

BASA: SOUTH

Sabal Elementary

1401 N. Wickham Rd Melbourne FL 32935

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

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

Dear Parents,

We have started our PBL Physics and Chemistry, and the students are having a blast with it. We have learned about static electricity, chain reactions, and have made our own ice cream.

Just a reminder that school is closed February 15th and February 18th.



Please remember that this is a federally funded program and the main requirements that must be met to continue these services are: that your child needs to attend daily (five days a week) and your child needs to stay to participate each day until 5:47 pm. Additionally, you must attend at least two adult workshops during the year.

We are audited throughout the year by observation and record keeping. 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!

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



Upcoming Events

Feb 14th Valentine's Day

Feb 15th Student Holiday

Feb 18th Student Teacher 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.

