

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,

During October, we will continue working on the It is About Time Badging.

Lights On Afterschool

Each October, 1 million Americans and thousands of communities nationwide celebrate **Lights On Afterschool** to shine a light on the afterschool programs that keep kids safe, inspire them to learn, and help working families.



“It does not matter how slow you go as long as you do not stop”
-Confucius



NITA M. LOWEY 21ST CENTURY
COMMUNITY LEARNING CENTERS
FLORIDA

Upcoming Events



October 22

21st Annual Lights On
Afterschool Celebration

How to Balance Family Needs

Contribution and connection are the keys to balancing your family's needs. As a parent, there are days when it seems easier to do everything yourself, but responsibilities stack up and you may feel stress and resentment. Doing it all yourself also robs children of the value of contributing to the family. Assign children jobs or chores based on their developmental level. Contribution to the family by performing a job eases some of your responsibilities, increases children's senses of well-being, and fosters cooperation. Create time for your family to connect. Five minutes of play a day will reduce power struggles with children by 50%. Setting aside time for connection with your child pays significant dividends in cooperation and contentment.

Becky Bailey – Conscious Discipline

<http://consciousdiscipline.com/resources>

