

Habit # 7: Sharpen the Saw!



Sharpen the Saw means preserving and enhancing the greatest asset you have--you. It means having a balanced program for self-renewal in the four areas of your life: physical, social/emotional, mental, and spiritual. Here are some examples of activities:

Physical:	Beneficial eating, exercising, and resting
Social/Emotional:	Making social and meaningful connections with others
Mental:	Learning, reading, writing, and teaching
Spiritual:	Spending time in nature, expanding spiritual self through meditation, music, art, prayer, or service



February is Black History Month, which means celebrating and reflecting on a rich history of Black American culture, innovation, and revolution. Black History Month was preceded by a weeklong celebration originating in 1926 in the United States. Historian Carter G. Woodson and The Association for the Study of Negro Life and History chose the second week of February for this observance due to the birth dates of Frederick Douglass (February 14th) and Abraham Lincoln (February 12th).

February Events

Paw Law #7: Take care of you, don't overdo...

- ▶ **Tues. Feb 7, 2023** – Tuesday Tea with Ms. Orellana
- ▶ **Fri, Feb 10** – End of Third Interim
- ▶ **Mon, Feb 20** – Teacher Professional Development Day & President's Day – Student Holiday.
- ▶ **Fri, Feb 24** – PD3 (Panther Dress Down Day) – Students bring \$2 to their teachers to wear school-appropriate clothing of their choice.
- ▶ **Mon, Feb 27** – Elem Book Fair begins through Mar 3 – Call the front desk for day time hours.
- ▶ **Thurs. March 2** – Kindergarten Recruitment (5:30 PM) @ Elementary Campus.
- ▶ **Thurs. March 2** – Seuss-A-Bration (6 PM) @ Elementary Campus.



Fridays are Early Release Days (1:15 PM)

Important

Michelle Allred
Asst Principal

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More Information

For information on these or other PBA programs/initiatives, please contact Michelle Allred. All of this information is also available on our school website:
www.palmbayacademy.org and in the Front Office.

School Office Hours

Closed during dismissal times for security reasons.

OFFICE OPEN:

Elem Office Hours 7:15 – 3:30

OFFICE CLOSED:

Elem Dismissal M – Th: 2:00 – 3:00

Elem Dismissal F: 12:45 – 1:45

Early Release Exam Days: 12:45 – 1:45

PBA Mission

Palm Bay Academy is dedicated to serving the needs of its students providing an opportunity for an enriched academic environment to serve each student with excellence as a standard.

PBA Vision

Palm Bay Academy is dedicated to continuing its role as a pioneer in education by establishing community partnerships to enhance its resources so as to inspire and stimulate the intellectual growth of its students