



The Ambassador

Freedom 7 Elementary School of International Studies
An International Baccalaureate World School

Kathryn Lott
Principal

February 26, 2021

Lucy Haddock, Ed.D.
Assistant Principal



Freedom 7 Great Success in Future Problem Solving!



On February 17th, 17 students in grades 4-6, competed in the district Future Problem Solving competition. Students in 4 teams worked hard to complete the six-step problem solving process within the topic of Human Environment Impact.

15 students will be moving on to state competition in March! Way to go FPSers!

Global Issues Results:

Invitation to State:

8th Place Team A: Ashritha V. (6), Shriya V. (6), Tiya M. (4), Talia W. (5)

9th Place Team B: Reena K. (5), Alaina D. (5), Shanvi P. (4), David A. (6)

Scenario Writers Invited to State

Talia W. (5), Tiya M. (4), Shanvi P. (4), Reena K. (5), Alaina D. (5), Ashritha V. (6)

Scenario Performance Invited to State:

Ananya C. (6), Shanvi P. (4)

Freedom 7 Elementary School of International Studies
400 Fourth Street South, Cocoa Beach, Florida 32931
Telephone: 321-868-6610 Fax: 321-868-6615 <https://www.brevardschools.org/Freedom7ES>

Freedom 7 Elementary School of International Studies, an International Baccalaureate Primary Years Programme School, provides a quality public education with a rigorous and relevant transdisciplinary curriculum. Students are encouraged to become critical and open-minded thinkers, lifelong learners and compassionate world citizens who respect cultural diversity and take action to better our world.

We need
your help!



Brevard Public Schools Parent Survey Time!

March 1 - March 12

[CLICK HERE](#)

200 responses = Crazy Hat Day!
100% = Free Dress Day for ALL

Donations 4 Dogs + Cats

Please donate old towels, paper towels, Purina canned cat food, pet toys, dry dog kibble, wild bird seed.

*Please Put Donations in box in cafeteria
Or box in front of classroom 705*

*We will start collecting
on Monday, March 1
and stop on March 12*





Art Newsletter

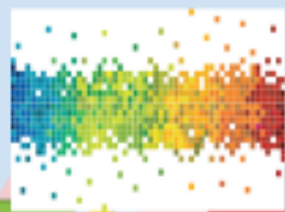
Freedom 7 Artists are **reflective**! Artists welcome mistakes as ways to learn. We celebrate when we have done something well. Artists try to improve every time they create. I wonder what your artist will celebrate or improve on in their next artwork?

Ways to talk about Reflecting with your artists:

- Can you retrace your steps you used to create the artwork?
- What choices did you make along the way?
- What is your next step?
- Tell me how you got here and what you did.



Elearner materials pick up was today. Please have your artist wait for Mrs. VV's directions on using materials. Class Pets were great models for our observational drawing practice!



Sixth Grade Families don't forget to purchase your artist's tile for the 6th Grade Tile Wall project! Log into your [APT website account](#). Each tile is \$14. If you would like to have a keepsake, please pay for 1 plus the number of keepsakes desired. All purchases must be made by 3/15/21.

The best way to contact me directly is by email vanvuren.alexis@brevardschools.org



“Don’t stress. Do your best. Forget the rest”

Health and Wellness with Coach Burr

Volume 2: Stress Management / Feb 2021

Stress Management

When we think of health and wellness a lot of times, I think people just think nutrition and exercise and although they are extremely important pieces of the puzzle, there is so much more to it. Stress management is a huge part of maintaining a healthy mind and body.



When we are in a chronic state of stress like this, it can really throw our bodies off. That sympathetic stress response or what we know as "fight or flight" causes cortisol and adrenaline to be released. This is a good thing if a bear is chasing us in the woods, but I am going to guess that is never going to happen to any of us. At least I hope not. 🐻. The thing is our body does not know the difference between that bear chasing you and day to day stress. When we have that long term stress and those cortisol spikes it is

super hard on our body and can lead to a slew of health issues.

It seems we are currently living in a constant state of stress from what we consume on the news, social media, the concerns from the pandemic, and everything else we experience personally as individuals in our day-to-day lives. I know it is way easier said than done but it is crucial that we adopt habits and practices to mitigate those stressors and the health effects they can have on our bodies.

Stress management will look different for everyone, but I think it is important to start to explore some ways that work best for you and your family. Some ideas can include:



- Yoga
- Meditation
- Exercise
- Support groups
- Journaling



- Reading a book or listening to an audio book/podcast
- Painting or creating art
- Going to the beach and soaking up the salt air/water
- Having happy thoughts and saying words of love
- Positive affirmations
- Taking a break from social media
- Getting out in nature
- Eating well
- Socialization (even if that means on Zoom)
- Adequate sleep
- REST/TAKE A BREAK

We live in a society that somewhat glamorizes the “no days off” mentality but it is so important to stop and rest. If you do not take the time to rest, relax, and fill up your own cup, your body is going to go ahead and do it for you.

My challenge to you this weekend is to take some time to do the things that bring joy to you and your family. Disconnect, get out in nature, eat well, and move your body. I would love to hear what you all do to bring more joy and happiness to your life!

Have a safe weekend!!

Yours in Health and Happiness,
Coach Burr





SIP TIPS

Click here for more information about how you can help support our School Improvement Plan from Mrs. VanVuren!



goodbye
FEBRUARY
hello
MARCH

Car Loop Safety

During afternoon pick up, whether you pick up in the North or East loop, if you are in the street please move as close to the curb as you can. I have received some citizen complaints about vehicles parking in the travel portion of the lane, which does not allow for traffic to continue to flow. If you move to the curb, it still allows for essentially three lanes of traffic and our wonderful neighbors can still pass safely.

Thank you and I appreciate you all helping with this issue.

Cpl. Kent

thank you

Pacific Rim!

OUR FACULTY AND STAFF LOVED LUNCH!




Freedom 7 Wish List
Click Here

March 1—March 5

Monday — Day 4
 Tuesday — Day 5
 Wednesday—Day 6
 Thursday—Day 1
 Friday—Day 0

DELAURA MIDDLE SCHOOL

7th GRADE OPEN HOUSE

WHERE: Virtual via Zoom

<https://brevardschools-org.zoom.us/j/89121989461>

WHEN: Wednesday, March 3rd starting at 6:00

FOCUS OF THE MEETING

- * Meet the Administration
- * 7th grade curriculum
- * Guidance/Registration information
- * Campus activities

We look forward to meeting you. GO SCOTTIES!



Mission

To serve every student with excellence as the standard.

Vision

Brevard Public Schools will serve our community and enhance students' lives by delivering the highest quality education in a culture of dedication, collaboration, & learning.

