



Connections

JULY - SEPTEMBER 2017

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CYS Highlights: Fostering Early Literacy



Caregivers and parents play a vital role in helping children to learn to communicate with those around them. Fostering the development in language also leads to reading and writing skills. Below are just some of the ways literacy skills are fostered everyday!

- **Conversing with Children**– Caregivers routinely provide opportunities for children to participate in open ended conversations with interest and sincerity.
- **Storybook Reading**–Caregivers provide multiple times for large and small group book reading. Caregivers foster exploration and conversation through reading.
- **Phonological Awareness Activities**-Activities take place throughout the day that focus on children’s awareness of the sounds of language. These activities include rhymes, sound matching and alliteration.
- **Alphabet Activities**-Materials that promote the identification of letters. Alphabet blocks, cards, books and puzzles play a vital role in the classroom.
- **Supportive Environments**– Print rich environments, well designed library, play related printed materials, writing center with ample materials.

Coordinator’s Corner-CYS Staff Highlight



CYS recognizes our professional, caring, inspiring and exceptional staff members. Recently Ms. Nela Pratt and Ms. Eileen Rupp were recognized for 25 years of service. These individuals are tremendous assets to the West Point CYS program and have provided care for dozens of children over the course of their careers. The success of the CDC program is a direct testament to the commitment and dedication of these incomparable individuals.



Ms. Nela Pratt

Ms. Pratt began her career caring for Military and Civilian children in 1982 at the West Point Child Development Center. Ms. Pratt is currently a Lead Caregiver in an infant room at the CDC. Ms. Pratt works tirelessly ensuring the needs of all children in her care are met and opportunities are afforded for all children to learn and grow in a safe and caring environment. Ms. Pratt believes the key to being a childcare provider is having a genuine love of children. Ms. Pratt shares her love of children by inspiring and mentoring new staff.

Ms. Eileen Rupp

Ms. Rupp has been providing both in home and center based care for children for over 36 years. Ms. Rupp facilitated in home child care for 11 years prior to transitioning to becoming a childcare provider at the Stewart Child Development Center. Upon the closure of the Stewart CDC, Ms. Rupp transferred to the West Point CDC and has been a central part of the CYS professional team. Ms. Rupp, currently the Hourly Lead Caregiver demonstrates an exceptional commitment to the success of each child through her enthusiasm, positive attitude and character. Ms. Rupp’s passion for providing remarkable childcare is sparked by her desire to watch children learn and grow.



Summer Safety Tips



Sun Tip:

Broad Spectrum means it protects against both UVA and UVB rays.

Heat Related Illness-

Staying hydrated in hot weather can help reduce the risk of heat-related illness. Keep water or sports drinks (with electrolytes) on hand to maintain hydration, and try to stay in a shady or air-conditioned location during the hottest parts of the afternoon.

Mild symptoms -- heat exhaustion -- may include feeling thirsty, fatigue and cramps (legs or abdominal). If left untreated, heat exhaustion can progress to heatstroke.

Kids are more susceptible to heat illnesses than adults are because their central nervous system is not yet fully developed. Strenuous activity and dehydration make it difficult for young bodies to regulate changes in body temperature, and chronic health conditions such as diabetes or cardiovascular disease and medicines such as antihistamines also increase the risk. Kids are also at risk for heat illnesses if left in a hot car -- even if the windows are cracked and even if it's only for a few minutes. **Never leave a child unattended in a car.**

Sunblock Selection

Regardless of age and skin sensitivity (whether or not you burn easily), the American Academy of Dermatology recommends that everyone, adults and kids alike, apply a water-resistant sunscreen that protects against both UVA and UVB rays every day of the year. Yes, even in winter and on cloudy days. Choose a sunscreen that is at least **SPF 30** and apply it 15 to 30 minutes before going outside.

CYS Approved Sunscreens:

Coppertone Sensitive Skin SPF 50	CVS Kids Sun Lotion SPF 50
Coppertone Waterbabies Pure and Simple SPF 50	
Banana Boat Kids SPF 50	Equate Kids Sunscreen SPF 50
Neutrogena Pure and Free Baby SPF 60	Aveeno Baby SPF 50
Neutrogena Sensitive Skin SPF 60	

School Liaison Officer



See the Point!

If you are a new 5th-8th grader in the West Point Community, join us to *See the Point!* Tour many MWR facilities AND West Pont Middle School! July 13, 20, 27 or Aug. 3. **Call 938-2092 to register.**



The Army Installation School Liaison Officer assists families with educational transitions, enhances the educational experience by working in partnership with local schools and familiarizes families with state and district policies.

Summer Boat Ride!

If you are entering 9th grade or new to James I. O'Neill High School, join us as we cruise the Hudson!

August 23rd from 2:00-4:00
Permission slip is required, please call 938-2092 for more

Parent and Outreach Services



Football Saturday Child Care!

The West Point CYS program will be providing child care on football Saturdays! Child care will be provided at the Lee CDC from 10:00-4:30 on home game days for children 6 weeks through 12 years old! For more information or to register your child(ren) for this program please call 845-938-3969.

Boys and Girls Club Day for Kids

15 September 20017
6:00-8:00pm

Boys & Girls Clubs of America (BGCA) is teeing up to celebrate "Boys & Girls Clubs Day for Kids." (BGC Day for Kids) on Friday Sept. 15. BGC Day for Kids is a major annual family event highlighting the value of meaningful time between caring adults and children. Across the country, the day will be celebrated with thousands of parents and kids participating at local events held at Boys & Girls Clubs and other locations.



CYS Sitters Program

This course is designed to familiarize teens with the responsibilities of babysitting and also teaches skills and techniques for babysitters needed for sitters to be confident and caring.

Children also receive CPR and first aid training as part of this course.

Call 845-938-3969



Child Development Center



Parent Advisory Board

A tremendous thank you to our Parent Advisory Board (PAB) volunteers! Their time and efforts ensured the success of the 2017 Caregiver Appreciation Day event! The Parent Advisory Board is seeking volunteers to serve as parent representatives. Representatives are eligible to receive a 10% discount on child care fees after meeting attendance and special event participation.

The intent of the CYS Services Parent Advisory Board is to serve as a method of communication between program managers and patrons and to foster collaboration for program improvement. Parents that participate are eligible for a discount towards their child's day care fees. For more information or to volunteer to serve on the CYS Services PAB please contact any of the CYS Services managers.



It is hard to believe that the beginning of the Academic Year is a few weeks away. The past three months have been very busy, with Mothers' Day and Fathers' Day celebrations. We appreciate everyone that took time out of their schedules to attend any of the activities planned in your child's classroom. Parent Teacher Conferences were held and the participation was great, so thanks again parents for attending

“Treat a child as though he already is the person he's capable of becoming”

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 Field Tripping, attending a sports hour with the CYS sports program, and swimming at Round Pond on a weekly basis.

SAC Summer Camp will continue through 1 September 2017

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

SAC Before and After School Programming will begin 28 August

Register for Before/ After school beginning 17 July through 4 August
Orientation will be on 8 and 9 August at 1200-1300 & 1730-1830

Healthy Lifestyles and the Importance of Eating Right



CYS Standardized menu update:

West Point CYS began implementation of the new DoD standardized Army CYS menus in July. These new menus contain hand made items that are low in total fat, saturated fat, sugar and sodium. These standardized menus include recipes showcased in the *Recipes for Healthy Kids* competition which the USDA launched in September of 2010 in support of former First Lady Michelle Obama's *Let's Move!* Initiative. These recipes are easy to prepare and will get children excited about making healthy choices!

Hardcopies of menus are available at the front desk at the Stony and Lee CDC facilities or contact Birgit.Kraeft@usma.edu for an electronic copy or for nutrition information for a specific recipe.



For more *Healthy Kids* recipes please visit;

<https://whatscooking.fns.usda.gov/sites/default/files/featuredlinks/cookbook-homes.pdf>

Middle School and Teen



Youth Center Summer Hours:

Monday-Thursday

1:00-8:00pm

Friday

1:00-9:00

Saturday

12:00-9:00

Summer Hours will conclude on Friday 25 August

Calling All Youth in Grades 6-12!!! The Youth Center has weekly field trips during the summer months! Come out and take a trip with the YS!

- 7/7: PALISADES MALL
- 7/13: BOUNCE! TRAMPOLINE SPORTS
- 7/20: SPLASH DOWN BEACH
- 7/27: ESCAPE THE ROOM
- 8/3: PALISADES MALL
- 8/10: HIKING & PICNIC AT BEAR MOUNTAIN

Contact the Youth Center front desk at 845-938-3727 for more information. Registration can be done via Webtrac or in person at Parent Central! <https://webtrac.mwr.army.mil/webtrac103/wbws/>

Do you live in Stony CDC, Lusk, or near Thayer Gate? The Youth Center is running a summer shuttle service Tuesday—Friday with pick up and drop off in each housing area. Contact us for more information!



SKIES



Get Paid to Teach your Passion! Join the West Point Child & Youth Services (CYS) Family as a Child/Youth Instructor

The Schools of Knowledge, Inspiration, Exploration & Skills (SKIES) Program is looking for qualified and caring instructors for the Schools of Arts, Sports, Academics and Life Skills. Scheduling is flexible. Sessions vary in length from 2-10 weeks with classes meeting one-two times per week. Positions are on a contract, self-employed basis and pay is determined by the number of participants who enroll. Extracurricular opportunities are very important to our children and youth. Bring your education, knowledge, skills and knowhow to enhance our children's lives. The sky is the limit for classes: outdoor adventure, sign language, voice lessons, scrapbooking, string and band instruments, foreign languages, cooking/nutrition, gymnastics, just to name a few. For information on applying for an instructor position, please contact the SKIES Director at (845) 938-8893 or email: Kirsten.rautter@usma.edu

Youth Sports and Fitness



Summer Intramurals

- Grades 5th-12th
- July 5th-7th – Flag Football
- July 10th-14th – Wiffleball
- July 17th-21st – Handball
- July 24th-28th – Basketball

There is no fee for this program. Register at Parent Central, Building 140.

Youth Sports and Fitness Fall Sports Registration

Fall Rec Soccer
Registration Opens: July 17th - August 18th
Start Date: August 28th
Time: 5-7pm
Place: H-Lot Sports Complex and Dragon Park



Travel Soccer Tryouts-
Date: August 23
Time: 6-8 pm
Place: H-Lot Sports Complex
WPMS Modified Sports Offerings for 7/8th Graders
 Cross Country, Boys Soccer, Girls Volleyball

*Registration dates will be set once school begins. *