Save the Date: Nov.20, 2026!



Dear Students, Families and Friends…

We would like to invite you to help us create Holiday Cards to send to Children who will be spending their Holidays in the Hospital.

We are partnering with an organization called: Holiday Cards for Hospitalized Kids! (More info about this organization is available @ www.cardsforhospitalizedkids.com)

Not all the cards need to be hand crafted from scratch**. If you have any unused Holiday Cards that you would like to donate to our 'Holiday Card' event, please drop the cards off in the Dojo office by 9 pm, on Wed, Nov.18th).** On the night of the event, Students can then personalize these cards with a hand drawn image & message inside.

We would also love to include an origami 'Golden Crane' with each card! We will have Origami Paper on hand to brighten the children's lives (and, we can help you learn how to make them!)



Making Holiday Cards for Hospitalized Children



- **Date: Friday, Nov.20th, 2026**
- **Time: 4:30-6:00 pm***
  - *(*Schedule Note: On Fri, 11/20, the Adult & Teen Karate Class has been moved to 6:30 pm (so we can clean up); And, there will be no Iaido class on this Friday.)*
- **This Event is Open to ALL AGES!** (Students, Family & Friends! The more, the Merrier!)
- **Cost: $5 per person** (not to exceed $15 per family).
  - Cost covers Crafting Supplies, Snacks & Pizza
- We will also **provide time for Games & Fun, for our younger friends** to take a break from their Crafting!

Thank you!

- **Questions?** Please email the dojo office, or speak with an instructor.
- **To attend, please RSVP by 9 PM, on Wed, Nov.18th.** We have a sign-up Sheet on the Student Bulletin Board (or you may email the office). Thank you!

HOLIDAY CARDS

Christmas & Holiday Card-Making Guidelines



Q: What are the holiday card-making guidelines?

A: Guidelines are the same as those for general cards; the only difference is that you include a happy holiday message.

Q: Can I write "Merry Christmas" on holiday cards?

A: Yes. However, if possible, we recommend you also make some cards for patients that don't celebrate Christmas, with other holiday messages, such as:





Q: Can I also write general messages along with holiday messages?

A: Yes, you can also include general messages from the Make Cards section, such as "Stay Strong" or "Never Forget How Amazing YOU Are" etc., with holiday messages. It is up to you.

A: What are the rules regarding glitter, and other similar craft products?

A: As with general cards, the only rule is that it is not excessive to the point of falling off, as that can create health concerns for some patients. A good way to test your glitter is to rub your finger over it and be sure that none rubs off.

Q: When can I send in my holiday cards?

A: Holiday cards can be sent to us at any time. There is no concern for sending them "too early", only too late.

Q: What is the deadline for sending holiday cards?

A: In order to ensure enough time for distribution, we prefer to receive holiday cards 1 week prior to the holiday. However, we can accept them at any time. Cards that don't arrive in time for distribution are saved for the holiday the following year.

Additional Notes: Do not include personal information on your cards. To sign them, simply use your first name, and/or State (ex. Tim from NH); Stay away from writing 'get well' or 'stay strong'. Cards should be uplifting, and not focused on the children's illness. Thank you !!

HOLIDAY
Card-Making Guidelines for CFHK

Addressing the Card

Please address the cards generally (rather than to a specific person by name) since we don't know the child's name in advance. If you want to address the card, here are some general suggestions:

— "Hey There" — "To a very special person"

Writing in the Card

Please do not write "Get well", "Feel Better" or other illness related comments. Rather, we recommend uplifting comments that focus on the child as a whole.



Things to Avoid

- Including Any personal information, such as: phone number,, email address, request for direct contact, etc.

- Any religious comments such as "God Bless" or "I'm praying for you." Hospitals do not allow us to distribute cards with these comments. Hospitals treat patients of all religions as well as patients that do not practice religion, which is why they do not allow this.

- At the request of hospitals, we do not write "Get well", "Feel Better" or other illness-related comments. This is very important because some patients suffer from medical conditions that are chronic, life-long, progressive and/or terminal.

Sign Your Name

Sign your name on the card (Please also include your state if possible such as:

— "Katie from Nebraska"
— "Jen from Washington DC"
— "Alex at Bank of America in Texas"