



# Connections

## CYS is Hiring!!!

When you join Army Child and Youth Services (CYS), you join a four decade tradition of serving our Nation's Soldiers and their Families. **CYS is committed to providing developmentally appropriate programs and services for our Soldiers and their Families.**



- CYS offers:
- Competitive Salaries**
  - Flexible Work Hours**
  - Insurance Coverage**
  - Paid Leave**
  - Travel Opportunities**
  - Retirement and Investment Options**
  - Career Progression**
  - Tuition Reimbursement**
  - Employee Assistance Program**
  - Recruitment Incentive**



**INSIDE THIS ISSUE:**

**Child Development Center 2**

**School Age Center 3**

**Middle School and Teen Center 4**

**Youth Sports and Fitness 5**

**School Support Services 6**

**CYS Nurse Notes 7**

**Parent and Outreach Services 8**

To view our current job opportunities, please click **JOIN OUR TEAM** or scan the code below!



A Look Ahead:  
CYS Facilities will be closed on 17 January and 21 February



## Planning for Permanent Change of Station (PCS) Season

Although we have just started to recover from celebrating the Holiday season, it is not too early to start thinking about your upcoming PCS move. There are certain **CYS tasks** you can complete now:

- Place your child on wait-list for your next installation at [Military Child Care.Com \(MCC.COM\)](http://MilitaryChildCare.Com)
- Contact the West Point CYS School Liaison Officer (SLO) to direct you to the **CYS SLO** at your next duty station.



# Stony Child Development Center

Winter is here, 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



**21.a** Explores and describes spatial relationships and shapes

**4.** Experiments with different ways of moving

**25.** Demonstrates knowledge of the characteristics of living things.

### NAEYC Parent Resources

- **Focus on Developmentally Appropriate Practice: Joyful Learning in a Tough Year**  
<https://www.naeyc.org/resources/blog/dap-joyful-learning>
- **Addressing Social and Emotional Needs of Teachers and Parents**  
<https://www.naeyc.org/resources/blog/addressing-social-and-emotional-needs>



### Parent Participation at the Stony CDC:

Please join us for these upcoming events:

**14 January** Snack and Paint

**18 February** Create Friendship Bracelets

**1-4 March** Dr. Seuss Spirit Week

### Stony CDC will be closed:

**17 January** Martin Luther King Jr Day

**21 February** President’s Day

Have a question about CDC programming?

Contact the CDC Management team:

845-938-4798/4523.

# School Age Center



## What's happening at SAC...

### SAC Clubs and Activities

SAC clubs are in full swing. Each week the children are provided the option to attend the club of their choice. The children are able to use their creative minds in each club hosted by different caregivers. We are currently offering Power Club, Art Factory Club, Showstoppers Club, Fuctional Fitness, and Sports Club

The Showstoppers Club focuses on the service-learning areas of "Character and Leadership Development", Performing Arts, Fine Arts and Liberal Arts. The children thoroughly enjoyed participating in this activity. We were able to use props which encouraged the children's creativity. Children were exposed to a new way of thinking. This activity also helped children learn self-confidence, self-respect and self-esteem, all while developing their creative skills and making friends.

The last few weeks in Sports Club have been used to focus on teamwork, sportsmanship, and personal well-being. The children rise to be leaders and work unitedly. It is also a great way to burn some energy and the younger group had a blast working on coordination.

Art club focuses on arts and creativity. They recently made Apple Turkeys. The children were given toothpicks, marshmallows, raisins, gum drops and candy corns to create arms, feet, eyes, noses, and the eye-catching turkey gobble!

Coming Soon to SAC Clubs are Astronomy Club, DIY club and many others.



### **2022 Parent Participation**

- 13 January
- 15 March
- 12 April
- 19 May
- 10 June

\*Ask for more details at the front desk!\*

### Homework Club and Contracts

Power hour is conducted each day from 1515 to 1615. Each day a different activity is implemented to get the children's minds flowing before they start their homework. Ms. Martina and Ms. Hannah work with the children each day to ensure their homework is completed efficiently and focused.

## A look back...

### Thanksgiving Luncheon

SAC's cook, Ms. Dee, prepared a beautifully delicious spread for our Annual Thanksgiving Luncheon. Families were invited to enjoy a Thanksgiving feast with their SAC children while in care. While maintaining social distance families sat with their children and enjoyed turkey, mashed potatoes, green beans, stuffing, corn bread and much much more.



### Fall Festival

SAC's Fall Festival was a perfect way for both children and parents to step into fall and celebrate the changing of the season. Children had the opportunity to paint pumpkins, create a pumpkin with recycled items collected by the SAC, hula toss to pumpkins, create their very own trail mix for snacking and a fun festival game of tag. The children and parents also had an opportunity to visit with Blue Star Families and were gifted books for their reading pleasure. We greatly enjoyed having all the families for Fall festive fun.



# MIDDLE SCHOOL & TEEN CENTER



The Middle School & Teen Center provides programming and opportunities for youth involvement through 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 event notifications 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 or email the program director: amy.lackerman2.naf@army.mil)

**\*The Middle School & Teen Center is closed until further notice.\***

The MST Staff is currently helping out at our sister facilities, Stony and Lee. Let's take this opportunity to introduce some of them and thank them for all that they do to support the CYS Team!



**Chaz Cella**



-CYPA-

**Fun Fact:**

I've been to 3 different countries, most recently Iceland!

**Martina Drayer**



-Technology Associate-

**Fun Fact:**

I played semi-professional women's football.

**Pat Starro**



-CYPA-

**Fun Fact:**

I love to work out.



**Marion DeClemente**

-CYPA-



**Fun Fact:**

I like to play games with all my grand-boys.



# Youth Sports Programs

## How Youth Can Stay Fit

### What can I do to get more fit?

Any type of regular, physical activity can improve your fitness and your health. The most important thing is that you keep moving! Exercise should be a regular part of your day, like brushing your teeth, eating, and sleeping. It can be in gym class, joining a sports team, or working out on your own. Keep the following tips in mind:

- **Stay positive and have fun.** A good mental attitude is important. Find an activity that you think is fun. You are more likely to keep with it if you choose something you like. A lot of people find it's more fun to exercise with someone else, so see if you can find a friend or family member to be active with you.
- **Take it one step at a time.** Small changes can add up to better fitness. For example, walk or ride your bike to school or to a friend's house instead of getting a ride. Get on or off the bus several blocks away and walk the rest of the way. Use the stairs instead of taking the elevator or escalator.
- **Get your heart pumping.** Whatever you choose, make sure it includes aerobic activity that makes you breathe harder and increases your heart rate. This is the best type of exercise because it increases your fitness level and makes your heart and lungs work better. It also burns off body fat. Examples of aerobic activities are basketball, running, or swimming.
- **Don't forget to warm up!** Warming with some easy exercises or mild stretching before you do any physical activity. This warms your muscles up and may help protect against injury. Stretching makes your muscles and joints more flexible too. It is also important to stretch out after you exercise to cool down your muscles.

Your goal should be to do some type of exercise every day. It is best to do some kind of aerobic activity without stopping for at least 20 to 30 minutes each time. Do the activity as often as possible, but don't exercise to the point of pain.



# National Education Resources to Support Military-Connected Students

Around the world, there are nearly one million kindergarten - grade 12 students enrolled in public education that are considered military-connected. These students change schools every two – three years because they are the dependent of a parent who is also an active duty service member. These education transitions offer opportunity for learning beyond traditional settings. They also present challenges for cohesive programs and educational continuity.

Based on input from the Military Services, local school personnel, parents and perhaps most importantly from students themselves, we offer these resources to support your work for highly mobile military-connected students. Please cut and paste these links into your browser for information on:

- **Federal Student Aid** (U.S. Department of Education) – Provides guidance for completing the FAFSA, scholarship search archived webinars, budgeting, checklists and how to avoid scams.  
<https://studentaid.ed.gov/sa/prepare-for-college>
- **High School Graduation Requirements: State Profiles** – Published by Education Commission of the States (ECS), this provides individual state profiles for each diploma, *excluding DoDEA*.  
<https://www.ecs.org/high-school-graduation-requirements-state-profiles/>
  - **DoDEA High School Graduation Requirements:**  
<https://www.dodea.edu/collegeCareerReady/graduation-requirements.cfm>
- **Home School** – The National Home School Association (NHTSA) provides resources, activities, programs and curriculum. <https://nationalhomeschoolassociation.com/>
- **Interstate Compact on Educational Opportunity for Military Children** - The goal of the Compact is to replace the widely varying policies affecting transitioning military students. The Compact provides a consistent policy in every school district and in every state by providing a comprehensive approach to leverage consistency in education continuity. This site provides media resources, advisory opinions, and support for parents and schools about the Compact.  
<http://www.mic3.net/>
- **National Technical Assistance Center on Transition (NTACT)** – This is an effective practices and predictors matrix for educators with resources for transitioning children with disabilities. The resources are sorted by: *evidence-based practice* or *research-based practice* into three outcome categories: education, employment, independent living. Promising practices are also available.  
<https://www.transitionta.org/>
- **School Liaison Officers** – School Liaison Officers are the primary point of contact for school-related matters. They are able to reach, inform and assist Command, military families and coordinate with local school systems. School Liaison Officers are DoD employees and there is at least one assigned to assist families at every U.S. military installation around the world. *"Call your SLO, before you go!"*  
<https://www.dodea.edu/Partnership/index.cfm>
- **Summative Assessments: State Profiles** – View individual state profiles by selecting a state or view a 50-state comparison published by ECS.  
<https://www.ecs.org/state-summative-assessments-state-profiles/>
- **Tutor.com** – On-demand, online tutoring and homework help at *no cost* to eligible service members, DoD civilian employees and their dependents. This is available 24/7 for military-connected students anywhere they have an internet connection.  
<https://military.tutor.com/home>



# Greetings from the CYS Nurse

## Wishing You All A Wonderful, Happy, Healthy New Year!!

Please continue the Covid 19 safety guidelines by ensuring all Family members wash hands 20 seconds with soap and water OR using hand sanitizer when soap and water are not available; wearing face covers; maintaining six foot distance whenever possible; monitoring all Family members for fever, cough, congestion, vomiting, diarrhea, lack of participation, decreased appetite and mood changes which may indicate illness. Please always stay home if you or your child(ren) are sick.



### Simple Winter Safety Tips

1. Adjust winter clothing for the temperature and 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.
2. Don't forget winter accessories such as boots, gloves, and hats.
3. Always supervise children when sledding, snow tubing, skating or any outdoor winter activity. When sledding, keep a safe distance from roadways, trees, fences, or obstacles. Sled feet first, not lying head first.
4. Always wear a helmet when skiing, snowboarding or ice skating.
5. 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, or 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.



Christine Marino, CYS Nurse

#### Contact Information:

christine.s.marino.naf @army.mil

845-938-8528

# Parent & Outreach Services

## Parent Participation



### Parent Central Services

Monday-Friday

7:30 AM - 5:00 PM

845.938.1362

845.938.4458

845.938.0939

**Walk-ins welcomed!**

**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 (Due to COVID protocols, in-person volunteering may be limited at this time).

### CYSitter Babysitter Course

08 January 2022 @ Lee CYS Facility  
9-4 \$20.00

Registration: 20 Dec 2021- 05 Jan 2022  
via WebTrac, in person or by phone at  
845-938-1362/0939/4458

Youth must be registered with CYS.

### Parent Education Opportunities

**"Parent CPR /AED/1st Aid"**

18 February 2022

Stony CDC 1700-1900

**Register starting on 24 January 2022 by  
calling 845-938-1362/4458/0939/3969**

### **Family Resources @ NAEYC.ORG**

10 Things Every Parent Should Know About Play

<https://www.naeyc.org/our-work/families/10-things-every-parent-play>

Am I Really My Child's First Teacher?

<https://www.naeyc.org/our-work/families/childs-first-teacher>



## 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:  
**9 February**  
**Time/Place TBD.**

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

**Secretary Mike Ruppert:** [mikeruppert97@gmail.com](mailto:mikeruppert97@gmail.com).