

# Brevard After School Academy: North

Mims Elementary

2582 US Highway 1

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

Coordinator: Gail Budnik T:321 264 3020 Ext. 47729

Dear Parents:

In this month we will be working on Money Matters to earn our badges. We will be reading some fun books about developing your very own Lemonade Stand and making lemonade with lemons, sugar and water. We will read about Curious George taking on a job. We will be talking about famous Art that is worth millions of dollars and discuss about becoming an inventor. We will see and talk about the different currency in our world and managing money. We will experience shopping in a mall, here at school, and for fun seeing how strong spaghetti really is. We look forward to leaning all we can about money and how to manage it.

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



## Upcoming Events

**February 15**

President's Day- Student Holiday

**January 28**

Parent Workshop

5:15-5:45 PM

## 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.

