

# BASA: South University Park

500 W. University Blvd, Melbourne, FL 32901

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

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Dear Parents,

Love is in the air. Must be February! We have officially completed six months of school and have four more fun filled action packed months to go.

Culinary is continuing this month. The kids are up and down about the flavors of food being mixed together. The all try it and some find that they really do like it. A few have taken recipes home and have even done some cooking for their family. All recipes contain healthy ingredients and are easy to make. A complete recipe book will be sent home with all children that want one. On February 21 there will be a Parent Tasting Event and you will get to try one of the recipes. Miss Beverly will make it in the Culinary Kitchen and bring to serve at 5:30.

Also on February 21 the 4<sup>th</sup>, 5<sup>th</sup>, and 6<sup>th</sup> graders will be taking a field trip to Florida Tech to the Ruth Funk Museum for Textile Arts. The children will tour the museum to view the art on display. Two weeks later the museum staff along with a local artist will visit the school and do an art project with the kids. We all look forward to this. In years past, the children love doing this and have even had their art work on display in the gallery.

So for such a short month, we have lots to do.

**Remember, we close promptly at 6PM by the center's clock.**

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



## Upcoming Events

Feb 19: Student Holiday Center Closed

Feb 21: Parent Culinary Tasting Event

Feb 21: 4<sup>th</sup>-6<sup>th</sup> Museum Field Trip to Florida Tech.

## 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.

