



Learn to turn back the bullies

One of the greatest gifts a parent can give their child is the skills needed to develop resilience and self-confidence, according to anti-bullying expert and leading martial arts instructor and proud mum Rose Smith.

"Bullying is on the increase and many parents of local public schools are complaining that nothing is being done to help their children deal with bullies, or to stop it," Ms Smith told *Pittwater Life*.

"A lot of the time parents don't really know what to do about bullying or how to support their children to help them cope and stop being bullied."

This is where Ms Smith's Modern Warriors after-school anti-bullying program fits in.

Primary school aged children will be taught how to use their words to deal with

bullies, talk and interact with others confidently, develop physical skills for looking and behaving in a confident manner, learn how to identify and avoid different types of bullying behaviour, develop resilience and self-confidence, build healthy social networks outside of school and make new friends.

There is a small book that comes with the program and parental involvement is encouraged - in fact, parental support is part of the program's success.

Modern Warriors classes will run from February 9. Places are strictly limited to ensure all children get maximum benefit from the instructors leading the programs.

More info visit www.modernwarriors.com.au or phone 0413 376 356 to book a place.

- Lisa Offord

The jujitsu kid

Congratulations to 14-year-old Ella Smith who took out state and national titles in her first year of martial arts competition.

Ella, who has been training at the Avalon Jujitsu dojo since she was four-and-a-half years old, came 2nd at the State Titles in August and 3rd in the Australian Martial Arts competition in November last year.

Ella's teammates won Australian champion, plus 2nd and 4th places in their category. All girls on the team qualified for the Australian squad. The Avalon dojo is run by Sensei Britt Ryan. - LO

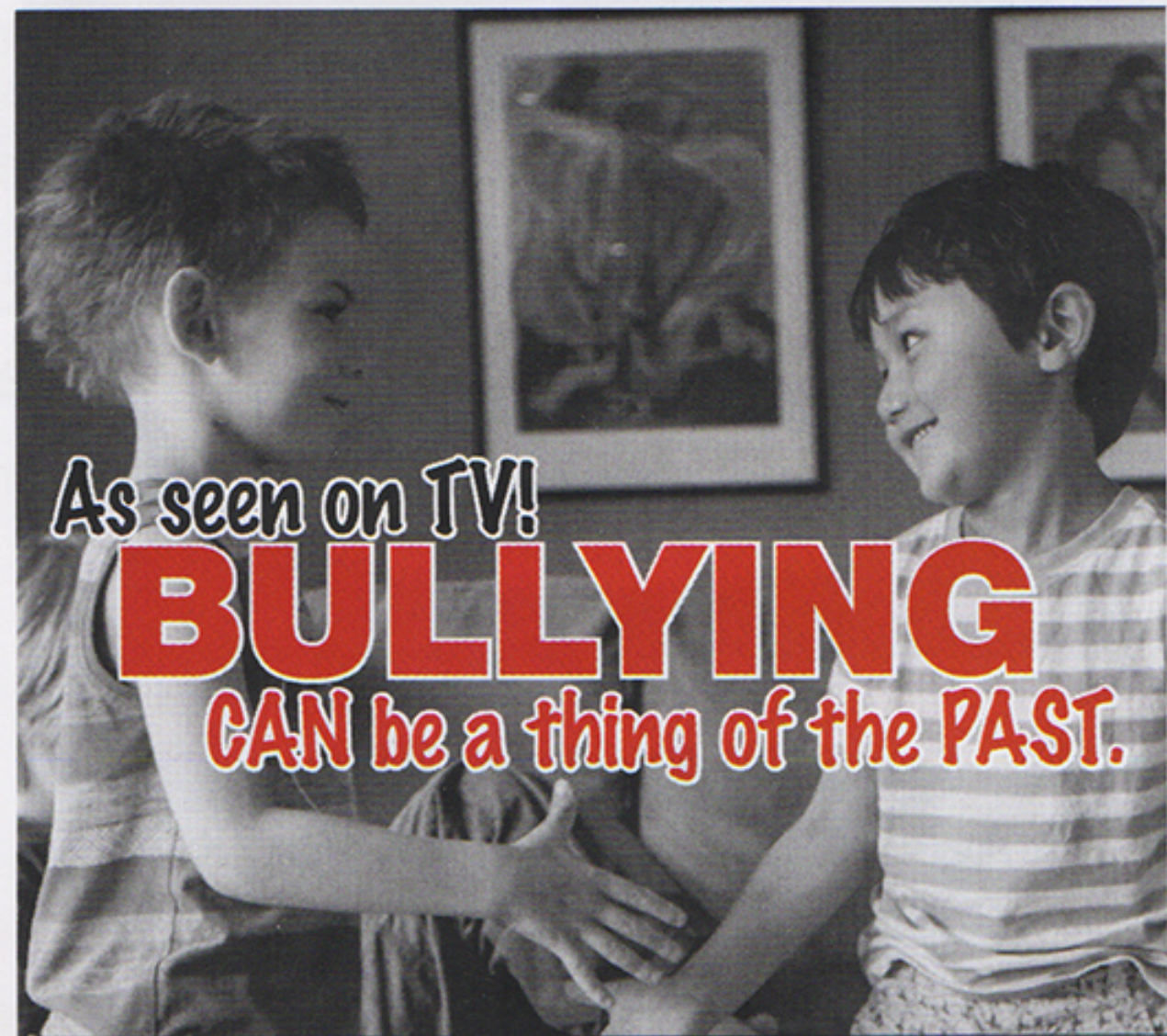


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In just 8 weeks your child will learn ALL the skills they need to develop resilience & self-confidence. MODERN WARRIORS programs give children the tools they really need to be happy AND safe. Always.

After-school course in Avalon starts Feb 9. Places are limited.

modernwarriors.com.au or 0413 376 356