

BASA: Central

Golfview Elementary

1530 S. Fiske Blvd, Rockledge, FL 32955

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

Coordinator: Diana Stephens Office Number: 321-633-3570 ext. 4002

Dear Parents,

February is Black History Month! Our program is looking forward to learning facts and discovering what Black History is all about.

The Brevard After School Program closes at 6:00 pm. Please be respectful and mindful of the time. Time is measured by the Center's clock!



FLORIDA'S 21ST CENTURY
COMMUNITY LEARNING CENTERS

Upcoming Events

No 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

