

BASA: SOUTH

Sabal Elementary

1401 N. Wickham RD

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

Coordinator: Meghan Matthews T: (321)254-7261 ext 4002

Dear Parents,

We started our TOP SECRET curriculum. The students will be making mores code jewelry and participating in Secret Agent activities.

Please remember students must not be picked up before 5:47 every day unless and emergency or doctor's appointment.



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



Upcoming Events

Feb 9th Father Daughter Dance

Feb 16th Parent Work Shop

Feb 19th Student Holiday

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.

