

# BASA: Central

Cambridge Elementary

2000 Cambridge Drive Cocoa, FL 32922

<http://sacc.brevardschools.org/21CCLC/SitePages/Welcome.aspx>

Coordinator: Deborah Yosheda T: 321-617-7719

Dear Parents,

On October 14<sup>th</sup> there is no school. October 17<sup>th</sup> we will be having a Parent workshop (Sugar Overload). It will be held in Mrs. Stephens room 46 at 5:15pm.

Just a reminder to Grant parents. Students must stay until 5:47pm everyday.

## 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.

Cambridge 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!



## Upcoming Events

### October 24

Lights On Afterschool 20<sup>th</sup>  
Year Celebration

### 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>



"It does not matter how slow you go as long as you do not stop"  
-Confucius