



# BASA: North



Oak Park Elementary  
3395 Dairy Rd.

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

Coordinator: Nancy Faris T: 321 269-3252 x 4002

Dear Parents,

Culinary is coming soon. Ms. Beverly is coming back. The kids are so excited. She will come every Thursday from 3:30pm-5:30. Starting March 8<sup>th</sup>-May 3<sup>rd</sup>.

The UF/IFAS Family Nutrition Program is excited to provide its *Kids in the Kitchen* culinary program again this year for your school's Before and After School Program. This program will consist of seven weekly lessons, each focusing on preparing healthy recipes from the USDA's *MyPlate* five food groups. Students will be participating in hands on food preparation and taste testing of each recipe.

Lesson 1: Ricotta roll-ups

Lesson 2: Breakfast banana split

Lesson 3: Taco Bowl

Lesson 4: Fruit salsa with Cinnamon chips

Lesson 5: Surprise Salad

Lesson 6: Tortilla twist

Lesson 7: MiPalato Dunkers - Parent Night – (all parents are encouraged to attend)

## Upcoming Events

March 7<sup>th</sup> Boy scout's/early dismissal

March 8<sup>th</sup> Culinary

March 9<sup>th</sup> Girl Scout's

March 14<sup>th</sup> Early release/Boy scouts

March 15<sup>th</sup> Culinary

March 16<sup>th</sup> Student holiday/Teacher workday

March 21<sup>st</sup> Early release/Boy scouts

March 22<sup>nd</sup> Culinary

March 23<sup>rd</sup> Girl scouts

March 28<sup>th</sup> Early release/Boy scouts

March 29<sup>th</sup> Culinary

## Test Taking Tips for Parents

- ✓ Keep a positive attitude about tests.
- ✓ Mark down test days on your calendar so you and your child are both aware of testing dates.
- ✓ Make sure that your child gets enough sleep on the night before the test.
- ✓ Ensure that your child eats a healthy breakfast and avoid heavy foods that may make him/her groggy and avoid high sugar foods that may make him/her hyper.
- ✓ Make sure that your child gets up early enough so that he/she will be on time to school.
- ✓ Talking about the test with your child can relieve stress about test taking.
- ✓ If your child is struggling on their tests, talk to them about it and meet with their teacher to find out the best way to help your child.
- ✓ Praise/reward your child when they do well on a test or for their hard work preparing for a test.

Education is what remains after one has forgotten everything he learned in school. –Albert Einstein