

# BASA: West

Turner Elementary

3175 Jupiter Blvd S.E Palm Bay Florida 32909

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

Coordinator: Tracy McGreal Office: 321-952-5966

## Parent Workshops

BASA –West is offering 2 parents workshops this school year. Please try to attend to fulfil your participation in the program. Hope to see you there!!

**Wednesday, April 17,2019 Family STEM Night (5:15 -6pm)**

Please continue to check out the sign out table for flyers and updates, and information regarding BASA-West

## Brevard After School Website

Don't forget to go to the Brevard after School 21<sup>st</sup> CCLC website to get the latest information including newsletters, pictures of students completing challenges, workshop schedules and information, and updates from the Semi-Annual Advisory Board Meetings.

## Reminders

Please remember that this is a federally funded program and the main requirements that must be met to continue these services are: Your child needs to **attend daily (five day of week)** and **your child needs to stay to participate each day until 5:47 pm**. Additionally, you must attend at **3 workshops** during the year. We are audited throughout the year by observation and recordkeeping. We do not want to jeopardize the program in its entirety. So please help us by respecting these requirements. Also, we enjoy seeing your child learn new tools to help them **become SUCCESSFUL**.



Project Based Learning  
Activities:

Curlinary: International Cuisine

Week 1- 4/1-19-4/5/19 Mind your  
Manners Games

Week 2- 4/8-19-4/12/19 Rice & Rock

Week 3 – 4/15/19-4/19/19 Don't play  
with your food

Week4-4/22/19-4/26/19 Dragons Love  
Tacos

## 5 Stress-Busters

1. *Take a walk. Physical activity releases chemicals in the brain that help our kids feel better. Great conversation 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 with your kids.*
3. *Arts & crafts projects are great way to relieve the stress of the day. Try coloring, using modeling clay ,painting or even slime great stress –busters©.*
4. *Listen to music or watch a favorite movie together*
5. *Take a brain break and try deep breathing, stretching, or yoga your kids will love the time they spend with you.*

**We are all like a snowflake in our own different way.**  
**-Unknown**

