

# Mark Twain PTSA & Miller's Martial Arts Bully Proof Martial Arts Program on Tuesdays!

**WHERE:** Mark Twain Cafeteria  
**WHEN:** Tuesdays, Sept. 30 – Oct. 28, after school, 3 – 4pm (no class Oct. 14)  
**COST:** \$40 for 4-week session, includes white belt at end of course to take home!  
\*\*All proceeds benefit Mark Twain PTSA thanks to a donation from Miller's Martial Arts\*\*

**Bully Proof Martial Arts Program:** Teach your kids to stand up for themselves!  
"I'm giving them the courage - and the permission to be loud with someone who is physically threatening them," said Korbett Miller of Miller Marital Arts Academy as quoted in an anti-bullying article on [www.moms.today.msnbc.msn.com](http://www.moms.today.msnbc.msn.com) . He teaches what he preaches by showing students how to set verbal boundaries: What to say, when to say it, and how to say it. Class incorporates martial arts to build self-esteem and give students positive alternatives to solving conflict. Students will also earn their White Belt at the end of the program.

Participants should be in 1<sup>st</sup> – 5<sup>th</sup> grade and:

- Bring an after school snack & water bottle with name on it.
- Wear comfortable clothes and shoes.

Have your student submit the completed form and payment to the school office.

For questions, contact: Liz Fulton / [lizfulton@live.com](mailto:lizfulton@live.com) or 206-953-3865



Submit bottom portion with payment attached to the school office

## MARK TWAIN PTSA & MILLER'S MARTIAL ARTS BULLY PROOF PROGRAM

Please make checks payable to: **Mark Twain PTSA\***(Checks returned NSF charged a \$20 fee)

Payment:  \$40 for 4 week session, includes white belt

Student Name: \_\_\_\_\_ Grade/Teacher: \_\_\_\_\_

Parent Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Space is limited to 30 and it is first come, first serve - so hurry! By signing you agree to hold harmless Mark Twain Elementary PTSA, LWSD and Miller's Martial Arts Academy, and that you understand the policies stated (see reverse).

**Please note:** For safety purposes, one PTSA parent is required to stay during each class. If you are able to volunteer, please indicate so below. If we do not have enough volunteers, we will be forced to cancel the session and your payment will be refunded.

I will stay during one session. I am a PTSA member and LWSD approved volunteer.

## **Mark Twain PTSA After School Programs Refund and Behavior Policy**

**Refunds:** A full refund will be granted to any student who withdraws up to 2 days after the first class. Otherwise, no refunds unless initiated by PTSA.

**Behavior Policy:** Mark Twain PTSA organizes after school programs to offer students enrichment programs conveniently located at the school. However, for us to continue to offer these programs we must have one PTSA member stay to assist the instructor at each session. We must also insist that students respect the instructor and act in an appropriate manner, and that guardians be on time to pick up students at the end of each session.

If your student has behavior issues which are disruptive to the class, or is not picked up in a timely manner, we will issue you a warning. If there is a second incident, we will be forced to terminate your student's participation in the program. A refund for remaining sessions will not be granted.

Thank you for your cooperation.

\* Checks returned NSF subject to \$20.00 fee.