



# The Ambassador

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



Kathryn Lott  
Principal

October 16, 2020

Lucy Haddock, Ed.D.  
Assistant Principal



## Principal's Message



Dear families,

We started our **Thankful Newsletter**. What is that?? Similar to a Thankful Pumpkin. It is a place to write down everything we are thankful for, collectively, as a Freedom 7 family! Last week we started with thankful words from our front office. It has grown this week with input from our teachers and a few parents. I am hoping more of you will join in and send us what you are thankful for (one word).



family, Freedom 7, our kids, friends, teamwork, nurses, artists, community, education, faith, health, hope, Mrs. Curtis, my glasses, caffeine, balance, Mrs. Mott, co-workers, books, humor, Mrs. Lau, kindness, Mrs. Rogers, patience, principals, teachers, Mrs. Wells, food services, custodians, support staff, teammates, understanding, positivity, support, first responders, Friday food, children, balance, freedom, healing...

Please take a moment, with your family, to complete this super short **ONE WORD** google form and be part of our **Thankful Newsletter**!

<https://forms.gle/Bmad8FCLenc3N79R9>

I know we have more than this. 😊

Enjoy your weekend!

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.

# Join Us! Freedom 7 School Advisory Council!

Join us at 4:30 each month  
to participate in SAC.

[CLICK HERE](#) for link:

October 20

November 17

January 19

February 16

April 20

May 18





IT'S RENEWAL TIME! IT'S RENEWAL TIME!  
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IT'S RENEWAL TIME! IT'S RENEWAL TIME!



It's Time to Renew  
for the 2021-2022  
School Year

**CLICK HERE TO RESERVE**  
**YOUR CHILD'S SEAT**

Oct 1 - Oct 30



## School Improvement Plan

Each year we analyze multiple data points as a faculty and determine ways to continue to improve. This is called the School Improvement Plan or SIP for short. This year we will be focusing on improving our math proficiency, increasing proficiency on standards relating to vocabulary development, and building positive relationships, especially given that we currently have 50% of our children ELearning from home. Each week, Mrs. VanVuren will be providing a "SIP Tip" to assist you at home in helping us reach our goals! Mrs. VanVuren's extensive experiences at the district level in one of our western counties, undoubtedly be invaluable as we continue our journey this year. Look for these SIP Tips in our newsletter and featured on our website! As always, thank YOU for always supporting not only your child, but our school, as we learn and grow together!



FREEDOM 7 ELEMENTARY

# E Learner Materials Pick Up & Picture day



Tuesday, November 3, 2020  
9:15-10:30  
EAST Car Loop (Side Entrance)

IF YOU ARE UNABLE TO MAKE THIS  
TIME, CALL THE FRONT OFFICE AND  
SCHEDULE A TIME FOR THE WEEK OF  
OCTOBER 26TH 321-868-6610  
\*MAKE UP PICTURE DAY TBD



# Sales Surtax Renewal

Important information on the November 3rd ballot!

Projected  
Work

**\$2.2 Million**

## Freedom 7 Elementary

### Facilities

**\$1.9 Million**

HVAC – Classroom DX Units  
Paint Interior and Exterior  
Classroom Cabinets  
Classroom Furniture  
Classroom LED Lighting  
Replace Playground

### Educational Technology

**\$196,700**

AC for Tech Rooms  
Computers  
Data Closets – Connectivity  
Modernize Classroom Technology  
Server Refreshment  
Uninterrupted Power Source  
Wireless Access Points

### Security

**\$92,300**

Security Enhancements

<https://www.brevardschools.org/SurtaxRenewal>

#SurtaxFactsBPS

#YourMoneyAtWorkBPS







## Days of the Week

October 19 — October 23

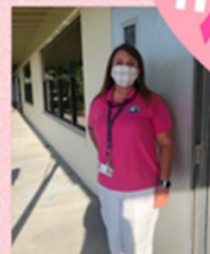
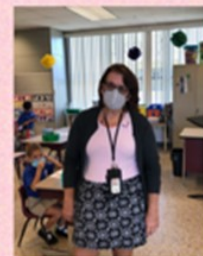
Monday — Day 2

Tuesday — Day 3

Wednesday — Day 4

Thursday — Day 5

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.



# “The greatest wealth is health”

-Virgil

## Health and Wellness

With Coach Burr

Volume 1: Nutrition / Breakfast  
Oct 2020

*As I have been discussing fitness and nutrition in PE it has brought some awareness to me that this is an area we can continue to grow in. I thought that sending home some resources and information in our school newsletters on health, wellness, fitness, nutrition, mindfulness practices, etc. would be a great way to get some info out there and to help improve the lives, health, and longevity of our future leaders of the world and their families. I hope you find this information useful and that it brings value to you and your child.*

### Nutrition

Making proper nutrition choices a priority in your day to day life can help to develop a healthy and resilient body, not to mention that proper nutrition can help prevent the onset of many illnesses and disease, something I think we can all agree is of utmost importance in our current state of living.

We are all living in such a fast paced world and our day to day lives can get so hectic and busy that it is easy to sometimes let our nutritional habits fall by the wayside however, fueling our bodies with proper nutrition can help to stabilize our energy which helps power us through those long and hectic days and helps us conquer and power through our daily activities.

In addition to energy stabilization and disease prevention, proper nutrition can help to maintain a healthy body weight, improve our mood, helps us recover from illness and/ or injuries, and improves our overall well-being.

When thinking about nutrition, try to get in the frame of mind of adding things in as opposed to eliminating. Mindset can be key!! Can you add in an extra serving of a veggie or fruit to your child's breakfast/lunch?



Another tip (if it works with your budget) is to buy veggies and fruits that are pre chopped, cut, or single

serve. This is an easy way to toss into a lunch on a busy morning before school. If it is more financially sound for you to chop your own I highly suggest carving out time to wash, cut, and pre-portion that way those snacks are easily accessible to you and your family throughout the week. This also makes it much more likely that you will reach for that baggie of carrots or orange slices as opposed to a more processed snack next time you need to refuel since it is chopped and ready to consume.



**Simple Breakfast Meal  
Prep Recipe:**





Don't Feel like cooking or prepping breakfast? You are in luck!!!

Our amazing Ms. Sarah and our Cafeteria staff will provide all children **FREE** breakfast!! You read that right, **FREE!!!!** Not only is it free but healthy too! Breakfast always includes fresh fruit, choice of milk including a soymilk option, as well as a choice of 100% fruit juice!

- 7 eggs or if you prefer you can just use the egg whites
- 2–3 tablespoons milk
- Ingredients of your choice like chopped: spinach, mushrooms, sweet peas, peppers, ham, cheese, etc.
- salt and pepper to taste
- Oil or ghee

#### INSTRUCTIONS

1. Oil the muffin tin with a little oil.
2. Preheat oven to 375 degrees.
3. Whisk 7 eggs, 2 tablespoons milk (dairy or non-dairy), salt and pepper to taste.
4. Divide your ingredient combos evenly into tin.
5. Pour enough egg mixture in each well to come to the top.
6. Garnish with a pinch of grated cheese if you want.
7. For extra protein, you can add a tablespoon of cooked quinoa into the mixtures too, and get a crunchier texture.
8. Bake for about 15-20 minutes.



# Food & Nutrition SERVICES

I hope you found this information helpful. Stay tuned for future Health and Wellness tips from Coach Burr. Until then stay happy, healthy, and active and of course, wash your hands!



In Health and Happiness,

Coach Burr



| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   |
|---|--|---|---|--|
|   |  |   | <b>1</b>  | <b>2</b>   |
|   |  |   | <ul style="list-style-type: none"> <li>• Chicken Biscuit</li> <li>• French Toast Sticks</li> <li>• Choice of Fruit</li> </ul> | <ul style="list-style-type: none"> <li>• Sausage Biscuit</li> <li>• Pancakes, Mini Blueberry</li> <li>• Choice of Fruit</li> </ul> |
| <b>5</b>  | <b>6</b>   | <b>7</b>  | <b>8</b>  | <b>9</b>   |
| <ul style="list-style-type: none"> <li>• Chicken Biscuit</li> <li>• French Toast Sticks</li> <li>• Choice of Fruit</li> </ul> | <ul style="list-style-type: none"> <li>• Bacon Egg &amp; Cheese Croissant</li> <li>• Waffles</li> <li>• Choice of Fruit</li> </ul> | <ul style="list-style-type: none"> <li>• Sausage Biscuit</li> <li>• Yogurt Smoothie &amp; Grahams</li> <li>• Choice of Fruit</li> </ul> | <ul style="list-style-type: none"> <li>• Chicken Biscuit</li> <li>• French Toast Sticks</li> <li>• Choice of Fruit</li> </ul> | <ul style="list-style-type: none"> <li>• Sausage Biscuit</li> <li>• Pancakes, Mini Blueberry</li> <li>• Choice of Fruit</li> </ul> |
| <b>12</b>   | <b>13</b>  | <b>14</b>   | <b>15</b>   | <b>16</b>  |
| <ul style="list-style-type: none"> <li>• Chicken Biscuit</li> <li>• French Toast Sticks</li> <li>• Choice of Fruit</li> </ul> | <ul style="list-style-type: none"> <li>• Bacon Egg &amp; Cheese Croissant</li> <li>• Waffles</li> <li>• Choice of Fruit</li> </ul> | <ul style="list-style-type: none"> <li>• Sausage Biscuit</li> <li>• Yogurt Smoothie &amp; Grahams</li> <li>• Choice of Fruit</li> </ul> | <ul style="list-style-type: none"> <li>• Chicken Biscuit</li> <li>• French Toast Sticks</li> <li>• Choice of Fruit</li> </ul> | <ul style="list-style-type: none"> <li>• Sausage Biscuit</li> <li>• Pancakes, Mini Blueberry</li> <li>• Choice of Fruit</li> </ul> |
| <b>19</b>   | <b>20</b>  | <b>21</b>   | <b>22</b>   | <b>23</b>  |
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**Served Daily at Breakfast:** Assorted Cereals, Fresh Baked Muffins, Fresh Fruit, 100% Fruit Juice, 1% White Milk, Fat Free White Milk, Fat Free Chocolate Milk, Fat Free Strawberry Milk

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

|  |  |   |  |  |
|--|--|---|--|--|
|  |  |   | <b>1</b>   | <b>2</b>   |
|  |  |   | <ul style="list-style-type: none"> <li>Specialty Lighter Side Entree</li> <li>Yogurt &amp; Muffin Platter</li> <li>Doritos Walking Taco</li> <li>Parmesan Side Salad</li> <li>Whipped Potatoes</li> <li>Jello with Whipped Topping</li> <li>Choice of Fruit</li> <li>Choice of Milk</li> </ul>                 | Week 2----- <ul style="list-style-type: none"> <li>Chef Salad</li> <li>Cheese Pizza</li> <li>Deluxe Chicken Sandwich</li> <li>Carrot Sticks</li> <li>Fiesta Black Beans</li> <li>Assorted Cookies</li> <li>Apple Juice</li> <li>Choice of Fruit</li> <li>Choice of Milk</li> </ul> |
| <b>5</b>   | <b>6</b>   | <b>7</b>  | <b>8</b>   | <b>9</b>   |
| Week 1----- <ul style="list-style-type: none"> <li>Popcorn Chicken Salad</li> <li>Macaroni &amp; Cheese w or w/o Garlic Breadstick</li> <li>Deluxe Chicken Sandwich</li> <li>Assorted Veggie Cup</li> <li>Vegetarian Baked Beans</li> <li>Assorted Cookies</li> <li>Choice of Fruit</li> <li>Choice of Milk</li> </ul> | <ul style="list-style-type: none"> <li>Specialty Salad</li> <li>Nachos Supreme</li> <li>Corn Dog</li> <li>Fresh Garden Side Salad</li> <li>Roasted Garlic Cauliflower</li> <li>Mini Yogurt Parfait</li> <li>Choice of Fruit</li> <li>Choice of Milk</li> </ul>               | <ul style="list-style-type: none"> <li>Taco Salad</li> <li>Cheese Pizza</li> <li>Chicken Tenders w or w/o Crackers</li> <li>Spinach Bacon Side Salad</li> <li>Roasted Potatoes</li> <li>Orange Juice</li> <li>Mini Chocolate Pudding with Whipped Topping</li> <li>Choice of Fruit</li> <li>Choice of Milk</li> </ul> | <ul style="list-style-type: none"> <li>Specialty Lighter Side Entree</li> <li>Chicken Mega-Minis w or w/o Crackers</li> <li>Yogurt &amp; Muffin Platter</li> <li>Parmesan Side Salad</li> <li>Mixed Vegetables</li> <li>Jello with Whipped Topping</li> <li>Choice of Fruit</li> <li>Choice of Milk</li> </ul> | Week 1----- <ul style="list-style-type: none"> <li>Chef Salad</li> <li>Deluxe Chicken Sandwich</li> <li>Cheese Pizza</li> <li>Carrot Sticks</li> <li>Potato Smiles</li> <li>Apple Juice</li> <li>Assorted Cookies</li> <li>Choice of Fruit</li> <li>Choice of Milk</li> </ul>      |
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PBJ and Hot Ham & Cheese Sandwich Available Daily!

**Served Daily at Lunch:** 1% Milk, Skim Milk, Fat Free Chocolate Milk, Fat Free Strawberry Milk, Fresh Garden Side Salad, Parmesan Side Salad, Carrot Sticks, Assorted Veggie Cup, Hot Ham & Cheese Sandwich, Peanut Butter & Jelly Uncrustable (WG), Choice of Fruit