

## STUDENT OF THE MONTH: SELINA PU

Seeing this smiling face on the training floor is always a pleasure. Selina Pu is our student of the month and we are so excited for it! At only 6 years old, we see so much potential in her and are so thrilled to share about her in the newsletter this month.

Selina is currently a White/Green Belt in our Lil Dragon Program. She started about 8 months ago and we can't believe how far she has come in the time she has been here. Her mom found the school through the other parents in the elementary school her kids attend.

In asking Ms. Tara and Ms. Kathy about Selina, they both beam with pride. *"She is a hard worker and always gives her best. We often use her to demonstrate techniques for her peers because she pays attention to the details of each technique and is a great role model for the class."*, they both say. When we asked mom what she thinks Selina has gotten from training martial arts, she says, *"She is much braver and likes to exercise more."* And when we ask Selina what she loves about training, she emphatically says, *"Everything!"*

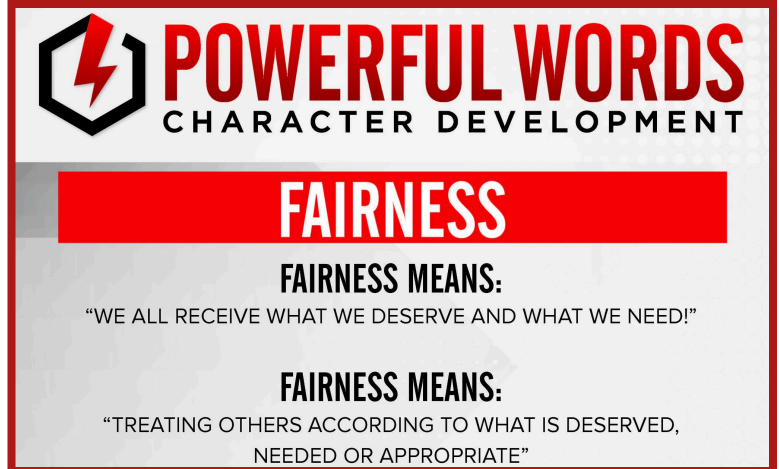
Outside of PMA, Selina attends Kindergarten at PS 173 and her teacher's name is Ms. Dickle. She hopes to one day be a mom and also enjoys drawing, dreaming and exercising.

More recently, her brother, Daniel has joined the Lil Warrior Program and we are very excited to have him at the school. Just like Selina, he is highly motivated and diligent in class.



*We really love having the Pu Family at PMA!*

JUNE'S  
POWERFUL WORD  
OF THE MONTH:  
**FAIRNESS**



**POWERFUL WORDS**  
CHARACTER DEVELOPMENT

**FAIRNESS**

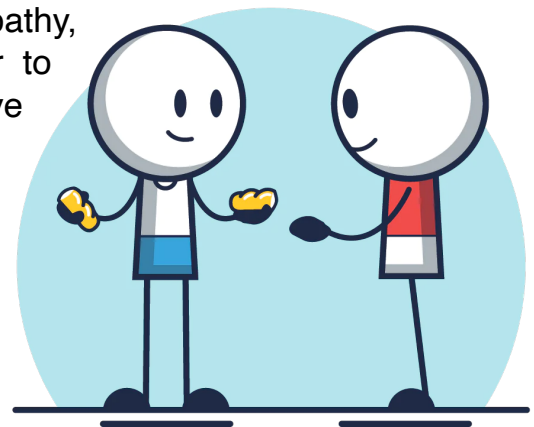
**FAIRNESS MEANS:**  
"WE ALL RECEIVE WHAT WE DESERVE AND WHAT WE NEED!"

**FAIRNESS MEANS:**  
"TREATING OTHERS ACCORDING TO WHAT IS DESERVED,  
NEEDED OR APPROPRIATE"

## 5 WAYS TO TEACH YOUR CHILD FAIRNESS

Fairness is a crucial value to instill in children, as it cultivates empathy, understanding, and justice. As a parent, you have the power to shape your child's understanding of fairness. Here are five effective ways to teach your child about fairness:

1. **Lead by Example:** Be a role model by demonstrating fairness in your own behavior, such as sharing resources, treating people equally, and resolving conflicts justly.
2. **Encourage Empathy:** Help your child understand others' feelings and perspectives, fostering empathy and compassion as they consider fairness in different situations.
3. **Promote Open Communication:** Engage in discussions about fairness, encouraging your child to express their thoughts and opinions. This helps them develop a deeper understanding of fairness.
4. **Teach Problem-Solving Skills:** Equip your child with problem-solving skills that promote fairness, such as identifying conflicts and finding mutually beneficial solutions through negotiation and compromise.
5. **Foster Cooperation and Teamwork:** Engage your child in cooperative activities that emphasize the importance of everyone contributing and working together towards common goals, nurturing fairness and equal participation.



Teaching your child about fairness is an investment in their personal and social development. By incorporating these strategies into your parenting approach, you provide them with the tools to navigate the complexities of fairness in their relationships and interactions.