

# BASA: Central

Cambridge Elementary

2000 Cambridge Drive, Cocoa, Fl. 32922

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

Coordinator: Deborah Yosheda T: 321-617-7719

Dear Parents,

On February 22, 2018 we will be having a parent workshop (Summer Slide). This workshop will be held in Mrs. Stephens room 74. It will start at 5:15 pm and will end at 5:50. Remember you have to attend two workshops a year.

Knowledge will bring you the opportunity to make a difference.  
-Claire Fagin



## Upcoming Events

Feb 19<sup>th</sup> No School

Feb 22<sup>nd</sup> Parent Workshop

## 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.

