

# BASA: West

## Jupiter Elementary

950 Tupelo Rd.

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

Coordinator: Daisy Perez Office: 321-952-5998

Dear Parents,

Our 21<sup>st</sup> CCLC Program has gotten off to a great start. Enrollment is still open and our numbers in the Program will continue to increase.

We have begun our next 4-week PBL Lessons on Physics and Chemistry. Have conversations with your children on the importance of participation and staying engaged. The children will learn through Science as well as do many great crafts and activities.

Overarching Theme: Inquiring Minds  
PBL 3: Physics and Chemistry 1/28-2/22  
Primary Badge: In the Lab  
Intermediate Badge: A Force by Any Other Name

The children will be conducting various experiments. Engage in conversation with your child and have them explain these projects with you.

Please be reminded that pickup times for our 21<sup>st</sup> CCLC Program are between 5:47 and 6:00 PM. Thank you for your support of our BASA Programs.

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



### Upcoming Events

Feb 15<sup>th</sup>  
Student Holiday

Feb 18<sup>th</sup>  
Student Holiday

Feb 22<sup>nd</sup>  
End of Physics and Chemistry  
PBL

### 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.

