



Connections

JANUARY — MARCH 2019



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Army Child and Youth Services School Year (SY) 2019-2020 Fee Policy

By now, each Family enrolled in Stony Child Development Center (CDC), Lee Area School Age Center (SAC) and Lee Area Part Day Pre School (PDPS) are in receipt of notification that the Department of Defense has published the School Year (SY) 2019-2020 fee ranges. Section 1793 Title 10, United States Code, requires that DoD prescribe uniform fee regulations for military Child Development (CDC) and School-Age Care (SAC) programs. In addition, pursuant to DoD Instruction 6060.02, "Child Development Programs (CDPs)," August 5, 2014, the Assistant Secretary of Defense for Manpower and Reserve Affairs shall annually review and issue a child care fee policy based upon total family income (TFI) for use by programs in the DoD child development system of care.

UPDATED EMAIL FOR REPORTING CYS ABSENCES

usarmy.westpoint.imcom-fmwrc.list.cys-attendance@mail.mil

Parent Advisory Board (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!!

For information on the next PAB meeting please contact the Outreach Services Director at 845-938-3969

West Point Child Supervision Policy

It is important that all personnel assigned to and living on West Point know and adhere to the current U.S. Army Garrison West Point Policy Memorandum #20, which provides guidelines for supervision of minor children. The West Point guidelines for supervision are based on the child's age. The following is a synopsis of the policy. Check the UMSA Garrison Site for the entire policy:

CHILDREN UNDER 10 YEARS OF AGE CANNOT BE LEFT UNATTENDED IN VEHICLES. 10 YEAR OLDS MAY BE LEFT IN VEHICLES FOR NOT MORE THAN 15 MINUTES WITH THE KEYS REMOVED.

*Children 9 years of age and younger require supervision at all times.

*Children 10 years of age are in a transitional phase and may begin to be left alone for short periods of time with an adult with ready access as arranged by their parent available to assist if needed.

*Children ages 11-13 years old may be left home alone with ready access to adult supervision.

*Children 13 years and older may babysit children other than siblings.

*Children enrolled in the Exceptional Family Member Program (EFMP) require supervision in accordance with their special needs regardless of age.

Age alone should not be the sole determining factor when deciding to leave your child home alone or at home supervising siblings.





Healthy Habits

Winter has officially begun and there are a number of habits that we can develop that will help us maintain better health as we look forward to spring:

1. **Wash Your Hands Often**-because germs are invisible, it can be easy to forget that they are on every thing we touch! Teach your children to wash hands frequently-after using the restroom; before and after eating; after coming in from outside, etc.
2. **Follow a Regular Sleep Schedule**-Following a normal sleep schedule facilitates the development of the body and the mind. The amount of sleep needed varies by age,

ranging from 11 to 14 hours for Toddlers to 8-10 hours for Teenagers.

3. **Take a Technology Break**-plan family game nights to promote family communication and to share in fun and laughter. This provides great opportunity for discovering what's on the minds of middle schoolers and teens!!
4. **Make Exercise a Priority**-exercise is important and can be especially important in the winter months if we are less likely to want to be out and about. Find exercises/activities that can be done indoors or venture out for ice skating, snowman building, or walks.



CYSitters



Babysitting Certification Course

This course is designed to familiarize teens with the responsibilities of babysitting and also teach skills and techniques needed for sitters to become competent and caring. Students will receive training materials, a certificate of completion and a wallet size babysitting course card.

Students are also placed on the garrison-wide babysitting referral list so that parents requesting a babysitter from the CYS Services referral list can feel comfortable knowing that their babysitters are adequately trained to CYS Services standards.

Garrison policy encourages that all youth 11 years old and older pass a certified babysitting course to watch their siblings. Youth 13 years old and older are encouraged to pass a certified babysitting course and CPR/First Aid class to babysit non-family members.

To register please contact Parent Central or visit WebTrac to register.

11 Year olds-I'm Alone Course

25 January 2019

Free

12 Years and Up

26 January 2019

9:00-3:00

\$20.00



Co-Op volunteers provide a caring and nurturing environment for children.

CYS Fitness Center Co-Op

Interested in utilizing the gym but don't have childcare? Join the Fitness Center Co-Op. Participants volunteer to participate in the childcare exchange allowing them to utilize the gym M-F from 9-11.

For more information contact Annette Bell

at 845-938-3969





Child Development Center



The West Point Child Development Center is proud to be accredited through the National Association for the Education of Young Children (NAEYC). NAEYC is a professional membership organization that ensures high quality learning for all children by connecting early childhood practice, policy and research. The CDC has been afforded accreditation based on the ability to meet high performance standards and the demonstration of their ability to deliver high quality programming, staff training and accountability, continuous program improvement and stakeholder participation.



Parent-Teacher Conferences



Parent teacher conferences are the key to promoting a successful, diverse and well rounded early childhood program. Conferences allow for communication between parents and staff on the progression of their child's development, implementation of programming supports and principles of care. Conferences are held twice annually, between primary caregivers and parents. Sign ups for conferences will be posted late January until early February.

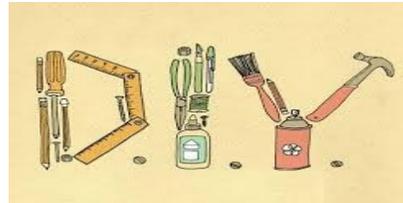
School Age Center



The School Age Center

Clubs:

- Culinary
- DIY/Arts & Crafts
- Power Hour
- Triple Play-Healthy Habits
- 4H
- STEAM
- Character Counts!



FOR INFORMATION REGARDING ANY SAC PROGRAMS PLEASE CONTACT THE SCHOOL AGE CENTER FRONT DESK 845-938-8530



Upcoming SAC Events



EXCELLENCE • INTEGRITY • ACHIEVEMENT

SAC IMPORTANT DATES AND UPCOMING EVENTS

January Parent Participation: Cocoa Jars
 16 January 2019
 February Parent Participation: Bingo Brownies
 13 February 2019
 March Parent Participation: Art Show
 20 March 2019
CAMP REGISTRATION DATES
 Spring Break Camp Registration:
 05 Feb-08 Mar 2019
 Summer Camp Registration:
 18 February 2019 (Military Families)
 In Person through PC
 5 March 2019 (All Others)
 Requests through Military Childcare.com

SAC Accreditation Visit Coming Soon!!!!

The West Point SAC is accredited through the Council on Accreditation (COA). To attain accreditation through COA, programs must deliver quality programs that exemplify the highest standards of professional practice for after school services. West Point SAC will be re accredited in March 2019. Please stay tuned for how you can assist in this very important process AND earn Parent Participation Points.

Middle School and Teen



Upcoming Youth Center Events

Winter Talent Show: 1/11/2019 from 4:00-6:00 p.m.

Valentine Party: 2/8/2019 from 5:30-8:30 p.m.

Sports Tournament Week: 3/18-3/21/2019 from 1:00-3:00 p.m.



We have monthly birthday parties on the last Friday of every month for the members from 3:30-5:00.

Youth Center Clubs and Daily Programming

Quiet Homework Time (Power Hour), Open Music & Art, Youth Sponsorship, Open Recreation, and Open Gym, Keystone Club, Torch Club, Cooking Club and more!

For more information on daily activities, check out our monthly program calendars. Calendars are available at the Youth Center or by visiting our website; <https://westpoint.armymwr.com/programs/middle-school-teen-center-mst>



Instructional Programs

Winter Class Offerings :

- ◆ Tumbling (6 to 10 year olds) Ballet/Tap (7 to 9 year olds)
- ◆ Tot Tumbling (3 to 6 year olds) Pre Ballet/Tap (3 to 6 year olds)
- ◆ Kindergym (18 months to 4 year olds) Tennis (5 to 18 year olds)
- ◆ Tae Kwon Do (6 to 18 year olds) Swimming (7 to 18 year olds)

For more information regarding eligibility/times please contact 845-938-3208

Youth Sports and Fitness



Volunteer Coaches Needed!

If you are interested in being a volunteer coach for one of our spring recreational sports teams please feel free to call the CYS Sports & Fitness office at 845-938-3208 for more information on signing up.

Youth Sports and Fitness Spring Sports Registration



Registration will open February 11th

Rec Soccer

Rec Baseball

Rec Flag

Football

Rec Tee Ball



Youth Sports Weather Hotline:

845-938-8897

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