



CHARTER CHATTER

December 2016

2112 Palm Bay Road NE
Palm Bay ♦ Florida ♦ 32905

Mission Statement

Palm Bay Academy is dedicated to serving the needs of its students by providing an opportunity for an enriched academic environment and acting as an extension of the Brevard County public school system to serve each student with excellence as the standard.



www.palmbayacademy.org/

- Like us on Facebook -

IMPORTANT!

Please be reminded of these policies...

- You must accompany children into the front office to sign them in when they are tardy for school.
- Students who are habitually tardy can have their field trip privileges revoked.
- With the cooler weather, students are allowed to wear sweat pants and zipper or buttoned sweaters in the appropriate color for their uniform.



December

12/02/16 6th Gr Kennedy Space Center Field Trip
 12/05/16 Holiday Shop – Trad, through 12-9
 12/07/16 PTO Meeting – Trad, 6-7 pm
 12/07/16 Winter Slumberland – Trad, 6-7 pm
 12/12/16 Family Book Clubs, 3-4 pm: Grades K-2 @ Imm, Grades 3-5 @ Trad
 12/15/16 Chorus & Strings Concert – Midd, 6 pm
 12/16/16 Title I NUT DAY
 12/16/16 Parents Night Out
 12/19/16 Early Release Days - 19th, 20th, and 21st
 12/20/16 Tuesday Tea – Trad, 8-9 am
 12/22/16 Begin Winter Break

UPCOMING

1/09/17 Students Return Back to School
 1/12/17 Parent Party – Trad, 6-7:30 pm
 1/17/17 Tuesday Tea – Trad, 8-9 am
 1/20/17 Title I NUT DAY

Charter Chatter

December 2016

Page 1	Important
Page 1	Monthly Calendar
Page 1	Leadership Team
Page 2	Holiday Tips
Page 2	Clubs
Page 2	PBA PTO
Page 2	"Hack the Brain" Workshop
Page 3	Be Optimistic?
Page 3	Reminders
Page 4	Puzzlers & Fungestions



Hi!

Editor

I'm Donna Moore, the editor of the Charter Chatter. We want to know what you think! If you have something you'd like to submit, write us a note. The content will be approved by the school. We do reserve the right to edit your material for appropriate content and to fit the space available.

Palm Bay Academy Leadership Team

Administration

- ♦ Madhu Longani – Director & Elem. Principal
- ♦ Jerry RunnerSmith – Principal (Middle)
- ♦ Marilyn Kinsel – Dir. of Operations
- ♦ Kim Gary – ESE
- ♦ Sophia Lherisse – ESOL
- ♦ Nina Orellana – Title I

Board of Directors

- ♦ Jennifer Wolf – President
- ♦ Manhar Shah – Board Member
- ♦ Allison Cunningham – Parent Liaison
- ♦ Brendan Purcell – Board Member
- ♦ Vacant – Board Member

Meetings: as posted

Elementary PTO (Parent Teacher Org.)

- ♦ President – Amanda Thibaudeau
- ♦ Vice President – Heather Davis
- ♦ Treasurer – Janae Beauchamp
- ♦ Secretary – Jennifer Sutton

Meetings: In general, 1st Wed of the month

Who to talk to on questions about...

- ♦ Busing – Amanda Thibaudeau
- ♦ Curriculum – Marilyn Kinsel
- ♦ Student Reading Assist – Ms. Gilchrist
- ♦ Events – Front Desk
- ♦ Field trips – Your student's teacher

Holiday Tips!



Do you remember what it felt like to pray for a particular present, pray every night, and not receive it? Do you remember being jealous of a friend's or sibling's gift? Can you remember what it was like dealing with relatives you didn't know, places you had never been, and situations that bored you to tears? We forget how difficult the holidays can be for children.

Tips to help children with holiday stress:

- 1) Children are expert observers. Model good coping skills for your children.
- 2) Discuss scheduling changes with your children and involve them in holiday responsibilities. Don't stray too far from regular bedtime/morning routines.
- 3) Keep school structure in the picture. Make sure your children keep reading and doing their math facts over the holiday. It keeps them focused on learning and makes the transition back to school easier.
- 4) Having clear boundaries makes their life more predictable and reduces feelings of insecurity. By setting and keeping limits, you reduce stress within the family.
- 5) Look at things positively and you see options. See things negatively and you feel trapped. Teach kids to replace "I never get what I want" with "I got nice presents that I can have fun with."
- 6) Spend quiet time with each child. Individual time spent talking with children while working on something can be very special. Ask how they are feeling, listen carefully, respect their comments.
- 7) Teach simple relaxation techniques. Breathing exercises, muscle relaxation, and imagery exercises are ways your children can gain control over their stress.
- 8) Look for clues of stress like: unexplained aching muscles, neck & backaches, pounding heart, restlessness, difficulty sleeping, early-morning awakening and, conversely, trouble staying awake, chronic irritability and nervous habits. If the child begins to withdraw from activities they used to enjoy this may be a red flag. Seek a mental health professional's care if needed.
- 9) What and **how** you say things to your child affects their ability to handle stress. Monitor how you speak to your children and watch for trends in their reactions.

Donna Moore

Clubs!



Chorus

Choral Group – Ms. Collins will conduct choral practice on Tues & Thurs between 2:15 and 2:45 pm. This group is limited to 3rd, 4th, and 5th grades. Arrangements must be made with Ms. Collins before children can attend. Please contact Ms. Collins for expectations of students. To contact please send email to: pcollins@palmbayacademy.org

Family Book Clubs

Family Book Clubs – Second Mondays 3-4 pm. Parents and students read a book and then discuss it with their group. Group depends upon reading level and interest. See Ms. Orellana to sign up.

Science Fair Club

Science Fair Club – Learn to create high quality science fair projects. For 3rd, 4th, and 5th graders, 3 – 4 pm. \$10 materials fee. Ms. Harvell's room.

Strings

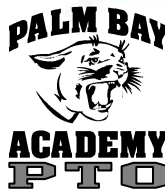
Strings Group – Ms. Collins will conduct strings group on Mondays between 2:15-2:45 pm. Students must bring their own instruments (rented or owned) to attend and have the required book and materials. To contact please send email to: pcollins@palmbayacademy.org

TECHnically Awesome Club

TECHnically Awesome – For 4th and 5th graders, 3 – 4 pm. Play your favorite computer games, then battle each other afterwards to a game of wits with Chess and Dominoes. \$5 fee. Computer Lab.

Tuesday Tea

Tuesday Teas – Usually every third Tuesday between 8:00 - 9:00am (check the website calendar to verify) with Ms. Nina Orellana - Come see how you can help the school!



Hello everyone! Our next meeting will be **Jan, 11th, 6:00 – 7:00 pm at the Traditional Campus**. We will be taking new PTO members at this meeting and discussing fundraising ideas and parent recruitment. Thank you and we look forward to seeing you at the next meeting!

Amanda Thibaudeau
President, Elementary PTO



Be Optimistic?...

Ah, the holidays. What a wonderful time of year! Families visiting. Present shopping. Bright, cheery music (everywhere). Baking (and more baking). Holiday cards... holiday wrapping... holiday school performances... Aaaaaack! And of course... holiday stress. Many people experience not only holiday stress, but also holiday depression. Is it possible to be stressed and depressed but still enjoy the holidays? Experts (experts because they have experienced it themselves and overcome it) tell us yes. Thank goodness.

Part of what makes depression so, well, depressing, is the crushing weight of pessimism trapping and holding you down. Pessimism makes it easy to believe that nothing will work out, and everything is pointless.

1. Make a choice – Will life lead you, or will you lead your life? That's the reason we need to be optimistic. Because a pessimist would never have seen a choice.
2. Speak kindly to yourself – Don't use negative language. Get rid of phrases like; Nothing good ever happens to me, It's just my luck, It figures. Negative thoughts make things impossible... optimistic thoughts bring possibilities.
3. Turn off the other negativity in your life – Don't watch violent television or shows/videos that are mean funny or highly sarcastic. Take a break from negative friends and co-workers.
4. Do and finish something to dispel disappointment or failure – Disappointment and failure are part of life. If you happen to experience one or both, don't beat yourself up, instead immediately complete something on your "To Do List" (most of us have one). You'll feel better once you successfully complete something.
5. When you need to change gears to a more positive state – (1) Find someone optimistic and let them raise your spirits. (2) Check your internal dialogue and if it's negative, read something positive. (3) Remember that nothing is permanent. Take a deep breath and think about a time when things were great. Bask in that glow. (4) Remember you have a choice, being led or leading, feeling bad or feeling good. (5) Find a reason to laugh. Try the comics, a silly video or a joke book. (6) Take a break and think of nothing for a few minutes. Then try the above tips again.

Optimistically yours... Donna Moore

"You'll never find a rainbow
if you are looking down"
Charlie Chaplin



Reminders! PBA Security Policies

Transportation Changes – Due to the Jessica Lunsford Act, we do not accept transportation changes verbally, via phone calls/messages, text message, email, or voice mail. A Parent/Guardian must give **advance written, dated, and signed notice using the "Palm Bay Academy Transportation Change Form"** (personal notes **not** accepted) to the Front Office when requesting any changes made in your child's transportation means. Incomplete forms will not be honored. ***There will be no exceptions.*** Changes must be made a minimum of 24 hours prior to pick up/dismissal. *Form available at front desk or on PBA website.*

Car Loop Procedures – Palm Bay Academy has a designated car loop procedure. Stopping and/or parking in no parking zones (at Dominican Tire Auto Repair, anywhere on Tropicana, or in front of residential homes on side streets) is not allowed for any reason (i.e. Dropping children or adults in the street or on the sidewalks, picking up students, dropping off paperwork, etc.). In addition, Palm Bay Academy will not be held liable for any instance, occurrence, accident or incident that may occur due to the disregard of these policies and procedures.

Early Pick Up – Palm Bay Academy has strict dismissal procedures. Latest early pick up time is 1:50 pm (Elem) unless it is Early Dismissal Wednesday, then it is 12:50 pm. The lobby doors are locked from 1:50 to approximately 2:20 for car loop dismissal. Afternoon release time for children is 2:15. On the first late pickup (after 3:00), a verbal warning will be issued. Repeated late pickups will result in your child receiving a demerit. If 5 demerits are issued, your child's field trip privileges will be removed.

Uniform Dress Code – Palm Bay Academy is a uniform school. **Traditional K-5 uniform** is white polo with logo & navy blue bottoms. **Immersion K-5 uniform** is navy blue polo with logo & tan khaki bottoms. **Middle 6-8 uniform** is hunter green polo with logo & tan khaki bottoms. Do not mix bottom or polo colors of other campuses with your students'. Jeans are never acceptable and hoodies are not allowed up on the head.



Winter Word Search

S D Q G I S I P B A H N E M W O N S
W S E U Q U T F V M I A A V H S G V
K T Z J W S W S F Z Q G T T Q N D I
S E Q S Z L C K I P W J Y S I A J C
S R Y L U X J A R G B Q G I V G E E
C W R L F M U T E V D E K C N G S R
S C A E Y X E I P E C S K A V O T I
D S U B E P R N L V D B M I B B A N
E T W H F G L G A E L C I G O O O K
L S L G A L L R C Y H S T O P T C S
S E Y I O N A A E C K S T L U U R X
B L E E O G L K S E L S E W D Z E E
O C M L X A L S E A R G N V N U V R
B I T S P L L H V S J V S Y R D O A
S C X E P E O I T S O R F K C A J O
R I C U D C N E X J S H J K H T C R
S I E S K R O S N O W B O A R D S S
G B Y E A K V V D R A Z Z I L B O S
V N Y C S N O W M O B I L E S L L S
G B M G K Q J M S Y A D I L O H N L
Q Q P C S N O W B A L L S J I A J E

BLIZZARD
BOBSLEDS
BOOTS
CARNIVALS
FIREPLACES
FLAKES

HATS
HOCKEY
HOLIDAYS
ICEPALACE
ICERINK

ICICLES
JACKFROST
MITTENS
OVERCOATS
SCARVES

SKIING
SLEDS
SLEIGHBELLS
SKATING
SNOWBALLS

SNOWBOARDS
SNOWMEN
SNOWMOBILES
TOBOGGANS
TUQUES



Holiday Light Parade: Dec 3, Palm Bay Holiday Light Parade - 6:30 pm. The parade marches from the EFSC campus, moves west on Malabar Rd to Eldron Blvd. Disruptions in traffic patterns starting at 4pm. Free.

Breakfast With Santa: Dec 10th, 8:30 am – 11 am. Purchase tickets at Ted Whitlock Community Center (1951 Malabar Rd NW, Palm Bay). Games, holiday fun, photo opp with Santa (bring camera). \$5 age 12 and up, \$4 age 3 to 12, Age 2 & under Free with paying adult.

Space Coast Lightfest: Thru Jan 1st at Wickham Park 2500 Parkway Dr.,. Holiday themed drive-through family oriented event, transformed into a winter wonderland filled with hundreds-of-thousands of lights. Popcorn and Hot Chocolate concession sales Hayrides available, Horse Drawn Carriage Rides. Event cost \$5 per car. For list of special events, www.spacecoastlightfest.com

Try these websites for children's fun & development:

- ♦ **Starfall** <http://www.starfall.com/> : This site offers reading with phonics and includes downloadable journals, books & activities
- ♦ **ABCya!** <http://www.abcya.com/> This site offers grade level K-5 lessons, apps and games for elementary students
- ♦ **E-Learning For Kids** <http://www.e-learningforkids.org/> Features lessons for all grade/skill levels covering all major topics

Try these websites for a little parents help:

- ♦ **Internet 4 Classrooms** <http://www.internet4classrooms.com/parents.htm> : A site that helps parents help their kids. Divided up into reading, math, discipline suggestions, helping with homework, and others
- ♦ **Family Education** <http://www.familyeducation.com/home/> : Contains a variety of links and information (I did encounter a number of ads, but usually there were pass links)
- ♦ **Empowering Parents** <http://www.empoweringparents.com/#> : Lists a number of support organization links and has information related to all phases of raising children. Also has a newsletter section

NOTE: These sites have not been examined for viruses or automatic installations. To my knowledge they are okay to visit.