

BASA: EAST

Palm Bay Elementary School

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Dear Parents,

We are excited to enter a new month of Afterschool filled with learning and exciting activities!

Coming up on October 26th, we will be celebrating Lights on Afterschool. This is a national event to help show the importance of aftercare programs. Not only do programs keep kids safe, but kids are able to get help with homework while helping the children with social emotional needs.

Each October 1 million Americans and thousands of communities nationwide celebrate **Lights on Afterschool** to shine a light on the afterschool programs that keep kids safe, inspire them to learn, and help working families.



Notes to remember:

- **Your child is expected to be here everyday.**
- **Pick up time No later than 6pm**
- **Select New Grant Sites No Later than 5:30pm**



"It does not matter how slow you go as long as you do not stop"
-Confucius



NITA M. LOWEY 21ST CENTURY
COMMUNITY LEARNING CENTERS
FLORIDA

Upcoming Events

October 16th Student holiday
No school

October 26

21st Annual Lights on
Afterschool Celebration

How to Balance Family Needs

Contribution and connection are the keys to balancing your family's needs. As a parent, there are days when it seems easier to do everything yourself, but responsibilities stack up and you may feel stress and resentment. Doing it all yourself also robs children of the value of contributing to the family. Assign children jobs or chores based on their developmental level. Contribution to the family by performing a job eases some of your responsibilities, increases children's senses of well-being, and fosters cooperation. Create time for your family to connect. Five minutes of play a day will reduce power struggles with children by 50%. Setting aside time for connection with your child pays significant dividends in cooperation and contentment.

Becky Bailey – Conscious Discipline

<http://consciousdiscipline.com/resources>