

Self-Control

Self-control is one of the more important things you can master. Things like making the right choices, overcoming bad habits, waiting, focusing, and pursuing your goals all depend on you learning self-control. Right now, you have parents, teachers and instructors who will keep you from doing things that you shouldn't do, but one day soon, the decision will be up to you. Self-control helps you make that decision and stick to it. Candy before dinner, skipping a workout, or staying up late may all be things you want to do and things that you are sure will feel great right now. Self-control is the ability to look at those things and realize that the immediate reward isn't worth the eventual consequence. All of the decisions we make have good and bad to them. As you grow up, you will learn to make the right decisions, and self-control will help you stick to them.

JOKES
Why did the sun go to school?

To get brighter!

Why do fish live in salt water?

Because pepper makes them sneeze!



Mark Your Calendar For The Following R2L Events:

Bring A Buddy Safety Class

Wednesday, April 6th and Thursday, April 7th

Register

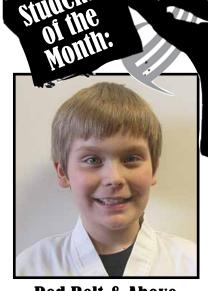
Registration for the Southern Tier Martial Arts Tournament should be done online with Sir or Ma'am by April 15th

Summer Camps

Look for upcoming information on this year's summer camps.
This year there will be:
Jedi Camp
Spar Wars
Martial Arts Games
Mr. Nick's Training Camp
Ninja Turtle Camp

Students - make sure your name is in the right place on the wall.

PLEASE WATCH THE WHITE BOARD FOR EVENT TIMES, MORE INFO AND ANY CHANGES TO THIS SCHEDULE!!



Red Belt & Above Sierra D



Blue/Blue Stripe Jennifer M



Green/Green Stripe Hunter S



Yellow & Below Nick M



Tiny Tiger/Little Dragon Oakley P



Student of the Month Kayla H



Word to Remember

Maturity

Definition:

Noun — The learned ability to respond to an environment in an appropriate manner.

Example:

Because she had shown maturity, Kim's mother let her go to the slumber party.

Maturity is something that everyone has to learn. No one is born with it. As you mature, you learn to make good decisions.

WISE

"UNLESS SOMEONE LIKE YOU CARES A WHOLE AWFUL LOT, NOTHING IS GOING TO GET BETTER. IT'S NOT."

- Dr. Seuss -

Cryptogram

Each number represents a letter. Some are filled in for you. Can you guess the rest? **HINT:** Think of words with the letters you have.

Α	В	С	D	Е	F	G	Н	ı	J	K	L	М	N	0	Р	Q	R	s	Т	U	٧	w	Х	Υ	Z
	3	18			15						23		6				24		19					22	

$$\frac{L}{23} \frac{F}{17} \frac{F}{15} \frac{1}{11} \frac{1}{17} \frac{N}{12} \frac{N}{6} \frac{T}{19} \frac{B}{5} \frac{B}{3} \frac{1}{21} \frac{T}{16} \frac{F}{19} \frac{N}{15} \frac{N}{17} \frac{N}{6} \frac{N}{13} \frac{N}{17} \frac{N}{6} \frac{26}{26}$$

$$\frac{Y}{22} \frac{1}{21} \frac{R}{16} \frac{R}{24} \frac{1}{12} \frac{L}{11} \frac{L}{23} \frac{F}{15} \cdot \frac{L}{23} \frac{F}{17} \frac{F}{15} \frac{1}{11} \frac{T}{17} \frac{T}{12} \frac{B}{5} \frac{B}{3} \frac{T}{21} \frac{T}{16} \frac{T}{19}$$

$$\frac{C}{18} \frac{R}{24} \frac{T}{11} \frac{T}{5} \frac{T}{19} \frac{N}{17} \frac{N}{6} \frac{Y}{26} \frac{Y}{22} \frac{T}{21} \frac{R}{16} \frac{R}{24} \frac{T}{12} \frac{L}{11} \frac{F}{23} \frac{F}{15} \frac{T}{15}$$



Multiplication Table

Fill in the missing products.



Х	1	2	3	4	5	6	7	8	9	10
1	1	2		4	5	6	7	8		
2	2	4		8	10	12		16	18	
3	3					18		24		
4	4	8	12	16	20		28	32		
5		10	15		25		35			
6	6		18			36	42	48	54	
7	7		21	28	35	42		56		
8	8	16				48	56		72	80
9		18	27	36	45	54	63	72	81	
10			30		50	60	70			100

Happy Birthday to the following students:

Cody H.

Jocelyn C.

Paíge H.

Mr. Christopher

Joel C.

Brody A.

Payton S.

Alea G.

Zharía N.

Kayla H.

Alyssa B.

Emily D.

Austin B.

Thomas G.

Mar. 1

Mar. 1

Mar. 2

Mar. 3

Mar. 6

Mar. 7

Mar. 15

Apr. 3

Apr. 8

Apr. 12

Apr. 10

Apr. 15

Apr. 24

Apr. 28



New students:

Hunter R.

David C.

Carson C.

Makenna H.

Layla B.