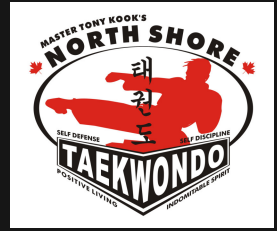


Health & Safety

"For safety is not a gadget but a state of mind." – Eleanor Everet



Dear Parents,

During October, we will be discussing health and safety with your children. What better or more

October
2010
Theme
of the
Month

appropriate month to discuss these topics than when children will be taking to the streets in droves for candy and more candy? Although many of the lessons revolve around trick-or-treating, we are aware that not all families participate in trick-or-treating. If that is the case and you would like us to have a mini health and safety lesson with your family, please ask an instructor and we will be happy to do so. That being said, the lessons taught are lifelong skills and apply to everyday events, not just Halloween.

Below are a few suggestions you may find useful in helping to teach health and safety lessons at home:

1. As a parent, your example is so much more than words; you have to live by example. If you smoke, there is a good chance your children, too, will grow up smoking. If you have very poor eating habits, then you can expect them to copy you. Make an effort to eat right and treat your body well so your children will do the same.

2. Help them understand that it is fine to occasionally reward yourself with "fun" food. Having a candy bar or ice cream is totally okay. What is not okay is it to have that candy bar in place of a meal.

3. Teach your children about the food groups. Google foods groups or go to the local library for more information. Things may have changed a little since you were a child, but the basic principles have stayed the same. The more often you review them, the better chance your family will follow the rules of proper eating.

4. Understand that EXERCISE is KEY to being healthy. The good news is that martial arts training is great exercise!

Week One:

"Safety is as simple as ABC — Always Be Careful."
— Author Unknown

Week Two:

"Health is not simply the absence of sickness." — Hannah Green

Week Three:

"Your safety gears are between your ears." — Author Unknown

Week Four:

"First we make our habits, then our habits make us."
— Charles C. Noble

October 2010

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