

# FEB 2016

## Week 1

“THE GLUE THAT HOLDS ALL RELATIONSHIPS TOGETHER — ... AND TRUST IS BASED ON INTEGRITY.”

- BRIAN TRACY -

## Week 2

“HONESTY IS THE BEST POLICY.”

- BENJAMIN FRANKLIN -

## Week 3

“THERE ARE NO SECRETS THAT TIME DOES NOT REVEAL.”

- JEAN RACINE -

## Week 4

“GOODNESS IS ABOUT CHARACTER — INTEGRITY, HONESTY, KINDNESS, GENEROSITY, MORAL COURAGE, AND THE LIKE. MORE THAN ANYTHING ELSE, IT IS ABOUT HOW WE TREAT OTHER PEOPLE.”

- DENNIS PRAGER -

# PARENT/GUARDIAN LETTER



## Dear Parents and/or Guardians...

This month we will discuss trust and the fundamentals of achieving trust with others. Trust can be maintained by being reliable, being honest, being open and showing integrity. It is important to talk to your children about trustworthiness and what qualities to have to be trusted by others.

### HOW CAN YOU HELP?

- Lead by example with your children.
- Do what you say. If you tell your children you are going to be at their martial arts practice, then make sure to be there.
- Honor your promises with them. If you promise they can have a snack if they finish their homework, be sure to provide them with that snack.
- Speak to your children about telling the truth. Reinforce that they should always tell the truth as lies can only bring distrust.

- Let your children know that if they do lie, they should admit it. Let them know that if they have lied and decide to tell the truth in a short amount of time, then the punishment will be minimal to none.
- Encourage your child to follow the rules — at home and in the martial arts studio. It is important to build trust with the instructor and his or her team mates.
- Help your children understand that being mean, negative or abusive can only lead to people not trusting you.
- Communicate and be honest.
- Encourage friendships and relationships that involve trust.

**February Registration Now Open**

**Call Today for your  
Free Introductory Lesson!**

## Trust

TRUST IS HAVING COMPLETE CONFIDENCE IN A PERSON OR A PLAN.

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