



CHARTER CHATTER

December 2015



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 remember we have early dismissal on Wednesday, Thursday, and Friday (12-16, 12-17, and 12-18, the last three days before winter break). Pick up is no later than 1:45 (Elem), 3:00 for Middle. Early checkout no later than 1 hour before (12:45-Elem).



December



- 12/04/15 Friday Fun Fest 3-4 pm, Traditional
- 12/07/15 Santa Shop through 12-11, Trad
- 12/09/15 Santa Shop Family Night 5-6 pm Trad
- 12/09/15 Winter Slumberland, 6-7 pm, Trad
- 12/14/15 Family Book Club 4th Meeting 3-4 pm
- 12/15/15 Tuesday Tea, 8-9 am, Trad
- 12/17/15 Early Release Days @ 1:15 pm,
12/16, 12/17, 12/18 (latest early check
out is 12:50 pm Elem. & 3:00 pm Midd)
- 12/21/15 Winter Break Begins thru Mon, Jan 4th

Upcoming...

- 01/05/16 Students return Tuesday
- 01/11/16 Family Book Club 5th Meeting 3-4 pm
- 01/18/16 Martin Luther King Day, Holiday For All



Chanukah



Charter Chatter

December 2015

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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
- ♦ Mercedita Ortiz – Student Services
- ♦ Mercedita Ortiz – ESE
- ♦ Nina Orellana – Title I

Board of Directors

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

Meetings: as posted

PTO (Parent Teacher Organization)

- ♦ President – Renata Jordan
- ♦ Vice President – Deborah Shannon
- ♦ Treasurer – Jennifer Roberts

Meetings: To be announced

Who to talk to on questions about...

- ♦ Transportation (Busing) – Fran Chatelier
- ♦ Food Services – Crystal Cameron
- ♦ Curriculum – Marilyn Kinsel
- ♦ Student Reading Assist – Mercedita Ortiz
- ♦ 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

(Information from: "Children, Holidays and Stress Management, Nine Tips by Robert Falk, Ph.D.)



Giving Thanks Is Not Just For Thanksgiving

Thanksgiving has just passed. We gave thanks for our family and friends, good fortune, good health, and many other things we were grateful for.

But how many of us remember to continue to give thanks throughout the year or for things that happened a year or even two years ago? I have been fortunate enough to have challenging health issues for the last few years (yes, I said fortunate). These health issues remind me of how very precious everything in life is. I still remember to be grateful for health improvements that occurred over two years ago, like being able to use my hands with ease, being able to kneel and then actually rise back up using my legs, being able to turn my head both ways, and raise my arms above my head.

Individually, these seem like little things, but when they happen all together, they present quite a challenge. The more one is thankful, the more fortunate we feel and become. Here are some ways to remember to be thankful...

- ✦ Write down all the great things that happen to you over the course of the day.
- ✦ Let someone know they inspired you.
- ✦ Say "thank you", it acknowledges the recipient's effort.
- ✦ Write thank you notes. (real notes, not an email)
- ✦ Practice good self-care.

Thank you! Donna Moore

Answers to Winter Jokes



1. An ice-cycle.
2. To "Holly" wood.
3. Frost.
4. It's too far to walk.
5. Chess nuts boasting in an open foyer!
6. The North Poll.
7. Ice-caps.
8. I-C-E.
9. "Rude"-olph.
10. Because he had low elf-esteem.

Keep The Spirit All Year Long...

While researching the Dec newsletter article, I found I needed to check some references. I was researching holiday season quotes when I ran across an excerpt from Henry Van Dyke's book *Six Days of the Week, Keeping Christmas*. Henry Van Dyke was an American author, poet, educator, and clergyman from the late 1800's, early 1900's. This excerpt expressed beautifully the topic I was writing about. Not all of us celebrate Christmas, but the sentiment extends to all. .

Keeping Christmas by Henry Van Dyke

There is a better thing than the observance of Christmas day, and that is, keeping Christmas.

Are you willing...

- to forget what you have done for other people, and to remember what other people have done for you;
- to ignore what the world owes you, and to think what you owe the world;
- to put your rights in the background, and your duties in the middle distance, and your chances to do a little more than your duty in the foreground;
- to see that men and women are just as real as you are, and try to look behind their faces to their hearts, hungry for joy;
- to own up to the fact that probably the only good reason for your existence is not what you are going to get out of life, but what you are going to give to life;
- to close your book of complaints against the management of the universe, and look around you for a place where you can sow a few seeds of happiness.

Are you willing to do these things even for a day? Then you can keep Christmas.

Are you willing...

- to stoop down and consider the needs and desires of little children;
- to remember the weakness and loneliness of people growing old;
- to stop asking how much your friends love you, and ask yourself whether you love them enough;
- to bear in mind the things that other people have to bear in their hearts;
- to try to understand what those who live in the same home with you really want, without waiting for them to tell you;
- to trim your lamp so that it will give more light and less smoke, and to carry it in front so that your shadow will fall behind you;
- to make a grave for your ugly thoughts, and a garden for your kindly feelings, with the gate open

Are you willing to do these things, even for a day? Then you can keep Christmas. And if you can keep it for a day, why not always? But you can never keep it alone.

Quite inspiring!

Donna Moore



Reminder! 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 is closed 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.

Puzzlers & Fungestions



Winter Riddles

Answers on page 2

1. What do penguins and polar bears ride?
2. Where does mistletoe go to become rich and famous?
3. What bites an nips but has no teeth?
4. Why do birds fly south for the winter?
5. What do you call a bunch of grandmasters of chess bragging about their Games in a hotel lobby?
6. Where do polar bears vote?
7. What do snowmen wear on their heads?
8. How do you spell hard water with only three letters?
9. Which is the most ill-mannered of the reindeer?
10. Why did the elf feel so depressed?

Holiday Light Parade: Dec 5, 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 12th, 9 am – 12 pm. Purchase tickets early at Palm Bay Community Center (1502 Port Malabar Blvd NE). 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.

Annual Turkey Creek Boat Parade: Dec 12, 5:30 pm. Decorated boats parade from between Pelican Harbor and Palm Bay Marina then east past Palm Bay Point to the mouth of the Indian River, turning around and heading west back down Turkey Creek turning around at the open bay behind the intersection of Sunswept & Glenham!



Find The Differences Between These Pictures!



www.ActivityVillage.co.uk - Keeping Kids Busy

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.