



Be Your Best

After School Program

Growing up in today's society children need additional skills in order to be their best in life.

J.K. Lee Black Belt Academy and St. Monica's School have developed a fun, high energy course to help children with life skills. This course is designed to help children deal with all the modern day challenges of growing up in our very fast world.

Topics covered will be:

- How to deal with Bullies
- Being a self reliant person
 - How to be respectful
- Being focused in school
- Doing your best work in school

Program Information

When: Tuesdays after school
3:30-4:30pm
K5-5th grade

March 1st, 8th, 15th and 22nd and 26th
(Class on Saturday, March 26th will be held at J.K. Lee Black Belt Academy (6838 N. Santa Monica Blvd. Fox Point) from 1:00-2:00pm.

Where: All classes held at St. Monica's School - Gym

Program cost: \$25

**Make checks payable to:
St. Monica's Home and
School. Turn into office or
to Carola Gulick**

Home and School 2010-2011

Name: _____

Parent Name: _____

Grade: _____

Phone Number: Home _____ Cell _____

E-Mail: _____