



# Connections

JANUARY — MARCH 2020

## INSIDE THIS ISSUE:

Healthy Habits	2
School Support Services	2
Parent and Outreach Services	2
Child Development Center	3
Lee CYS Facility	3
Potty Training	3
Middle School and Teen	4
Instructional Programs	4
Youth Sports and Fitness	4



## From the Desk of The Coordinator

On 23 December 2019 over 100 CYS professionals attended the semi annual CYS Staff Development Day. This day affords CYS professionals the opportunity to participate in program and position specific trainings to include; Child Abuse Identification and Prevention, Medication Administration, Responding to Emergencies, Developmentally Appropriate Practice, Effective Communication and many more. An effective training program directly contributes to CYS's growth, productivity, retention and most importantly the ability to provide a quality child care program that meets the needs of all stakeholders.

## 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!!

### FEBRUARY PAB MEETING:

06 February 2020

4:30PM @ STONY CDC

## Partnering with Parents



### Parent Participation Program

**Did you know you can earn a 10% discount on your day care bill????**

The West Point CYS parent Participation Program provides parents an excellent opportunity to share their unique gifts, talents and abilities while volunteering in regularly scheduled programs( full day, part day, before and/or after school). While participating in meaningful activities, parents not only positively influence the lives of military children, but also CYS program opera-

tions on their installations. Parent involvement is a win-win for everyone! Speak to your child's program director on how you can get involved today!

### Parent Education

**February 13, 2020-**  
Workshop for Parents of Preschoolers.  
1600-1730

**April 1, 2020**  
Cyberbullying  
1130-1300 Lee CYS Facility.  
Stay tuned for details.

# Healthy Habits

Flu season is here, so don't let the cooties catch you! Use the following tips to keep you and your family safe this flu season. Wash hands often with soap and water, encourage you children to sing the hand washing song twice to ensure maximum effectiveness. Don't know the song? To the tune of Row your Boat sing: Scrub scrub scrub your hands, scrub them nice and clean, scrub the bottom, scrub the top, and fingers in between. Avoid touching your face especially the eyes, nose, and mouth, and cover your cough and sneeze with a tissue or the crease of the elbow. Most of all if you don't feel well take a day of rest and stay home.

\*During this season exclusionary criteria for all childcare centers on post changes. The following guidelines will be in effect until we reach the end of the season: a temperature of 100F and at least one respiratory symptom (runny nose/congestion, cough, and sore throat) or intestinal upset/ diarrhea, non-participation in actives, refusing multiple meals, or complains of joint/body aches. \*

\*The best way to protect yourself against the Flu is to wash your hands and receive the Influenza Vaccine. The Vaccine is required for all Full Day, Part-Day & Hourly programs to include School Age. Thank you for your diligence in helping us protect your child(ren) against the Flu!! !\*\*\*\*

For any questions or concerns please contact the CYS Nurse Kristin Peck, located in the Stony CDC at 845- 938-

## School Support Services



**GRATITUDE INITIATIVE**  
A FREE COLLEGE PREP PROGRAM FOR ELIGIBLE STUDENTS BETWEEN 8TH and 12TH GRADES. GI provides expansive educational support & college scholarships. Visit [GRATITUDEINITIATIVE.ORG](http://GRATITUDEINITIATIVE.ORG) for more information or to apply.

### **READY AND RESILIENT REFRESHER**

**HUNT THE GOOD STUFF!**

*\* Simply Record 3 Good Things From Each Day\**

*Every Day May Not Be Good But There is Something Good in Every Day!*

### **HOME SCHOOL NEWS**

Music with Ms. Gibby meets monthly and PE with Ms. Bluman meets 2x a month in the MST gym! For registration or information regarding upcoming special events, call (845) 938-2092.

## Parent and Outreach Services

### **Therapy in Care**

Children receiving speech, behavior or occupational therapy while in care at CYS facilities must have prior approval by the Multi-disciplinary Inclusion Action Team (MIAT). All therapists must undergo background checks pursuant to IMCOM standards. For more information on how to ensure your child's therapist can initiate and receive applicable CYS facilitated background checks please contact Annette Bell, Outreach Services Director at 845-938-3969.

### **Auto-Debit**

Fullday, Partday and Before/After School Care Patrons have the option of auto-debit for payment of their bi-monthly fees. Patrons can sign up for this service at Parent Central. Patrons can continue paying fees on WebTrac or in the childcare facilities. Contact your center's front desk for more information!



# Child Development Center

Stony Child Development Center is excited about preparing for NAEYC re-accreditation to display quality within our program. Our teachers are fully equipped and trained on implementing developmentally appropriate practices. Children enjoy lesson plan activities based on their likes and interests that are formed to stimulate every developmental domain. Stony Child Development Center creates a firm developmental foundation to ensure that children will succeed in growing as well as the ability to transition to the next age group classroom or elementary school. Here at Stony CDC, we provide opportunities for our parents to participate in our

program. We have events such as parent workshops, classroom projects, ice cream/cookie socials and partner with West Point Community members. The West Point band recently played for our program. Any further information about our program is available on <https://westpoint.armymwr.com/> or at 845-938-4798.



## Lee CYS Facility



Come join one of our clubs at the School Age Center!!

We are now offering the following clubs:

- 4-H
- S.T.E.M
- The Art Factory
- American Sign Language
- Gaming Club
- Functional Fitness (Youth Sports)
- Power Hour
- Kindness Club

On December 20th the local 4-H visited the Lee Area CYS Facility to conduct a Shelter Helpers Parent Participation event. Shelter Helpers is a community service project to help support animal shelters in the community. The children, parents and 4-H representative created different activities and projects to donate to the local facilities in need.



Upcoming Parent Participation Days and Events:

### SAC

January - Cocoa Pouches  
February - Bingo and Brownies  
March - March Madness

### Part Day Preschool

January - Snowball Painting  
February - Winter Celebration  
March - Dr. Seuss Celebration

**Hourly Hours- 0800-1700**

Sign up on WebTrac

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

## Potty Training-Fostering Success

Potty Training is one the biggest milestones in your child's development and parents should ensure children are ready emotionally and physically to guarantee a positive and successful experience. When children become interested in the toilet, can communicate the need to use the restroom, are able to stay dry for 2 hours or longer, and are uncomfortable in wet or dirty diapers it may be time to introduce potty training to your child. If you think its time to transition your child from diapers to underwear ensure you are prepared for the commitment, time and patience that will go into providing a positive and supportive experience.



Assess your child's readiness.

Buy the right equipment.

Create a routine.

### ABCS OF POTTY TRAINING:

Demonstrate for your child.

Explain the process.

Foster the habit.

Grab some training pants.

Handle setback gracefully.

Introduce night training.

Jump for joy-you're done!

# Middle School and Teen



The Youth Center provides programs for youth to get involved in based on our 5 service areas: The Arts, Education & Career Development, Character & Leadership Development, Health, Wellness & Life Skills, and Sports & Recreation. We send out monthly program calendars, trip information, upcoming events, and volunteer opportunities to parents emphasizing the particular programs and clubs going on for the current month (if you are not receiving emails, please make sure your contact information is up to date at Parent Central).

## January Events:

Palisades Mall Trip: Saturday, January 11th 12-6

Ice Skating Trip: Friday, January 24th 7-9 p.m.

Youth of the Year Applications are due in January: youth 14+ are encouraged to apply to be West Point's youth of the year representative to compete against other military installations.

Fine Arts Festival: Thursday, January 30th 5-730 p.m. (Families of registered youth in grades 6-12th welcome)

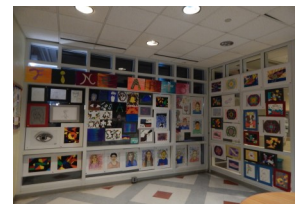
## February Events:

Bowling Night: Friday, February 7th 6-9 p.m.

Valentine's Dance: Friday, February 14th 5-8 p.m.

## March Events:

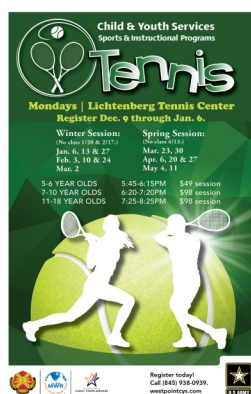
Sports Tournament Week: March 16-20th— see program calendar for more details



MST Fine Arts Show annual display of child/youth artwork for judging. Participants are eligible for advancement to regional and state competitions.



# Instructional Programs



## INSTRUCTIONAL CLASSES NOW OPEN!!!

Registration is currently open for our instructional classes, to include: Tae Kwon Do, Tennis, and Swim club.

- Spots fill up quickly so make sure you register soon.

\*\*Flyers available on MWR website.



# Youth Sports and Fitness

Youth Sports Weather  
Hotline:

845-938-8897

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



Pictured above are the players and parents after our kids vs parents volleyball game. Parents defeated the kids 2 sets to 1.

## REC SPORTS 2019-2020

- We wrapped up another successful fall rec sports season last month. We continue to increase youth participation in our flag football and volleyball leagues, while maintaining 100+ players in our soccer leagues.

- The momentum has continued into our winter sports season, where we have our highest numbers, over the last few years, for basketball and volleyball.

- Registration for spring sports will open on February 10th. Sports include: T-ball/Baseball, Soccer, Flag Football, Run Club and Lacrosse.