



Academic Excellence Challenge!

Dear Karate West Parents,

We are excited to kick off the school year by presenting one of our most important Personal Achievement themes, "Academic Excellence." By encouraging your elementary through high school children to participate for 60 days, we believe they will gain incredible new study habits, expand their knowledge and increase their brain power.

We really appreciate your commitment to this important Life Skill. It will require your help and support for your child to accomplish this worthwhile goal. We believe the benefits are worth it.

- 1) To participate, students must agree to adhere to the Karate West Academic "Habits of Excellence" for 60 consecutive days.
- 2) Students will demonstrate their commitment by signing the Academic Contract. This contract must also be signed by a school teacher, karate teacher and parents. Once all signatures have been acquired, the contract should be presented at the front desk. A star will then be hung in the lobby with your child's name confirming their commitment to this challenge. The student will keep the contract after presenting it.
- 3) At successful completion of the 60 Day Academic Challenge, you and your child will be invited to a special award party at Karate West. Your child will be presented with a certificate of achievement, and receive an "Academic All Star" patch for their uniform! Children are very proud to display this accomplishment on their uniforms!

Again, thank you for your support. If you should have any questions, please don't hesitate to contact me at 425.391.4444

Sincerely,

Shihan Randy Holeman
Director

Habits of Excellence

- **Program Length:** 60 Consecutive Days
- **TV Restrictions:** School days (Mon, Tue, Wed, Thu): limited to one hour per day (learning channels only: PBS, A&E, Discovery, T.L.C., etc.)
Weekends: No restrictions
- **Video & Computer Game Restrictions:** School days: (Mon, Tue, Wed, Thu):
No usage
Weekends: No restrictions
- **Reading Requirements:** 15 to 30 minutes per day of fiction or non fiction (parents may read to child for part or all of this).
- **Homework Goals:** Complete all homework before 8pm. (Parents to review homework at completion). Child to work on homework at dinner table if possible (easy access to parents for questions). Child to elect to do extra credit work whenever possible if presented by the teacher.
- **Diet Goals:** Reduce candy and soda pop. Limit processed foods (McDonalds, chips, Slurpees, etc.) Replace these with more fresh fruit, veggies, juice, and other healthy snacks.
- **Sleep Goals:** Attempt to get 8 to 10 hours of sleep nightly.
- **School Goal:** Greet your teachers daily using eye contact. Try to sit in the front of the class when possible. Use good posture at all times. Ask questions when you need help.

*Believe anything is possible to a willing mind.
This could be your best school year ever!*