



Connections

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MONTH OF THE MILITARY CHILD
M.O.M.C.

THIS APRIL 2024

WE ARE... BRAVE... FEARLESS... RESILIENT... MILITARY CHILDREN

MOM DAD

Learn More.

#ArmyMOMC2024



West Point CYS Programs are celebrating Month of the Military Child throughout April. See your program front desk and social media for daily events!

Stony Child Development Center

Spring is on the way and we are looking forward to warmer weather. As always, please be sure that your children have the appropriate gear to participate in outdoor activities, to include: rain boots, rain jackets, etc. We are ready to learn about and explore all things spring and look forward to implementing fresh ideas and adding fun, creative activities into both the classroom and outdoors. We are setting up fun learning environments to engage the children in math, literacy, science, engineering, technology, and art. Get ready for some exploring and learning fun!

"Play is the highest expression of human development in childhood, for it alone is the free expression of what is in a child's soul." Friedrich Froebel

Curriculum Snapshots



7. Demonstrates fine-motor strength and coordination. 7a. Uses fingers and hands.



18. Comprehends and responds to books and other texts. 18a. Interacts during reading experiences, and book conversations.



25. Demonstrates knowledge of physical properties of objects and materials.

Parent Participation at the Stony CDC:

April is Month of the Military Child. Please join your child's classroom to share about your military experiences. There will be opportunities to assist in your child's classroom to create and/or participate in fun Spring activities. Remember, assistance with bulletin boards and center generated art work is always needed.



Please join us for these events:

April 12th: Ice Cream / April 26th: Outdoor Fun Day

May 10th: Mother's Day Tea

June 14th: Father's Day Ice Cream Social



Reminders:

Holiday/Vacations/Withdrawals submission require 2 week notice.

Please label children's belongings and provide all items necessary for care.

Have a question about CDC programming?

Contact the CDC Management team:

845-938-4798/4523.

Center Closings

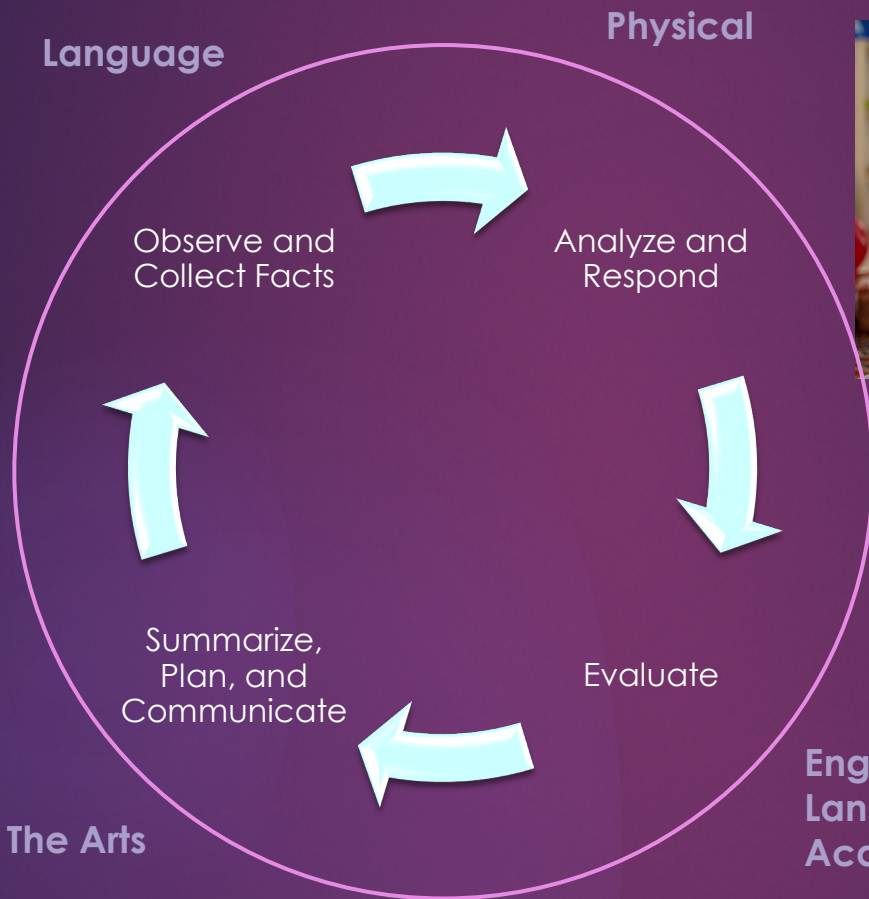
May 27th (Memorial Day),

June 19th (Juneteenth)

June 21st (Staff Development Day)

CDC CURRICULUM CORNER: TEACHING STRATEGIES GOLD

CDC CLASSROOM STAFF UTILIZE THE TEACHING STRATEGIES GOLD ONLINE ASSESSMENT CYCLE TO LINK DAILY OBSERVATIONS TO THE 10 DEVELOPMENTAL AND LEARNING OBJECTIVES!



Social-Emotional

Cognitive



English Language Acquisition

Science & Technology

Social Studies



See a CDC Trainer for more info!



School Age Center



Director: Kimberly Pyron

Phone: 845-938-0941

West Point School Age Center's Before and After School Care is in full swing for children attending West Point Elementary School. The School Age Center provides programming through developmentally appropriate activities and enriched environments that promote learning and exploration in five different service areas. If you are interested in having your child join the SAC program, complete a request for care today

CURRENT & PAST EVENTS

Month of the Military Child

April is Month of the Military Child. We are excited to kick it off with a Bubble Launch on April 1. There will be other exciting activities happening this month like Karaoke Day, Build a Pretzel, and Recycle Art Day, just to name a few. Please pick up a calendar at the Front Desk!

Parent Participation Events, 1600 to 1700 hours

Registration for Summer Camp 2024 is OPEN!

Request care on MilitaryChildCare.com

Gearing up for Summer Camp

We are excited and gearing up for Summer Camp 2024. Summer Camp will be 10 weeks from June 10 to August 16. We have field trips planned on Wednesdays, both on and off post. There will be special guests visiting to teach the children fundamentals of certain sports. Every day will feature fun and exciting activities!

Employee of the Month

Employees are chosen based on performance, professional development, further involving the children in the process, additional information dissemination techniques, and providing additional opportunities for children to develop socially, emotionally, physically, and mentally.

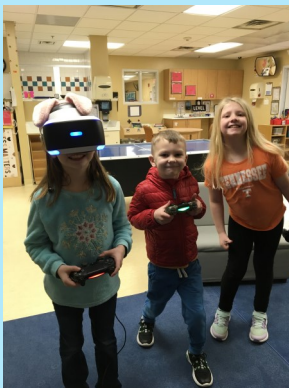
February

In February, the entire SAC Staff was selected. Thank you all for your continued hard work!



March

The Employee of the Month for March was Katie Camarda!



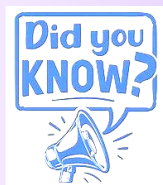
Snapshots

Youth Sports and Fitness

Winter Recap — Look Forward To Spring

Hello CYS parents and friends. We hope you had a great holiday season and a great start to the new year!

Here at Youth Sports and Fitness, we are happy to say we had an amazing Winter Session with sports that included basketball, bowling, hockey, taekwondo and our strength and fitness class. The youth participants brought effort, competitiveness, and the open mind to learn new or more about familiar sports. We would like to thank the parents and coaches for their time and effort!



*** Our ears never stop growing!!!**

***Your eyes blink around 20 times a minute (over 10 million times a year!!!)**



- ◆ Stay Hydrated: Drink between 1/2 an ounce to an ounce of water for every pound you weigh
- ◆ Get Better Sleep: Avoid bright lights before sleep. Bright lights (specifically blue light wavelengths) may disrupt your production of the sleep hormone melatonin. Use blue light blocking glasses before sleep or black our curtains

MONTH OF THE MILITARY CHILD ACTIVITIES

3-on-3 Tournament

With the NCAA tournament right around the corner, we decided to get into the spirit and also celebrate MOMC with a 3 on 3 basketball tournament.

In this tournament, children will be able to put together their best teams and compete against one another to be named Kings or Queens of the court.



The tournament will be Friday, April 26th at the Youth Center (BLDG 500)

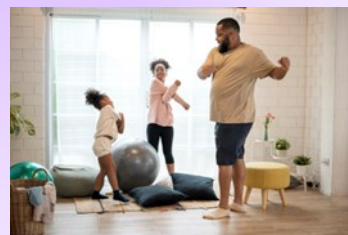
- ◆ Group 1: Grades 7 & 8 at 3PM
- ◆ Group 2: Grades 5 & 6 at 4PM
- ◆ Group 3: Grades 3 & 4 at 5PM

Games are 1 hour and children can sign up by April 19th!!

Daily Fitness Challenge:

We will be posting fitness challenges on our Facebook page. Children and parents can participate by posting pictures or videos in the comment section of our challenges.

The challenges will be posted Monday–Friday, during the month of April.



Be on the lookout for summer clinics, more challenges, announcements and more health/fitness and tips!!

Lets have a great Spring and Summer!!!

Middle School & Teen

***The Youth Center is currently closed until further notice ***



The Youth Center provides programs for youth to get involved based on our 5 service areas: The Arts, Education & Career Development, Character & Leadership Development, Health, Wellness & Life Skills, and Sports & Recreation.

The Middle School and Teen Center staff are diligently working to create a cohesive program set up for the youth living on West Point.

We are reaching out to the middle schoolers and teenagers (11-18 years old) for suggestions!

Please take a moment and send an email or submit an ICE comment with suggestions, ideas, or preferences that you would like to see in your MST Center.



Nia Atwood
MST Director
anias.r.atwood.naf@army.mil



School Liaison Officer

Carin.O.Mogavero.naf@army.mil
845-938-2092

Homeschool Events

April

11th—USMA STEM

830-1130

23rd—Tree Planting

900—1000

May

17th Backstage at Ike

It's PCS Season

On your way out or in please stop by, call, or email. I have contacts and handouts to help your move go smoothly.

Exam Time?

Tutor.com

No-Cost, Online Tutoring and Homework Help, 24/7

3,000+ rigorously vetted tutors are available in more than 150+ subjects, including bilingual Spanish offerings in math, science, social studies, writing, study skills, and parent coaching.

Partnerships in Education

April is Month of the Military Child. I am partnering with the Student 2 Student club at West Point Middle giving tours of our Youth Center to 6th, 7th & 8th graders.

CYS Nurse Notes

Greetings From The CYS Nurse

Happy Spring Everyone!

Please continue to monitor your children for early signs and symptoms of illness every morning before coming to childcare. Maintain your and your child's good health by scheduling well visits. Following all physicals, please provide Parent Central with all updated vaccine records to maintain your child's immunization compliance. If your child's health status changes, please contact Parent Central right away for the necessary paperwork to be completed by you and your pediatrician.

Tick season is here, prevention is key.

When returning from the outdoors perform a complete body check. Tick attachment sites are frequently underarms, scalp, joints, groin, buttocks, and back to name a few.

Take a shower as soon as possible.

Request recommendations from your pediatrician for tick repellents.

Keep your property manicured.

Maintain your pets' tick repellent regiment.

Stay on a well-marked trail when hiking.

If bitten remove the tick with a fine tipped tweezer. Place the tweezer tip closest to where the tick is embedded, pulling it straight outward. Avoid squeezing the tick's body as this may result in the tick regurgitating more bacteria into the host. Clean the area with soap and water. Mark the calendar the day and site on which the bite occurred. Monitor for symptoms of headache, fever, joint pain, fatigue, and the possible appearance of a red bulls-eye rash. Contact your doctor if symptoms develop!

I hope these tips are helpful. For more information visit www.cdc.gov.

Wishing you all a wonderful spring season!

Christine S. Marino RN

West Point CYS Nurse



CHECK FOR TICKS!



**Always remember to
WASH YOUR HANDS!**

Parent and Outreach Services

Parent Central Services Team

<p>Lisa Lloyd Administrative Assistant x4458</p>	<p>Jacque Butler Director X3969</p>	<p>Susan Crandall Administrative Assistant x0939</p>
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Hours of Operation:

0730-1700

Monday-Friday

Call for an Appointment
Walk-ins Welcomed!

Education Opportunities — Register in-person or by phone at 845-938-4458/0939

CYSitters Babysitter Course

Open to Youth aged 12+ enrolled in CYS!

13 April 2024

@ Lee Area CYS Facility

Fee: \$20.00

Parent CPR and First Aid

Spaces are limited for this FREE parent education opportunity!

10 May 2024 @ Stony Evac 1700-1900

Parent Education

Handle Temper Tantrums

May—1500-1600 @ MST Building 500

Social Media Safety - Grades 6-12

June—1500-1600 @ MST Building 500

Setting Healthy Media Limits

July—1500-1600 @ MST Building 500

You can earn a 10% discount on your child care bill!

The West Point CYS **Parent Participation Program** provides parents an excellent opportunity to share their unique gifts, talents and abilities while volunteering to support regularly scheduled programs (full day and before and/or after school). See your child's program management for ways you can participate.



Military Family Resources on the Web

Participate in FREE face-to-face and online parenting programs at **Thrive.psu.edu**. Families with children aged 0-18 years are supported to “take root,” “sprout,” “grow,” and “branch out.”



As you care for your child, don't forget about yourself! Learn new skills and practice Self Care through the At Ease series at **BabiesontheHomefront.org**.



Visit MCEC at **militarychild.org** for access to courses, podcasts and webinars presented specifically for parents! Topics include Social Emotional Learning and the Military Child, Managing School Moves, Growing Great Readers and National Guard and Reserve Children.



Parent Advisory Board

All CYS Patrons are General Members of the West Point CYS PAB. The PAB provides an avenue for two-way feedback about CYS program operations between patrons and the command as well as helps identify parent/community needs. All CYS Patrons are welcome to participate beside the elected PAB Board Officers and West Point CYS Program representatives.



West Point CYS PAB meets every second Tuesday of each month!

Next meeting will be:

14 May 2024

1630-1715 @ Stony Evac Bldg

See your Program Director for PAB Officer email contacts!