

# Starkville Martial Arts Academy

## How Can Parents Help?

- Bring child to the dojo between 3:30 and 3:55
- Adult classes begin at 5:30 and the adults need time to change and start warming up, so please pick up your child before 5:15 at the latest. We understand if there are extenuating circumstances that might make picking up a child difficult occasionally, but please respect all of our clients, by collecting your child on time.
- Make sure your child arrives and leaves with their own uniform, their clothes, shoes, books and school pack.
- Encourage children to follow and respect the Dojo rules and the instructor's instructions
- Leave the instructors in charge of the class. You are encouraged to watch, but please do not coach, or otherwise distract the children.
- Encourage children to practice for 15 minutes every day and show you what he/she is learning.
- Download the lesson plan for the week and ask your child to show you the material that was supposed to be covered in class.
- Watch a class once or twice per month
- Be sure child is well-rested and eating nutritious foods. While your child's diet is your concern, his/her behavior on the mat is ours. Please, no caffeine, candy, sweets or junk food before class.
- While it is their responsibility to fill in their own black belt kid's sheets, you can remind your children to do so and to bring them to class.
- Also check the Black Belt Kid's Sheet roster by the main office, it will tell you whether we actually received your child's sheet for the week.
- Periodically review the Children's Manual and Rank Requirement with your child, so that both of you know what to expect.
- Talk to your child about qualities emphasized for stripes. Notice and encourage these behaviors at home.
- Talk to an instructor at least once a month about your child's progress. Maintain a dialogue with the instructors regarding challenges your child may have here or elsewhere, any information which may help us better instruct your child, or any other interests or concerns you may have.
- If you have any questions, concerns, or suggestions, we want to hear them, so please feel free to chat with Mr. Doug, Miss Stephanie, Miss Jennifer or Dr. Dewey. Miss Lynn and Miss Cheryl are assisting in the children's class and will be happy to chat with you, but any issue you raise with them, will be passed onward through the management line for the dojo.