



INTEGRITY

DEFINITION: To adhere to moral and ethical principles.
SYNONYMS: decency, goodness, honesty & honor.

"If you have integrity, nothing else matters. If you don't have integrity, nothing else matters." - Alan Simpson

PARENT LETTER

Dear Parents,

This month your child will be studying the character word: **Integrity**. Teaching children how to act with integrity is vital for their development. Without integrity, children break promises, lie, and have no concern for others. Integrity means to adhere to moral and ethical principles, and if taught correctly, children will take these lessons with them as they grow up.

Here is a guideline regarding children and integrity based on age:

- With children ages 3 to 4: they are learning right from wrong. Teach them about the importance of truth.
- With children ages 5 to 7: they are beginning to understand other people's feelings. Teach them how to treat others the way you want to be treated.
- With children ages 8-11: they are becoming responsible. Teach them how to take pride in their responsibilities, particularly with promises they make.
- With children ages 12+: they want to be independent. Teach them how to apply ethics when making independent choices.

Integrity is by far one of the very best character traits one can have. People with integrity make better choices and are more responsible. Having integrity can take a long time to learn, but the more a child practices this, the more likely he or she will develop the crucial value.

Thank you for your support and we look forward to watching our youthful students build the skill of integrity!

Sincerely,
GLENS FALLS KARATE ACADEMY