

BASA: EAST

Harbor City Elementary

1377 Sarno Road, Melbourne, Fl. 32935

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

Coordinator: Lydia Reynolds Office Number: 321-253-5051 ext. 2

Dear Parents,

We have started the Kids in the Kitchen club. Once again, the students will learn kitchen etiquette and how to prepare simple healthy and delicious snacks. The culmination of the skills that they learn will be on 2/24. We invite you all to come and participate.

We will also begin our spring garden. In the previous fall we grew carrots, tomato, Romaine lettuce and Swiss Chard. It will be exciting to see what they will grow next.

Please visit the Brevard Afterschool Program on Facebook. There are a lot of new pictures of your children doing amazing things!

We thank you for your continued support!

Upcoming Events

February 24, 2020
Kids in the kitchen workshop

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