Army Reserve Child, Youth & School Services

July 2015

CYSS CONNECTIONS

Monthly Highlights:

July 4 Independence Day

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CYSS Mission: To support readiness and quality of life by reducing the conflict between military mission requirements and parental responsibilities

Military Youth on the Move

Recognizing that being a military child can have its own unique issues, Military Youth on the Move is a one-stop-shop for advice and information on moving, social life, school and more for military children, youth, and parents.

Information for youth, preteens, and teenagers includes age-appropriate articles and tips on being the new kid, getting involved in the community, adjusting to a new school, managing money, and developing leadership skills.

Featured sections for all ages are dedicated to moving out, healthy living, getting help, staying safe, and podcasts and electronic media.

- Moving Out provides information and tips for packing, saying goodbye, on the road, staying in touch, and moving overseas.
- Healthy Eating provides information and tips for eating healthy and physical education.
- Get Help provides information and tips for deployment, divorce, bullying, and talking to someone.
- Stay Safe provides information and tips for social media safety and online predators.
- Podcasts and Videos provide additional information that can be enjoyed on various mobile devices.

Information for parents features articles and tips for helping their children prepare to move, change schools, make new friends, get involved in their community, stay healthy, manage their finances, navigate new challenges, plan for life after college, and adopt safe online habits.

For more information, please visit: http://apps.militaryonesource.mil/myom

Compiled by Courtney Adams, CYSS Specialist, Contractor: Odyssey-TCI JV, LLC

This information has been provided by Army Reserve Child, Youth & School Services.
For more information on resources and programs, please visit:
www.ARFP.org/CYSS

Fort Family Outreach & Support Center assistance is available 24/7
at 866-345-8248 or visit: www.ARFP.org

Youth Enrichment Program (YEP): Summer 2015 Dates & Cities

The Youth Enrichment Program (YEP) provides Army Reserve youth between the ages of 6-18 programming that consists of academic, sports, cultural themes, recreational, and leadership activities.

YEPs are open to Army Reserve youth and age requirements vary depending on the activity.

YEPs can last from 4 hours to a full day and age requirements vary depending on the activity.

YEPs provide a fun and engaging supplement to academic skills through interactive learning and leadership activities that focus on a specialty subject, such as college preparation, workforce preparation, and/or STEM (Science, Technology, Engineering, and Mathematics).

YEPs are offered at no cost to participants. However, parents/guardians are responsible for transportation to and from the event. Depending on the YEP activity, parents/guardians are also responsible for ensuring a bag lunch and beverage accompanies their youth.

For more information, please contact a CYSS staff member listed on the contact page of this newsletter or visit http://arfp.org/cyss.

YEP	Date/Location	YEP	Date/Location	YEP	Date/Location
Social Media Webinar	July 8 Online	*Fitness with a Twist*	August 1 Chicago, IL	*Built 4 Fun*	August 29 Colorado Springs, CO
Health and Fitness	July 11 Fort Belvoir, VA	*A Kid's Guide to Money*	August 3 El Paso, TX	*College Readiness and Financial Aid*	September 10 Belle Chasse, LA
Roads to College & Career	July 13-15 Pinellas Park, FL	*Fit to Win Day*	August 4 Fort Jackson, SC	*Phinizy Swamp Water Ecology Day*	September 12 Augusta, GA
A Kid's Guide to Money	July 24 Los Angeles, CA	*Bionic Arm*	August 5 Louisville, KY	*College Fair Workshop*	September 19 Fort Dix, NJ
Fitness with a Twist	July 20 Honolulu, HI	*Drama Day*	August 8 Fayetteville, NC	*Drama Day*	September 26 Fort Knox, KY
Bionic Arm	July 21 Chicago, IL	*Built 4 Fun*	August 8 Houston, TX		
Avoiding the Summer Slide Webinar	July 21 Online	*Bionic Arm*	August 10 Killeen, TX		
Avoiding the Summer Slide Webinar	July 23 Online	*Built 4 Fun*	August 15 Fairfax, VA		
Drama Day	July 28 San Diego, CA	*Fitness with a Twist*	August 17 Tacoma, WA		
Tiger 5K	July 30 Fort Knox, KY	*Back to School Survival Webinar*	August 20 Online		
Conservation	August 1 Shepherdstown, WV	*A Kid's Guide to Money*	August 22 Phoenix, AZ		

For additional scheduled YEPs, check out http://www.arfp.org/cyssstatecamps.php

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MilitaryOneClick

MilitaryOneClick is a great virtual resource for military Families and friends of the military community, providing direct access to valuable resources.

These resources offer information on a variety of topics, including education, family support, health and wellness, financial management, veterans, job and career tools, and military discounts.

EDUCATION

The Education Resources page on MilitaryOneClick provides scholarships for kids and spouses, as well as information on elementary schools, colleges, and adult training programs. The resources include:

- Military-friendly colleges, universities, and continuing education programs across the country
- Military leadership programs for youth through the US Air Force, National Guard, US Navy, and US Marine Corps
- Military-related and/or military-friendly scholarships and financial aid opportunities
- Helpful education-related resources for parents of school age children, including tutoring services, articles related to parenting, educational tips, and information on public and private schools and school districts across the country.

FAMILY SUPPORT

The Family Support page on MilitaryOneClick provides useful links for military Families, including:

- Resources that aid in dealing with deployment, such as resource guides, suggested reading materials, print-outs and posters for children, outreach programs and initiatives, links to websites in support of military youth, useful apps, and information on camps and Family retreats
- Military-related or military friendly financial assistance resources
- Parenting resources, including information on parent support groups, child care programs and services, parenting solutions, and education tips
- Homeschooling and activities for children
- Resources tailored for parents of Military Members
- Resources for parents and caregivers of special needs children, including information on support groups and networks, toolkits, and medical resources
- Resources Military Members with pets or interested in owning pets, such as military friendly adoption services, relocation resources, and pet sitting or foster services
- Miscellaneous Family resources

For more information, please visit: http://militaryoneclick.com/

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MISA: Military Impacted Schools Association

Education is an important quality of life program for military Families. Military Impacted Schools Association (MISA) is a national organization of school superintendents dedicated to serving school districts with a high concentration of military children.

Formed in 1986, MISA works on funding (Impact Aid), legislation, partnerships and programs for military Families on the move.

MISA partners with the Department of Defense Education Activity, National Military Family Association, and military leaders to ensure that all military children are afforded a quality education.

The site contains an extensive list of links for useful resources for military Families and schools.

The resources for Families include:

- Adolescent psychiatry
- After deployment
- Connectedness
- Family Education Network
- Future of Children
- Interstate Compact
- Kindergarten Eligibility by State
- March 2 Success
- Military Kids Connect
- Military OneSource
- My Military Life App
- Operation Purple Camp
- Resilience in Time of War
- School Liaisons
- School Psychologists
- Special Needs
- Student Checklist
- Talk with Kids
- Tutors for Military Students
- Zero to Three

MISA works to develop many partnerships with a common cause -- doing what's best for our military children and Families, as identified above.

MISA also works with local school districts to include a military representative on the school board, open lines of two-way communication between school district and military installation, and provide information regarding Impact Aid Reauthorization. Impact Aid is the second oldest elementary-secondary federal education program administered by the Department of Education currently in law.

For more information, please visit: http://militaryimpactedschoolsassociation.org/

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Teen Council

Have your voice heard and represent the 1st MSC children and youth! Why read about history when you can make it? Be a part of our Teen Council and take your place! The 1st MSC Teen Council is looking for youth between the ages of 13-17, that are willing to take the challenge and become youth leaders within the command and their community!

Through this opportunity, youth will gain public speaking and leadership skills, work on professional and personal development skills, experience workshops on communication, develop effective strategies and implement solutions for issues they face as Army Reserve youth. Build your portfolio for life after school. You can make a difference!

The Teen Council's goal is to empower youth with the core values of leadership, service and resiliency. They aim to promote high standards of learning through curricula, resources and activities. Each well-qualified candidate is chosen based on a thorough selection process revealing their experience, dedication and willingness to speak on behalf of AR children and youth.

BASIC QUALIFICATIONS

- 1st MSC connected youth
- A member in good standing in the military or local community
- Enrolled in the 8th - 11th grade for the 2015-2016 school term
- Maintain a grade point average of 2.5 or better

If you are interested in joining the Teen Council please contact the CYSS staff listed on the contact page of this newsletter.

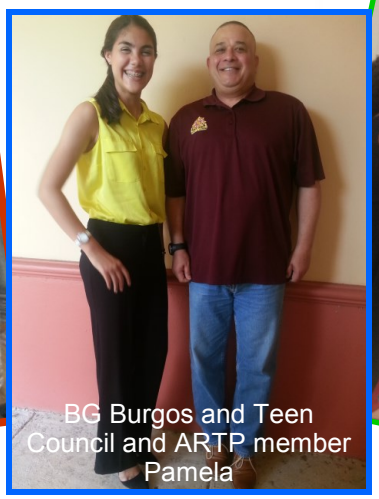
BASIC RESPONSIBILITIES

- Serve a two-year term
- Attend up to four meetings annually/travel paid for face-to-face meetings
- Provide at least 4 hours/month with military and/or community activities
- Work with fellow teens to develop innovative opportunities
- Attend local/regional command youth events as assigned
- Inform Army Reserve leadership about the needs of youth

Command/Unit Updates

THE SPOTLIGHT

Free Standing Structure Activity


BG Burgos and Teen Council and ARTP member Pamela

"Hunt the Good Stuff"

"Hunt the Good Stuff"

Team Building

Free Standing Structure Activity

Team Building

1st MSC Family Programs Teen Council hosted a CYSS Resilience Training for youth 14-17, on June 20, 2015 at Fort Buchanan. This is a special training designed to develop resiliency and money management skills in teens.

The skills being taught in the teen program are the same ones that are taught in the resilience training for adults, but modified to be relevant to the younger audience.

The training was focused on building positive skills to strengthen teens and give them the tools to handle challenges when they do arise.

The resilience trainers focus on a host of skills in the courses, including how to put issues in perspective, problem solving, reducing anxiety, controlling emotions, managing energy to respond effectively under challenging situations, turning around counterproductive thinking and seeking out the positive in life, instead of focusing on the negative.

Money management, budget, priorities, life goals were some additional topics presented during training.

This information has been provided by Army Reserve Child, Youth & School Services.
For more information on resources and programs, please visit:
www.ARFP.org/CYSS

Fort Family Outreach & Support Center assistance is available 24/7

Community Events
JULY 2015

Please note that events listed in this newsletter, with the exception of AR CYSS events, are not endorsed by the Army Reserve and are provided only for community awareness.

What's Happening in Your Neck of the Woods...

Name of Event	City	State	Dates	Age Group	POC/Website
Bump & Bounce	Fort Buchanan	PR	Thursdays and Fridays	2-16	787-707-3974/ 5105
Mommy & Me	Fort Buchanan	PR	Saturdays 12:00 pm to 1:00pm	2-5	787-707-3441/ 3787
Independence Day Celebration	Fort Buchanan	PR	July 2	All Ages	787-707-3974/ 5105
Junior Summer Golf Camp	Fort Buchanan	PR	July 13-14	7-16	787-707-3980
Basketball Camp	Fort Buchanan	PR	July 27-30	7-14	787-707-3787/ 3434

YOU MAY ALSO BE INTERESTED IN CHECKING THE FOLLOWING LINKS REGULARLY FOR EVENTS IN YOUR AREA:

CYSS Events: www.arfp.org/cyssstatecamps.php

4-H: www.4-h.org

YMCA: www.ymca.net/

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Resources and Web Links

For Deployed, AGR, Wounded, Ill, Injured or Fallen Soldiers

Army Fee Assistance is provided by General Services Administration (GSA,) working with those who serve in the military find and afford child care that suits their unique needs. Through the fee assistance program, Families are eligible to receive monthly fee assistance to help offset the cost of child care in their communities. For more information visit, http://financeweb.gsa.gov/childcare_portal.

Army Respite Care The Army Respite Child Care will provide the Family between 8 to 16 hours of hourly child care each month for each of the eligible children. Parents can use this time to run errands, attend appointments, or just take some well-deserved time out for themselves. The Army recognizes the challenges and extraordinary stress the parents and their Families may be experiencing, and wants to help support them in meeting their unique child care needs. Eligibility: Deployed; Temporary Change of Station; Unaccompanied Permanent Change of Station; Temporary Duty; Wounded, Ill or Injured Status; Survivors of Fallen Warriors.

Our Military Kids provides grants for K-12 youth dependents of overseas deployed National Guard and Reserve personnel or severely injured Service Members . Visit www.ourmilitarykids.org/

For Various Duty Statuses

Army Reserve Family Programs provides programs, training, services, resources, youth programming and camping opportunities to Army Reserve Families. Visit www.arfp.org/

Military OneSource provides an online library, web resources, and non-medical counseling to Military Families. Visit: www.militaryonesource.mil/

Military Kids Connect (MKC) is an online community of military children (ages 6-17 yr. olds) that provides access to age-appropriate resources to support children from pre-deployment, through a parent's or caregiver's return. Visit: http://militarykidsconnect.t2.health.mil

Zero to Three has information and resources for parents of infants and toddlers. A new phone app, Babies on the HomeFront, provides Military and veteran parents with strategies for enhancing everyday moments with their child. Visit: http://zerotothree.org/

Military Child Education Coalition Military (MCEC) is a non-profit organization focusing on academic and school-related needs of military-connected youth. Visit: www.militarychild.org

National Military Family Association has programs that provide Military Families with camps, family retreats, and healing adventures during deployment, reintegration, and coming together after an injury. Visit http://www.militaryfamily.org/

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The mission of Army Reserve Child, Youth & School Services is to support readiness and quality of life by reducing the conflict between Military Mission requirements and parental responsibilities.

Family Programs Director
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1st Mission Support Command
Family Programs Center
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Contact **Ms. Elsa Cortes** for assistance with:

- Family Support Services
- Family Programs Training

Youth Services Specialist (YSS)
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1st MSC, 166th RSG
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Contact **Mrs. Barrientos** for assistance with:

- Command/Unit Support
- Weekend Events and Activities
- Child Care Resources
- Youth Programming
- Teen Council

Youth Services Specialist (YSS)
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1st MSC, 210th RSG
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Ramey USAR Center
Aguadilla, PR 00604
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Email: barbara.i.rodriguez.ctr@mail.mil

Contact **Mrs. Rodriguez** for assistance with:

- Command/Unit Support
- Weekend Events and Activities
- Child Care Resources
- Youth Programming
- Teen Council

Stay connected with the 1st MSC!

Find us on Facebook

If you are not part of the 1st MSC or do not reside in Puerto Rico, contact one of the CYSS Staff members above and we will connect you with YSS or SSS in your area.

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