Army Reserve Child, Youth & School Services

August 2015

CYSS CONNECTIONS

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

Monthly Highlights:

Back To School
National Immunization Awareness
National Traffic Awareness
Family Fun Month

♦ ♦ ♦ ♦

4 AUGUST National Night Out

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Getting in Gear for a New School Year

A new school year is just around the corner, and with it comes the return of an organized schedule. Are you ready to help your child succeed? Parents who play an active role in their children's education make a huge difference in their success. Here are some things you can do to help your child prepare for the upcoming school year.

Plan daily activities. Let your child pick out clothes for the next day, plan and pack lunches, and make a schedule of the day's activities.

Re-establish bedtime and mealtime routines. During the summer, your child may have had the freedom to stay up late and have meals anytime. Start the transition back to your school routine now.

Provide healthy meals. Studies show that children who eat healthy, balanced breakfasts and lunches are able to concentrate and perform better in school.

Encourage activities that inspire learning. One of the easiest ways to get your child focused on school again is to limit technology time and encourage your child to read, do puzzles, or complete an art project.

Prepare a study area. Set up a special place at home to do school work and homework. Always show an interest in your child's work.

Communicate with teachers and the school. Many times, people are inclined to contact their child's school only if there is a problem. Contact your child's teachers at the start of the school year and let them know you want to be an active partner in helping your student learn and grow.

Look for signs that your child may be struggling. Even with full support at home, children can have social, behavioral or academic challenges at school. Should your child display any signs of anxiety, anger, neediness, disinterest, or lack of motivation, arrange a time to meet with your child's school and teacher.

Get your child a tutor. If your child is struggling with academics, talk to their teacher or counselor for a tutoring recommendation. Sometimes a little additional help outside of the classroom can go a long way.

Compiled *from* www.militaryonesource.mil *and* www.ed.gov by Juanita Warren, *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:
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Thinking of getting a tutor? Ten questions you must ask

Retrieved from www.greatschools.org

Tutoring has become a multibillion-dollar industry, offering struggling and successful students alike a wealth of educational resources. Asking the right questions can make all the difference in choosing a tutor for your child.

Here are 10 questions to point you in the right direction:

1. Who will do the tutoring? When dealing with a tutoring company, you are trusting it to hire the right person for your child — so be sure you agree with the company's philosophy. Find out how much say you have in selecting a tutor and how the company determines which one is appropriate for your child.

2. What are the tutor's qualifications? It's not necessary that an instructor be a credentialed teacher for your child's grade level. But he should have experience teaching the subject your child needs help with. The prospective tutor should also have experience teaching children of similar ages and learning styles to your kid's.

3. What is the tutor's track record? In addition to asking for references from teachers or other parents, request evidence of the tutor's success in raising student achievement such as higher test results, improved classroom grades, better homework completion, and satisfaction surveys of students or parents.

4. Where will the sessions take place? Whether your child is tutored at school, an office, a community center, or someone's home, you need to be comfortable with the location. If you've chosen online tutoring, make sure your child has access to a computer, headset, or other necessary equipment.

5. How many students will be tutored at a time? While some students thrive in small groups, others do better with one-on-one instruction. Be sure your choice can provide a setting that works for your child's particular learning style.

6. How will the tutor measure your child's progress? Ask how the tutor will devise a study plan that's right for your child and assess whether goals are achieved. If the tutor provides written reports, request a sample so you can be sure they are clear and helpful.

7. How often will the tutor communicate with you and your child's teacher? Ideally, they would communicate regularly and reinforce each other's techniques. Be sure to let the teacher know about your child's tutoring, and ask if he can give feedback on your child's progress in the classroom. You will also need to establish a regular time when your child is not present to discuss her progress with the tutor.

8. What is the policy for cancellations and makeup sessions? Many private tutors charge clients if an appointment is canceled without 24-hour notice. Others have detailed policies for scheduling makeup sessions. Be sure to clarify with your tutor ahead of time.

9. What if your child doesn't improve? Find out what the necessary steps are for choosing another tutor within a company and the deadline to make the switch. Does the tutor guarantee certain results? How are they measured? What happens if your child doesn't achieve them?

10. How can you reinforce your child's learning? Tutoring isn't a magic bullet, so parents play an important role in helping those lessons stick. Ask the tutor for suggestions on how you can support your child's learning. Better yet, check in at the end of each session to find out what your child is expected to do before the next one, whether it's practicing multiplication facts or completing all classroom assignments.

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Online Tutoring and Homework Help

Academic tutoring is a traditional strategy that has helped students increase their knowledge and understanding of school matter subjects for centuries. Today a student can find academic help with a few clicks of the mouse. Like many things in the modern world, the internet has changed how tutoring is delivered. It is a service that can now be accessed on demand from any location with an internet connection. It is a great benefit for military youths who often move from school to school. Tutoring can help fill the gaps in the academic shifts between different schools. There are also a number of excellent online instructional videos that are free of charge. The purpose of this article is to look at a few tutoring services and other resources that military students can utilize.

Tutor.com for US Military Families
Provides paid online professional tutoring services and homework help to military Families grades, K-12. Includes more than sixteen subjects, including test prep, proofreading, math, science, English, and social studies.
www.tutor.com/military

Khan Academy
Offers practice exercises, instructional videos, and a personalized learning dashboard that empower learners to study at their own pace in and outside of the classroom. Partners with NASA, The Museum of Modern Art, The California Academy of Sciences, and MIT to offer specialized content.
www.khanacademy.org

Our Military Kids Grant
This service offers grant money for tutoring services, sports, and arts. You can apply by visiting their website,
www.ourmilitarykids.org/how-to-apply/eligible-program-activities

Professional Tutors of America
Professional Tutors of America is a veteran-owned company with 30 years of experience. They offer online tutoring with a one-on-one professional in all subject areas. They offer discounted rates and free tuition assistance for military families. There are regulations and restrictions, so call to talk to a representative for more information.

Children of the following groups may receive free academic tutoring assistance:

- Fallen Service Members of Iraq and Afghanistan wars: Children of Fallen Soldiers
- Deployed National Guards and Reservists
- Wounded Warriors of OEF/OIF with at least 30% service connected disability

www.professionaltutors.com/military or (800)TEACH US

Learn To Be
Provides no-cost tutoring services through a customized, online classroom environment. Students can request sessions in math, sciences, and language arts between 9:00 a.m. and 9:00 p.m. Pacific Time.
www.learntobe.org or (310) 765-2600

The Department of Veterans Affairs
The (VA) provides tutorial assistance for students using GI Bill benefits. You can view their website for further details,
www.benefits.va.gov/gibill/tutorial_assistance.asp.

TutorVista.com
Tutor Vista is an online tutoring service that offers a military discount. They have 24/7 personalized tutoring in math, science, and English. You can call or go to their website for more information.
tutorvista.com or (866) 617-6020

Tutor Club
Tutor Club in an on-site tutoring service with locations nationwide. They specialize in reading, math, writing, study skills, and SAT preparation. They offer a military discount and guarantee results.
www.tutoringclub.com or (888) 868-8867

Discovery Education
Discovery Education offers free resource for students. The resources are in the form of videos and cover core subject material. They also offer a step-by-step math site. Go the website below and click on "student" under free resources.
www.discoveryeducation.com

Tutor Chat Live
Provides real time online tutoring for households with income under $35,000/year. There is no preset curricula or time limits for sessions. Tutors are prepared to assist and guide students with homework questions.
Tutorchatlive.org

Homework Help Websites

Hippo Campus - Over 5000 academic instructional videos that cover 13 subjects. www.hippocampus.org

Purdue OWL (Online Writing Lab) - Writing and grammar resources for students in all grades. owl.english.purdue.edu

Brightstorm - Offers instructional videos that are short, detailed, and easy to understand. You can find the videos on YouTube.
www.brightstorm.com

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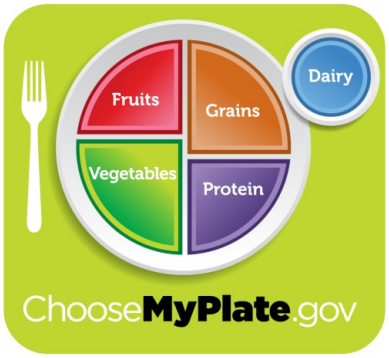
Creating Healthy Lunches

How children eat today has a noticeable impact on their health throughout adolescence and adulthood. Consuming nutritious foods help children and teens grow, develop, do well academically, and feel good about themselves. Good nutrition also helps prevent issues such as eating disorders, obesity, dental cavities, and iron-deficiency anemia. The website, ChooseMyPlate.gov is one of many resources available to parents to help them learn about nutritional eating. It is full of practical information to help build healthier diets with resources and tools for dietary assessment, nutrition education, and other user-friendly nutrition information.



The MyPlate icon was designed with the intent to prompt consumers to think about building a healthy plate at meal times. It emphasizes the fruit, vegetable, grains, protein foods, and dairy groups and demonstrates portions for each category.

A healthy diet starts one day at a time. Children need a healthy balance of protein, carbs, and healthy fats for sustained energy and optimal learning. Foods such as whole grains, brown rice, fruits, and veggies provide a good source of healthy carbohydrates, while Greek yogurt, cheese, eggs, meats, and beans provide much needed protein. That's why providing children a balance and variety of these foods will help ensure that they're well-nourished and energized to learn.

Sandwiches

Sandwiches can be part of a healthy lunch if they're put together creatively; try using bagels, rolls, pita pockets, English muffins, raisin, or multigrain bread instead of white bread. Chicken, tuna, and egg salads are great sources of protein, just go light on the mayonnaise.

- Luncheon meats, such as lean cuts of ham, roast beef, or turkey, can also provide a good source of protein. Use thick slices of meat instead of thin ones, and make sure they're low in fat (under 95 percent) and low sodium.
- Try adding granola and raisins to a peanut butter and jelly sandwich.
- Throw in vegetables whenever possible. Try lettuce, spinach, onions, or bean sprouts.
- If you want to add condiments, try mustard instead of mayonnaise. If butter or salad dressing is your child's favorite, use low-fat versions.

Beverages

Use your child's drink as another source of nutrition in his lunchbox:

- Milk, providing plenty of calcium, is highly recommended as a daily beverage.
- Water is always a healthy option, as long as it's accompanied by another calcium-rich food.
- Fruit juices are okay on occasion, but make sure they're 100 percent juice.
- Stay away from fruit punch or soda.

Snacks

Instead of giving your child sweets, supplement his lunch with these healthy sides:

- An apple or banana
- Whole-wheat pretzels or crackers
- Baked potato chips
- Granola bars (watch out for sugar content)
- Dried fruit
- Nuts
- Carrots and low-fat dip
- Yogurt
- Applesauce
- Raisins

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Command/unit updates

MIRC Teen Resilience Training

Teen Resilience Training for MIRC youth continues as the group completed session four on 25 July 2015. The training is divided into seven monthly sessions with the teens most recently covering Problem Solving and Put It In Perspective! Other themes they have completed include Goal Setting and Activating Event, Thoughts, Consequences, Hunt the Good Stuff, Energy Management, Avoid Thinking Traps, and Detect Icebergs. Before each session begins, the military resilience trainer asks each teen to share three of their "hunt the good stuff" that happened since the last time the group met. Youth share experiences and discuss how they were willing to change their attitude about a specific situation so the outcome was better. MIRC teens come together again on 29 August to discuss Mental Games and Real-Time Resilience.

MIRC youth work in groups during Teen Resilience Training.

The teens are working their way through the Teen Resilience Training from the Army's Comprehensive Soldier and Family Fitness (CSF2) Program. This training includes information on budget planning, goal setting and resilience in the face of crises and transitions. The Army offers similar training to Soldiers at all levels, as well as to Spouses. The Army's Comprehensive Soldier and Family Fitness (CSF2) Program is making strides in providing formal resilience skills training to Soldiers as of the objectives of the Ready and Resilience Campaign (R2C) strategy. Army Reserve Child, Youth & School Services Master Resilience Trainers are certified to deliver these skills to Soldiers and Family Members. Army Reserve Family Programs (ARFP), Child, Youth, and School Services (CYSS) has embraced this opportunity through offering training to our Army teens as an essential tool to prepare them to deal with the challenges associated with Army life. One of the goals of the Teen Curriculum is to translate the skills that are currently trained to Soldiers and Spouses into an adolescent appropriate curriculum for Army teens. Teenage children are a major component of the Family dimension within our Soldier's lives. The intent of this program is to provide Army Families with a common language around resilience and performance skills that can facilitate discussion about day-to-day challenges. These discussions could happen while seated around the dinner table or during one-on-one conversations between a parent and child. Strengthening teens strengthens the entire Army Family. Army life can be tough, and this curriculum provides valuable intellectual thinking skills to Army Families in managing adversity and challenges. The positive impact of applying resilience skills and strategies at home, as well as at the school and work, continues to be seen throughout the Total Army Family!

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For more information on resources and programs, please visit:
www.ARFP.org/CYSS

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Community Events
AUGUST 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
Fit to Win Day	Fort Jackson	SC	August 4	8-16 years	Chester Myers- Odyssey TCI Contractor 803-751-5607 Chester.j.myers.ctr@mail.mil
Back to School Safety	Fort Belvoir	VA	August 15	K-8th grade	Jasmine Hart Odyssey TCI Contractor Jasmine.d.hart.ctr@mail.mil 703-806-5308
Back to School Fair and Carnival	MacDill AFB	FL	August 15	K-12th grade	Call 813828-0146 http://www.macdillfss.com/events_view.aspx?eventid=1867
Back to School Survival Webinar	All	All	August 20	6-18 years	Valerie Morgan Odyssey TCI Contractor 504-558-5603 Valerie.m.morgan5.ctr@mail.mil
Drug Awareness & College Fair	Fort Belvoir	VA	September 12	9th-12th grade	Jasmine Hart Odyssey TCI Contractor Jasmine.d.hart.ctr@mail.mil 703-806-5308
Phinizy Swamp Nature Center	Augusta	GA	September 12	6-12 years	Wendy Golden -Odyssey TCI Contractor 678-420-1610 ext 2941 wendy.m.golden2.ctr@mail.mil

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.
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 Home Front, 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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Family Programs Director-Interim
Bernard Goss
AR-MEDCOM
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Pinellas Park, FL 33782
Phone: (727) 563-3798
Email: bernard.k.goss.civ@mail.mil

Contact **Mr. Goss** for assistance with:
- Family Support Services
- Family Programs Training

Youth Services Specialist (YSS)
Jasmine Hart
Contractor: Odyssey-TCI JV, LLC
MIRC
8831 John J. Kingman Rd
Fort Belvoir, VA 22060
Phone: (703) 806-5308
Email: jasmine.d.hart.ctr@mail.mil

Contact **Ms. Hart** for assistance with:
- Command/Unit Support
- Weekend Events and Activities
- Child Care Resources
- Youth Programming
- Teen Council

School Services Specialist (SSS)-Interim
Jamie Avery
Contractor: Odyssey-TCI JV, LLC
99th RSC
5231 S. Scott Plaza
Fort Dix, NJ 08640
Phone: (609) 562-7678
Email: jamie.l.avery4.ctr@mail.mil

Contact **Ms. Avery** for assistance with:
- Command/Unit Support
- Educational Events and Activities
- Scholarship Information
- College Prep
- Academic /Tutoring Resources
- School Support Services

Stay connected with MIRC!

https://www.facebook.com/USARMIRC

If you are not part of MIRC, contact one of the CYSS staff members above and we will connect you with the YSS or SSS in your area.

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