

BASA: Central

Golfview Elementary

1530 S. Fiske Blvd, Rockledge, FL 32955

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

Coordinator: Diana Stephens T: 321 633-3570 ext.4002

Dear Parents,

LOVE IS IN THE AIR! Teach your child to LOVE:

- The art of Reading
- Opening their mind up to new things
- Doing good deeds

Did you know that in the month of February, we celebrate many special days, even though is the shortest month of the year? Some of these days are:

- Ground Hog Day
- Mardi Gras
- Valentine's Day
- President's Day
- Canada's Heritage Day
- Black History Month

As always, children are our future! Take time to nurture, stimulate, and support their minds and the rest will follow!

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



Upcoming Events

Feb 8th Parent Workshop

Feb 19th – 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.

