

# BASA: North

## Oak Park Elementary

3395 Dairy Rd.

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

Coordinator: Nancy Faris T: 321 269-3252x 5001

Dear Parents,

We are busy settling into the second part of the year. Please remind the children that homework is part of our program. There is plenty of opportunity for the children to finish their work.

Our clubs are every Thursday. The clubs rotate every 9 weeks. We have technology, engineering, crocheting, art, and science.

We have Creature Features coming soon. Children in 3<sup>rd</sup> and 4<sup>th</sup> grade will participate in activities learning about different animals.

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



### Upcoming Events

Feb 11<sup>th</sup>, 28<sup>th</sup> Girl scouts

Feb 13<sup>th</sup>, 27<sup>th</sup> Boy scouts

Feb 22<sup>nd</sup> Creature features

### 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.

