

# BASA: Mainland

## Sherwood Elementary

2541 Post Road, Melbourne, FL 32935

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

Coordinator: Heidi Jacobson T: 321-254-6424 Ext 4002/4004

Dear Parents,

We are continuing our PBL theme, Inquiring Minds. The primary grades are working on the *In the Lab* Badge and the Intermediate grades are working on the *A Force by Any Other Name* Badge.

Mrs. Yount is working with our Show Choir. The students are enjoying learning their songs and movements. They will be performing in the Spring Concert.

Mrs. Seus and Ms. Borghoff are working with our students on Homework, Skill-Based Practices and Remediation.

Every Wednesday, we have Miss Ally, a United Way volunteer, come and read with a small group of students. The students really enjoy the small group time. Miss Ally has been bringing in books the students are enjoying.

Ms. Beverly from University of Florida Extension Service has been coming out and working with our students in her program, Kids in the Kitchen. The students love culinary day. They follow a recipe and make their own snack. We have 4 more weeks of Culinary. We have copies of the recipes available, if you are interested.

Boy and Girl Scouts are coming out every other Thursday. The students are having fun with all the activities that are provided.

Reminders:

Student should remain in the program until 6:00 pm every day. The earliest time the students can be checked out is 5:47 pm. Please send in doctor's notes to excuse absences. Any questions, please contact Ms. Heidi.

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



### Upcoming Events

Feb 15<sup>th</sup>- Professional Dev/Student Holiday-*Program closed*

Feb 18<sup>th</sup>-Teacher/Student Holiday-*Program Closed*

Feb 12<sup>th</sup>-Parent Workshop—**Social Media**

### 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.

