

Kime Karate

Fairport, NY



Back to School Tips for Success

Organizing schoolwork would be a breeze for many students if they only follow a few simple tasks on a routine basis. Very often it's the small details of daily life that slow you down.

The following are some suggestions to maintain good school grades and to be a successful student:

- Remember that your child's first few classes are their most important classes. This is where they will get off on the right foot and to a good start. Make sure they are ready to concentrate and be alert so they can do their best. Start good habits now!

Start good habits now!

- Let your child know you care. Make consistent effort to understand what your child is learning and the way they are feeling about school, friends, etc. Ask questions and be there to talk to your kids in a non-judgmental, yet guiding manner. Give them the security to come to you for advice and guidance. When you ask questions about their school work, they will know that you care about them and that school is important.

People don't care how much you know, until they know how much you care.

- Turn off the TV. Television discourages active learning which is important for learning in school and social interactions. So turn off the TV and play a board game with your child, have them read or do puzzles which will all have them in a better state of mind to learn while in school. TV should be limited to 30 minutes per day or better off less.
- Please remain calm. It is natural to be a little nervous about starting a new school or if you are an adult, a new job. If the first week is a little rough, don't over react. There is always a time of adjustment for everyone, some take longer than others. Reassure them and remain positive that things will turn out alright with a little effort. Encourage them to study and do their best.
- Designate a clear place for homework. Having a place that is free of distractions and set aside for homework and studying is important. It gives homework a feeling of importance and having their own study place empowers them to take responsibility for it.
- Visit your child's school with them. Meeting the teacher, finding the classroom(s) and other important rooms of the school will help ease your child's potential anxieties about the upcoming school year. You should call ahead to make sure the teacher will be there.



**KEEP
CALM
AND
STUDY**



- Your child's room is their castle and their office. Be sure they keep it orderly and functional. Keep it clean. When a room is organized it provides fewer distractions and helps keep a student's mind on the task of learning.
- Prepare for tomorrow the night before. Have them set out their clothes for the next day. Pack their backpack with their completed assignments and books they use. Put it in an accessible place so it is ready to go in the morning. Make sure they get a good night's rest.
- Make sure your child gets plenty of sleep and stays on schedule. It may not be much of a surprise, but kids need to be well rested to learn efficiently and don't often handle changes to their schedules well. Keeping them on the same schedule over the weekend can help improve their performance throughout the week and especially Monday mornings.

DID YOU KNOW?

Did you know that the average preschooler requires at least 11 hours of sleep, elementary kids and pre-teens require 10 hours of sleep and teens need about 9 hours.



- Start the day in a relaxed and purposeful manner. Set the alarm with enough time to do what everyone has to do in the morning. Thirty minutes is never enough to get ready for school, and it is not fair to you or your kids, their grades, or their teacher.
- Make sure your kids are on time for school and their classes. Late is never good, while early is almost always the way of the winner.
- The best time to do homework is right away. Don't let your kids get distracted by TV, internet or other off topic activities. Have them do their work while it is still fresh in their mind and it will be done faster and better than if they had put it off and giving them more time to unwind without the stress of having more work to do.



- As adults we want to rule our own lives, kids should be no different. If we let television, video games, or their friends rule our kid's life, then they will not be the winner they should be. Their life and your life is worthwhile and meaningful, rule it yourself.

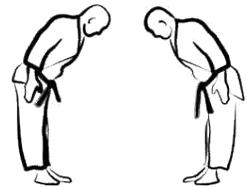
DID YOU KNOW?

Did you know that doing homework right after martial arts training at Kime Karate can actually help the brain retain information? Through exercise and specific drills we have developed and incorporate into our training, our brains learn to focus on learning and retain information. [CLICK HERE](#) to read more!

- Teach your kids how to hang up the phone. Use respect, but hang up anyway. Their teachers will not accept a 2-hour phone call as a reason for poor or incomplete homework. Teach them how to say, "Can I please call you back in 30 minutes?"
- Have them make good use of small blocks of time. There is no rule that says kids have to remain comatose while waiting for you or with you in line, shopping or driving. Do some of the easy and fun learning activities at those times like word games, make a game out of math or ask questions about their day.

Show respect at all times

- Kids should have a positive relationship with their parents and teachers. One of the big things we teach at Kime Karate is to always be respectful. Show respect at all times, and people will learn to respect you as well. With mutual respect between student and teacher, education becomes a more enjoyable experience that both students and teachers can benefit from.
- Help your kids to be selective in choosing friends. Kids do not have to be friends with the whole school. As a parent you can help your child pick out a few people who are headed in a positive direction (Much easier with younger kids). If kids hang out with respectful, intelligent, and safe people, then they will be respectful, intelligent, and safe. When your children's friends are all doing the "right" things then your child will be under less peer-pressure to do the "wrong" things.
- Older kids can have the phone number of one person in each of their classes. That way they can exchange notes or other class information, or even get homework assignments if they are sick or absent. Parents should have access to teachers email and maybe even phone numbers. This information is usually provided on the schools website.
- Small changes can make a BIG difference! Even little changes can have a big effect on your child's success! [Read more...](#)





- Don't forget to reward the positive behavior. Too often as parents we fall into the habit of putting out fires instead of watering the grass. In other words, we punish or discipline for negative behavior yet forget to reward or encourage positive behavior. If no positive reinforcement is given for good behavior, there is no incentive for that good behavior to repeat.
- Discuss topics and qualities you want to instill in your children with them whenever possible. After a movie, TV show or story you have read together, take the time to make sure they understand the concepts and ideas.
- Bullying can have dramatic, negative effects on a child and their ability to learn to learn while at school. Talk to your children about bullying behavior, make sure they themselves don't exhibit the traits and make sure your children have ways of dealing with bullying behavior when they encounter it. This is why much of what we teach can help offset the effects of bullying and even prevent it entirely.
- Teach your child to choose to be a winner. This means they should never accept anything but the best from themselves. If they find themselves in danger, or grades slipping, they should know they can and should ask for help! No one can expect to succeed in school and in life without help.

Enhances positive values

- Pick an after school activity that enhances positive values. For example; add our karate classes to your routine. Martial arts classes at Kime Karate are guaranteed to improve grades at school and give your child life skills that will stick with them. Using specific drills and exercises that help children learn and retain information they learn in school.

Teaching children how to learn,
improving focus, concentration and
self respect



- If you are not near Kime Karate to take advantage of our programs, check out our guide to finding a great martial arts school near you! [CLICK HERE](#)

Have a safe and successful school year!

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