

BASA: Riviera

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Dear Parents,

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

Each October, one million Americans and thousands of communities nationwide celebrate **Lights on Afterschool**. This is a national event designed to highlight the importance of after school programs. Not only do these programs keep students safe, but students get help with homework, tutoring, enjoy art and wellness activities and participate in meaningful social emotional learning sessions. Working parents appreciate having a safe haven for their children as well as a place where academic achievements are encouraged and celebrated.

On October 26th, please join us in celebrating our afterschool program at Riviera Elementary School. As always, we appreciate your continued support.

Thelma Warren, Coordinator



Notes to remember:

- **Your child is expected to be here everyday.**
- **Pick up time no later than 6pm.**



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



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>