



**“If we all did the things we are capable of doing, we would literally astound ourselves.”**

~ Thomas Edison

**“To get what we never had, we must do what we’ve never done.”**

~ Anonymous

**“Our greatest glory is not in never failing, but in rising up every time we fail.”**

~ Ralph Waldo Emerson

**“Do what you do so well that they will want to see it again and bring their friends.”**

~ Walt Disney

**“Customer’s needs have an unsettling way of not staying satisfied very long.”**

~ Karl Albrecht

**“There is nothing on this earth more to be prized than true friendship.”**

~ Sir Thomas Aquinas



## Benefits of Extra Curricular Activities

**A**ny structured activity your child participates in outside his or her regular school classes and activities is considered an extracurricular activity. Any extracurriculars, from sports and clubs to music and drama, can have a positive effect on your child’s growth and development. Studies have shown involvement in activities outside the normal school curriculum has a positive effect on students behavior, grades, and character development.

Students who choose to be involved in extracurricular activities consistently show an increased sense of responsibility, self-discipline and focus. The presence of another adult influence (a coach, instructor, or director) helps students develop a better sense of self and gives the opportunity to interact with another positive influence. The attention, supervision and guidance students receive as they participate in these activities leads to higher self-esteem and self-confidence.

Higher grades and a positive attitude toward school is another effect that extracurricular activities have on students. Those factors lead to higher graduation rates, and, in fact, involvement in athletic programs can reduce the drop-out rate among high-school students by as much as 40 percent.

Studies have shown that involvement in extracurricular and community activities teaches students leadership, organization, problem solving, time management, teamwork, and responsibility. For these reasons, it might be time to encourage your child to get involved in an extracurricular activity they are interested in. If your child has expressed interest in the martial arts, contact us today for information on ways to get him or her enrolled.

**For more information about the benefits of martial arts for children & Adults, Contact us!**

**Pak’s Karate Academy**  
[www.pakskaratelouisiana.com](http://www.pakskaratelouisiana.com)



### WHAT’S INSIDE

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School Calendar

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# Happy Birthday to:

Ethan Dowdall-1st	Farron Cooksey-2nd	Jonathan Osborne-3rd	Daegan Taylor-5th
Benjamin Vo-6th	Michael Beach-8th	Angelo Bryant-9th	Brian Stillwell-10th
Nathan Zenquiz-10th	Peyton Adams-11th	Christian Aguirre-11th	Shea-Lei Martin-11th
Ivan Raske-12th	Alex Guillory-12th	Madison Raab-13th	William Askew-15th
Dre Meadows-15th	Chase McDevitt-16th	Samuel Espinosa-18th	Sullen Everest-19th
Jennifer Eubanks-20	Austin Payne-21st	Michael Stillwell-21st	Landon Gilcrease-22
Josh Bouriaque-24th	Jason Dymond-25th	Adriana Long-27th	Leland Merrit-29th
Joshua Nichols-30th			

## Upcoming events:



Dad & child Workout  
Friday, June 19



Saturday, June 20  
Haughton location  
12 noon to 3 PM  
Bring your favorite side



Wednesday and Thursday  
day

June 17 and 18



FRIDAY, JUNE 19



JUNE 2015

## PARENTS PERCH

# TRUSTWORTHINESS



**Young students:** You can count on me!

**Older students/teens/adults:** Deserving of someone's complete faith, belief and confidence

**WEEK 1** Trustworthiness defined: What does trustworthiness mean?

**WEEK 2** Promises & Secrets: When do I keep them? Is there a time when I shouldn't?

**WEEK 3** Cheating and stealing: How do these actions break trust?

**WEEK 4** Rules and Accountability: How do I abide by rules and deal with mistakes?

*Dear Family,*

This month we will focus on the powerful word; "trustworthiness."

Trustworthiness declares its definition in the word itself. One who is trustworthy is "worthy" or deserving of someone's "trust" or confidence. While straightforward, trustworthiness is not easily achieved. Trust must be earned.

Trustworthiness is earned by (1) consistently telling the truth, (2) keeping promises and commitments, (3) maintaining confidentiality, (4) refraining from stealing or cheating, (5) choosing to do the right thing and (6) being accountable for one's mistakes.

While some might believe that people become more cynical and untrusting as they age, a growing body of research shows the opposite. In fact, a new study

out of Northwestern University suggests that trust increases as people get older and that those who trust more are also more likely to experience increased happiness over time (*Social Psychological and Personality Science*, 2015).

On the flip side, some might believe that children are all very trusting. However, research has shown that children by the age of four are able to discern who is and who is not trustworthy.

Who teaches our children about trustworthiness? Those in our families, schools and communities can certainly have a strong, positive influence.

However, there are also many negative influences. Public figures in sports, government and media have been caught lying, cheating, renegeing on promises and even

**POWERFUL  
WORDS**  
CHARACTER DEVELOPMENT

breaking the law. Whether we like it or not, many young people look up to these public figures as role models when they are, in fact, "anti-role models."

The more we talk about trustworthiness with our children, the more they will learn what we expect of them and what they can expect from us. We want young people to know that trust is earned and must be treated with respect.

Thank you for your support. You are pivotal in helping to make our school one of the best personal development centers in the world.

Best Regards,

—Your Motivated and  
Dedicated Instructors

### UPCOMING POWERFUL WORDS

JULY	Perseverance
AUGUST	Courtesy
SEPTEMBER	Courage

JUNE 2015

DEAR DR. ROBYN

# TRUSTWORTHINESS



**Young students:** You can count on me!

**Older students/teens/adults:** Deserving of someone's complete faith, belief and confidence

*Dear Dr. Robyn,*

My child tends to be very trusting of her friends even when they don't deserve the trust she gives to them...How can I teach her to be more discerning about her friendships and the people she trusts?

-- Cathy M, Seattle, WA

*Dear Cathy,*

For many children, the desire to connect with their peers is joined by trusting too quickly. Telling secrets, investing time and expecting promises to be fulfilled can be met with disappointment when the friendship is not founded on trust. When I present to parents, teachers or students about friendship I say, "Trust respected is a friendship protected." In other words, without trust, friendships are vulnerable to deceit and regret.

How can we teach our children to be discerning about friendships?

**(1) Ask them to define friendship:** What words come to mind when you think of a good friend? Fun? Encouraging? Trustworthy? Helpful? Use these words to create a personal definition of friendship.

**(2) Ask them how well their top friends adhere to their definition**

**of a good friend:** So if their words are "encouraging, trustworthy and fun," how (and how well) do the people they deem "great friends" show these qualities?

**(3) Determine if time together is toxic or beneficial:** When your children are with their top friends, does the experience leave them feeling valued and good or frustrated and deflated? If your children come away with negative feelings each time they are with certain friends, that friendship may be toxic.

**(4) Encourage discussion:** If your children notice a negative pattern with a certain friend, encourage your children to talk, with kindness and candor, with the friend in question. You might teach them to say; "I like you and value our friendship. Lately, when we are together, you say mean things about my other friends. You don't have to like them but I would like you to stop saying

**POWERFUL  
WORDS**  
CHARACTER DEVELOPMENT

<< Paraphrased from a message; with permission

mean things about them. It makes me feel bad."

**(5) Teach that it's OK to let go:** Sometimes, friendships aren't meant to be. When a peer consistently shows him/herself as a bad friend, it may be time to cut ties. Teach your child that it can be difficult but healthy to let go.

**Here's to your success!**





# Healthy Eating Ideas for Kids

**T**he kitchen can be a fun place for kids. They see adults working in there, watching the steam rise from pots on the stove and smelling what's on the menu that night. Even older kids might be intrigued by how baked goods and meals come together. It isn't always convenient to invite them into the kitchen to help, but consider doing so when time allows. It can be a creative and fun way to spend time with your children.

Here are a few recipes to help along the way.

## Refrigerator Oatmeal

This easy, no-cook oatmeal is packed with nutrition to get your day off to a healthy start. Make it in individual mason jars or tupperware for a perfect serving size and an easy grab-and-go breakfast. Keep it cold and serve it chilled – straight from the fridge. This breakfast is high in protein, calcium and fiber and low in fat and sugar. Oh, and kids love it too!

### Ingredients

- 1/4 cup uncooked old fashioned rolled oats
- 1/3 cup skim milk
- 1/4 cup low-fat Greek yogurt
- 1 1/2 teaspoons dried chia seeds or flax seeds
- 1 tablespoon cocoa powder
- 1 teaspoon honey, optional (or preferred sweetener)
- 1/4 cup diced ripe banana, or enough to fill your jar

### Directions:

1. In a half pint (one cup) jar, add oats, milk, yogurt, chia seeds, cocoa powder and honey.
2. Put lid on jar and shake until well combined.
3. Remove lid, add bananas and stir until mixed throughout.
4. Return lid to jar and refrigerate overnight or up to two days.
5. Eat chilled.

*Continued to page 4 ...*



# Healthy Eating Ideas for Kids ... *Cont'd*

... continued from page 3

**B**e creative, you can add any fresh or frozen fruit, flavored yogurt or milk substitutes (soy, almond or coconut milk).

## Strawberry Smoothie Popsicles

- 1/2 cup sliced pineapple or mango
- 1/2 cup sliced strawberries
- 1/3 cup raw kale or spinach (omit if desired)
- 1/4 cup milk or yogurt of choice
- 1/4 tsp cinnamon
- 1/2 tsp pure vanilla extract
- Sweetener of choice, to taste

### Directions:

1. Combine everything in a blender or food processor until super-smooth.
2. Pour into popsicle molds or paper cups, and insert spoons or popsicle sticks.
3. Freeze, then enjoy!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5 ITC #7	6 ICC Final NSO 10 AM-H 12 N-B
7 Spotlight & Vocabulary stripe	8	9	10	11	12 Tiny Tiger & Black Belt test	13 Belt Promotion Day & Teddy Bear Drive
14 Dad is Rad! week	15 Mr. Dre BD	16 BBC trial class- Haughton	17 Wear blue day	18 Wear blue day BBC trial class- Bossier	19 Dads Workout Nerf Gun War PNO	20 Dads BBQ- Haughton 12noon to 3 PM
21 <b>HAPPY FATHER'S DAY</b>	22	23	24	25 Black Belt ceremony Adv/BB run-H	26 ITC #1 Buddy Day	27 BBC event
28	29	30 Adv/BB run-B				