



# **SPIRIT ROUNDHOUSE REPORT**



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## **SEPTEMBER 2009**

### **Info about the New Schedule**

We will be starting our new schedule on Tuesday September 8<sup>th</sup>. Here are a few things you will need to know

- There are now classes separated for Beginner, Intermediate and Advanced.
- Please make sure you know which class is yours and what time your class is.
- Open classes are for all belt levels but may be separated into 2 classes depending on ages and belt levels.
- Sparring Team is only for Competition Team.
- Sparring Club is open to all members with sparring pads.
- Friday and Saturday family classes are for everyone to participate regardless if you have a family member or not in class, train with your Spirit Taekwondo Family!!
- Black Belt Preparation Class is open Black-stripe belts and up.
- Black Belt Class is only for Black Belts.
- Class Schedule may change to meet the needs of our students.

### ***UPCOMING EVENTS – September***

**7<sup>th</sup> – Labour Day – NO CLASSES**  
**8<sup>th</sup> – First day of New Schedule**  
**8<sup>th</sup> & 10<sup>th</sup> – Sparring Team Tryouts**  
**11<sup>th</sup> – Sparring Team Meeting**  
**12<sup>th</sup> – Saturday Classes begin**

## **SPARRING TEAM**



We are going to train hard to have another successful season. The first 2 classes on the 8<sup>th</sup> and 10<sup>th</sup> will be an open sparring team training session for everyone with sparring pads. This session will give you an idea of what it takes to be part of our successful sparring team.

All members of Spirit Taekwondo are welcome to be part of the sparring team. Master Thai Le and Master Wesley Hung will lead this year's sparring team.

Some of the requirements to be part of the team are as follows:

1. You must have your own sparring equipment
2. You must be at least a Yellow Belt and 6 years old – some exceptions will be made
3. You must attend the meeting on Friday, September 11<sup>th</sup>
4. If under 16, your parent's must attend this meeting with you at this meeting we will discuss the following items:
  - What is expected from the members of the sparring team
  - What is expected from the parents of the members
  - Fees and other costs to be part of the sparring team
  - Tournaments we will be attending

## GOING BACK TO SCHOOL



It's school time again! You're probably feeling excited and maybe a little sad that summer is over. Some kids feel nervous or a little scared on the first day of school because of all the new things: new teachers, new friends, and maybe even a new school. Luckily, these "new" worries only stick around for a little while. Let's find out more about going back to school.

### **The First Day**

Most teachers kick off the school year by introducing themselves and talking about all the stuff you'll be doing that year. Some teachers give students a chance to tell something about themselves to the rest of the class.

When teachers do the talking on the first day, they often go over classroom rules so you'll know what's allowed and what's not. Pay close attention so you'll know if you need to raise your hand to ask a question and what the rules are about visiting the restroom.

You might already know a lot of people in your classes on the first day. But it's a great day to make a new friend, so try to say hello to kids you know and new ones that you don't. Make the first move and you'll be glad you did and so will your new friend!

### **Moving to Junior High School?**

Seventh grade often signals a move to middle school or junior high, where you'll find lockers and maybe a homeroom. This is just what it sounds like - a classroom you'll go to each morning, kind of like your home in the school. In middle school, you might move from classroom to classroom for each subject. Your teachers know that this is a big

change from elementary school and will help you adjust.

Most teachers let you pick your own seat on the first day, but by the second or third morning, they'll have mapped out a seating plan. It's a good idea to write down where your seat is in your notebook so you don't forget.

### **Feeling Good on Day One**

Seeing friends you haven't seen in a while can make the first day a good one. You also can make the day feel special by wearing an outfit you like. Maybe you got a great T-shirt on vacation, or your new sneakers put a spring in your step. If you wear a uniform, you might wear a favorite watch or piece of jewelry to show your personal style.

It can make you feel good to be prepared and have all the supplies you need. Some schools distribute supply lists before the year begins, so you can come stocked up on pencils, folders, and whatever else you'll be needing. Once you've covered the basics, you might tuck an extra dollar or two in your backpack for an emergency (like forgetting your lunch money). Or maybe you'd like to bring along a book or magazine to read while you're on the bus.

Whatever you put in your backpack, make sure you pack it the night before. This prevents the morning panic when you can't find your homework or lunch box. Speaking of lunch, that's something else, that can help you feel good at school - whether it's the first day or the 100th day. Pack it the night before if you don't like what's on the menu at the cafeteria. Try to include a variety of foods in your packed lunch, especially fruits and vegetables.

### **Get Oriented**

The first day of school is your first chance to find your way around a new school, or learn the pathways to new classes in your old school. It's a lot to learn in one day, so don't be surprised if you need a reminder or two.

It might help to write a few notes to yourself, so you'll remember the important stuff, like your locker combination and that lunch starts at 11:43, not 12:10. Before you know it, your fingers will fly as you open your locker and you won't have to check your notes to know what time lunch starts!

### A Bad Start?

What if you **hate** school by the end of day one? Teachers recommend giving things some time to sort themselves out - once you know your way around the building and get adjusted to the new routine, you'll probably feel better. If those feelings don't fade, talk to your mom, dad, teacher, or school counselor.

Here are a few final tips for a fantastic first week:

- Get enough sleep.
- Eat a healthy breakfast.
- Try your best.
- Develop good work habits, like writing down your assignments and turning in your homework on time.
- Take your time with school work. If you don't understand something, ask the teacher.
- Keep a sense of humor. One teacher we know shows his new students a picture of himself graduating high school - a grinning ape in a red graduation cap and gown. This usually makes the kids laugh, and it's a good way to remind them that school is **fun!**

*Updated and reviewed by:*

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## Healthy Lunch Bag Ideas

Sandwiches are a popular choice for a school lunch. Remember that meats, dairy products, and eggs are perishable; so be sure to use a freezer pack to keep them cold. Choose whole grain bread, wraps, or pitas. If your child resists whole grain breads, use bread that is made with some whole grain but still has the flavor and texture of white bread. Each sandwich should have a healthy protein source and healthy toppings. Some suggestions:

- Tuna sandwich wrap with light mayonnaise, lettuce and tomatoes
- Egg salad sandwich on whole grain bread
- Peanut butter, cashew, or almond butter with a 100 percent fruit spread on whole grain bread (a healthier PB&J)
- Sliced turkey, lean roast beef, or chicken from the deli--or left over from last night's dinner--with light mayonnaise, mustard, and a slice of cheese

What should you send along with the sandwich? A piece of fresh fruit is healthy but can get a bit boring after a while. Skip the greasy chips and choose from these healthier ideas, just remember to keep perishables cold:

- Send a salad in a small plastic container. Keep the dressing on the side in a separate smaller container.
- Cheese sticks go well with sandwiches and are a good source of calcium.
- Whole grain snack crackers add a nice crunch and lots of healthy fiber.
- Make a fruit salad with grapes, melons chunks, and blueberries.
- Dried fruit, like raisins, dried cranberries or banana chips
- Nuts like almonds, cashews, or walnuts
- Pack a cold pasta salad, cole slaw, or potato salad.
- Baby carrots with a small container of vegetable dip
- Crunchy raw green beans with a small container of ranch or french onion dip
- Prepackaged, flavored low-fat yogurt