

# BASA: EAST

## Riviera Elementary

351 Riviera Drive, Palm Bay FL 32905

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

Coordinator: Thelma Warren Office Number: 321-676-4237

Dear Parents,

Second semester is well under way and Riviera After School students have been busy finishing up their Medical City projects. Group leaders are now transitioning to our new unit, "World Cultures."

During the next few weeks, students will "travel" to China, Hawaii, Alaska, and the Rainforest. Along the way they will have art projects such as making a dragon and llama puppet. Wellness activities include 'Chopstick Relay Race,' 'Pass the Coconut,' and 'Catch a Dragon's Tale.' For Social, Emotional Learning discussions, students will analyze friendship and identifying their feelings.

During the month of January our character word of the month was RESPECT. Each day students were asked to spell and define this word then give an example of how they could show respect. For the month of February, we will be highlighting HOPE. Encourage your child to display this trait in their daily life and commend them when they do.

Don't forget to mark your calendars for our first 21<sup>st</sup> Century Showcase scheduled for February 21<sup>st</sup>. Be sure to take a look around and admire our students' art work and projects.

As always, your support is needed and very much appreciated as we work together helping our students be the best they can be!

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



FLORIDA'S 21<sup>ST</sup> CENTURY  
COMMUNITY LEARNING CENTERS

### Upcoming Events

February 21<sup>st</sup> Showcase

#### 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.

