Dear Parents,

I hope everyone has settled in nicely from the long winter break, and back to good routines. Please be mindful of our discipline policy in place. The parent handbook is a great resource for this and other important information for our grant program. As always, if you ever have a concern or question, I am available by phone or email.

Burke.rachael@brevardschools.org

Mrs. Rachel Burke

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Knowledge will bring you the opportunity to make a difference.

- Claire Fagin

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### Upcoming Events

#### 5 Stress-Busters

1. **Take a walk.** Physical activity releases chemicals in the brain that help people feel better. Great conversations can happen when it’s you and your kids walking together.

2. **Sit down and share a healthy meal together with no distractions.** Turn off the television and cell phones. Talk about the day’s events without judgment.

3. **Arts and crafts projects are a great way to relieve stress.** Try coloring, using modeling compound or clay, painting, or knitting.

4. **Listen to music or watch a family show together.**

5. **Take a brain break and try deep breathing, stretching, or yoga.**