

BASA: Central

Golfview Elementary

1530 S. Fiske Blvd, Rockledge, FL 32955

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

Coordinator: Diana Stephens (Mrs. Dee) T: 321 633 3570 ext. 4002

Dear Parents,

As a friendly reminder, we will be conducting our final Parent Workshop for the year entitled, "Family Friendly Fun"! Mark it on your calendar!

Due to the unpredictable weather over the past several weeks, our garden did not do so well. Once the weather takes a turn for the better, our students will begin re-planting vegetables, herbs, and flowers once again. We look forward to a bountiful harvest!

Attention Parents! As stated on the 21st CCLC Grant Registration form: "I understand my child must participate in this program every school day and that pick up is between 5:47 pm-6:00 pm". Please adhere to this policy. If you have any questions or concerns, please feel free to contact Mrs. Dee.

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



Upcoming Events

Feb 13th Parent Workshop/5:15-6:00 pm!

Feb 15th- Student Holiday

Feb 18th- Presidents' Day/Holiday for All

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 modelling 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.

