



JANUARY 2024

MARCH 2024

# Connections

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## CYS is Hiring!!!



## Looking for new job opportunities?

Come join the West Point Child & Youth Services team!

West Point CYS is now hiring:

### Child & Youth Program Assistants (CYPAs)

for Full-Time, Part-Time, and Flexible positions at:

- Stony Child Development Center (Ages 6 weeks through 5 years)
- School Age Center (Grades Kindergarten through 5th grade)
- Middle School Teen Center (6th grade through 12th grade)

As of March 13th, 2023, salary ranges from \$17.53 - \$22.53 per hour

We are currently offering a **\$500 Recruitment Bonus** to all newly hired employees\*!

*\*A newly hired employee is defined as an individual hired for the first time, or one who is being reinstated or reemployed after a break in service of at least 1 year.*

To apply visit [USAJobs.gov](https://USAJobs.gov)

# Stony Child Development Center

*Winter is coming Stony CDC families!*

As the temperature gets colder please ensure that children have on the appropriate clothing to enjoy play outdoors, weather permitting. Also, as it begins to snow please provide your children with the necessary gear to enjoy the fun; snow boots, snow pants, gloves, and hats. During these winter months, children will be given opportunities to bring the outdoors inside as well as experiencing indoor gross motor activities. Our classroom environments are set up to help engage the children in math, literacy, science, engineering, technology, and art. We are looking forward to seeing everyone and having fun while learning!

**“Free the child’s potential, and you will transform him into the world.” – Maria Montessori**

## Curriculum Snapshots



33. Explores the visual arts Offer diverse, open ended materials for children to explore. Include materials with different patterns, textures, and colors.



4. 4 Experiments with different ways of moving



25. Demonstrates knowledge of the characteristics of living things.

**Parent Participation:**  
Please join us for these events:  
12 January - “Snack and Paint”  
9 February - “Card Exchange”  
2-6 March -  
“Dr. Seuss Spirit Week / National Reading Month”  
\*\*\*\*\*  
Sign-ups will be located in the classrooms! Hope to see you there!

Have a question about CDC programming?  
Contact the CDC Management team:  
845-938-4798/4523.



**CDC Closures:**  
1 January 2024  
(New Years Day)  
15 January 2024  
(Martin Luther King Jr. Day)  
19 February 2024  
(Washington’s Birthday)

# School Age Center

**Hours of Operation:**  
Monday—Friday  
0600-1730



## Upcoming Events

### Parent Participation Opportunities

1-5 January: New Year Resolution

9 February: Chocolates & Crafts 1600-1700

2-6 March: Dr. Suess Spirit Week

*Ask the SAC staff for additional Parent Participation ideas!*

### SAC Clubs

Smart Girls, Pokémon Club, Passport to Manhood, Cooking Club, Art Club, Spanish Club, and Homework Club

## Highlighting Past Events



Future Architectures of America



Yarn Pumpkin Craft



House of Cards



Dance Party

845-938-8530

## SAC's Front of the House Team

845-938-0941

Nia Atwood  
Director

Lindsey Riddle  
Assistant Director

Kimberly Pyron  
Acting Director

Randy Hinkson  
Administrative Assistant

Training and Programming Specialist

# Youth Sports and Fitness

## Benefits of Youth Sports

Research shows that participating in youth sports can lead to immediate and long-term benefits for youth, their families, and communities.

### Mental, Emotional, and Social Health

73 percent of parents believe that sports benefit their child's mental health. And they are right!

#### Participating in sports is associated with:

- Lower rates of anxiety and depression
- Lower amounts of stress
- Higher self-esteem and confidence
- Reduced risk of suicide
- Less substance abuse and fewer risky behaviors
- Increased cognitive performance
- Increased creativity
- Greater enjoyment of all forms of physical activity
- Improved psychological and emotional well-being for individuals with disabilities

### Physical Health

88 percent of parents believe that sports benefit their child's physical health. Indeed, participation is one way for youth to get the physical activity they need to be fit and healthy.

#### Participating in physical activity is associated with:

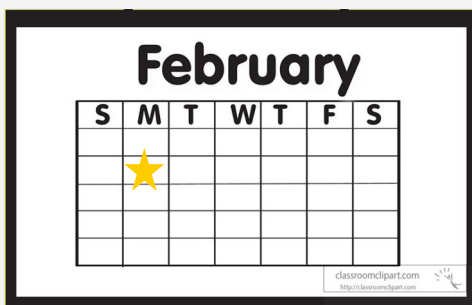
- Improved bone health
- Improved weight status
- Increased cardiorespiratory and muscular fitness
- Reduced risk of cancer and diabetes

#### Participating in sports is associated with:

- Increased physical activity levels
- Improved cardiovascular fitness
- Decreased body fat percentage for girls
- Increased overall quality of life

For additional resources check out the *Office of Disease Prevention and Health Promotion* website to help your children get moving!

<https://health.gov/moveyourway/get-kids-active>



**Save the Date!**  
**Spring sports registration begins**  
**5 February.**

# Middle School & Teen Program

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**The Middle School & Teen (MST) program is closed until further notice.  
We are reaching out to offer as many exciting opportunities as possible!**

MST has had a longstanding partnership with 4-H.

Independent research has shown that 4-H programs have a positive impact on young people. The hands-on approach of 4-H programs is proven to grow life skills such as confidence, independence, resilience, and compassion through stages and developed through experiences. Youth who participate in 4-H programs learn by doing, express their ideas, and use their influence to drive positive outcomes. Adult mentors provide guidance, ask questions, share learnings, and extend encouragement.

In addition to building life skills, 4-H programs also provide opportunities for children to develop leadership qualities. True leaders are young people who have confidence; know how to work well with others; can endure through challenges; and will stick with a job until it gets done.



4-H offers various activities for youth that can be done at home for children and youth. You can download 60 activities for youth ages K-12 that promote, STEM, healthy living, and more!



Get started now!

<https://4-h.org/clover/activity-guides/download-4h-activity-guides/>

## School Support Services *A Driving Force for Student Success*

### Upcoming Event:

Homeschool Event at MST— January 12<sup>th</sup>—11:00-1:00  
Historical Huguenot Street History Tour

**Look out for Homeschool Events in February and March!**

### Your CYS School Liaison Officer (SLO) can assist with:

**Homeschool  
Connections**

**Installation & School  
Communication**

**Partnerships in  
Education**

Carin.O.Mogavero.naf@army.mil  
Youth Center Building 500  
(845) 938-2092

**Transition  
Services**

**Post-Secondary  
Opportunities**



# CYS TECHNOLOGY CORNER

SCIENCE TECHNOLOGY ENGINEERING MATH



### MISSION:

To excite and empower children and youth with knowledge and confidence in **STEM** to become future leaders and problem solvers.



CYS programs provide opportunities to build confidence and associate **STEM** with fun through the use of experiments, computers, and basic coding with robots.



CYS staff apply their knowledge of developmentally appropriate practice and **CYS** participants interests to build short term and long term **STEM** activities.



UNITED STATES ARMY  
**CHILD & YOUTH SERVICES**

**Helps connect students to the real world**

Technology allows educators to remove the physical barriers of the classroom, offering students a way to connect the curriculum with the real world and those areas of academic focus can truly enrich the student experience.

**Prepares our kids for the workforce**

By integrating a variety of technologies into the regular curriculum and on-going activities, classrooms are ensuring that their students are better prepared for the future.

**Encourages Collaboration**

Many educational tools offer a variety of functionalities that promote collaboration, students can easily share and edit projects with each other, helping to foster better overall collaboration in both the academic sphere and the world of work.

**Adds a fun-factor to learning**

Outside the classroom, students use technology in all aspects of their lives. Within the classroom, technology can make learning more fun and exciting.

# TECH IN CYS

# CYS Nurse Notes

## Greetings From The CYS Nurse



Wishing you all a Wonderful Happy and Healthy New Year!

Please continue the Covid precautions by washing you and your child's hands frequently. Also, monitor your and your child's health for fever, cough, congestion, vomiting, diarrhea, lack of participation, decreased appetite, and mood changes. Stay home if you or your child are sick.

### Simple Winter Safety Tips For Families:

- Adjust winter clothing for your child's needs. Dress young children and infants in one layer more of clothing than an adult would wear in the same weather conditions.
- Don't forget winter accessories such as boots, gloves and hats.
- Always supervise children when sledding, snow tubing, skating or any outdoor winter activity. When participating outdoors, keep a safe distance when roadways, trees, fences, and other obstacles. Only sled feet first!
- When skiing, snowboarding or ice skating always wear a helmet.
- Keep exposure to the cold weather at a minimum. Wear appropriate clothing and monitor exposure time. Monitor for signs and symptoms of frostbite. Watch for discolored skin red, white, bluish in color and tingling or numbness. If symptoms develop move to a warm environment and apply warm water to the affected areas. Use blankets to raise the body temperature. Seek medical care if symptoms do not improve.

**I wish you all a Happy, Healthy, New Year! Let us all provide acts of kindness to one another and our communities throughout 2024.**

*Christine S. Marino RN*

*CYS Nurse*



### **Please Wash Hands:**

- \*After you cough or sneeze**
- \*After wiping a nose or face**
- \*After using the toilet**
- \*After shaking hands with other people**
- \*After you play outside**
- \*After you touch animals**
- \*Before you eat or touch food**

### **FLU SEASON**

1 October - 31 May  
Visit [cdc.gov](https://www.cdc.gov) for more information regarding the 2023-2024 influenza season.

# Parent and Outreach Services

## P&OS Team

**Lisa Lloyd**

Administrative Assistant  
x4458

**Jacquie Butler**

Director  
x3969

**Susan Crandall**

Administrative Assistant  
x0939

**Hours of Operation:**  
0800-1200/1300-1700  
Monday-Friday

Walk-ins welcomed!

**New Office Hours:**  
0800-1700  
Monday-Friday  
\*Beginning on 1 January 2024\*

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

### CYSitters Babysitter Course

Open to Youth aged 12+ enrolled in CYS!

20 January; 0900-1600  
@ Lee Area CYS Facility

Fee: \$20.00

### Parent CPR and First Aid

Spaces are limited for this FREE parent education opportunity!

16 February @ Stony Evac 1700-1900

### Parent Education

**Kindergarten Readiness**

January—1500-1600 @ MST Building 500

**Elementary/ Middle School Testing**

February—1500-1600 @ MST Building 500

**EDIS Presentation to PS Parents**

March—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**.

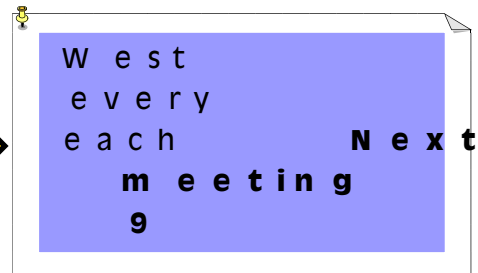


Visit MCEC at **militarychild.org** for access to courses, podcasts and webinars presented specifically for parents! Topics include Social Emotional Learning and the Military Child, Managing School Moves, Growing Great Readers and National Guard and Reserve Children.



## 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.



See your Program Director for PAB Officer email contacts!