

BASA: North

Oak Park Elementary School

3395 Dairy Rd. Titusville, FL 32796

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

Coordinator: Nancy Faris T: 321 269-3252

Dear Parents,

We have settled in nicely to our very busy schedule. The kids are enjoying the culinary. Mrs. Beverly comes every Tuesday and the kids are really enjoying learning about all the healthy, foods they can cook together as a family. We have 3 more weeks of cooking. The last day that she comes, she invites all the parents to try the delicious food too. There are afterschool clubs that the kids have signed up for such as mileage club, art club, K Kids, Scouting, and Karate. We have implemented a homework time from 5:00-5:45 so please remind your children that it is their responsibility to get their homework out and work independently on their work. Please watch for the Parent workshops flyers. I will post them on the Parent board and I also will have flyers on the table for you to take to mark your calendar.

Lights On Afterschool

Each October, 1 million Americans and thousands of communities nationwide celebrate **Lights On Afterschool** to shine a light on the afterschool programs that keep kids safe, inspire them to learn, and help working families.

Oak Park Brevard After School invites you, the parents of Brevard After School children, to spend a few moments, **between 4:30-5:30 pm**, with your child in their afternoon activities. Please join us in crafts and fun with your child and the staff of our Brevard After School program!



“It does not matter how slow you go as long as you do not stop”
-Confucius



Upcoming Events

October 24

Lights On Afterschool

Oct 3rd, 19th, 17th, 24th, 31st

Art club

Oct. 1st, 8th, 15th, 22nd, 29th

Karate club/Culinary

Oct 21st, Oct 28th

Mileage club

Oct 11th, Oct 25th

K Kids

How to Balance Family Needs

Contribution and connection are the keys to balancing your family's needs. As a parent, there are days when it seems easier to do everything yourself, but responsibilities stack up and you may feel stress and resentment. Doing it all yourself also robs children of the value of contributing to the family. Assign children jobs or chores based on their developmental level. Contribution to the family by performing a job eases some of your responsibilities, increases children's senses of well-being, and fosters cooperation. Create time for your family to connect. Five minutes of play a day will reduce power struggles with children by 50%. Setting aside time for connection with your child pays significant dividends in cooperation and contentment.

Becky Bailey – Conscious Discipline

<http://consciousdiscipline.com/resources>

