

STUDENT OF THE MONTH: EFFIE ZHAO



She is small but mighty! You can definitely say this about our student of the month, Effie Zhao. At only 9 years old, she is a force to be reckoned with and we are enjoying watching her journey to junior black belt.

Effie joined PMA a little over a year ago in our Lil Warrior Program. Since then, she has demonstrated such hard work in class and despite her small stature, she is a leader amongst her peers. *“Effie is never afraid to stand up for herself and voice her opinion.”*, Ms. Kathy says. *“And she always puts in 100% no matter what the exercise or technique is.”* Her efforts didn't

go unnoticed as she was immediately nominated for Black Belt Club when she achieved Orange/White Belt.

Now, as an Orange/Green belt in the Lil Warrior BBC program, she continues to show her hard work and dedication. Her favorite part of training?, *“I love the grappling.”*, she explains. When asked what she has seen herself get out of training, Effie confidently says, *“I've gotten really good and I've started helping my friends by standing up to the mean kids.”* Her coaches agree that she has definitely gotten better and that she has great potential.

Outside of PMA, Effie attends PS 376 and is in the 4th grade. She loves animals and hopes one day to be a veterinarian. Besides martial arts, she will soon be taking art classes and likes to play soccer and tag.

Congratulations to Effie on becoming student of the month!

We couldn't be more proud of her.

NOVEMBER'S POWERFUL WORD OF THE MONTH: **RESPECT**



POWERFUL WORDS CHARACTER DEVELOPMENT

RESPECT

RESPECT MEANS:

"I TREAT YOU AND ME LIKE WE MATTER!"

RESPECT MEANS:

"BEHAVING IN WAYS THAT SHOW THAT WE ARE ALL WORTHY OF CARE, ATTENTION & CONSIDERATION."

GIVING THANKS: 7 WAYS TO TEACH KIDS

1. **Daily Dose:** Take time each day to encourage your children to express gratitude. They can do this by making an entry in a family journal or by simply talking about what they are grateful for.
2. **Model Thanks:** As with everything, modeling is the best way to teach your children to be grateful. Be lavish with your thanks. Thank your children for hugs. Thank the cashier for ringing up your groceries. Thank the bus driver for returning your students home safely. Letting your children see that you are grateful will encourage them to be so as well.
3. **Establish Rituals:** We all know the importance of family rituals. Establishing rituals that highlight being thankful is a wonderful teaching tool. Start dinner with each family member sharing what they are most grateful for. Say goodnight by sharing what you were thankful for that day. Any ritual that based on gratitude will reinforce its power.
4. **Volunteer:** Volunteering is a great way for your children to see gratitude in action. There are numerous chances in every community to volunteer. Homeless shelters, nursing homes, and mentoring programs are just a few. There may also be other opportunities closer to home. Perhaps an elderly relative or neighbor could use a hand. It feels good to help others. Therefore, your children not only benefit from that, but they also get to experience the warmth of appreciation. Two things for which they can be grateful.
5. **Assign Chores:** Children learn by doing chores. They learn what it means to be part of a whole. They learn their contributions are important. They also learn that most things take effort. Simple household chores can help children learn to be grateful when they benefit from the efforts of others.
6. **Thank You Notes:** Writing thank you notes for gifts is a very literal way of teaching your children gratitude. Putting down on paper what they enjoyed about a particular gift, reminds your children why they are grateful for it.
7. **Find Your Gratitude:** Always be on the lookout for things to be grateful for and express your gratitude. When your children hear you say things like, "Buster is such a good dog" or "What a beautiful day", they realize they can be grateful for even the smallest of things.

