

## STUDENT OF THE MONTH: USMAN LONE

When asked why we teach martial arts, one of the main answers we give is that we love to see the kids develop confidence over time. Seeing this transformation in a child is so fulfilling for everyone at the school. In particular, this month, we are featuring Usman Lone as our student of the month.

Mom found PMA while searching online for martial arts in Fresh Meadows and we were so lucky they came in. Usman has been training here since January of 2022 and is currently at White/Blue Belt in our Lil Dragon program.



Coming in to our school, Usman was timid and unsure of himself. He was often looking at the other kids and you could see his uncertainty but if you watch Usman in class today, you will see a wildly different child. In the last few months, Usman has become more confident, louder and more focused. His demonstration of techniques and exercises is exemplary and Ms. Tara and Ms. Kathy often marvel at his growth. *"We use him in class to demonstrate because he shows others how it should be done."*, Ms. Tara says. The once confused student has now risen to be a leader amongst his peers, smiling with confidence as he demonstrates techniques.

His mother agrees and says, *"Usman has become more disciplined, has better focus and has developed more confidence since coming to martial arts."* Her support along with his aunt's support in coming here consistently has helped him really mature and grow and we couldn't be more proud of him. His favorite part of coming to PMA? *"I like the kicking!"*, he says.

Usman will be entering the first grade in the Fall at Lakeville Elementary School and we're so excited for the new beginnings. He hopes one day to be a police officer. Outside of PMA, he also plays the violin, soccer and enjoys video games.



We are so proud of Usman and look forward to watching him continue to grow and develop more confidence throughout his training!

AUGUST'S  
POWERFUL WORD  
OF THE MONTH:  
**SPORTSMANSHIP**



**POWERFUL WORDS**  
CHARACTER DEVELOPMENT

**SPORTSMANSHIP**

**SPORTSMANSHIP MEANS:**  
"NO MATTER IF WE WIN OR LOSE,  
WE USE KIND WORDS AND FOLLOW RULES!"

**SPORTSMANSHIP MEANS:**  
"SHOWING RESPECT FOR THE RULES,  
THE PARTICIPANTS & THE SPIRIT OF COMPETITION"

## PREPARING YOUR CHILD FOR A SUCCESSFUL SCHOOL YEAR

1. **Set a Back-to-School Routine:** Establish a consistent daily schedule that mirrors the school routine. Gradually adjust sleep timings to ensure they are well-rested for early mornings. Plan regular meal times and incorporate study periods to ease them into the upcoming academic rhythm.
2. **Review Academic Skills:** Engage in educational activities that help reinforce their knowledge and skills in subjects like math, reading, and writing. Utilize fun workbooks, interactive online resources, or educational apps to make learning enjoyable while preparing them for the challenges ahead.
3. **Organize School Supplies:** Involve your kids in shopping for school essentials like backpacks, notebooks, pens, and other materials. Organizing their supplies together fosters excitement and a sense of readiness for the new school year.
4. **Set up Extracurricular Activity Schedule:** Sign your child up for their activities and keep in mind their current activity schedule when making schedules for the school year. Involve your child in setting up their schedule so they know what is expected of them during the year and how they should manage their time.
5. **Encourage Reading:** Initiate a reading challenge for the month of August, encouraging your kids to explore books of their interest. Regular reading enhances their language skills, stimulates creativity, and mentally prepares them for the academic journey ahead.



*By following these steps, you'll help your kids feel better prepared and more confident as they embark on their new school year in September.*