

Karate America  
Believe \* Work Hard \* Be Nice™

## Academic Excellence Challenge!

Dear Karate America Parents,

Each year we are excited to kick off the school year by presenting one of our most important Life Skill themes: “Academic Excellence.” At Karate America, we believe in encouraging our children to strive for academic excellence. By participating in this challenge, 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 America 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 their school teacher(s), 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.
- 3) Student must present a copy of their report card at the end of the challenge showing that they are receiving passing grades.
- 4) Parents, teachers and students must fill out attached form and answer questions completely.
- 5) At successful completion of the 60 Day Academic Challenge, you and your child will be invited to a special award party at Karate America. 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 835-9554.

Sincerely,  
Ms. Sarah

# Habits of Excellence

- **Program Length:** 60 Consecutive Days (September 12 – November 10)
- **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 should work on homework at dinner table if possible (easy access to parents for questions). **Child should 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, 7-11 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 teacher's 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!***

# Academic All Star Challenge

## 21 Tools and Rules to Becoming an Awesome Student

1. Get a full night's sleep. Grade school and middle school children need 8 hours of rest every night. High school students need 8 to 10 hours.
2. Fuel up with breakfast. You need to feed your body so that your brain can function at peak level.
3. Sit up straight in class. This allows for better oxygen circulation which will keep you more alert. You will also look smarter.
4. Greet your teachers daily, make eye contact and tell them you are happy to be there. This will make them want to do a better job for you.
5. Whenever possible, try to sit in the front of the classroom. This shows that you are interested and want to be actively involved in the class.
6. Pay attention to your teacher with your eyes and ears. 85% of all communication is nonverbal. By watching your teachers you will understand more and remember information longer.
7. Always ask a question when you don't understand what is being taught. Ask your teacher privately for more instruction before or after class. If your teacher is not available, ask if there is someone else (tutor, student or assistant teacher) who can give you some individual help.
8. Do your homework on time every day. You should have a specific location and time where and when you do your homework.
9. Have your parents double check all of your homework.
10. Turn off your stereo, TV, iPod, and all electronic devices when doing your homework (including your cell phone).
11. Turn off your cell phone while you are in classes at school. You are there to learn and not to text.
12. Turn in all of your assignments on time.
13. Always do extra credit assignments when they are offered by your teacher.
14. Do not talk with friends in class. Socializing needs to be done before, between and after classes.
15. If needed, get a tutor.
16. Realize that your success at school is your most important responsibility as a pre-adult.
17. Do not let friends and classmates who are not doing well in school drag you down to their level. Misery loves company.
18. Do not accept average. Average is the enemy of greatness and the world is full of average. Who are you not to be great?
19. If you give 100% effort in all of your subjects in school, you will be able to identify what you are naturally best at academically. This will help you to choose a career path as an adult.
20. There are no "dumb students." There are students that learn *differently*. There are visual learners, auditory learners, kinesthetic learners, dyslexic learners, etc.
21. There are many types of intelligences beside the three R's that are graded in school. There is artistic intelligence, physical intelligence, emotional intelligence, etc. Do not ever let someone (teachers, coaches, friends, parents, relatives) make you believe that you are not talented and smart

# 60 Day Challenge Questionnaire

## Parents Section

How has this program impacted your child over the last 60 days?

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My child has adhered to all habits of excellence without exception over the past 60 days.

Parents Signature: \_\_\_\_\_

## Teachers Section

Thank you for taking the time to complete this section! As you are aware, \_\_\_\_\_ has participated in the Karate America Academic Achievement program for the past 60 days. Please tell us about positive changes this student has made.

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## Student Section

1. How has this program made you a better student? -

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I have followed all of the habits of excellence without exception over the past 60 days.

Student's Signature: \_\_\_\_\_