

Academy North

Oak Park

3395 Dairy Road

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

Coordinator: Mrs. Council T: 321-2693252

Dear Parents,

We have been having a great time this semester, please go to this web page and take a look:

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

Our garden veggies are growing, and soon we will be harvesting and eating from our gardens. Please have your child show you the gardens.

We have University of Florida Culinary Enrichments coming starting Feb. 25th to teach the students healthy food choices. Mrs. Beverly will be coming every Thursday to cook with the students.



Upcoming Events

February 15

President's Day- Student Holiday

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
