

# Connections



JANUARY  
—  
MARCH 2023

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## 2023 CYS Program Updates

### Stony Child Development Center Kitchen Restoration

We are excited to share the Stony CDC kitchen restoration that began in November of 2022 is nearing completion, with an anticipated close out of mid February. This Army funded restoration updated existing fixtures, flooring, walls and ceilings. This is the second Army funded kitchen restoration for the CDC, which opened in 1998. In addition to the restoration of the food service area, replacement of coolers, freezers, dishwashers, ovens and warmers was included in this restoration. The CDC staff have done an exceptional job of managing the preparation, delivery and execution of meal service during this significant change to daily operations.

### CYS Problematic Sexual Behavior Policy

The National Defense Authorization Act (NDAA) requires the Secretary of Defense to establish policy for responding to allegations of Problematic Sexual Behavior in Child and Youth (PSB-CY) occurring on military installations. The NDAA directs the Family Advocacy Program (FAP) to review reports and allegations of PSB-CY, establish multidisciplinary teams (MDTs) to recommend treatment, counseling, appropriate interventions, and maintain a centralized database of information on each incident of PSB-CY. This policy is aimed at the identification and supportive resolution of PSB-CY in CYS, DoDEA and community settings. CYS staff participated in their initial PSB training with Family Advocacy during the December Staff Development Day training. CYS staff were trained on indicators and classification of problematic sexual behavior, methods of redirection, communication and mandated reporting procedures. This will be an annual training requirement for all CYS staff to ensure compliance and competence with prescribed regulations. If you would like to know more about CYS's procedures for reporting Problematic Sexual Behavior in Children and Youth please speak to your child's program director.

### CYS Personnel Commissary Pilot Program

On December 15th 2022, the West Point CYS program was granted approval to participate in the CYS Commissary Privileges Program. This program grants CYS personnel temporary access to the Installation Commissary and is aimed at driving and supporting employee recruitment and retention. West Point is one of seventeen installations participating in this initiative.

**Thank you for your continued support of West Point CYS!**

# Stony Child Development Center

**Hours of Operation:**

Monday—Friday

0600-1730

## Upcoming Events

### January 13- Snack and Paint

Parents will be given the opportunity to paint with their children while enjoying their afternoon snack.

### February 17- Create Friendship Bracelets

Parents are welcome to join their children while in care to make friendship bracelets.

### March 6-10- Dr. Seuss Spirit Week/National Reading Month

Parents are invited to come to the CDC classrooms and celebrate Dr. Seuss by reading to their child's class.

## Highlighted Past Events



Costume Day/ Parade



December Gingerbread House Parent Participation



Thanksgiving Pie

## Stony CDC Management Team

Nicole Stevens  
Assistant Director

Melissa Espinoza  
Director

Lisa Oliva  
Assistant Director

Allison Cabrera  
Training Specialist

Cherea Diaz  
Supervisory Program Specialist

Shannon Lonegran  
Supervisory Program Specialist

# School Age Center

**Hours of Operation:**

Monday—Friday

0600-1730

## Upcoming Events

**February 14– Chocolates and Crafts**

## SAC Clubs

**Passport to Manhood, Cooking Club, Art Club,  
Pokémon Club, Power Hour**

## Highlighting Past Events

**Thanksgiving Luncheon****Introducing: Pokémon Club****Pumpkin Parfaits****Hot Cocoa Pouch Creations**

## SAC's Front of the House Team

Nia Atwood  
Director

Jessica Ramos  
Administrative Assistant

Sarah Wolf  
Administrative Assistant

# Middle School Teen



The Middle School Teen (MST) program offers a comprehensive curriculum and provides a supportive and accepting atmosphere for physical, intellectual, creative, cultural, emotional, and social development. The MST program has been recognized nationally by the Boys & Girls Clubs of America (BGCA) for excellence. Utilizing the BGCA program affords MST participants the unique opportunities for academic success, workforce readiness, community outreach, healthy lifestyles and good character and citizenship. Technology is integrated throughout BGCA programming and is linked to clubs and competitions that are recognized both locally and nationally. Keystone and Torch Clubs, Youth of the Year, Power Hour, Money Matters, Job Readiness, Fine Arts Competition, Smart Girls, and Passport to Manhood are just some of the clubs available and are based on MST youth interest. In addition to the BGCA activities MST offers 4-H, Youth Sponsorship, sports and fitness, a Technology Center, and cooking opportunities. Field trips, special events to include Family openings make the MST program at West Point provide a welcoming and fun place for youth to go after school and on school out days.

When a projected opening date can be established a release date will be made available on the MST CYS website.

[westpoint.armymwr.com/programs/middle-school-teen-center-mst](http://westpoint.armymwr.com/programs/middle-school-teen-center-mst)

Lisa Watson  
Director



# Youth Sport and Fitness

## Upcoming Event

### March 2nd: Nutrition and Healthy Eating Habits Seminar

The seminar will consist of a 60-minute class discussing healthy nutrition for families, and healthy eating habits for young athletes. Topics covered will include performance nutrition, nutrient timing, and recovery for sports, and how to develop a healthy attitude toward food. Class will be led by Registered Dietitian Jacquelyn Contant from the Keller Hospital Nutrition department.

All attendees will receive a recipe book and will be entered into a raffle for a grand prize.

Date: March 2, 2023

Location: Youth Center, 500 Washington Rd

Time: 5:00pm

Audience: Families and youth of all ages

**COSTUME KICKBALL!**



### SOCCER SUCCESS



### WINTER SPORTS

Registration will open on

**February 6th, 2023**

*Sports Includes:*

Baseball

T-Ball

Soccer

Flag Football

Lacrosse

*\*Flyer Coming Soon\**

## YS&F Office Team

Oneisha Staples  
Director

Jasmine  
Assistant Director

Rosalie  
Administrative Assistant

# School Support Services

## Upcoming Event:

Home School Field Trip Tour of Jefferson Hall (USMA Library)

February 17th

10am-11am

Resource: Attention Military and Veteran Families!

Apply for the Gratitude Initiative Today – Provides the most comprehensive career and college counseling, test prep and financial aid counseling program available.

Enroll as early as the 8th grade but must enroll by September 15th of senior year.



### ATTENTION Military and Veteran FAMILIES!

Gratitude Initiative (GI) is currently enrolling students in grades 8-11 into the GI College Success Academy Program. This proven program is provided at no cost to qualified military and veteran families.

### APPLY FOR GI'S FREE COLLEGE PREP PROGRAM

**COLLEGE PREP**

GI provides the most comprehensive career and college counseling, test prep, and financial aid counseling program available today.

- Enroll as early as the 8th grade – support continues until college graduation!
- Access our online program anywhere around the globe.
- Dedicated experts will work directly with you and your student via email, phone or chat.
- Our step-by-step program saves time & reduces the stress of preparing for your student's future.

**PROGRAM INCLUDES**

- Customized action plan – you'll know what to do and when to do it.
- Unlimited access to your team of advisors.
- Career counseling and major selection to ensure a successful future.
- College selection and admissions counseling – We'll help your student shine!
- Test prep for SAT®, ACT®, and PSAT®.
- Financial aid and scholarship counseling – includes review of all financial aid forms.

**PROVEN PROGRAM = TANGIBLE RESULTS**

Over the past five years, our students' results show\*:

- 99%** were accepted into one or both of their top two college choices.
- \$22,850** Average financial aid awarded per student each year by their college or university.
- 100%** of students and parents would recommend GI's program to other families.

\*Results based on survey of high school seniors who successfully completed our program.

**SIGN UP IS EASY!**

TO GET STARTED:  
go to <https://www.gratitudeinitiative.org/apply-for-educational-programs/>

**APPLY SOON:**  
The number of students selected each year is based on the number of qualified applicants & funds available, so don't delay!



GRATITUDEINITIATIVE.ORG

Gratitude Initiative is a 501(c)(3) non-profit whose mission is to provide educational support and college scholarships to the children and families of military service members, veterans, disabled veterans, and those killed in defense of our country.

## Tech Center

CYS partners with the functional technology specialist to provide robust **STEAM** experiences for all programs. SAC and CDC both provided children with educational technology exposure while attending care.

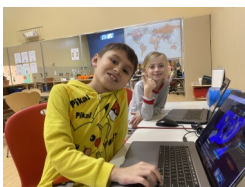
### School Age Center



Having a Blast playing Video Games!



Gaming with VR Headsets!



Tech Time with Friends!



STEAM with Legos!

### Child Development Center



Blocks on the computer!



Tablet Time!



Robot Races with Friends!

# CYS Nurse Notes

Wishing you all a Wonderful Happy Healthy New Year!

Please continue the Covid precautions by washing you and your child's hands frequently. Monitoring you and your child's health for illness, 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 Kids:

Adjust winter clothing for, your child's needs. Dress young children and infants in one more layer 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. Keep a safe distance when sledding from roadways, trees, fences, any obstacles. Sled feet first not lying head 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 rise the body temperature. Seek Medical care if symptoms do not improve.

I wish you all a Happy Healthy New Year and ask that we all provide acts of kindness to one another throughout 2023.

Christine Marino RN CIS Nurse

**Thank you to all of our CIS families who submitted their flu immunization records. On behalf of all of CIS we wish you a safe and healthy flu season!**



**Always remember to  
WASH YOUR HANDS!**

# Parent and Outreach Services

## Hours of Operation:

Monday—Friday

0730-1700

(845)938-1362/4458/3969

### Parent CPR and First Aid

Spaces are limited for this

**FREE** Parent Education Opportunity!

17 February @ the Stony CDC 1700-1900

### CYSitters Babysitter Course

Open to Youth aged 12+ enrolled in CYS!

21 January; 0900-1600 @ The Lee CYS Facility

Fee: \$20.00

**Registration:** Open Now via WebTrac,  
in-person or by phone:  
845-938-4458/1362/3969.

### Parent Education

**Kindergarten Readiness;**

26 January

1500-1600 @ Lee CYS Facility

**Navigating the Process of Applying for College;**

23 February

1500-1600 @ Lee CYS Facility

## 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](http://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](http://BabiesontheHomefront.org).



Visit MCEC at [militarychild.org](http://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.

Save the Date!



Please see your Program Director for current PAB Officer email contacts!

## Parent and Outreach Services Office Team

Jacquie Butler  
Director

Lisa Lloyd  
Administrative Assistant

Jodi Messina-Grieve  
Administrative Assistant

Tarah McKellar  
Administrative Assistant

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