

# BASA: WEST

Columbia Elementary

1225 Waco Blvd. SE, Palm Bay FL 32909

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

Coordinator: Katie James T: 321-722-4188

Dear Parents,

This month we will have **Family Math Night** on Wednesday, February 20, 2019 at 5:15PM thru 6:00PM. With your child in the 21<sup>st</sup> CCLC program you are required to attend at least 2 of our workshops. Please See the table for the Parent for the list of our Workshops.

Our Theme for this month is **Physics and Chemistry**. The Primary group Badges that they will be working on is **In the Lab**. The Intermediate groups Badges that they will be working on is **A Force by any Other Name**. Some of the activities available for the group leaders to choose from include; What is Static Electricity, Popsicle Stick Chain Reaction, Hula Hoop Wellness, String Art, Toothpick Bridge Building, Science Reading- more about Flight, Parachute Play, Ice Crystals Extraordinaire- Snowflakes, Make snow, Recrystallizing Crystals, Why is Snow white? Investigation, Icebergs, Make Magic Sand, Magic Sand Castles, Sand Cake by Frank Asch, Newspaper Collage, Amazing Sodium Polyacrylate Trick and Zig-Zag Sprint Relay Race. The children are going to have so much fun learning while doing all the activities.

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



## Upcoming Events

Feb 15, 2019- No School-  
Teacher Work Day

Feb 18, 2019- No School-  
President's Day

Feb 20, 2019- Family Math Night  
5:15-6:00pm

## 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.

