



# REFUSE2LOSE NEWSLETTER

APRIL 2016

## 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!

# April, 2016



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 QUOTE

**"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.

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
	3	18			15						23		6				24		19					22	

" L 23 F 17 N 15 T 11 N 17 T 12 N 6 T 19 B 5 F 3 T 21 T 16 F 15 F 17 N 6 N 13 T 17 N 6 T 26

Y 22 R 21 R 16 L 24 L 12 L 11 L 23 F 15 L 23 F 15 L 11 T 17 T 12 B 5 B 3 T 21 T 16 T 19

C 18 R 24 T 11 T 5 T 19 N 17 N 6 Y 22 Y 21 R 16 R 24 T 12 L 11 L 23 F 15 F 15

"Life isn't about finding yourself. Life is about creating yourself." - George Bernard Shaw -

## Multiplication Table

Fill in the missing products.



X	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.  
Paige 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



# WELCOME!

New students:  
Hunter R.  
David C.  
Carson C.  
Makenna H.  
Layla B.