

News & Announcements

Getting on Track

Find what works for you now and you'll be well prepared to tackle whatever the future holds for you.

- ~ How do you want to approach this school year?
- ~ What are you capable of?
- ~ How do you learn best?
- ~ What types of support do you like to have?
- ~ What makes learning interesting for you?
- ~ What are you going to do differently this year?

Peer Tutor Talks

Mt. Douglas Secondary Peer Tutors hosted a talk by Smart Tutor Referrals on Sep. 25th, 2007 on the topic of effective listening. Developing positive rapport with their students, peer tutors can have a great impact.

If you are interested in hosting a talk by Smart Tutor Referrals, please contact us. *30 minute - 1 hour talks for peer tutors are offered free of charge as a community service.*

We're 5 Years Old!

Smart Tutor Referrals celebrated its 5th birthday in August. We couldn't be more proud of our reputation and what we've done to support families, students and tutors in Victoria in these past 5 years. We are 100% locally-owned; building our success on the successes of our students.

Our values-based approach involves:

- ▶ Offering in-home workshops for study skills and exam preparation.
- ▶ Taking the time to listen to the needs of each student and family so that the best student-tutor match can be found.

Thank you for continuing to refer students to Smart Tutor Referrals.

Recipes for Success: Fast, Healthy, Brainsy Snacks for Students

by Dahlia Miller

"If you wish to make an apple pie truly from scratch, you must first invent the universe."

Carl Sagan (1934-1996 - American Astronomer and Astrochemist)

Brain Foods

Although our brain weighs only 2% of our total body weight, when the body is at rest, the brain uses approximately 20% of the body's energy. This is why regular, nutritious meals and snacks are so important - especially for students.

The brain has a very limited ability to store energy. So, in order to keep it functioning at its best, it needs constant glucose replacement (the primary source of energy for the brain is glucose, which comes from carbohydrate-rich foods like breads, cereals and pasta).

Healthy snacks can promote optimum brain performance. Of course, students should avoid skipping meals at all costs.

Here is a list of some foods that boost the brain's functioning:

- Avocados
- Bananas
- Brewer's yeast
- Broccoli
- Brown rice
- Brussel sprouts
- Cantaloupe
- Cheese
- Collard greens
- Eggs
- Flaxseed oil
- Lecithin (liquid or granules)
- Legumes
- Milk
- Oatmeal
- Oranges

- Peanut/nut butter
- Peas
- Potatoes
- Romaine lettuce
- Soybeans
- Spinach
- Wheat germ
- Yogurt

Snack Recipes

These snacks are simple enough for students in grades 6 and above to prepare on their own. They include healthy brain-boosting foods.

Creamy Smoothie

2 cups soymilk, rice milk or milk
3 bananas (frozen or fresh)
3 tbsp. carob powder (optional)
2 tbsp. honey
1 tbsp. liquid lecithin (this is a bee product)

Blend until smooth. (Hint: Rinse the blender right away when you're done to make washing up easy.)

Fruity Omega Smoothie

2 cups fruit juice
1 cup water (optional)
1.5 - 2 bananas (frozen or fresh)
1/2 cup - 1 cup yogurt
1 tbsp. flaxseed oil
1 scoop "green drink" powder (optional)

Blend until smooth.

Note: Green drinks are green because they are rich in chlorophyll (the green stuff in plants - essentially one of the healthiest things we can eat). Green drinks also usually contain probiotics (super-healthy bacteria like in yogurt).

About Us

Our Mission Is:

- ▶ To provide top quality, flexible learning support and service to students and parents through:

***In-home private tutoring**
matched specifically to
each student's needs.*

***Stimulating workshops**
building skills in a practical
and creative way.*

- ▶ To enhance students' skills and increase learning confidence through one-on-one support that is truly individualized, recognizing each student's unique abilities.
- ▶ To improve the quality of life, in individuals and communities through education.

Our tutors are certified teachers and professionals. They are carefully screened and chosen specially to match the needs and learning styles of each student.

We support families in education.

For more information and resources, visit us on-line at:

www.SmartTutorReferrals.com

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Super-Quick Snacks

- ▶ Yogurt mixed with green drink powder
- ▶ Celery-stick stuffers
cream cheese & raisins
nut butter
peanut/nut butter & raisins
peanut/nut butter & chopped dates
mashed banana & raisins
Instead of celery sticks, try endive spears, romaine lettuce or cucumbers that have been halved and scooped out.
- ▶ Granola with yogurt
apple juice
soymilk, rice milk or milk

Healthy Banana Split

- 1 medium banana
- 2 tbsp. jam or fruit sauce
- 1/4 cup fruit or berries (fresh or frozen)
- 1/2 cup yogurt
- 1 tbsp. chopped nuts (optional)
- 2 tbsp. grated coconut (optional)

Scoop yogurt into dish (a wide-bottomed soup bowl works well). Split banana in half lengthwise and lay alongside the yogurt. Drop dabs of jam or fruit sauce onto yogurt. Sprinkle with berries, nuts & coconut.

Lettuce Wraps

- 2 lettuce leaves per wrap (leafy lettuce, like green or red, is the most flexible)
- 1 carrot - grated
- 1/4 beet - grated (optional)
- 1/4-1/2 cup sprouts
- 1/4 cup sunflower seeds - roasted
- salad dressing to taste

Grate the carrot and beet. Lay the 2 lettuce leaves, one on top of the other, on a plate. Place the grated vegetables, sprouts, & sunflower seeds onto the lettuce. Drizzle with salad dressing. Roll the lettuce up like a burrito.

Other Fast Foods

- ▶ Fresh fruit
- ▶ Popcorn with flaxseed oil & brewer's yeast
flaxseed oil & tamari
flaxseed oil & nutritional yeast

Note: Brewer's yeast and nutritional yeast are edible yeasts that contain an excellent vegetarian source of vitamin B12 - they can be found in the bulk food sections of most stores. Tamari is a sauce made from soy beans (like soy sauce) but without wheat. It has a rich, warm flavour.

- ▶ French toast
- ▶ Lightly boiled Edamame beans
Note: These are soybeans still in their pods - looking like green peas or beans - they can be found in frozen food sections of asian or natural food stores.

- ▶ Nachos
- ▶ Miso soup-in-a-cup: Add 1 tbsp. miso to 1 cup hot water, and stir. Pour on 1 tsp. flaxseed oil.

Energy Balls

- 1/4 cup almonds or nuts - chopped (optional)
- 1/4 cup granola
- 1/4 cup sunflower seeds - roasted/chopped
- 1/2 cup raisins
- 1/2 cup tahini, peanut butter, almond butter or other nut butter
- 1/4 cup honey
- 3 tbsp. carob powder (optional)
- 3 tbsp. grated coconut or roasted sesame seeds to roll the balls in (optional)

Chop nuts & sunflower seeds. Transfer to a bowl and add the other ingredients. Mix well with spoon or hands. Form into balls. Roll into coconut or sesame seeds, if preferred. Eat or chill first to firm the balls up before eating.

*The secret to a happy life is simple:
do one thing at a time.
Eat when it is time to eat.
Sleep when it is time to sleep.
Zen saying*