



Connections

JULY - SEPTEMBER 2019

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CYS Health & Wellness Bulletin June 2019

What do I Need to Know About Measles?

You may be hearing a lot about measles lately. All of the news on TV, social media, internet, newspapers and magazines may leave you wondering what you really need to know about this disease.

Measles is **very contagious** and can be serious. It spreads through coughing and sneezing. When an infected person coughs or sneezes, the virus stays in the air for up to 2 hours. An unvaccinated person can get measles when traveling in other countries and also in the U.S.

Some people think of measles as just a little rash and fever that clears up in a few days, but **measles can cause serious health complications** especially in children younger than 5 years of age. There is no way to tell in advance the severity of the symptoms you or your child will experience.

About 1 in 5 people in the U.S. who get measles will be hospitalized.

- 1 out of every 1,000 people with measles will develop brain swelling, which could lead to brain damage

1 to 3 out of 1,000 people with measles will die, even with the best medical care

Some of the more common measles symptoms include:

- High fever (may spike to more than 104° F)
- Dry cough
- Runny nose
- Sore throat
- Red, watery eyes
- Rash (3-5 days after symptoms begin)

Protect Yourself and Your Family

Make sure everyone has had the Measles, Mumps, and Rubella (MMR) vaccine. The MMR vaccine is very safe and effective. You need 2 doses of MMR vaccine for the best protection. The first dose at 12 through 15 months of age. (Although, your health care provider may want to give it earlier based on geographical location). The second dose at 4 through 6 years of age.

*Children not up-to-date with the MMR vaccine will not be allowed to attend child care in the event of a measles outbreak. A measles outbreak is determined by local health authorities who also determine when the outbreak is over. Sometimes it takes weeks, so parents must realize they may not have child care for an extended period of time.

To Get Vaccinated:

Call your health care provider or local pharmacy

Contact your local public health agency or health care provider if you have concerns

From the Desk of the CYS Coordinator

I am pleased to announce that West Point Child and Youth Services (CYS) has passed the Army Higher Headquarters Inspection (AHHI) with exceptional scores. Having the AHHI Team in the facilities, scrutinizing the programs, no matter how well prepared, adds additional stress to the day-to-day business of high quality child development programming. The individual CYS Program Directors and their teams have pulled

together over the past few months to overcome staffing challenges and ensure the day-to-day mission of providing high quality care to our Families was met. Team members have made great personal sacrifices in the spirit of Duty, Honor and Country. I ask that every parent join me in congratulating the staff of your child's program in this accomplishment.

Respectfully-Lisa Watson



School Liaison Officer



Summer Boat Rides!

New James I. O'Neill HS Students

If you are an incoming 9th grader or transfer student (10th-12th grade), join us as we cruise the Hudson!

August 21st -1:30-4:00 pm (permission slip required). Call 938-2092 for more information.

Home Schooling Families

Join us for a Hudson River cruise! September 26th 10:30-1200. Call 938-2092 for more info.

See the Point!

If you are a new 6th-8th grader in the West Point Community, join us to *See the Point!*

We want to welcome you with a tour of many MWR activities AND West Point Middle School!

July 25th, August 8th, OR August 15th.

Call 938-2092 to register for this FREE opportunity!!

PAB Information

The PAB is actively seeking volunteers! Volunteers are needed to support fundraising, project management, staff recognition programs and PAB leadership positions. If you are interested in volunteering please contact :

wpparentadvisoryboard@gmail.com

Earn points towards your child's day care while donating your time to a great cause!!

NEXT PAB MEETING:

29 Aug 19 1630 @Stony CDC

Parent and Outreach Services

Upcoming Events

Aug 16 CYSitters Training-I'm Alone 1500-1830 MST

Aug 17 CYSitters Teen Sitter-0900-1530 Lee Facility

Sep 14 New Parents Class 411-1000-1600 Lee Facility

Oct 19 Adult CYSitters Class-1000-1600 Lee Facility



Child Development Center



Stony Child Development Center wishes to welcome to the following new members to the management team:

Director: Miss Melissa Espinoza

Assistant Director: Mrs. Sierra Dent

Supervisory Program Specialist: Miss Nicole Stevens

If you have not met them, please take a few minutes to do so.

Upcoming Events:

July 8, 2019 : Start of water play at Stony CDC. Please ensure all children have swim suits and close-toed water shoes. (No Crocs)

August 5-9 2019 : Parent Conferences

August 15, 2019: Open House from 1830pm-1930pm

August 29, 2019: PAB meeting at Stony CDC 1630pm



EDIBILITY • INTEGRITY • ACHIEVEMENT

School Age Center



School Age Center is in full swing of Summer Camp. We are currently facilitating 4-H programs, BGCA programs, STEM programs, and Art Programs. Summer Camp is participating in activity or Field Trip, attending functional fitness with CYS sports, Bowling at the MWR Bowling Center and swimming at Long Pond on a weekly basis.

**SAC Summer Camp will continue until
31 August 2019**

You may log in to militarychildcare.com to sign up for the upcoming summer camp weeks until 9 July 2019.

SAC Before and After School Programming will begin 26 August

Register for Before/ After school at militarychildcare.com starting 17 July 2019 at 1230. Orientation will be on 16 August at 1130-1200 & 1700-1730

PDPS Registration

opens on

16 July 2019

on

militarychildcare.com

LEE DESK

845-938-8530.

How Much Does My Kid Need to Eat? *By Samantha Gutstadt and Haely White*

From Day 1, we worry about our kids getting enough to eat—yet with the childhood obesity rate at 17 percent, we also fret that they'll get too much. What's the right amount? To cut through the confusion, nutrition experts helped compile this guide of just how much kids need at each age, plus tips on how to stay on track. Follow their advice—and your child's weight will be one concern you can cross off your list.

AGES 1-3 Feeling Finicky Daily Calorie Needs 1,200 - 1,400

Remember that baby of yours who happily ate chicken, squash, and most anything else that landed on his high-chair tray? He's been replaced—by someone a lot less agreeable at mealtime. After your baby's first year, growth slows down by about 30 percent, and so may appetite. Infants need to eat about 35 to 50 calories per pound, while toddlers require roughly 35 to 40 calories per pound, according to guidelines from the Institute of Medicine. How do you know if you're hitting that target? **Trust toddler instincts** —don't force them to overeat. **Stick to a schedule.** Serve meals and snacks about three hours apart. **Avoid food bribes**- Yes, you'll get the short-term gain of a few bites of peas or chicken, but you're telling your child to eat more than she wants which can set her up for a pattern of overeating. To read the entire article, go to <https://www.parents.com/recipes/nutrition/how-much-does-my-kid-need-to-eat/>

Middle School and Teen

The Middle School & Teen Center is open during the summer, summer hours are **Monday– Friday 1-6 p.m. and Saturday 12-6 p.m.** Throughout the summer the Youth Center is providing programs and activities for the youth to be involved in as well as summer trips (permission slip required).

July Trips:

- FRI 7/12: Bowling 3-6 p.m.
- THURS 7/18: Long Pond Swimming Trip 1-4 p.m.
- SAT 7/20: Paintball Party 2-4 p.m.
- FRI 7/26: The Castle 1-5 p.m.

August Trips/ Events:

- THURS 8/8: SplashDown Beach 9:30-5:30 p.m.
- MON 8/12: Paintball Party 2-4 p.m.
- THURS 8/15: Long Pond 1-4 p.m.
- FRI 8/16: Bowling 3-6 p.m.
- THURS 8/22: The Castle 1-5 p.m.
- FRI 8/23: Open House Ice Cream Social for youth and families grades 6-12, 2-4 p.m.



The School year kicks off August 26th and the Youth Center will have programs planned based on our 5 service areas: The Arts, Education & Career Development, Character & Leadership Development, Health, Wellness & Life Skills, and Sports & Recreation as well as clubs for youth to be involved in. We send out monthly program calendars to parents emphasizing the particular programs and clubs going on for the current month.

For more information about the Youth Center please contact **845-938-3727/8889**.



Youth Sports and Fitness



Fall Rec Sports Season
September 3rd to October 30th



Registration for fall sports opens on Monday, July 15th.

- JBK travel soccer tryouts will be held on **Wednesday, August 14th**. More information will be available in a few weeks.
- Volunteer coaches are still needed for our fall recreation season. If you want to coach, or know of anyone that would like to coach, please contact the youth sports office at (845)938-3208.

Youth Sports Weather Hotline:

845-938-8897

Information regarding cancelations due to inclement weather and adverse field conditions.



Mondays/Wednesdays

- Soccer 5-7pm
- **Hockey dates TBD

Tuesdays/Thursdays:

- Run Club 3-4pm
- Volleyball 5-7pm
- Flag Football 6-7pm

