

# BASA: North

## Mims Elementary

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

Coordinator: Gail Budnik T: 321-264-3020

Dear Parents,

This month we will be building Lego cars that run with a balloon, making sand castles with kinetic sand, creating geometric snowflakes, reading about science, playing crab soccer and having hula-hoop challenges. The students enjoy building with magnet tiles and Lincoln logs as well as spending time in the computer Lab. Grade one have been practicing their sight words by playing Sight Word Bingo.

Our next Family Night from 5:15-6:00 will be Family Reading Night. Please mark that on your calendar as we would love to see you all attend.

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



### Upcoming Events

Feb 15, 2019 (No School)

Feb 18, 2019 (No School)

Feb 28, 2019 ( Family Night)

### 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.

