

# BASA: Central Cambridge Elementary

2000 Cambridge Drive Cocoa, FL 32922

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

Coordinator: Debbie YoshedaT: 321-617-7719

Dear Parents,

On February 15<sup>th</sup> and 18<sup>th</sup>, there will be no school. We will be holding our 6<sup>th</sup> Family Workshop (Family Friendly Fun) on February 21, 2019. It will be held in Mrs. Stephens room 45 at 5:15 PM.

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



## Upcoming Events

Feb 15  
No School

Feb 18  
No School

## 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.

