## The Ambassador

Freedom 7 Elementary School of International Studies
An International Baccalaureate World School
Kathryn Lott, Principal Lisa Megown, Assistant Principal


# MESSAGE FROM THE PRINCIPAL 



Dear Freedom 7 families,

What a wonderful week! A full week of school for all our students at Freedom 7. We welcome many new students and families to our community and look forward to working together to make this a TRAILBLAZING year. Kindergarten came in like little pros. Many demonstrating the learner profile attributes from day ONE. This means they are learners who are:

Inquirers $\sim$ Knowledgeable $\sim$ Thinkers $\sim$ Communicators $\sim$ Principled $\sim$<br>Open-Minded ~ Caring ~Risk-Takes ~ Balanced ~ Reflective

Thank you for following car loop procedures each day. Morning drop-off has been going smooth, but we have one request for the front of the school. When waiting on 4th street to pull into the NORTH loop, please pull as far to the right curb as possible so neighborhood traffic can squeeze by when needed. When we work together things are EVEN BETTER! At dismissal, keep pulling forward as far as you can go. We will get your children to your car...we promise!

## STUDENT NICKNAME FORM

A recent addition to Florida law requires schools to obtain parental permission to use a name other than a child's legal name. If you haven't already, you may obtain this form from your teacher, the school's front office or on the front page of Brevard Public Schools / Homepage (brevardschools.org) .

Have a wonderful weekend!
Kathy Lott

# Happy 



The Learner Profile, Balanced
Students who are BALANCED are healthy and aware that eating properly and exercising is important in their lives. They understand that it is important to have a balance between the physical and mental aspects of their bodies. They spend time doing many different things. How can parents help to develop students who are well-balanced at home?

- Encourage your child to participate in a wide variety of structured activities.
- Be aware of the activities that your child is participating in during less structured time. All kids need to do a variety of activities. Generally active kids should take time for quiet reading or reflection; whereas those who spend a lot of time drawing or reading should be encouraged to also exercise and play.
- Discuss the food groups with your child. Spend a few minutes during a mealtime deciding if what your family is eating is balanced.
- Role model this attribute. Spend time as a parent or family doing many different things.


Freedom 7 has two handicap parking spaces available on campus. Please only use these if you have a handicap placard and be sure the placard is displayed according to state statute. Also, this does not mean you may use them if you have a family member that has one assigned to them and it's in the vehicle. The person assigned the placard must be in the vehicle.

Also, the use of cellular phones are prohibited in the car loops as well as school zones. Please refrain from using them while you are around or on school campus. If you need to take a call or finish a call, pull over and take care of it. If you're in a car loop line and you need to take a call, pull out of line and take care of business.

# 23-24 Smart Snack Menu for classroom parties, special events, and more! 

## Order treats for your class to enjoy, prepared by your school's cafeteria and served at lunchtime. All snacks and party options meet Brevard Public Schools' Student Wellness Policy guidelines corresponding with Smart Snack Guidelines nutrition standards.

These options are available for purchase by parents, PTA/PT0, organizations, teachers, and school-sponsored programs. Fill out the order form and send it to your school's cafeteria manager.

Accepted Forms of payment: Check, Cash.
To ensure we have the choice you want, orders MUST be submitted 10 days prior to the event.

Themed party options, customize to your students classroom. Please see order form on reverse side.

- Small Cookie Cake; Serves 20: $\$ 10.00$ - The Birthday Child will receive a cookie cake to share with classmates.
- Large Cookie Cake; Serves $40: \$ 18.00$ - The Birthday Child will receive a cookie cake to share with classmates.
- Cookies \& Milk Party: 75\$ per student — Each student gets a chilled milk and one cookie.
- Cookie Flavors, Choose One: Chocolate Chip, Sugar, Carnival Candy, Double Chocolate Chip
- Brownie Party: $\$ 1.00$ per student -Each student receives one brownie.
- Cupcake Tower; Serves 20: \$15.00 - Each student receives one lightly frosted cupcake.
- Cake \& Frosting Flavors, Choose One: Chocolate or yellow Cake with Chocolate or White Frosting
- Pop! Party: $\$ 1.00$ per student -Each student receives their very own bag of popcorn to enjoy.
- Popcorn Flavors, Choose One: Kettle Corn or White Cheddar Smartfood
- Go Bananas!: \$1.00 per student -Each student can monkey around with a fresh banana and a pack of goldfish.
- Veggie Dipper Party; Serves 20: \$16.00 - A platter of fresh veggies with light ranch dip for students to enjoy.
- Fresh Fruit Party: $\$ 12.00-A$ basket of 20 pieces of fresh fruit delivered to the classroom for students to enjoy.
- Say Cheese!: \$1.00 per student -Students receive baked Cheez-It crackers and a cheese stick.
- Cheese Stick Flavors, Choose One: Mozzarella String, Cheddar, or Colby Jack
- I Scream, You Scream! Party: \$1.00 per student —Beat the heat with a frozen treat!
- Rice Krispies Treat Party: $\$ 1.00$ per student —Each student gets a yummy Rice Krispies Treat


## Smart Snack Order Form for classroom parties, special events, and more!

Please fill out the order form below and return or email it to your Cafeteria Manager. Orders MUST be submitted no later than 10 days prior to the event. All payments to be submitted at time of order.

Today's Date: $\qquad$ Form of Payment:

Date/Time of Event: $\qquad$

$\square$Check \# $\qquad$ Contact Name: $\qquad$
$\square$ Cash

$\square$
MyPayments General Account
Contact Number:
Child's Name/ID\#:
$\qquad$ Child's Teacher: $\qquad$ \$
Number of Students: $\qquad$

| $\square$ - = M | \# of Servings | Cost per | Flavor Choice | Total Price | *Cookie flavors Choose One Chocolate Chip, |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Small Cookie Cake* |  | \$10.00 |  | \$ | Sugar, Carnival, |
| Large Cookie Cake * |  | \$18.00 |  | \$ | **Cake Flavors |
| Cookies \& Milk Party * |  | \$0.75 |  | \$ | Choose One Chocolate or Yellow |
| Brownie Party |  | \$1.00 |  | \$ | Frosting Flavors Choose One |
| Cupcake Tower** |  | \$0.75 |  | \$ | ***Popcorn Choice |
| Pop! Party *** |  | \$1.00 |  | \$ | Kettle Corn <br> White Cheddar Smartfood |
| Go Bananas! |  | \$1.00 |  | \$ | ****Cheese Stick Choice |
| Veggie Dipper Party |  | \$16.00 |  | \$ | Colby Jack <br> Cheddar |
| Fresh Fruit Party |  | \$12.00 |  | \$ | Mozzarella String |
| Say Cheese! |  | \$1.00 |  | \$ | *^ Rice Krispies Party Choose One |
| I Scream, You Scream! Party |  | \$1.00 |  | \$ | Original Chocolate Chip |
| Rice Krispies Treat Party |  | \$1.00 |  | \$ | Confetti |



## WATER SAFETY \& SWIMMING CERTIFICATION

1003.225 Water safety and swimming certification.-(1) For the purposes of this section, the term "water safety" means age-appropriate education intended to promote safety in, on, and around bodies of water and reduce the risk of injury or drowning.(2) Beginning with the 2022-2023 school year, each public school shall provide, to a parent who initially enrolls his or her child in the school, information on the important role water safety education courses and swimming lessons play in saving lives. The information must be provided electronically or in
hard copy and must include local options for age-appropriate water safety courses and swimming lessons that result in a certificate indicating successful completion, including courses and lessons offered for free or at a reduced price. If the student is 18 years of age or older, or is under the age of 21 and is enrolling in adult education classes, the information must be provided to the student. History.-s. 9, ch. 2021-35.


Disclaimer for website links-
You will be leaving The School District of Brevard County website and going to a website that is not operated by The School District of Brevard County. The School District of Brevard County is not responsible for, and expressly disclaims all liability for, damages of any kind arising out of use, reference to, or reliance on any information contained including the external site. Although The School District of Brevard County website may include links providing direct access to other
Internet resources, including Web sites, The School District of Brevard County is not responsible for the accuracy or content of information contained in these sites, and you expressly understand that (a) such information and its content does not belong to The School District of Brevard County, and (b) your decision to use such an external site for information purpose is being made voluntarily for your own unique inquiries.

## Water Safety Links

Brevard County Fire Rescue: Water Safety- http://www.brevardfl.gov/FireRescue/EducationAndFAQ/WaterSafetyTips
Brevard County Ocean Rescue- http://www.brevardfl.gov/FireRescue/OceanRescueServices
Brevard Health Alliance Drowning Prevention Tips- https://brevardhealth.org/drowning-prevention-tips/
Nemours Kids Water Safety- https://www.kidshealth.org/en/kids/swim.html
Nemours Pool Safety for Parents- https://www.kidshealth.org/en/parents/water-safety-pools.html\#catoutdoor
Nemours Water Safety for Parents- https://www.kidshealth.org/en/parents/water-safety.html\#catoutdoor
Nemours Preventing Drowning - https://www.kidshealth.org/en/parents/safety-drowning.html\#catoutdoor
Safe Kids Worldwide Swimming Safety Tips- https://www.safekids.org/tip/swimming-safety-tips
American Red Cross Water Safety Info- https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/water-safety.html

Pool Safely- https://www.poolsafely.gov/
Swim Safe Forever-https://www.swimsafeforever.org/water-safety
Shallow Water Blackout Prevention- http://www.shallowwaterblackoutprevention.org/
Local Public \& Private Swim Instructors

Brevard Swim Club- http://www.brevardswimclub.com/
Swim Safe Now-https://swimsafenow.com/

YMCA Swim Classes- https://ymcacf.org/programs/aquatics/lessons/

Brevard County Parks \& Rec Aquatics Information- https://brevardfl.gov/ParksAndRecreation/Centers

Florida Tech Panther Aquatic Center- https://www.fit.edu/clemente-center/panther-aquatic-center/aquaticprogramming/

321 Swim Academy-https://321swimacademy.wordpress.com/
JDS Aquatics- https://jdsaquatics.com/

British Swim School Space Coast- https://britishswimschool.com/spacecoast/

AquaMobile - https://aquamobileswim.com/l/private-swimming-lessons-brevard-county-fl/

Local County Pools-

Cocoa Beach Aquatic Center
4800 Tom Warriner Boulevard
P.O. Box 322430

Cocoa Beach, FL 32932-2430
https://www.cityofcocoabeach.com/415/Aquatic-Center

City of Melbourne Pools- https://www.melbourneflorida.org/departments/parks-recreation/pools

Fee Avenue Park Pool
1609 Babcock St, Melbourne, FL, 32901

Gleason Park Pool
1233 Yacht Club Blvd, Indian Harbour Beach, FL, 32937

John Lee Smith Park Pool
419 Washington Ave, Cocoa, FL, 32922

Lipscomb Pool
3400 Monroe St, Melbourne, FL 32901

McLarty Park Pool
790 Barton Blvd, Rockledge, FL, 32955

Sherwood Pool
2479 Post Rd, Melbourne, FL 32935

Palm Bay Aquatic Center
420 Community College Pkwy SE, Palm Bay, FL 32909

