

Academic All-Star Commitment Contract

Student Name

I agree to adhere to the guidelines set forth by the Karate West Academic All Star Program for 60 consecutive days. I believe that participating in this program will help me have a better school year and I am willing to give 100% effort and determination.

Student Signature: _____

Parent Signature: _____

School Teacher Signature: _____

Karate Teacher Signature: _____

Program Start Date: _____

Once this contract contains all signatures, present it to the front desk. A star with your name will be hung in the lobby for all to see!

Academic



Challenge



Karate West
Leaders In Personal Achievement

karatewest.com

The Challenge Starts September 25, 2017

Program Length: 60 Consecutive Days

Screen Time Restrictions (TV, Cell Phones, Computer, iPads, etc.): No more than 1 hour per day of total screen time once all homework is completed. No screen usage during meals or homework time.

Reading Requirements: 15 to 30 minutes fiction or nonfiction five times a week. Parents may read to child for part or all of this.

Homework Goals: Complete all homework before 8pm. Parents to review homework at completion. Work on homework at dinner table if possible (easy access to parents for questions).

Elect to do extra credit work whenever possible.

Diet Goals: Reduce candy and soda pop. Limit processed foods (McDonalds, chips, 7-11 Slurpees, etc.) Replace unhealthy food with more fresh fruit, veggies, and water.

Sleep Goals: Get eight to ten hours of sleep nightly.

School Goals: Greet your teachers daily using eye contact. Use good posture at all times. Ask questions when you need help. Be positive and use Black Belt Effort!

Let's Get Started

Make a commitment to adhere to the All Star Challenge for 60 days. Get your All Star contract signed by your parents, your school teacher, and your karate teacher. Present your signed All Star contract to the front desk and a star will be hung in the lobby with your name for all to see!

Award Celebration Party

Award Celebration Party: Friday, December 8 at Karate West Issaquah. Kids come together to celebrate their successful completion of the Academic Challenge with an exciting party in their honor!

Note: There is no charge to participate in this Karate West Personal Development program.

And the party is free too!



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