



Connections

INSIDE THIS ISSUE:

- Child Development Center** 2
- School Age Center** 4
- Middle School and Teen Center** 6
- Youth Sports and Fitness** 7
- School Support Services** 8
- CYS Nurse Notes** 9
- Technology Corner** 10
- Parent and Outreach Services** 12

MILITARY CHILDREN AND YOUTH Standing Strong & Proud

APRIL 2022 MONTH OF THE MILITARY CHILD PROCLAMATION

The Month of the Military Child is a time to recognize Military children and Families for the many sacrifices they make and the challenges they overcome. This annual celebration is a legacy of former Defense Secretary Caspar Weinberger established in April 1986 to underscore the important role children and youth play in the Armed Forces community.



As our Nation continues to face the worldwide pandemic, Military Children and Youth, remain a resilient force, adjusting to school closings, navigating online instruction and responding to many uncertainties. They have remained strong and proud while adjusting to a new normal within a changing world.

We recognize, honor and celebrate the many sacrifices and the vital role they play in support of their Military parents, community, and our nation.

The 2022 Month of The Military Child (MOMC) theme is a testament to who they are "Military Children and Youth: Standing Strong and Proud"

Join us as we celebrate all Military Children and Youth.



Douglas M. Gabram
Lieutenant General, U.S. Army
Commanding



UNITED STATES ARMY INSTALLATION MANAGEMENT COMMAND
ArmyMWR.com/MOMC



Original Poster Design By: Mica Hendricks, Fort Leonard Wood, MO

Month of the Military Child 2022

See inside for CDC and SAC MOMC Calendars!

Stony Child Development Center

Spring is here and we are looking forward to warmer weather. As always, please be sure that your children have the appropriate gear to participate in outdoor activities, to include: rain boots, rain jackets, etc. We are ready to learn about and explore all things spring and look forward to implementing fresh ideas and adding fun, creative activities into both the classroom and outdoors. We are setting up fun learning environments to engage the children in math, literacy, science, engineering, technology, and art. Get ready for some exploring and learning fun!

“Play is the highest expression of human development in childhood, for it alone is the free expression of what is in a child’s soul.” Friedrich Froebel

Curriculum Snapshots



7. Demonstrates fine-motor strength and coordination. 7a. Uses fingers and hands.



18. Comprehends and responds to books and other texts. 18a. Interacts during reading experiences, book conversations, and text reflections.



25. Demonstrates knowledge of physical properties of objects and materials.

Parent Participation at the Stony CDC:

April is Month of the Military Child. Please join your child’s classroom to share about your military experiences. There will be opportunities to assist in your child’s classroom to create and/or participate in fun Spring activities. Remember, assistance with bulletin boards and center generated art work is always needed.

Please join us for these events:

April 22nd: Purple-Up Day

May 6th: Mother’s Day Tea

June 16th: Father’s Day Ice Cream Social

Reminders:

- Vacation requests require 2-week notice.
- Program withdrawals require 30-day notice.
- Please label children's belongings and provide all items necessary for care.

Thank you!

Have a question about CDC programming?

Contact the CDC Management team:

845-938-4798/4523.

Center Closings

May 30th-Memorial Day

June 17th-Staff Development Day

June 20th-Juneteenth



APRIL

2022



Month of the Military Child at the Stony CDC

Celebrating your Children throughout the month of April – Additional activity details available upon request.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Please provide a white T-shirt NLT 13 April					1 MOMC Kick Off- Parent and Child Ribbon Event	2
3	4	5	6	7	8 "Thank Your Military Child for Their Service" 1500-1700	9
Purple Hand Print- Parents trace child's hand print on classroom bulletin boards (4/4/22-4/7/22)						
10	11	12	13 White T Shirts Due! 	14	15 Spring Flowers Event/ Egg Hunt 1530	16
World Map- Stop by and pin your location on Stony's World Map (4/11/22-4/14/22)						
17 	18 Pajama Day! Purple T-Shirt Tie Dye 1530-1630	19 Super Hero Day! 	20 Camo Day! 	21 Proud to be an American! Wear Red, White and Blue 	22 Purple Up! Wear your Tie Dye Tee! PS/SB Functional Fitness 900-1100	23 MOMC Kid's Day! Lee Facility 1330-1530
24	25 Door Decorating Contest!	26	27	28	29 MOMC Child Certificates	30



APRIL 2022



Month of the Military Child at the School Age Center

Celebrating your Children throughout the month of April – Additional activity details available upon request.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1  Ribbon Fence Decorating: Appreciate your MC tags!	2
3	4 Door Decorating Contest 4/4 – 4/8 Each Home room will compete for best door decorated 	5	6	7	8	9
10	11 Hero Wall 11-15 Shout out to your soldier   Door Decorating Parents Vote	12	13	14	15	16
17  Pajama Day! Standing Strong and Proud Body Tracers Hallway Decoration <small>*WPES School Out Day</small> 	18	19 Crazy Sock Day! 	20 Camo Day! 	21 Wear Red, White and Blue! 	22 Purple Up! 	23 MOMC Kid's Day Lee Facility 1330-1530
24	25	26	27	28	29	30





West Point School Age Center is currently offering School Year Before and After School care for School Age children enrolled in Child and Youth Services at West Point. The School Age Center provides programming through developmentally appropriate activities and enriched environments that promote learning and exploration in five different services areas through programming and SAC club activities. If you are interested in joining the SAC programming, Request SAC care Today on militarychildcare.com.

CURRENT & UPCOMING EVENTS

SUMMER CAMP 2022
YOU CAN NOW REQUEST CARE FOR SAC SUMMER CAMP
ON MILITARYCHILDCARE.COM

Parent Participation Art Show

SAC will be hosting an Art show in the Lee Area CYS Facility gym in honor of show casing the SAC participants art work. Parents will be given the opportunity to walk the gymnasium to see all of the hard work the children have put in during the academic year.

Month of the Military Child

SAC will be honoring all of our military children with a handful of activities during the month of April. We will honor the children by hosting different activities such as spirit week, purple up day, Hero wall, Ribbon Fence Decorating and Child Appreciation Day! Check in at the front desk for updates on all of the fun activities will be.

Summer Camp Care

Summer Camp will be offered for the months of June through August for completed grades kindergarten through 5th grade. SAC will offer a robust schedule filled with age appropriate programming, water and active play and summer fun field trips. If you are interested in enrolling your child in care please request care on militarychildcare.com.

SAC Scoop!



Children participate in a Power Hour activity. Children were asked to draw the evolution of precipitation of what they thought would happen on paper and then creating a rain cloud in a jar.



While using our STEAM knowledge, In honor of Valentine's Days, Children were asked to build architectures using tooth picks and heart marshmallows.



Tablet Hour allows children to play together or independently while using technology.



Bingo Play for Under the Sea Programming



Dress up as a First Responder

Welcome to the Team

Introducing new staff to the SAC team...



Ms. Nia
Facility Director



Ms. Yvonne
Administrative Assistant



Mr. Axel
Maintenance Worker



Ms. Collette
Child and Youth Program Assistant



Masks are Optional!!

Be kind to one another!

MIDDLE SCHOOL & TEEN CENTER



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).

***The Youth Center is currently closed until further notice ***

Please reach out if you are interested in the Youth Sponsorship Program

Do you want to become a Youth Sponsor?

If you are in 3rd-12th grade and want to help transition our new or existing youth into or out of West Point, please reach out to the advisor via the email listed below.

Are you moving to the West Point community?

If you're between the ages of 6-18 and are on your way to West Point, someone in your own age group can help you become familiar the West Point and the surrounding communities. Request a youth sponsor! When CYS receives your information, a youth sponsor will be chosen specifically for you, and you will receive an email with area information of specific interest to youth. We will also send you the correspondence information for your local youth sponsor.

Please reach out to amy.l.ackerman2.naf@army.mil for more information



Youth Sports Programs

CYS YOUTH SPORTS AND FITNESS WINTER SPORTS PROGRAM WAS COMPRISED OF BASKETBALL, VOLLEYBALL, ICE HOCKEY AND A NEWCOMER THIS YEAR BOWLING. THE COACHES AND CHILDREN HAD A WONDERFUL EXPERIENCE DURING THE SEASON. HERE ARE SOME PHOTOS OF THE DIFFERENT TEAMS AND BOWLING IN ACTION. THESE OFFERINGS WERE MADE POSSIBLE THROUGH PARTNERSHIPS WITH MWR BOWLING, BEAR MOUNTAIN RINK AND WPES.





New York State’s Division of Veterans’ Services has once again put together a fantastic slate of online programs — partnering with some of the most beloved kid-friendly attractions in New York State — for the children of Service Members and Veterans during **April, Month of the Military Child!**

Here's the lineup, all of which will be free of charge for military children and their parents/guardians:

- April 3, 2 p.m.: Corning Museum of Glass** Get up close and personal on this virtual tour with a dramatic “hot glass” artistic glassblowing demonstration! Plus, enjoy a tour of the museum’s Innovation Gallery and several of the other galleries that demonstrate glass’s fascinating uses in science and art.
- April 9, 2 p.m.: The Wild Center** Visit with some of the owls that make their home at the museum! Take a virtual walk with a Wild Center naturalist to meet and learn about these fascinating animals.
- April 10, 2 p.m.: Utica Zoo** Enjoy an afternoon online with three of the zoo’s “animal ambassadors!” These animals are particularly friendly and engaging, and are certain to delight.
- April 16, 2 p.m.: Saratoga Automobile Museum** Discover New York’s automotive heritage! Take a guided tour that will encompass everything from an impressive antique car collection to the ever-popular New York Auto Racing Hall of Fame. *In-person tour options as well as virtual options are available for this program*
- April 23, 2 p.m.: National Baseball Hall of Fame** Experience an unforgettable tour of some of the most famous exhibits on display in the Hall. This shrine to America’s Pastime is famous from coast-to-coast and around the world. This is your chance to experience it for yourself. *In-person tour options as well as virtual options are available for this program*
- April 24, Noon: Cradle of Aviation Museum** (Take a guided virtual journey through aviation history, from hot-air balloons to air planes to spacecraft — including one of NASA’s Lunar Modules!)
- April 30, 2 p.m.: New York State Museum** (Travel two million years back in time on this virtual tour of the museum’s Ice Ages exhibit, ending with the world-famous Cohoes Mastodon!)

Every child in attendance at these programs will also receive a personalized Month of the Military Child certificate, as well as a Month of the Military Child Proclamation signed by the Governor and a New York State Division of Veterans’ Services challenge coin.



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**Division of
Veterans’ Services**

For More Information Contact:

Michi Carl

West Point CYS School Liaison Officer

michi.l.carl.naf@army.mil

845-938-2092



Happy Spring Everyone!

Please continue to monitor your children for early signs and symptoms of illness every morning before coming to daycare. Maintain your and your child's good health by scheduling **well visits**. Following all physicals please provide Parent Central with the **updated vaccine records** so that your child's immunization file will be compliant.

Prevention is Key: Tick Season is Here!

1. If returning from the outdoors perform a complete body check. Tick attachment sites are underarms, scalp, joints, groin, buttock, and back.
2. Take a shower as soon as possible.
3. Ask your pediatrician what tick repellent they recommend.
4. Keep your lawn manicured.
5. Keep your pet on a tick repellent regiment.
6. Stay on a well-marked trail when hiking.
7. If bitten remove the tick with a fine tipped tweezer. Place the tweezer tip closest to where the tick is embedded pulling it straight outward. Avoid squeezing the tick's body; this will result in the tick regurgitating more bacteria into the host! Clean the area with soap and water. Mark the calendar the day the person was bitten. Monitor for symptoms of headache, fever, joint pain, fatigue, and the appearance of a red bulls-eye rash. Contact your doctor if symptoms develop.

I hope these tips are helpful. Wishing you a wonderful Spring Season!

Christine Marino, CYS Nurse

Technology Corner



Parenting in a Digital World

CYBERBULLYING & ONLINE SAFETY

HOW DOES IT WORK?

CYBERBULLYING. Can happen anywhere there is an online social interaction.

- Social Media
Ex.) Post Embarrassing Pictures
- Video Games
Ex.) Send Threatening Information
- Texting
Ex.) Share Private Information



Questions from Parents

<p>HOW do I protect my child from:</p> <p>Online Predators? Cyberbullying? Sexting?</p>	<p>WHEN should I allow my child to have a:</p> <p>Smartphone? Facebook? Instagram? Twitter?</p>	<p>HOW do I talk to my child about something I know little about?</p>	<p>WHAT is an APP?</p>
<p>HOW do I know what APP my child uses?</p>	<p>HOW do I know what my child is doing online?</p>	<p>WHAT is safe to share online?</p>	<p>WHAT should I do if I suspect someone is trying to harm my child?</p>



Technology Corner

Talk about the POTENTIAL for Cyberbullying

- Let your child know that you **RECOGNIZE** that phones, computers, and being connected online with friends is a **SIGNIFICANT** part of their lives.
- You also want them to know how to be safe and handle cyberbullying. Explain that if something hurtful is communicated online, it is important that they tell you so you can work through the situation together.

Establish ONLINE GUIDELINES

- **NEVER** share account passwords with anyone.
- Ensure that they keep social media accounts private and do **NOT** friend people they don't know
- Help them determine what **IS** and what is **NOT** appropriate to share online.
- Set hours that technology can and can't be used.

Continue to be involved with your child's ONLINE USE

- Be sure to frequently remind your child about the importance of the established guidelines.
- Continue to establish what access you will have to your child's online interactions.
- Keep encouraging your child to talk with you about **ANY** inappropriate behavior.



Be SUPPORTIVE of your child

- You're not alone
- This is not your fault
- Cyberbullying is **NEVER** okay

PROMOTE Self-Advocacy

- Encouraging children to share their ideas will help restore confidence & teach them how to self-advocate.

DOCUMENT the Situation. Keep a DETAILED Record

- Webpages
- Emails / Texts
- Screenshots

- Ask for a meeting
- Brainstorm
- Develop a Plan

WORK with the School

- Block the person who is cyberbullying your child
- Report the cyberbullying to the social networking site.

WORK with Technology Providers

Parent & Outreach Services

Parent CPR and First Aid

Spaces are limited for this
FREE Parent Education Opportunity!
 13 May 2022 @ the Stony CDC 1700-1900
Registration Opens April 2022
Call 845-938-4458/1362/3969



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.

Parent Central Services

Monday-Friday
 7:30 AM - 5:00 PM
 845.938.1362
 845.938.4458
 845.938.0939

Walk-ins welcomed!

CYSitters Babysitter Course

Open to Youth aged 12+ enrolled in CYS!
 30 April; 0900-1600 @ The Lee CYS Facility
 Fee: \$20.00

Registration: 4-17 April via WebTrac, in-person or by phone: 845-938-4458/1362/3969.

Family Resources for the Young Child @ NAEYC.ORG

Growing Independence: Tips for Parents of Toddlers and Twos
<https://www.naeyc.org/our-work/families/growing-independence-tips-parents-toddlers-and-twos>
5 Ways to Build Math into Your Child's Day
<https://www.naeyc.org/our-work/families/5-ways-build-math-your-childs-day>
12 Teacher Terms Demystified
<https://www.naeyc.org/our-work/families/12-teacher-terms-demystified>

Family Resources for SAC & Teens @ BGCA.ORG

Character Building Activities for Kids
<https://www.bgca.org/news-stories/2021/November/character-building-activities-for-kids>
How to Limit Screen Time
<https://www.bgca.org/news-stories/2022/February/how-to-limit-screen-time>
The Importance of Goal-Setting for Teens
<https://www.bgca.org/news-stories/2022/January/the-importance-of-goal-setting-for-teens>



Parent Advisory Board (PAB)

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!

Our next West Point CYS PAB meeting will be:
 13 April
 1630-1715 @ Stony CDC Evac Bldg

General inquiries and requests to be added to the PAB distribution list can be sent to

Secretary Mike Ruppert: mikeruppert97@gmail.com.