

# BASA: WEST

## Columbia Elementary

1225 Waco Blvd SE, Palm Bay, FL 32909

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

Coordinator: Katie James

Office Number: 321.722-4188 Ext 4002

Dear Parents,

This year is really flying by. In the month of February, we will be starting a new Unit. This next unit we will be starting to learn about World Cultures. Some of our activities that we have to choose from are; Chinese New Year Dragon Puppet, Catch a Dragons Tail, Chopstick Relay Race, Dragon Mask Activity, Northern Lights, Iditarod Mobile, Whale Cup & Ball Alaskan Game, The Art of the Tiki Mask, Pass the Coconut, Tacky Tourist Race, Crafty Crocodile, Llama Puppet, Hula-Hula Freeze, Pele Goddess of Fire and Identify Your Feelings.

Remember if your student is absent from school and the program, I need a doctor's note for our records as well as the school office. If you have changed any of the contact information, please see Ms. Katie to update it.

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



FLORIDA'S 21<sup>ST</sup> CENTURY  
COMMUNITY LEARNING CENTERS

### Upcoming Events

February 17-SCHOOL DAY  
Hurricane Make up Day

### 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.

