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September 2019

CYS Health & Wellness

Childhood Immunizations

Did you know that when you get vaccinated, you're protecting yourself *and* your community? How does **community immunity** work? Germs can travel quickly through a community and make a lot of people sick. If enough people get sick, it can lead to an outbreak. But **when enough people are vaccinated against a certain disease**, the germs can't travel as easily from person to person — and the entire community is less likely to get the disease. Community immunity (also known as herd immunity) protects everyone. And it's an important reason for you and your family to get vaccinated — so you can help keep yourselves and your community healthy.



What's up with immunizations? On-time vaccinations throughout childhood are essential because they help provide immunity before children are exposed to potentially life-threatening diseases. **Over the years, vaccines have prevented countless cases of disease and saved millions of lives.** Infants, children, adolescents, teens and adults need different vaccinations, depending on their age, location, job, lifestyle, travel schedule, health conditions or previous vaccinations. Because of vaccines, some diseases (like polio and diphtheria) are rare in the U.S. Immunity is the body's way of preventing disease.

Statistically, the chances of your child getting diseases such as measles, pertussis, or another vaccine-preventable disease might be low. **HOWEVER**, you don't want them to be without the protection that vaccines provide. **Think of it this way:** You always make sure to buckle your child in his/her car seat even though you don't expect to be in an accident.

What about side effects? Any vaccine can cause side effects. For the most part, these are minor (for example, a sore arm or low-grade fever) and go away within a few days. A decision not to immunize a child also involves risk and could put the child and others who come into contact with him or her at risk of contracting a potentially deadly disease.

What about the flu vaccine? An annual flu vaccine is the best way to reduce your chances of getting the seasonal flu and spreading it to others. The Centers for Disease Control and Prevention (CDC) recommends that everyone 6 months of age and older receive an annual flu vaccine. For more than 50 years, hundreds of millions of Americans have safely received seasonal flu vaccines.

CYS requires your child to have up-to-date vaccinations in order to register for programs.

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

Reference: <https://www.cdc.gov/vaccines/parents/why-vaccinate/index.html>
<https://www.vaccines.gov/basics/work/protection>



Notes From the Nurse

HANDWASHING

Regular handwashing, particularly before and after certain activities, is one of the best ways to remove germs, avoid getting sick, and prevent the spread of germs to others (CDC.gov/Handwashing). All parents with children enrolled in care at CYS facilities are required to wash their child's hands upon entering the classrooms each day. If patrons have a child in the infant room and they are currently using bottles, parents are required to wash their hands before placing the bottles in the refrigerator in addition to washing their child's hands. Parents will see a sign on the refrigerators in their infants room in order to serve as a reminder (See Adjacent Picture).

Attention Parents



Please wash your hands before placing bottles in refrigerator

Resources:

Patron Handbook 2019

CYS Operations Manual

Army Higher Headquarters Inspection Criteria

School Liaison Officer

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If you are an eligible Exchange customer, bring your A and B report card to customer service to receive your coupon book!

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PK through High School

For more information:
<https://www.militarychild.org/programs/the-call-for-the-arts>



Parent and Outreach Services

Do you have a child enrolled in Full Time Care **or** Before and After School Care **or** Part Day Preschool **or** Hourly Care **or** CYS Sports **or** Instructional Classes? Want to save time and take one more item off of your "To Do" List? Then WEBTRAC is just what you need!! Conduct your CYS business from the comfort of your recliner!!!

It's easy to get signed up and will save you from making a trip into the Parent Central Office!!

Call (845) 938-4458/0939 for more information!!

We are currently experiencing a peak in our customer volume, so please consider making an appointment before coming to visit CYS Parent Central Services.

Call (845) 938-0939 or 4458.

Child Development Center



We are pleased to announce that our Strong Beginnings program has commenced! The Strong Beginnings program is currently implementing a curriculum that is cohesive to strengthening all developmental domains that are essential to an easy transition to kindergarten. Children receive 3 hours per day of curriculum learning along with lesson plans that aligns with the curriculum.

Parent Reminders

- Parents must provide a sheet and blanket for nap time for children who are 12 months and up.
- Parents must their child’s hands during drop off. In addition, infant parents must wash hands prior to place bottles into the refrigerators.
- Parents must swipe their child in and out at the front desk and sign their child in and out in the classroom.
- Children must have ample extra clothes on site to include, extra pants, shirt, underwear, socks and shoes.

School Age Center



SAC Program Club Information

The SAC program provides club options for participants based on children’s interests as well as BGCA and 4H curriculums. SAC provides programming based on the five service areas: Academic Career Development; The Arts; Character and Leadership Development; Sports, Fitness and Recreation; and Health, Wellness, and Life Skills.

Lee Facility

OPEN HOUSE

10/9/2019

1700-1730

SAC WINTER CAMP

The SAC program offers a full day Winter Camp for children in grades Kindergarten through 5th grade. Winter Camp Dates are as follows:

23-27 December

30 December - 3 January

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

Parent Advisory Board

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!!

Middle School and Teen

We have awesome clubs and programs for youth to get involved in.

In **October** we are offering a Educational Power Hour Program based on the Egyptians and tutoring/ homework help is always available at the Youth Center. Also in October we are offering a workshop in Mosaic Tiles and Cooking Club. MST offers student created clubs, STEM Workshops, a Youth Sponsorship Program, Sports and Recreational Activities, and Art Programs. Most of these programs are ongoing and the focus area changes.

We offer a monthly Program Calendar letting youth and parents know what days programs are offered (stop in at the YS for a flyer). The calendars provide information on trips, special events, and building hours as well.

November we are having our annual Thanksgiving Dinner on Wednesday, November 21st 5-7 p.m.

December we are having a Holiday Party Friday, December 6th 5-8 p.m.

The YS will be closed on Army Football Home Game Saturdays (9/21, 10/5, 10/26, 11/9, 11/16).

For questions or for more information, contact the Youth Center at **845-938-3727**.



Youth Sports Weather

Hotline:

845-938-8897

Information regarding cancellations due to inclement weather and adverse field

Instructional Programs

Fall Class Offerings

Pre Ballet/Tap

Tennis

Tae Kwon Do

Youth Sports and Fitness

Youth Sports and Fitness Winter Sports Registration

Registration Dates: October 15th - November 15th

Start Date: December 9th

Times: 5-7pm

Location: Youth Center and Middle

Winter Sports Offerings

Rec Basketball
Ages 4-12 years

Rec Volleyball
Grades 3rd-8th