

BASA: Mainland

Sherwood Elementary

2541 Post Road; Melbourne, FL 32935

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

Coordinator: Heidi Jacobson T: 321-254-6424 ext. 2201/2200

Dear Parents,

We are continuing our unit on World Expeditions. The students are earning badges for all the activities they complete.

Boy/Girl Scouts continue to visit every other Thursday. The students are enjoying the activities they are provided at each meeting.

A Sporting Chance, a new partner, will start on February 22nd. They will visit every Wednesday for the next 6 weeks. The students will learn a variety of team sports.

Remember Monday, February 20th is a student holiday/teacher workday. All Brevard After School and Grant programs are closed that day.

Gentle Reminders:

Please remember that the program ends at 6:00 pm. The **earliest pick up time is 5:47**. If your child has an appointment or is sick, please provide a doctor's note for the absence. The grant program is a federally-funded program. In order to maintain funding, students **must** attend the program every day for the duration of the program.

Please make sure that your child leaves all toys and Pokémon cards at home. This has been a distraction and we take no responsibility for lost or stolen items from home.

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



Upcoming Events

February 1

Parent Workshop-Self-Esteem

February 20

President's Day-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.

