

# BASA: North

## Mims Elementary

2582 US-1, Mims, FL 32754

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

Coordinator: Gail Budnik Office Number: 321 264 3020 Ext. 47713

Dear Parents,

This month we will be working on World Cultures and World Travel Badges. We will talk about the Chinese New Year Dragon, Northern Lights, the art of the Tiki Mask, and Ice Melting. We will have fun with relay games outside and continue to enjoy time with our friends.

We will have our last Parent Workshop, 5 Steps to a Positive Morning Routine, on February 12, 2020 at 5:15 PM in building 14 room 106 with Mrs. Dora-Kelly.



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

### February 12, 2020 Parent Workshop 5:15 PM Upcoming 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

