Intelligence (Objective: Forming Planes by Combining Parts)*

## Student of the Month!



Congratulations to Kevin Kyungjae Lee from JEI Learning Center in San Diego! Kevin is a 6<sup>th</sup>-grade student who has been taking JEI classes since July of 2013. Since he began, his math and English skills have improved tremendously. In school he stepped up to the advanced learners' group, which grew his self-confidence all the more. We're pleased to award him with a \$50 Barnes and Noble Gift card, as well as a JEI Certificate of Excellence.



Who will be the next Student of the Month? Stay tuned!

## Upcoming JEI Learning Centers

- Sunset Park, NY
- Lynbrook, NY
- Mid-Toronto, ON (CAN)
- Missouri City, TX

[www.jeilearning.com](http://www.jeilearning.com)

### Headquarters

Los Angeles, CA  
Englewood Cliffs, NJ

### Centers

#### CA

Cerritos  
Chico  
Chula Vista  
Cupertino  
Encinitas  
East Fremont  
Fullerton  
Irvine  
LA Mid-Wilshire

#### LA Wilton

Newark  
Pleasanton  
San Diego  
San Ramon  
South San Jose  
Union City  
Valencia  
Walnut Creek

#### GA

Atlanta

#### IL

Schaumburg

#### MA

Burlington

#### NC

Cary **NEW!**

#### NJ

Bedminster  
North Brunswick  
Cherry Hill  
Closter  
Cresskill-Tenafly  
North Edison  
Edison-Piscataway  
Franklin Park  
Fort Lee  
Hillsborough  
Livingston **NEW!**  
Marlboro

#### Aberdeen-Matawan

Mercerville **NEW!**  
Montgomery  
Paramus  
Princeton Junction  
East Rutherford  
Waldwick  
Warren  
Wayne

#### NY

Auburndale  
Bayside  
Bensonhurst  
Flushing  
Fresh Meadows  
Great Neck

#### Herricks

Latham  
Merrick  
Reno Park  
Stony Brook **NEW!**

#### PA

Allentown  
Quakertown

#### TX

Austin  
Katy-Richmond

#### Canada

Calgary  
Coquitlam  
Edmonton  
Etobicoke **NEW!**  
Markham **NEW!**  
Richmond Hill  
Toronto  
North Vancouver  
Vancouver  
York