

STUDENT OF THE MONTH: SAMUEL SHIMONOV



Some kids come to the school and you get to watch them develop a confidence that has allowed them to conquer the bullying that has been facing them through middle school. Samuel Shimonov is one such student and we are so proud to be featuring him as our student of the month.

Samuel joined the school about 2 years ago. He says, *"I got into martial arts because I was chased by a bunch of boys and I lost my breath. I was being bullied."* Unfortunately, the bullying has not stopped since then but the difference is that now he has some martial arts under his belt that has allowed him to face his bullies head on and defend himself and stand up for himself. The

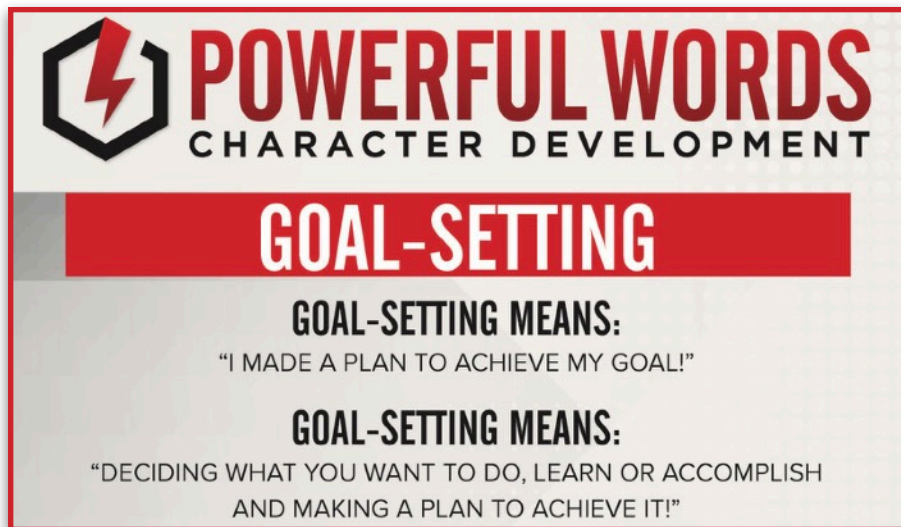
confidence he has developed because of his training has helped him defend himself multiple times and you can tell that he is so sure of himself now.

Watching Samuel on the training floor throughout his training, his coaches have seen him grow in so many ways. A purple belt in the phase 2 program, Samuel is stronger, more self-assured, and a role model for his partners and peers. He says, *"I definitely got stronger and I know how to defend myself because of my training here at PMA."* Sam's got a great heart and he maintains such a positive attitude throughout his training. He also works really hard and is respectful, disciplined and well-mannered. There's nothing more you would want in a student.

Samuel attends PS/IS 178 and is in the 8th grade. He is thinking about one day becoming an engineer but he still isn't sure. Whatever he decides to do, we know he is going to be super successful and we are so proud of him.

Keep up the good work and keep that winning attitude, Samuel! We are so excited to be part of your Black Belt journey.

JANUARY'S POWERFUL WORD OF THE MONTH: **GOAL-SETTING**



POWERFUL WORDS
CHARACTER DEVELOPMENT

GOAL-SETTING

GOAL-SETTING MEANS:
"I MADE A PLAN TO ACHIEVE MY GOAL!"

GOAL-SETTING MEANS:
"DECIDING WHAT YOU WANT TO DO, LEARN OR ACCOMPLISH
AND MAKING A PLAN TO ACHIEVE IT!"

EMPOWERING YOUR CHILD: 5 WAYS TO TEACH GOAL-SETTING

1. Start with Simple Goals

- Encourage your child to set small, achievable goals that align with their age and abilities. For example, completing a puzzle or finishing a book within a week.
- Celebrate their success to build confidence and reinforce the value of setting and achieving goals.

2. Teach SMART Goals

- Introduce the concept of **SMART goals** (Specific, Measurable, Achievable, Relevant, Time-bound).
- Example: Instead of "Do better in math," set a goal like, "Practice multiplication for 20 minutes every day for a week."

3. Create a Visual Goal Tracker

- Use charts, calendars, or vision boards to help your child visualize their progress.
- For instance, create a sticker chart where they can add a sticker every time they complete a step toward their goal.

4. Model Goal-Setting Behavior

- Share your own goals and how you're working to achieve them. Let your child see the effort, planning, and determination it takes.
- Discuss setbacks you face and how you overcome them to teach resilience.

5. Reflect and Adjust Goals

- Encourage regular check-ins to evaluate progress. Ask, "What's working? What's challenging?"
- Help your child adjust goals if necessary to ensure they remain realistic and motivating.



SMART GOALS

S **P**ECIFIC
Simple, Significant, Sensible

M **E**ASURABLE
Meaningful, Motivating

A **C**HIEVABLE
Attainable, Actionable

R **E**LEVANT
Reasonable, Realistic, Results-based

T **I**ME-BOUND
Time-based, Time-limited

GOALS