

BASA: SOUTH

SABAL ELEMENTARY

1401 N. Wickham Rd Melbourne, FL 32934

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

Coordinator: Meghan Matthews Office Number: 321-254-7261 Ext 49613

Dear Parents,

We are finishing up Medical City and then moving on to World Expeditions. The students will be learning about different cultures from around the world.

If you would like to donate to our afterschool program, here are some items we are in need of:

Pencils, and notebook paper.

Spring Break is coming up March 16th- 23rd schools will be closed.

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



FLORIDA'S 21ST CENTURY
COMMUNITY LEARNING CENTERS

Upcoming Events

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.

