

BASE: 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 **3** parents workshops this school year. Please try to attend to fulfil your participation in the program. Hope to see you there!!

Thursday , February 28,2019 Family STEM Night (5:15 -6pm)

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

Reminders

Please remember that 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. In addition, we enjoy seeing your child learn new tools to help them **become SUCCESSFUL.**

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



Upcoming Events

Inquiring Minds: **Physics & Chemistry**

Week 1- 1/28-2/4/19 Static Electricity

Week 2- 2/4-2/8/19 creating Scratch Art paper

Week 3 - 2/11-2/14/19 Geometric snowflake

Week4- 2/19-2/22/19 what make a magic sand

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.

