Dear Parents,

We have started our garden! The kids worked hard at filling the garden beds with the soil. Pillows, pillows, pillows, pillows and more pillows Sewing club is having a great time making pillows. United Way and Boy Scouts have their reading, pledging and fun times on a roll.

Few reminders to parents …..
Please let aftercare staff know when your child will not be attending aftercare.
You must be here and signed out by 6 pm. Continued late pickups can result in termination of services.
Family workshop “5 Ways to reduce anxiety” October 15th 5:15 held in the Media Center.

	

Lights On Afterschool

Each October, 1 million Americans and thousands of communities nationwide celebrate Lights On Afterschool to shine a light on the afterschool programs that keep kids safe, inspire them to learn, and help working families.

Saturn Brevard After School invites you, the parents of Brevard After School children, to spend a few moments, between 4:30-5:30 pm, with your child in their afternoon activities. Please join us in crafts and fun with your child and the staff of our Brevard After School program!

How to Balance Family Needs

Contribution and connection are the keys to balancing your family’s needs. As a parent, there are days when it seems easier to do everything yourself, but responsibilities stack up and you may feel stress and resentment. Doing it all yourself also robs children of the value of contributing to the family. Assign children jobs or chores based on their developmental level. Contribution to the family by performing a job eases some of your responsibilities, increases children’s senses of well-being, and fosters cooperation. Create time for your family to connect. Five minutes of play a day will reduce power struggles with children by 50%. Setting aside time for connection with your child pays significant dividends in cooperation and contentment.

Becky Bailey – Conscious Discipline

http://consciousdiscipline.com/resources