

# THE NORTH STAR



Theme of the Month: Stress Management/Coping Skills

For More Information  
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## Twinkling Resources

Breakthrough Atlanta offers tuition, free summer programming for middle school and high school students

QUESTIONS?

Email or call Brynn Rone at [brone@breakthroughatlanta.org](mailto:brone@breakthroughatlanta.org) or 470-852-8901 ext. 105

## Upcoming Dates

Spring Break-  
April 1st - 5th

Spring Fling-  
April 20th 11 am - 3 pm

Site Birthday Party-  
April 23th

## After School Recap

During the month of March, we delved into the world of gardening and nutrition. We learned about various aspects of gardening and even took a field trip to Decatur Kitchen Garden, where we had the pleasure of meeting Mr. Saw. As a part of the global growers team, Mr. Saw taught us about different crops and plants, the seasons they grow in, the tools needed for gardening, the families that have plots in the garden, and the difference between harmful and beneficial bugs.

In addition to our visit to the garden, we also engaged in many other activities such as vegetable rock painting, creating garden sensory bottles, and making veggies. To top it all off, we celebrated the March birthdays. As well as provided snack packs for the kids for spring break.

We hope you all have a great and enjoyable spring break! We look forward to seeing you back on April 8th!