



“If we all did the things we are capable of doing, we would literally astound ourselves.”

~ Thomas Edison

“To get what we never had, we must do what we’ve never done.”

~ Anonymous

“Our greatest glory is not in never failing, but in rising up every time we fail.”

~ Ralph Waldo Emerson

“Do what you do so well that they will want to see it again and bring their friends.”

~ Walt Disney

“Customer’s needs have an unsettling way of not staying satisfied very long.”

~ Karl Albrecht

“There is nothing on this earth more to be prized than true friendship.”

~ Sir Thomas Aquinas



Benefits of Extra Curricular Activities

Any structured activity your child participates in outside his or her regular school classes and activities is considered an extracurricular activity. Any extracurriculars, from sports and clubs to music and drama, can have a positive effect on your child’s growth and development. Studies have shown involvement in activities outside the normal school curriculum has a positive effect on students behavior, grades, and character development.

Students who choose to be involved in extracurricular activities consistently show an increased sense of responsibility, self-discipline and focus. The presence of another adult influence (a coach, instructor, or director) helps students develop a better sense of self and gives the opportunity to interact with another positive influence. The attention, supervision and guidance students receive as they participate in these activities leads to higher self-esteem and self-confidence.

Higher grades and a positive attitude toward school is another effect that extracurricular activities have on students. Those factors lead to higher graduation rates, and, in fact, involvement in athletic programs can reduce the drop-out rate among high-school students by as much as 40 percent.

Studies have shown that involvement in extracurricular and community activities teaches students leadership, organization, problem solving, time management, teamwork, and responsibility. For these reasons, it might be time to encourage your child to get involved in an extracurricular activity they are interested in. If your child has expressed interest in the martial arts, contact us today for information on ways to get him or her enrolled.

For more information about the benefits of martial arts for children & Adults, Contact us!

Sealy Karate Schools
10 Speedvale Ave. E, Unit G
Guelph, ON N1H 1J3 519-821-5425



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Student Appreciation Open House

Saturday June 20th—10am to 1:30 pm

Join us for a fun day at the dojo for a BBQ, face painting, games & Special Discounts on memberships.

The Anti-Bully Seminar starts at 12:30 to 1:15.

Then off to the Gordon Street Chiropractic Centre to help our friend (& former SKS Instructor) Braden Lunnen as he & the team at the Centre celebrate their Open House with demo's, prizes & give aways. We hope you will join us for both celebrations!

Shihan Workshop
Adult Kata & Sparring

Sat. June 13th—8:00 am to 9:30 am

\$20. per session or \$50. for 3 sessions

These workshops will be held on the 2nd Saturday each month.

FREE Father's Day Gift Certificates are available, pick up yours today.

SKS T-shirt's

Students are permitted to wear their SKS T-shirt to class through the summer. Your SKS T-shirt must be tucked in during class.

Jeff Joslin Seminar

Thursday June 25 at 7:00 to 8:30 pm

This seminar will cover knock outs & submissions. Please sign up on the bulletin board.

Black Belt Spectacular

Friday June 5, 7:00 pm

John F. Ross H.S

Join us as we celebrate with the newest bunch of SKS Black Belts. Don't miss the awesome show set to music & special effect lighting. Watch, as each new Black Belt performs their individual or group routine. This all ages show is very entertaining & a must see event. Come out & help support our newest Black Belts. Tickets on sale at the Pro Shop.

Student News & Regular Reminders

Student of the Month

Anna Baker
Nathan Blair
Matthew Reid-Smith
Lisa Rego
Ewan Ferguson
Aimee Liadis Dicaia
Ethan McIntosh-Locke
Robert Mullin
Eric Tietz
Stephen Briggs
Aiden Greer
Aleksi Bushey
Victoria Smith
Jeff Milson
Congratulations!

Happy Birthday:

Shihan Kevin Sealy
Paul Medeiros
Ewan Ferguson
Shayne Gal
Stephen Shen
Parker Mollison
Tyler Figliuzzi
Janet Graham
Ethan Angerilli
Anthony Atalian
Mikaela Karl
Savannah Whetstone
Anna Baker
Thao Kelly-Maybee
Ayanna Loft
Raven Johnson
Raquel Meneses
Alicia Black
Laura Mullin
Will Russell

Welcome New Students

Please join us in welcoming:

Eric Beitz
Sara Bentley
Paul Hendry
Alannah Chung
Ethan Angerilli
Paige McKeown
Aiden Walker-Ferris
Coral Bentley
Crystal Swereda
Owen Prieur
Tyler Tarzwell
Welcome back Braden Lunnen & Sean Congdon

**We will be closed
Wednesday July 1st. Happy
Canada Day!**

May Hardest Workers:

Aaron Varga, Tom Bergen,
Morgan Yeh, Logan Roper-
Congratulations!
Winner of Black Belt Spectacular
tickets is Rebecca Gobbi
Congrats!

Ask your instructor for a FREE Teacher Appreciation coupon.

Healthy Eating Ideas for Kids

The kitchen can be a fun place for kids. They see adults working in there, watching the steam rise from pots on the stove and smelling what's on the menu that night. Even older kids might be intrigued by how baked goods and meals come together. It isn't always convenient to invite them into the kitchen to help, but consider doing so when time allows. It can be a creative and fun way to spend time with your children.

Here are a few recipes to help along the way.

Refrigerator Oatmeal

This easy, no-cook oatmeal is packed with nutrition to get your day off to a healthy start. Make it in individual mason jars or tupperware for a perfect serving size and an easy grab-and-go breakfast. Keep it cold and serve it chilled – straight from the fridge. This breakfast is high in protein, calcium and fiber and low in fat and sugar. Oh, and kids love it too!

Ingredients

- 1/4 cup uncooked old fashioned rolled oats
- 1/3 cup skim milk
- 1/4 cup low-fat Greek yogurt
- 1 1/2 teaspoons dried chia seeds or flax seeds
- 1 tablespoon cocoa powder
- 1 teaspoon honey, optional (or preferred sweetener)
- 1/4 cup diced ripe banana, or enough to fill your jar

Directions:

1. In a half pint (one cup) jar, add oats, milk, yogurt, chia seeds, cocoa powder and honey.
2. Put lid on jar and shake until well combined.
3. Remove lid, add bananas and stir until mixed throughout.
4. Return lid to jar and refrigerate overnight or up to two days.
5. Eat chilled.

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Healthy Eating Ideas for Kids ... *Cont'd*

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Be creative, you can add any fresh or frozen fruit, flavored yogurt or milk substitutes (soy, almond or coconut milk).

Strawberry Smoothie Popsicles

- 1/2 cup sliced pineapple or mango
- 1/2 cup sliced strawberries
- 1/3 cup raw kale or spinach (omit if desired)
- 1/4 cup milk or yogurt of choice
- 1/4 tsp cinnamon
- 1/2 tsp pure vanilla extract
- Sweetener of choice, to taste

Directions:

1. Combine everything in a blender or food processor until super-smooth.
2. Pour into popsicle molds or paper cups, and insert spoons or popsicle sticks.



June 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1. BBM Class 2. Tutorial	1 1. Bag Combos 2. Weapons Schedule change effective June 1st.	2	3	4	5 Black Belt Spectacular 7pm P.A. Day Camp	6
7 1. Fitness 2. Bag Combos MultiCultural Fest. 2:30 Demo	8	9	10	11	12	13 Shihan Workshop 8-9:30 am
14 1. Stick Fighting 2. Fitness	15	16	17	18 Grading 5 & 7 pm	19	20 SKS Open House & Demo
21 1. Sparring 2. Stick Fighting	22	23	24	25 Jeff Joslin Seminar 7pm	26 P.A. Day Camp	27
28 1. Grappling 2. Stick Fighting	29	30			Summer camp next week.	