



# STUDENT EXPRESS

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**March 2018**

Message of  
the Month...

## KARATE CHALLENGE



The stage is set; teams are forming; staff is preparing. The Karate Challenge is here! The Challenge is our first all-school function of the year. Students from all four locations (Brentwood, Hendersonville, Lebanon, and Mt. Juliet) will compete for individual trophies, as well as the coveted school trophy, awarded to the school winning the most 1st, 2nd & 3rd place trophies in forms, fighting and weapons. The Challenge is scheduled for Saturday, April 14th at Christ Presbyterian Academy in Nashville.

The purpose of our biannual intramural events (The Challenge and The Karate Olympics) are three fold: **1st**— To help educate the student body on how to handle stress and pressure in a competition format, **2nd**— To help raise money for the Project Sparrow Fund which helps with tuition for financially challenged families and **3rd**—To raise funds for Christ Presbyterian Academy.

We have included a flyer with detailed information on the who, what, when and where. Make note that there is a discounted fee if you pre-register for the event.

On behalf of the families that this will benefit: "Thank You!" We look forward to having all of you there, representing your specific David Deaton Karate Studio!

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## Karate Challenge T-shirts

will be available for purchase on

**Monday, March 5th,**

while supplies last. These shirts can be worn to class, with Gi pants, in place of your Gi top any day of the week, until the Karate Challenge.

*(Please note that a full Gi is required to participate in the Karate Challenge Tournament).*

Children (all sizes): \$18.00 + Tax

Adults (Small - Large): \$20.00 + Tax

Adults (XL - XXL): \$22.00 + Tax

*(Cash or check only. No cards; no exceptions. Check made out to "Tilly's." Thank you!)*



## Six Easy to Follow Tips to Avoid Catching and/or Spreading the Flu:

- 1. Avoid Close Contact** with people who are sick. If you are already sick, keep your distance from others to protect them from getting sick too.
- 2. Stay Home When You Are Sick.** This will help prevent spreading your illness to others.
- 3. Cover Your Mouth and Nose** with a tissue when coughing or sneezing. It may prevent those around you from getting sick.
- 4. Clean Your Hands Often** to protect you from germs. Soap and water are best. If not available, use an alcohol-based hand rub.
- 5. Avoid Touching Your Eyes, Nose, and Mouth.** Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, and/or mouth.
- 6. Practice Other Good Health Habits** such as getting plenty of rest, maintaining good eating and exercise habits, and drinking plenty of non-sugary fluids.

(Adapted from: [www.cdc.gov/flu/protect/habits/htm](http://www.cdc.gov/flu/protect/habits/htm))



### Upcoming Events

#### February 2018

- 16th -- Brentwood Graduation
- 17th -- Hendersonville Open House
- 24th -- Brentwood Open House



#### March 2018

- 5th -- Karate Challenge t-shirts available
- 9th -- Hendersonville Graduation
- 11th -- Daylight Saving Time Begins
- 12th -- Begin Karate Challenge Registration
- 16th -- Brentwood Graduation
- 17th -- St. Patrick's Day
- 20th -- 1st Day of Spring
- 25th -- Palm Sunday
- 30th -- Good Friday
- 31st -- Open House (Brentwood & Hendersonville)



## March Birthdays



### BRENTWOOD

- 2 Cara Sullivan
- 3 Zane Cesarone
- 7 Michael Curatolo  
Samantha Youree
- 8 Kaelyn Butler
- 15 Nick Chun
- 16 Noah Madden  
Isa Reyes
- 19 Cameron Coats
- 20 Ethan Gregson
- 22 David Reyes
- 24 Kathryn Conally
- 29 Rob Roten
- 31 Rhett Houston

### HENDERSONVILLE

- 8 Taylor Tims
- 9 Everette Vann
- 11 Zach Hall
- 12 Eli Vann
- 17 Ethan Buyukolmez
- 21 Dillan Beghin
- 22 Alicia Vann
- 26 Hudson Walker
- 27 Caleb Parks  
Nicholas Sacco
- 28 Mason St. Jean
- 30 Keenan Moore



FLU	CHARACTERISTIC	COMMON COLD
Sudden	ONSET OF SYMPTOMS	Gradual
Occasional	SNEEZING	Common
Early	SORE THROAT & COUGH	Mild Course, Peaking Day 2-3
Muscle Aches	MUSCLE ACHES	Slight
Severe	MALaise, FATIGUE	Usually Mild
Substernal Burning Common	CHEST SYMPTOMS	Mild, if any
6-7 Days	DURATION	3-4 Days
High (102-104)	FEVER	None or Mild (less than 100)

# St. Patrick's Day Word Search

Kid's  
Corner...

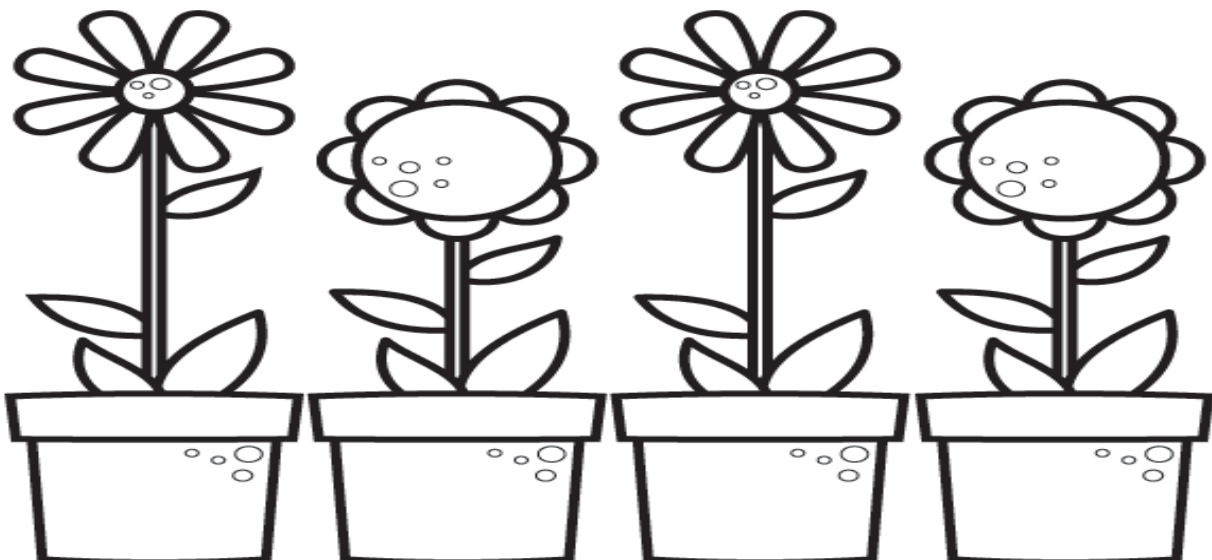
L L Y K C U L C M Q P H B S R  
F E R R N P F E O T S O N M J  
N P G O C Z Q L X I V A N Y L  
C E K E N H H T R Y K V Y S W  
K W E Q N K M I C E Y Q S B N  
E C R R S D W C S E G G R K N  
D D O Q G O F C I I W G A Z V  
X S J R B N K M F P N O B K I  
S U D N M S W U Z M B J U C J  
U Q I N U A H C E R P E L I I  
E A G O L D H F H A X O H R G  
R I X M N Z A S A H K Y T T O  
I R E L A N D P L C B V B A L  
D P Z I S J N D C C W A A P U  
N Y A X F E M H Z K S D E V J

CELTIC  
CHARM  
GOLD  
GREEN  
IRELAND  
IRISH  
JIG  
LEGEND

LEPRECHAUN  
LUCKY  
PATRICK  
POT  
RAINBOW  
SHAMROCK  
SNAKES



[JinxyKids.com](http://JinxyKids.com)









**David Deaton Karate Studios**  
**761 West Main Street**  
**Hendersonville, TN 37075**

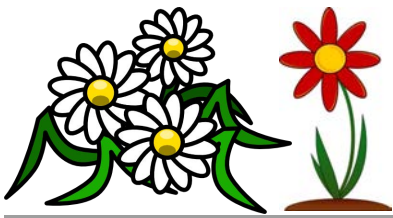
**Karate Challenge Tournament Flyer Enclosed!**



# MARCH 2018









SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
 <a href="http://www.DavidDeaton.com">www.DavidDeaton.com</a> <a href="http://www.Facebook.com/DavidDeatonKarate">www.Facebook.com/DavidDeatonKarate</a> 						
	Hendersonville -- Test week					
4	5	6	7	8	9	10
Brentwood -- Test Week Hendersonville -- PT Week	Karate Challenge T-Shirt Sale Begins <b>CASH OR CHECK ONLY.</b>				HENDERSONVILLE GRADUATION 	
11	12	13	14	15	16	17
Daylight Saving Time Begins Brentwood -- PT Week Hendersonville -- Bo Week	Karate Challenge Registration Begins <b>CASH OR CHECK ONLY.</b>				BRENTWOOD GRADUATION 	St. Patrick's Day 
18	19	20	21	22	23	24
Brentwood -- Bo Week		First Day of Spring 				
25	26	27	28	29	30	31
Palm Sunday					Good Friday	Open House Brentwood & Hendersonville



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