



## After School Program 2020-2021

Our After School Program includes transportation to the academy and a 45 minute martial arts lesson each night, with the addition of some life lessons as well. Once they arrive at the academy, they are given some play time, snack time, and homework time if needed, which is then followed by the training session. We pick up from most schools in the area, with more being added all the time. Our program also includes free PA Day camps, which are available from 7am to 5:30pm. Our regular pick up time is 5:30 pm each night of the week, but extensions may be available. Available 2 days per week, or 3-5 days per week.

Our program is designed to build confidence, and develop strong character. We teach respect and discipline within our lessons, but also add an element of fun, encompassed in a positive environment. The after school martial arts classes will follow a progressive curriculum that include practical lesson plans for anti-bullying strategies and the prevalent dangers of Internet chat rooms and strangers. The curriculum is established to be easily applied to real life situations. Our focus is to instill confidence, self-esteem and leadership qualities. The classes will be divided by age category in two or three groups so that we can focus on the developmental needs of the children.

We felt there was a need for this program as the number of latchkey children in Canada is a growing concern. A latchkey child is a child aged twelve or under that spends time at home unsupervised. These few hours after school before a parent arrives home from work are very important. Children left unsupervised can engage in undesirable or unproductive behaviours.

A recent study by Statistics Canada showed that high school dropouts were less likely to participate in non-school sports or non-school clubs. Having a social life provides the child with feelings of belonging and having friends for support. School engagement was another factor for high school dropout which is reflected in the number of hours spent on homework and the completion of school assignments to encourage feelings about the value of education. Children will be able to work in a cohesive team environment with the support and positive role modeling of both staff and peers. A recent Canadian Community Health Survey (CCHS) identified a causal relationship between social relationships and overall health. Increased levels of socialization have been linked to lower mortality rates, lower rates of crime and increased perception of positive health. One who is socially isolated is more likely to suffer from poor physical and mental health. Feeling connected to one's community promotes health because such ties promote mutual respect and thereby increase self-esteem. It is important that your child feels that they are a part of our community.