



Connections

JANUARY - MARCH 2021

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Reflections

Dear Child and Youth Services Staff and Patrons-

As 2021 begins, many of us are anticipating it's beginning with great anticipation and relief. As we traversed the year, we found ourselves in a situation we have never faced before - the inability to move about from state-to-state without giving it a second thought. This restriction, along with the many other new rules, policies and procedures, created an opportunity for us to stop and reflect on how fortunate we are, in spite of it all.

Another major adjustment occurred with the children-they were asked to wear a face-covering for the majority of their day!! For school-age children, overnight parents became teachers of multiple subjects and multiple grade levels. In some Families, you started without the number of iPADS, computers, etc., that were needed, but you made it work!! You and your children were stretched beyond what you thought was your capacity and you continued to stretch and now here you are at the start of a new year.

Overnight, many of the staff of CYS became expert teleworkers, quickly learning how to coax the VPN into staying connected so that their emails didn't get backed up and customer questions were answered in a timely manner. The CYS Leadership strategically planned with Command on how to safely reopen to support the mission. Staff, who were already accustomed to sanitizing and disinfecting took that to a whole new level.

So, please pause and take hold of what you accomplished, despite the pitfalls.

Farewell 2020 and Hello 2021!



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TH: 7:30 AM - 6 PM
845.938.0939/4458/1362

By Appointment Only

Greetings from the CYS Nurse



As we begin this New Year, I would like to extend my very best wishes to all of you and your Families for a Wonderful Happy, Healthy New Year.

We can help one another stay healthy by practicing the COVID-19 restrictions of social distancing, wearing a mask, washing our hands frequently, sanitizing our homes and facilities and staying home when ill or when exposed to COVID-19.

Routine well child visits are a way to ensure our children's health is maintained. Please provide updated vaccine records and Health Assessments to Parent Central Services after each appointment.

Make this year special by giving of ourselves with a kind word, or a caring gesture. We can provide hope, love and charity during this pandemic. What a mission to accomplish a very wonderful 2021 for all!!

Christine Marino, CYS Nurse

School Support Services



TUTOR.COM

DoD Expands Eligibility During COVID-19 Disruptions

As of April 2020, all DoD service members, civilian personnel, and all dependent family members (kindergarten-college/adult) are eligible to use Tutor.com/military at no cost.

Personalized help is available in more than 100 subjects for grades K-12 and college students, including math, writing, reading, ELL, science, English, social sciences, history, accounting, finance, nursing, world languages, computer science, study skills and test prep. We also provide tutoring with bilingual Spanish-speaking tutors for math, science and social studies.

Verify your eligibility and get started today!
www.tutor.com/military

READY AND RESILIENT CORNER

Mental Games are used as a quick distraction from counterproductive (unhelpful) thoughts that are interfering with something you are about to do. Mental Games are used for Deliberate Distraction. Be sure they are fun, yet hard and only take a few minutes! (Ex: Repeat the alphabet backwards, name all the sports figures you can in 2 minutes, Recite upbeat song lyrics...).

Parent and Outreach Services

Parent Central would like to say Thank You to our parents and fellow CYS programs for assisting us in getting children's registrations updated. We would also like to thank everyone for their patience as we conduct more business electronically. Please call for ahead for in person appointments.

Important Dates
PAB Meeting-10 Feb 2021-1630 Stony CDC
EDIS Workshop-23 Feb 2021-via Zoom
Babysitter Classes:
26 Feb 2021-"I'm Alone" 1500-1830 MST
27 Feb 2021- "CYSitter" 0900-1600 Lee CDC

Child Development Center



Hello from Stony CDC! We are very excited to share our activities and environments.

We are looking forward to the winter season and are working to create fun and exciting activities for our children. As the weather permits children will go outside. Please provide a winter coat/jacket, gloves, and hat.

REMINDER: Please do not park in the front Fire Lane or leave your vehicle idling.

Parent Tele-Conferences

Parent Conferences are key to promoting successful, diverse and well-rounded early childhood program. Conferences allow for communication between parents and staff on the progression of their child's development.



Check out Room 131's Art display located in the front lobby area! Children created art using some items collected during their recent Nature Walk! Stop and take a look!

Conferences will be held on 16, 17 and 18 February. Sign-ups for conference are posted in the classroom until late January.

REMINDER:
All adults and children 3 + entering facility must wear a face mask.

Have a question about CDC programming? Contact the CDC Management team at 845-938-8526/4040.

School Age Center



FRONT DESK
845-938-8530.

SAC Summer Camp registration is 10 February 2021 at 1230 via mcc.com

West Point School Age Center is currently offering before and after care for West Point Elementary School, in addition to Full Day School Age care for Hybrid and Remote Learning Models in other districts. The School Age Center provides programming through developmentally appropriate activities and enriched environments that promote learning and exploration in five different services areas. If you are interested in joining the SAC programming, Request SAC care Today on militarychildcare.com.

Programming and Clubs Highlights

*As there are several activities conducted on a daily basis, the below highlights are just some of the robust activities that our dedicated team members implement.

SAC Scoop!

COVID Time Capsule

Each child was asked to answer COVID questions regarding their feelings and their future thoughts. These thoughts and feelings went into a time capsule mason jar. Staff and children buried this time capsule in the back yard. After a discussion of reflection and feelings, the children agreed they would dig up this time capsule in just a few months for further reflections.



Astronomy Club

The club made bouncy balls to represent Earth. Using clay, children created replicas of earth with several different colors. Even though they did not hold their shape. It taught students the importance of measuring, sequencing, and trial and error.



Steam Program

Children used their creative minds to participate in a book tower competition. The students were given one piece of construction paper, one piece of tape and barely any instructions. They were only told they need to hold the most amount of books. One youth was able to hold 65 books.



STARS OF THE MONTH

Kind Kid of the Month

Children are nominated by staff based on the pillars of character. Once the children are narrowed down to 2-3 in their age range, their peers nominate them to be child of the month.



Savannah



Derek



Helena



Andrew

Staff of the Month

Staff are nominated by parents, colleagues and children by filling out a nomination form located at the front desk. At the end of each month, a child who has been awarded and kid of the month, will draw a name from the shout out basket.

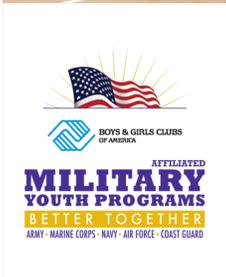


Ms. Christyl



Ms. Sarah

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. The MST Staffing team continue to offer fun, educational opportunities to youth given the current circumstances. For an update of our COVID policies and procedures please visit: <https://westpoint.armymwr.com/programs/middle-school-teen-center-mst>

January Events:

Workforce Prep Workshop: January 25th, 27th, & 28th

Teens will gain skills in building a resume, search for jobs and applying, interview skills, and on the job skills. The workshop is all 3 days and sign up is required by calling 845-938-3727

Fine Arts Festival: Thursday, January 28th 5-6 p.m. (Families of registered youth in grades 6-12th welcome). Fine Arts pictures will be available on the MST Virtual Program's Page.



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

March Events:

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

Seeking Youth of the Year applicants to represent West Point in the New York State Competition: call the front desk 8459383727 for more info.

*Program calendars, special events, permission slips, workshop opportunities are sent out monthly via email— if you are not receiving emails please be sure to make sure your email is up to date with Parent Central.

February Events:

Youth Center Talent Show: Thursday, February 25th 330-530 p.m.

Virtual Sports And Fitness Is Here!!

Youth Sports Weather Hotline:

845-938-8897

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

Youth Sports & Instructional Programs

Youth Sports and Fitness Virtual Sessions Start in January (Free!)

5-6 year olds from 400-430pm, 7-8 from 445-515pm, and 9-11 from 530-600pm

Yoga Mondays—Yoga Mondays will be a form of modern yoga designed for children. It includes poses to increase strength, flexibility, and coordination.

Speed & Agility Tuesdays—Whether you want to build explosive power, increase speed, or improve balance, agility training is important for maintaining athletic performance.

Functional Fitness Wednesdays—Functional fitness is a classification of training that prepares the body for real-life movements such as squatting, reaching, pulling, and lifting.

Healthy Habits Thursdays—Developing healthy habits now will ensure that you not only live long but live well. To ensure ongoing physical and emotional health as you age, start by reforming the simple choices you make each day.

IMPORTANT INFORMATION

Potential spring sport offerings:

- T-ball/Baseball
- Soccer
- Flag Football
- Lacrosse

**If anyone has any additional questions, comments or concerns please feel free to reach out to one of us at the Youth Sports Program at 845-938-8525/8896.