

West Point Child and Youth Services Connections



July – Sept
2024

Shout out to the CYS Cooks at West Point Child & Youth Services

CYS would like to extend our deepest gratitude for the incredible work the CYS cooks do every day in the Kitchen. Your dedication to preparing nutritious and delicious meals for our little ones in care do not go unnoticed. Each dish is crafted with love, care and a deep understanding of the safety and happiness for children.

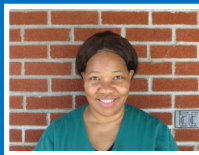
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Celia

Stony CDC Cook



Keeps management informed about the kitchen.

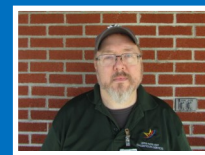
Keeps the food well-seasoned and delicious.

Fosters relationships with children and parents.



James

Stony CDC Cook



Stays on top of all the ordering for the kitchen.

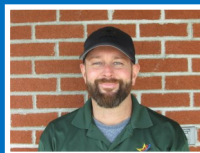
Helps train new staff on the kitchen ins-and-outs.

Ensures proper dietary accommodations are met.



Nick

Stony CDC Cook



Always has a smile and is in a good mood.

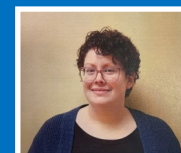
Assists other CYS buildings whenever needed.

Ensures prompt response to classroom mealtime needs.



Dana

SAC/MST Cook



Educates everyone about nutrition and portions.

Builds relationships with children and staff.

Assists others at anytime with support staff duties.



Stony Child Development Center

Hello Summer! Waterplay and Sunny Days!

"Children have a real understanding only of that which they create themselves." Jean Piaget

During the summer months we will incorporate water play outdoors. Please ensure that your children have swimsuits, towels and closed-toe water shoes (croc's not permitted) so they can participate. Also, ensure that your children arrive to care with sunscreen applied. We are excited for the weather and look forward to implementing new activities into both the classroom and outdoors. Our learning environments have been set up to engage the children in math, literacy, science, engineering, technology, and art. Get ready for some exploring and learning fun!

Curriculum Snapshots



6. Moves purposefully from place to place with control

4. Experiments with different ways of balancing

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

Parent Participation at the Stony CDC:

Please join us for these events:

3 July 2024 – Red White & Blue Spirit Day / Craft Activity

9 August 2024 – Waterplay Extravaganza

19 September 2024 – Open House

Reminders:

Vacations requests require at least 2-week notice. Withdrawals require 30 days.

Please label children's belongings and provide all items necessary for care.

Have a question about CDC programming?

Contact the Child Development Center Management team:

845-938-4798/4523.

Center Closings:

Independence Day

Thursday 4 July

Labor Day

Monday 2 September

School Age Center

Director: Kimberly Pyron

Phone: 845-938-0941



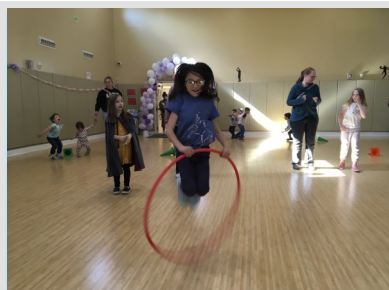
West Point School Age Center's Before and After School Care is over and Summer Camp is off to a fantastic start! The School Age Center provides programming through developmentally appropriate activities and enriched environments that promote learning and exploration in five different service areas. If you are interested in having your child join the SAC program, complete a request for care today on MilitaryChildCare.com.

Summer Camp is Here!

We are super excited for this years summer camp! We are looking forward in having the children find new interests, make new friends, explore different aspects of leadership. The Arts, STEM, Health and Wellness and so much more! The children will go to MST on Tuesday/Thursday for Functional Fitness/Water Play, and will be going both off and on post field trips Wednesdays and Thursday.

2024-2025 After School Care
Registration is now Open

Request care on [MilitaryChildCare.com](https://militarychildcare.com)



See SAC
Through Our
Eyes!!!



Important SAC Dates

- July 4th, 2024 (SAC Closed)
- August 20th, 2024 (First Day of School Grades 1st-5th)
- August 21st, 2024 (First Day of School for Kindergarteners)

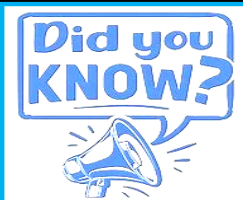
Summer Field Trips

- July 3rd– Bowling Alley
- July 10th– Trevor Zoo
- July 17th- Bowling Alley
- July 24th– Castle Fun Center
- August 1st– Forestburgh Playhouse
- August 7th– FASNY Museum of Firefighting
- August 14th– Norwalk Aquarium

Youth Sports and Fitness

Springing Forward into Summer!!!

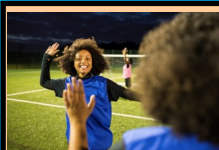
As we come to the end of another thrilling season, we want to extend our heartfelt gratitude to everyone who contributed to the success of youth sports and fitness this spring. Whether you were a player, parent, coach, volunteer, or supporter, your dedication and passion for the game have made this season truly unforgettable.



- ◆ *You use roughly 200 muscles when you take a single step*
- ◆ *Your "core" includes any muscles that attach to your pelvis, spine and ribs*

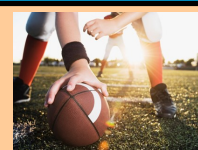
Here's a sneak peak at what's in store for the next few months.

Whether you're a seasoned athlete or new to the sport, our coaches are dedicated to helping you improve your skills and reach your full potential all while having a good time with your friends.



Summer Clinics 2024

Registration is open!!



Flag Football: July 8th–11th at Dragon Park

*5pm-6pm Ages 7-12

Running Club: July 22nd-25th at Dragon Park

*5pm-6pm Ages 7-12

Field Games: July 15th-18th at Dragon Park

*4pm-5pm Ages 4-6

*5pm-6pm Ages 7-12

Fall Sports 2024

Fall sports are a great way to stay active, healthy, and energized. With regular practices, games, and workouts, you'll have plenty of opportunities to stay in shape and enjoy the thrill of competition by registering for **Running Club** or **Intro to Fitness**.

Flag Football- thrilling adventure packed with action, strategy, and camaraderie.

Soccer- Lace up your cleats and prepare to dribble, pass, and score.

Volleyball- Spike, set, and block your way to the net.

Homeschool Gym– a place where fitness, friends and fun meet.



Middle School & Teen Program

MST is officially open!

The Youth Center provides programs for youth to get involved based on our 5 service areas: The Arts, Education & Career Development, Character & Leadership Development, Health, Wellness & Life Skills, and Sports & Recreation.

The Middle School and Teen Center (MST) staff have officially kicked off the summer. Clubs are well under way and memories are ready to be made.

Hours of Operation:

Monday-Friday

1230-1730



Nia Atwood

MST Director

anias.r.atwood.naf@army.mil

Jennifer Mann

MST & Sports Admin

Jennifer.r.mann4.naf@army.mil

STEAM IN CYS

Science / Technology / Engineering / Arts / Mathematics

Mission: To empower children and youth with the confidence and knowledge that they can be successful in STEAM and become future leaders. To encourage children and youth to begin a lifelong love of STEAM.

Learning Opportunities: STEAM is an integral part of CYS programming, from CDC to MST we provide children and youth opportunities to be successful in the use and application of STEAM in their daily lives and future careers. This includes programming, engineering, chemistry experiments, software development, architecture, and many other skills that can become lifelong hobbies and even professions.



Where: CYS believes that technology, and STEAM as a whole, belong in every facet of our programming. We are not limited to computer labs to teach technology, and pencil and paper to teach art. CYS is shifting to encourage the application of STEAM within all program areas: from the art room to the gym to the kitchen to the music room, STEAM is all over CYS.

CYS Nurse Notes

Greetings From The CYS Nurse

Happy summer to you all!

Here are a few summer health tips to remember.

1. Wear sunscreen: apply sunscreen 30 minutes before exposure to the sun and reapply every two hours or immediately after your and/or your child has been in the water.
2. Stay hydrated: drink eight glasses of water a day. Wear light clothes. Monitor for heat related illness: symptoms such as headache, dizziness, nausea, muscle cramps to name a few. Seek a cool environment and drink fluids preferably sport drinks.
3. Supervise all children when they are in or near water. Monitor all pool activities and promote swimming lessons for all children.
4. Always wear a helmet when motorcycling, biking, horseback riding, or when on an ATV.
5. Leave fireworks to the professional. Fireworks can lead to facial burns, amputations, eye injuries. Sparklers can cause severe burns and even blindness.
6. Check for ticks: do a body check on returning from the outdoors followed by showering.
7. Car safety: never leave a child unattended in a vehicle and check your child's car seat be sure it fits properly.
8. Playground equipment can become extremely hot during the summer months; monitor the temperature of the play equipment before and during playtime.
9. Prior to boating, take a safety course online. Be sure all wear life jackets that are a proper fit.
10. June is Garage Door Safety Month. Never allow anyone to stand under a garage door. All areas marked in red on your garage door are a danger warning. Sensors should be working properly and always seek the professionals if repairs are needed.

Enjoy the beautiful summer season!

Thank you,
Chris, CYS Nurse



Always remember to
WASH YOUR HANDS!

Parent and Outreach

Parent Central

Hours of Operation:
0730-1700
Monday-Friday

<p>Lisa Lloyd Administrative Assistant x4458</p>	<p>Kayla Keenan Administrative Assistant X1362</p>	<p>Susan Crandall Administrative Assistant x0939</p>	<p>Jacque Butler Director X3969</p>
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Call for an Appointment
Walk-ins Welcome

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

CYSitters Babysitter Course

Open to Youth aged 12+ enrolled in CYS!

19 July 2024
@ Stony CDC
Fee: \$20.00

Parent CPR and First Aid

Spaces are limited for this FREE parent education opportunity!

30 August 2024 @ Stony Evac 1700-1900
6 December 2024 @ Stony Evac 1700-1900

Parent Education

Online Safety For Elementary Schoolers
August– 1500-1600 @ Stony CDC Bldg 1207
Online Safety for Middle & High Schoolers
September– 1500-1600 @ Stony CDC Bldg 1207
Toilet Learning
October– 1500-1600 @ Stony CDC Bldg 1207

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.



West Point CYS PAB meets every second Tuesday of each month!
Next meeting will be:
10 September 2024
1630-1715 @ Stony Evac Bldg

See your Program Director for PAB Officer email contacts!