



THE KICKING POST



WESTSIDE SCHOOL OF TAE KWON DO

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A warm WELCOME (back) to all students and family members as we embark upon our 21st training season at Westside Tae Kwon Do. Counting the black belt certificates, we have now graduated 85 students to the rank of Black Belt. This is an accomplishment we are proud of, however those 85 students have even more to be proud of. They persevered and never gave up.

We hope everyone enjoyed their summer. It's been so good to see everyone again ! For all new students, we hope you will come to enjoy the challenges and camaraderie that go along with your Tae Kwon Do education. We look forward to getting to know all of you and training together to be the best that we can be.

TESTING

The first promotion test of this training season is scheduled to take place over the weekend of Oct. 18th/19th. Those students eligible for testing will be receiving a notice. All new students are encouraged to attend, to learn more about testing procedures and to support their fellow student. Attending students are expected to show their respect by sitting VERY quietly during the testing. Parents of very young children who have difficulty sitting quietly are asked to find a sitter for their youngster. Thank-you.

MASTERS CUP

For those students who enjoy competition, this year's B.C. Masters Cup is to be held at the BCIT Campus in Burnaby on October 26, 2019. Online Registration only will be available one month prior to the event at: <https://taekwondobc.com/2019-masters-cup-date-announced/>

HELP FOR JAMES

Thanks to the generosity of our TKD family, over \$1,000 was raised to ease the burden on James' family. Thank you to all who made a donation. It really does mean a lot.

RULES & REGULATIONS

If not already done so, we would ask that parents of new students review the rules and regulations, outlined in the student handbook, with their children. Etiquette, or proper manners, is the first of the five tenets of Tae Kwon Do. Good manners are the most basic way of showing respect for others. They also make for a more enjoyable and productive classroom atmosphere. Etiquette is extremely important in Oriental cultures, and this is reflected in the Korean roots of T.K.D.

AFTER SCHOOL NEWS



Parents, please note that all students train together on Thursdays in a sparring class starting at 3:50 and running 'till 4:50 p.m.

A number of schools will be having early dismissal days during the months of September & October. Please check your child's school schedule for days. Parents are welcome to drop their children off at our dojang at 3 o'clock on those days as other schools in our area will be in session.

For your convenience, we have attached a copy of the District's 2019/20 calendar to help you keep track of all these important dates.

****A reminder to parents when reporting a child's absence: please keep phoning our list of numbers on your child's hotline card until you get a live person. If you leave a message on an answering machine, there is a chance we may not get it in time. Thank-you.**

"A child who is allowed to be disrespectful to his parents, will not have true respect for anyone."





Classmates are to treat one another with respect and encouragement. Each of us should concentrate on our own training, while being supportive of others. The dojang should have a “team” atmosphere, and we can all take pride in each other’s accomplishments. **Parents, we would ask that spectators speak in low tones in order to maintain an appropriate teaching environment. Thank-you.**

ETIQUETTE IN THE DOJANG

Although we understand the somewhat awkward location of our back counter/reception, we would like to remind parents that only students are permitted on the training floor. We would ask that all others limit themselves to the hard surface floor and please note that **no** footwear is to be worn off the black entry mats. Thank-you.

LOST & FOUND

Have you lost something? We might have it! Please take a look in our Lost & Found box located under the small bulletin board near our garage door. Unclaimed items will be given to goodwill early in December.

CURRENT PHONE NUMBER/E-MAIL ADDRESS

If anyone has moved over the summer and/or has new contact information, we would ask that you let us know. This also applies to any change in your emergency contact number. Thank-you!

ABSENTEEISM

Please note that evening students are not required to phone the school to report one or two nights of absenteeism. However, if a student will be off for a prolonged period of time, we do appreciate a call. Thank-you.

FOOT HEALTH

Although every precaution is taken to disinfect our training floor on a regular

basis, care should be taken by those experiencing problems such as Plantars Warts, Athletes Foot or any other contagious foot ailment. To prevent the spread of such maladies, we would ask these persons inform Mrs. or Master Smith. Permission will then be given to temporarily wear clean non-marking indoor shoes or TKD training shoes which are available through our school. Please note that in any case, students are not permitted to wear shoes of any kind when sparring.

SAFETY ISSUE

Parents, we know that sometimes it’s inconvenient to come into our dojang to collect your children after class, but due to safety concerns, we would ask that parents do just that. Having a child waiting outside in the dark or walking through a busy parking lot while others are backing up, simply is not a safe situation. Please also remind your children that they are welcome to wait inside our dojang for as long as need be & not to go outdoors on their own. Thank you for your co-operation in this regard.

STUDENT HANDBOOK

By now, each new student should have received a copy of the “Student Handbook”. This handbook contains vital information which will serve as a useful reference for all belt levels. This handbook becomes the property and responsibility of each student. Replacement due to loss or destruction of the handbook will result in a charge of \$5.00, so take good care of it! **It is recommended that each student set up a hard 3 ring binder in order to keep their handbook and test requirements organized.**

“Childhood is not a race to see how quickly a child can read, write, and count. Childhood is a small window of time to learn and develop at the pace which is right for each individual child.”