



# BACK TO SCHOOL "SAFETY & FUN DAY"

**FREE food, FREE entertainment,  
FREE workshops**

**SATURDAY, AUGUST 23, 2008  
10:30 AM to 2:30 PM**

**AMYS MARTIAL ARTS & THE VOICE OF POLYNESIA**

**Invite your friends & family!!**

**RSVP for a seminar or workshop!**

### Safety Seminars

**Kiddie Kougars Safety 3-4 yr old**  
10:30-11am

**Little Dragons Safety 5-7yr old**  
11:00-11:30am

**Stranger Awareness & Bully Buster 7+**  
11:30-12:00m

### Dance Workshops

**Hawaiian Dance**  
10:30-11am

**Maori Dance**  
11 – 11:30am

**Tahitian Dance**  
11:30 – 12:00

**Hip Hop**  
2:00 – 2:30pm

**Break dancing**  
2:30 – 3:00pm

**Yoga**  
8-8:45am

**Cheerleading**  
3-3:30pm

## FOOD & PERFORMANCES & GAMES

12:00 – 1:30pm      BIG Performance outside

1:30-2:30      Poi ball making and dancing (all ages)

Tahitian dance (all ages)

# Back to School Safety & Fun Day !!

## WORKSHOPS & SAFETY SEMINARS

### Adults Workshops

8:00 – 8:45am      Yoga

### TKD Room

10:30-11am      Kiddie Kougars Safety Day (3-4 yr old)  
11:00-11:30am      Little Dragons Safety Day (5-7yr old)  
11:30-12:00      Stranger Awareness & Bully Buster 7+

### Dance Room

10:30-11:00      Hawaiian dance (all ages)  
11:00-11:30      Maori dance (all ages)  
11:30-12:00      Tahitian dance (all ages)

### Outdoors

Noon – 1:30pm      **BIG PERFORMANCE & FOOD**  
Performance:      A mix of martial arts performances & Polynesian show

1:30- 2:30pm      Poi ball making and dancing (all ages) & Tahitian dance (all ages)

### TKD Room

2:00-2:30pm      Tumbling

### Dance Room

2:00-2:30pm      Hip Hop Workshop  
2:30-3:00pm      Break dancing Workshop  
3:00-3:30pm      Cheerleading

## **Bully Buster & Stranger Awareness Kid's courses**

**Bullying affects 7 out of 10 people** sometime during their school education and as much as we like to think that bullying doesn't happen in our schools we have to face reality and realize that the chances of someone being bullied are greater than them not. Bullying affects children mentally and physically and can have a prolonged effect on them during their teens and when they become adults. It is important for us to show that we are aware it takes place, are helping those in need and trying to combat bullying.

AMYS MARTIAL ARTS Seminars are designed specifically for children aged 5-11 years. This unique program teaches children many different ways of looking after themselves through verbal bullying without the use of physical contact. At the end of the seminar a "last chance option" is taught for a child to use if they feel that they may be hurt. Safety is our number 1 priority and the seminar is taught by fully qualified instructors in a fun and friendly atmosphere.

### **Stranger Awareness**

**Our Stranger Awareness seminar teaches children exactly what to do if a stranger approaches them.** It is taught in a fun atmosphere and is straight to the point! School holidays and half terms when children are out more and more vulnerable to strangers and people they don't know is a time when they really need to know what to do so the week before break up is a great time for your students to learn stranger awareness! And it can never be taught too many times.