



PARENT/GUARDIAN LETTER

SEPTEMBER

week 1

“NEVER GIVE UP, FOR THAT IS JUST THE PLACE AND TIME THAT THE TIDE WILL TURN.”

- HARRIET BEECHER STOWE

week 2

“A PROBLEM IS A CHANCE FOR YOU TO DO YOUR BEST.”

- DUKE ELLINGTON

week 3

“STRENGTH DOES NOT COME FROM PHYSICAL CAPACITY. IT COMES FROM AN INDOMITABLE WILL.”

- MAHATMA GANDHI

week 4

“ALTHOUGH THE WORLD IS FULL OF SUFFERING, IT IS ALSO FULL OF OVERCOMING IT.”

- HELEN KELLER

PERSEVERANCE

PERSEVERANCE MEANS NOT QUITTING EVEN WHEN THINGS GET ROUGH.

Dear parents and/or guardians...

This month we are learning about the power of perseverance: not giving up in the face of difficulty. This is a critical skill for them to develop now, since as they age, they will face greater and greater challenges, sometimes where giving up is not an option. We practice perseverance in class daily when students must work to learn new skills. There are many ways they can practice perseverance in their daily lives, too.

HOW CAN YOU HELP?

- Encourage your students to continue their martial arts training, as well as any other hobbies they are seriously involved in.
- Help them practice their martial arts at home.
- Find positive role models within their areas of interest. There are many inspiring historical and present-day figures who have from-failure-to-success stories (Bill Gates, Halle Berry, Oprah Winfrey, and Abraham Lincoln, to name a few).
- Use positive affirmations, like, “I know this is difficult, but I know you can do it!” Reinforce that you have confidence in them and encourage them to have self-confidence as well.

