



# The Ambassador

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



Kathryn Lott  
Principal

December 11, 2020 Lucy Haddock, Ed.D.  
Assistant Principal



## Principal's Message



Dear Parents/Guardians,

Winter Break is coming! Our school has been buzzing with excitement as we sprinkle holiday cheer into our learning and make preparations for the Holidays!

We thank you for your continued support of our school and our students. We have so much to be grateful for including: the return of many of our friends, the growth for all utilizing technology as a learning tool and the repairs and openings of both playgrounds. In the New Year we will be preparing for our student-led conferences, Jog-A-Thon, Literacy Week and much, much more. As we head into the Christmas break, the staff at Freedom 7 Elementary School of International Studies would like to wish you a blessed holiday season and a joyful, Happy New Year.

### Make it a December to Remember!

#### December 15- 9:15-10:30

- Elearner Materials Pick Up (curriculum resources and sing along props)
- Item Drop Off- include teacher and student's name
- Picture Re-Takes (for all)



#### December 16- 6:00 PM

- Home for the Holidays Sing ALong
- Put on your pajamas
- Gather as a family
- Sing Along from home



#### December 18- 1:15-2:00

- Elearner Car Parade
- In-person audience and cheer sections (follow map)
- Decorate your cars
- Wear your holiday hats, shirts and accessories (ALL)
- Play holiday music loud for all to hear!
- 2:15 In-person dismissal as always



**Elearning parents:** Please respond to this short survey about next semester. We want to be ready for any and all students who are planning to return to the school in January! <https://forms.gle/PRVcovLEkeERSg4b6>

We look forward to next week's festivities and to your return in the New Year. We will continue to build relationships, nurture goals, and celebrate our many gifts in the fresh, new year ahead.

Kathy Lott



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.



# Holiday Parade

DECEMBER 18, 2020

Join us for a parade through the parking lot. Our students on campus will be showing their holiday spirit while our e-learners spread cheer by car. Decorated cars, holiday shirts, hats and holiday music welcome.

**PARADE WILL BEGIN IN THE NORTH LOOP 1:15-2:00**

Refer to map for route directions. Parade participants will leave following the completion of the parade to allow for our on campus kiddos to be dismissed at 2:15!



FREEDOM 7 ELEMENTARY

## E Learner Materials Pick Up/Drop off & Make Up Picture day

Tuesday, December 15, 2020  
9:15-10:30  
North Car Loop (Front Entrance)



IF YOU ARE UNABLE TO MAKE THIS TIME, CALL THE FRONT OFFICE AND SCHEDULE A TIME FOR THE WEEK OF JANUARY 5TH-8TH 321-868-6610



*Freedom 7 Family Sing-Along*

# Home for the Holidays

Don your holiday PJs, drink a cup of hot cocoa, and enjoy a warm, comfy night at home with your family.

**Wednesday, December 16th, 6:00PM**

Look for a little something to use during the sing-along when you pick up your items from school on the 15th.

<https://brevardschools-org.zoom.us/j/8927517257>



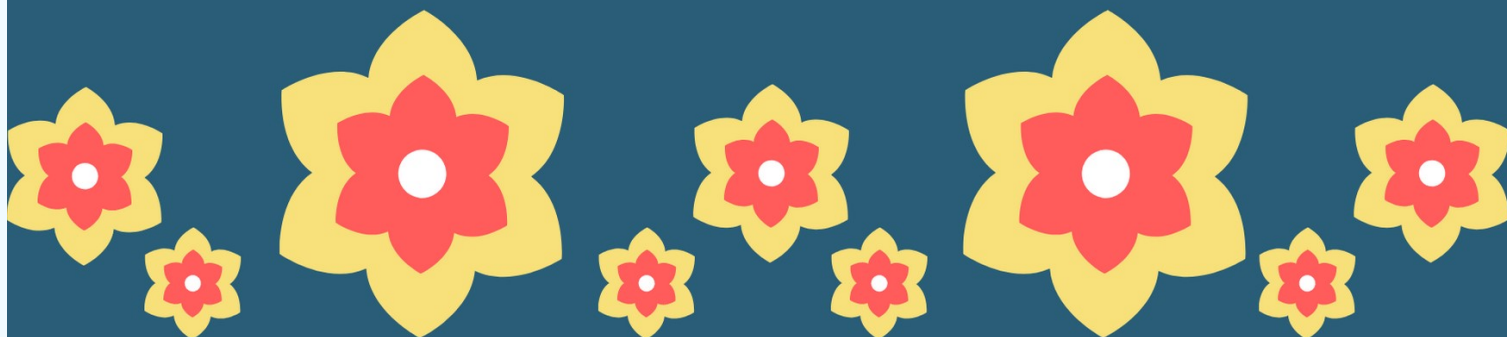


# Thank You

from the CFI

A big thank you to all the parents, students, and staff who supported our school library by purchasing items at our online Scholastic Book Fair! We totaled \$3461 in sales. Our library gets 25% in Scholastic book dollars. The funds will be used to buy new books for our school library.

Lisa Enrique  
Media Specialist/PYP Coordinator



## Days of the Week

Dec. 14 — Dec. 18

Monday — Day 1

Tuesday — Day 2

Wednesday—Day 3

Thursday—Day 4

Friday—Day 0



### 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.



MyFloridaMyFamily has partnered with AuntBertha to develop an online platform that is providing counties with a comprehensive directory of local resources that will help strengthen families.

Search by zip code below to locate resources near you: <https://www.myfloridamyfamily.com/>

## HELPING KIDS COPE WITH THE HOLIDAYS DURING A PANDEMIC & THE START OF NEW FAMILY TRADITIONS

This year has been difficult to say the least. With the holidays approaching – and the challenges and uncertainty of the coronavirus pandemic still ongoing – you may be wondering how to help your child cope with the disappointment of things being different this year. Below are some helpful links to help prepare kids for a very different holiday season this year:

- **HOW TO HELP KIDS HANDLE HOLIDAY DISAPPOINTMENT DURING COVID-19**  
<https://www.connecticutchildrens.org/coronavirus/how-to-help-kids-handle-holiday-disappointment-during-covid-19/>
- **30 MEMORY MAKING FAMILY CHRISTMAS TRADITIONS TO START IN 2020**  
<https://mommyonpurpose.com/memory-making-christmas-traditions/>
- **PREPARING YOUR KIDS FOR THE HOLIDAYS DURING COVID-19**  
<https://discoveries.childrenshospital.org/holidays-during-covid-19/>
- **THE HOLIDAYS WILL BE DIFFERENT THIS YEAR — HERE'S WHAT TO SAY TO KIDS**  
<https://www.today.com/parents/talking-kids-about-how-2020-holidays-will-be-different-t199125>



**Brevard County Holiday Events 2020**

<https://www.321area.com/christmas/>



There are many things to do for this Holiday break with your family. Try new things this year and make new family traditions. Check out the two links below for events going on in Brevard.

**Holiday Events in South Brevard!**

**2020 Holiday Gift Guide AND GIFT GIVEAWAY!**

Christmas will be here before you know it! We want to help you find the perfect gift for everyone. Plus enter to WIN ALL the Gifts on our list!

## Happy Childhood Memories & Brain Development

Happy childhood memories are essential to a child's developing brain. ... One might expect childhood memories to matter less and less over time, but these memories still predicted better physical and mental health when people were in middle age and older adulthood.

This year may be particularly stressful for parents due to financial hardships. Although this year may not be perfect but we can still take advantage of this time by making more memories with them. If you look back on your own childhood, you may notice that the memories you had with your parents are the things you remember and not the actual gifts you got. Family time together are the moments that mean everything to a child, making them feel safe, secure and loved. And when kids feel like that, they thrive, enabling them to become happy, healthy adults. The best part is that you don't need a lot of money to make happy memories with your kids.

This year start new family traditions like making cookies from scratch, having family movie nights or game nights. You can also make home made Christmas ornaments and decorations or even homemade gifts for family members with you kids. See links above for ideas.

- **THE HEALTH BENEFITS OF A HAPPY CHILDHOOD**  
<https://www.normanregional.com/blog/the-health-benefits-of-a-happy-childhood>
- **CHRISTMAS CRAFTS FOR KIDS**  
<https://www.personalcreations.com/blog/christmas-crafts-for-kids>
- **100 DIY DOLLAR TREE CHRISTMAS GIFT CRAFTS**  
<https://www.prudentpennypincher.com/dollar-store-diy-christmas-gifts/>

## TAKING CARE OF YOUR MENTAL HEALTH DURING THE SOCIALLY DISTANCED HOLIDAYS

With winter approaching and a global pandemic still upon us, we are all faced with needing to continue practicing safe social distancing during the holidays. Considering the year everyone has had away from family, along with financial hardships, this holiday season will be particularly stressful and tough on our mental health. Below are some helpful resources for recognizing and managing the stressors of this holiday season. You will also find, to the right, Crisis hotline numbers and Emergency 24/7 free and low-cost counseling services.

Remember, stress side effects can look different for everyone, especially for children so it's important to take care of yourself, but also talk with your family to help them prepare and process what this holiday season will look like.

- **4 MINDFUL TIPS TO DE-STRESS THIS HOLIDAY SEASON**  
<https://www.hopkinsmedicine.org/health/wellness-and-prevention/4-mindful-tips-to-destress-this-holiday-season>
- **TAKING CARE OF YOUR MENTAL HEALTH DURING THE SOCIALLY DISTANCED HOLIDAYS**  
<https://www.reidhealth.org/blog/taking-care-of-your-mental-health-during-the-socially-distanced-holidays>
- **SURVIVING PAINFUL HOLIDAY EMOTIONS**  
<https://www.nami.org/blogs/nami-blog/november-2020/surviving-painful-holiday-emotions>

## HOLIDAY MEALS, DINNERS, FOOD & GIFTS

There are several places to turn to for free Holiday dinners, meals and food such as, Charities, churches, soup kitchens, and even restaurants may serve a meal to a low-income family, families in need. **Food Pantry Locator:** <https://www.feedingamerica.org/>

As we approach the holidays, churches and charities will begin announcing their food giveaway dates. There are two great Facebook groups that find these announcements and post them centrally on their Facebook group pages. Sometimes these dates and announcements aren't revealed till days before, but these group pages post them ASAP. These groups not only post food resources but holiday gift resources too. To join the groups, visit the following links and request to join:

**Eckerd Connects Brevard Community Resource Facebook Group:**

<https://www.facebook.com/groups/EckerdConnectsBrevardCommunityResources/>

**Coronavirus Mutual Aid Network of Brevard County, FL Facebook Group:**

<https://www.facebook.com/groups/mutualaidbrevard/>

## MENTAL HEALTH, EMERGENCY HOTLINES & SERVICES:

- **Mobile Response Team:** 321-213-0315  
Offers 24/7 crisis intervention and brief counseling for children and families.
- **Family Support Warm Line:** 1-888-733-6303  
Free 24/7 Emergency Counseling Hotline. Call or Text available.
- **The U.S. Department of Health & Human Services:**  
Offers an available 24/7 text line. Users can text TalkWithUs to 66746 for text-based support
- **Veterans Crisis Hotline:** 800-273-8255  
Connects veterans in crisis and their families with qualified responders.
- **Optum Public Crisis Line:** 866-342-6892  
Emotional Support Help Line that is available to anyone, even if they are not a UMR or United Healthcare plan member. Available free of charge.
- **Disaster Distress Hotline:** 800-985-5990  
Offers help dealing with the stress of COVID-19
- **Impower Free Mental Health Counseling:**  
321-639-1224 Opt. 2  
(Mental Health & Substance Abuse Counseling, Case Management and Medication Management)  
● Can offer low cost mental health services.  
● If you have been impacted by COVID 19, Impower can offer FREE mental Health services through telehealth to adults and children.
- **Coastal Psychiatric Urgent Care:** 321-586-5444  
(Urgent/Same Day Mental Health & Substance Abuse Counseling, Case Management and Medication Management)  
● Sliding scale payments to those who qualify  
● Serves individuals aged 4 & up  
● Accepts out of pocket payments
- **Domestic Violence Crisis Lines & Shelters:**  
● **Serene Harbor:** 321-726-8282 (Call or Text)  
● **Salvation Army:** (Call) 321- 631-2764 OR (Text) 321-450-4325  
● **Women's Center:** 321-607-6809

## COLD NIGHT SHELTERS AND RESOURCES

- **Sharing Center of Central Brevard:**  
321-631-0306 ● 113 Aurora St. Cocoa  
Cold Night shelter opens at 6pm for persons experiencing homelessness in the following areas: Cocoa, Cocoa beach, Cape Canaveral, Merritt Island, Rockledge, and Sharps
- **His Place Ministries:**  
321-674-9009 ● 1842 S. Harbor City Blvd. Melbourne  
Cold Night Shelter opens at 8pm-7am
- **Mosaic Palm Bay:**  
321-821-4067 ● 2100 Port Malabar Blvd. N.E Palm Bay  
When temperatures are forecasted for 45 degrees and below, a cold night shelter is open from 6pm-7am.
- **Tomoka Christian Church:** 344 Emerson Dr. NW Palm Bay  
Anyone in need can get hot chili and coffee, as well as a blanket, coat, and bus pass between 4-6 PM when temperatures will be 45 degrees and below.

**Toys for kids:** Sign up ENDS December 11, 2020

- Sign up is done at <http://toysforkidsbrevard.org/> ONLY.
- Sign up will open, each morning before 10:00AM.

**Toys for tots**

- North Brevard: 321-200-6173
- South Brevard: 321 290-3676

**Salvation army angel tree**

- Application Site: <https://saangeltree.org/>

**South brevard sharing center**

- If you are a registered client before October 15<sup>th</sup>, you are eligible to register for the Magic of Christmas by following link and signing up: <https://mysbsc.org/christmas>

**His place ministries:** 321-674-9009

