

BASA: Central Cambridge

2000 Cambridge Drive, Cocoa, Florida 32922

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

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Dear Parents,

This month we will be working on World Cultures. We have many fun activities for the students.

Remember we do have school on February 17,2020. Grant parents please don't pick up your students before 5:47pm.



FLORIDA'S 21ST CENTURY
COMMUNITY LEARNING CENTERS

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.

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

