

ma Fastbreaks

A MEMBER NEWSLETTER FROM MARTIAL ARTS INDUSTRY ASSOCIATION

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by Mr. Brumitt

8 Tips to Help your Children Transition from Summertime to School Time

Summer is a time that most kids look forward to. Free from the burden of school, kids love the free time and fun activities of summer. When it's all over and it's time to return to school, however, you can ease the transition by taking an active role in helping your children cope with the life change that's about to take place.

Try these eight tips to help your children transition from the leisurely days of summer to the challenges of an upcoming school year:

- 1. Talk about it.** Keep an open dialogue with your children. If they have certain anxieties or reservations about attending school, help them ease their fears by giving them the opportunity to talk about it.
- Help your children adopt a different perspective** by pointing out the positives about school. School allows them to discover and develop new strengths. And they'll be able to see their friends every day!
- 2. Establish** a school routine early. If you've lost your routine over the summer, try to get back on track as early as possible. If you go into the school year with a routine, you can avoid many difficult days and stressful situations.
- 3. Throw a party.** The end of summer can be a happy time. Celebrate the beginning of the school year by throwing a party or barbeque. This way, your children won't dread school. Instead, they might look forward to the party and the school year.
- 4. Continue hobbies.** It's important to remind your children that they'll still have free time after school and on weekends. If they played most of the day during the summer, they'll still have plenty of playtimes after school lets out. The hobbies that they enjoyed during the summer can continue on through the school year.
- 5. Continue learning over the summer.** One way to make the new beginning easier on your children is to limit their completely free time over the summer months. You can continue their education by providing educational activities and outings.



6. Pick out first day outfits. Your children will be nervous and excited on the first day of school. They may even want to spend more time on their appearance. You can help them look forward to the first day of school by picking out special outfits to wear. **Help them dress for success by helping them choose the perfect outfit.**

7. Shop for school supplies. Another activity that may get your kids excited about school is shopping for school supplies. Children sometimes have a specific list of items they'll need. Let your child choose their own pens, paper and folders in their favorite colors.

8. Take a trip to school. Often, fear of the new experiences to come can swallow a child's enthusiasm for the new school year. If your child is attending a new school, bring him to school a day before the first official day of class. That way, he'll know what to expect and feel more relaxed on the big day.

The new school year can be an exciting time for all. Stress always goes along with new situations. But if you put these tips into practice, your kids will be better prepared and may even look forward to the first day of school.

Quotes to Ponder

Belief triggers the power to do. — *David Schwartz*

You just have to stand up to your fear and not let it squeeze you white.
— *Katherine Paterson*

If you're for the right thing, then you do it without thinking. — *Maya Angelou*

An educational system isn't worth a great deal if it teaches young people how to make a living, but doesn't teach them how to make a life. — *Unknown*

When your values are clear to you, making decisions becomes easier.
— *Roy Disney*

Getting ready is the secret of success.
— *Henry Ford*







You can have everything in life you want ... if you just help enough other people get what they want.
— *Zig Ziglar*



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“Martial Arts for the Whole Family”

August 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Karate Bottoms, Belt & T-Shirt	2 Karate Bottoms, Belt & T-Shirt	Hawaiian Day 3 	Hawaiian Day 4 	Hawaiian Day 5 	6
7	8 Shorts & T-Shirt Day	9 Shorts & T-Shirt Day	Water Balloon 10 Day 	Water Balloon 11 Day 	Water Balloon 12 Day 	13
14	15 Karate Bottoms, Belt & T-Shirt	16 Karate Bottoms, Belt & T-Shirt	17	18	19	20
Graduation—Full Uniform Required						
21	22	23	24	25	26	27
Sparring Week (Karate Bottoms, Belt & T-Shirt required)						
28	29	30 MMA Test	31 Little Ninja Test In Class			
Full Karate Uniform Is Required)						