

BASA: Sabal

Sabal Elementary

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Dear Parents,

Welcome Back! As we move into the new year, we will be working on our PBL's: "Physics & Chemistry" for the first part of February and finish the month off working on "In the Garden." We will continue with our Arts, Wellness, and SEL.

Just a quick reminder, parents, please send their children to school with a refillable water bottle with their name written on it. To help with the spreading of germs, it is best that the students don't drink from water fountains. The water bottles ensure your kids stay hydrated throughout the day, especially in our program.

Please remember to have your child's name written on their jackets. The schools lost & found is getting a pile of the jackets left behind.

We look forward to continuing to educate your kids and providing them with a safe, enjoyable, and advantageous program! If you ever have any questions or concerns, please never hesitate to contact me! Genesis V. Cruz

Reminders

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.



NITA M. LOWEY 21ST CENTURY
COMMUNITY LEARNING CENTERS
FLORIDA

Upcoming Events:

2/7 Student holiday

2/18 Student holiday

2/21 Student holiday

**2/28-3/6 Parent Workshop
Online**

5 Stressbusters

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 modelling 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.

Knowledge will bring you the opportunity to make a difference.

-Claire Fagin

