

# Family Programs Newsletter

108th Training Command (IET)  
Family Programs Office  
133 Westover St., Charlotte, NC 28205  
866.215.3647 x 4237

VOLUME 4, ISSUE 2 | March 2015

## Month of the Military Child

The month of April offers us a special opportunity to acknowledge and honor the service of our littlest heroes, our military children. The Month of the Military Child recognizes the important role military children play in our communities.

A few statistics about military children: currently, there are approximately 1.9 million military children, ranging in ages from newborn to 18 years old, 1.3 million military children of which are school-aged. About 765,000 of our military children have Active duty parents, and approximately 225,000 have a parent currently deployed. More than 700,000 children have experienced the deployment of one or more parents since 2001.

Our military children are resilient and proud of their service, and they deserve our support. The Department of Defense, each of our Armed Services, Cabinet Agencies, the White House Joining Forces Initiative, as well as non-profits, businesses and communities throughout the country recognize this and have stepped up to provide a variety of special programs, initiatives and activities for our military kids. To learn more, visit some of the links below.

1. Military Kids Connect ([www.militarykidsconnect.org](http://www.militarykidsconnect.org)) - Allows military children to connect with each other in a safe online environment and share their experiences.
2. United Through Reading ([www.unitedthroughreading.org](http://www.unitedthroughreading.org)) - Provides children with DVDs of their deployed parent reading their favorite book.
3. Armed Services YMCA ([www.asymca.org](http://www.asymca.org)) - Salutes our military kids in April and all year round with a variety of youth programs.
4. Operation Homefront ([www.operationhomefront.net](http://www.operationhomefront.net)) - Highlights the incredible contributions our military kids make to their communities through its annual Military Child of the Year recognition program.

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# Learning Counts

Submitted by Jane Neuharth

There is a new initiative from the Spouse Education and Careers Opportunity program of DoD's Military Community and Family Policy office, SECO recently announced the start of its pilot LearningCounts program. In a partnership with the Council for Adult and Experiential Learning (CAEL), military spouses can turn their volunteer, work and life experiences into college credit. LearningCounts is great for chipping away at those general education or foundation level courses. Counselors can help spouses match their previous experience to a particular course subject offered at their school.

The free program works two ways. You can choose between an instructor led, 6-week on line course. This option awards three credits for completing the course, in addition to the credits earned from the portfolio. There is a self-paced, on line program option too. It has 8 modules to complete that could take 4-6 hours to finish and then 5-10 hours of research and writing work to complete the learning portfolio. Both options allow you the flexibility to complete the work on your own time. LearningCounts, students will work with CAEL experts on building a learning portfolio designed to translate life experiences into equivalent undergraduate college credit.

The first portfolio building sessions start January 26 and February 9, 2015. Interested spouses just have to call MilitaryOneSource - 800-342-9647 - and ask to speak with a SECO career counselor.



## Family Programs Staff

| Position  | Name                 | Email                           |
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| Survivor Outreach Services—<br>Support Coordinator                  | Ms. Shronda Eason    | shronda.r.eason.ctr@mail.mil    |
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TELL US HOW WE'RE DOING!

**ICE**



## Upcoming Training Events

**Soldier Lifecycle Training:** Tentatively Scheduled from 17-19 APR 2015

**Description:** This will be a training designed to educate Family Readiness Liaisons on the needs of and responsibilities to Families during all phases of the Soldier's Life Cycle - New to the Army Reserve - New to the Unit - Assuming a Leadership Role - Mobilization, Sustainment and Reunion - Transition: ETS, PCS, Retirement or Wounded Warrior. Resources to support Families during each phase will be highlighted.

**Audience:** Family Readiness Liaisons

**Chain of Command Training:** Tentatively Scheduled from 20 –26 APR 2015

**Description:** This training will provide participants with information relevant to Command Teams on the administration of a unit Family Readiness Program designed to address needs throughout the Soldiers Life Cycle. Participants will be able to distinguish between the various roles and responsibilities of Command Team Members and identify Family Programs and staff positions to assist with the implementation of a healthy, holistic Family Readiness Program. This training facilitates the development of a unit Family Readiness Plan.

**Audience:** Commander, Executive Officer, Sergeant Major, First Sergeant, Family Readiness Liaison (FRL), Unit Administrator (UA), Supervisory Staff Administrator (SSA), Active and Experienced FRG Leaders may attend at the Commanders discretion.

**FRG New Era Training:** Tentatively Scheduled from 20-26 APR 2015

**Description:** This training is designed to provide FRG Volunteers with the knowledge, tools and skills required to build and maintain an effective FRG. Participants will explore the definition and mission of the FRG. FRG operations, exploration of regulatory guidance and supporting Soldiers and Families during their entire life cycle are major focuses of the training. Finally, participants will be able to distinguish between the various roles and responsibilities of Command Team members and Volunteers.

**Audience:** Statutory FRG Volunteers, Family Readiness Liaisons and Commanders.

## Volunteer Orientation Teleconference

**Dates:**  
19 March 2015

**Description:** This briefing provides new volunteers and/or potential volunteers with an orientation of opportunities, expectations and requirements of volunteering with the Army Reserve Family Programs.

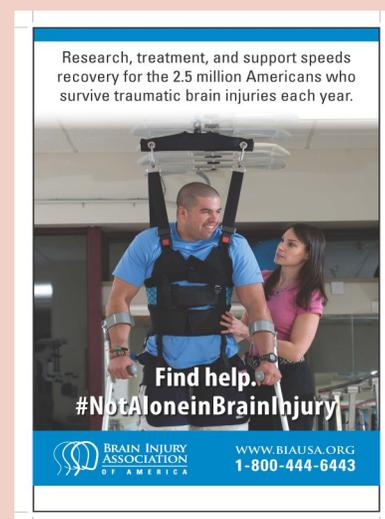
**Audience:** New  
Statutory Volunteers,  
Potential Statutory  
Volunteers

# Brain Injury Awareness Month 2015

According to the Brain Injury Association of America, each year an estimated 2.4 million children and adults in the United States sustain a traumatic brain injury (TBI), and another 795,000 individuals sustain an acquired brain injury (ABI) from nontraumatic causes. TBIs can affect the functionality of the brain—affecting thinking, reasoning, and memory. Whether the victim is an adult, a child, or an infant, TBIs can have a major impact on individuals and their families.

To raise awareness of traumatic brain injury, the Brain Injury Association of America recognizes National Brain Injury Awareness Month every March. The NCTSN offers the following resources on traumatic brain injury for families, medical professionals, and military families.

Below are a few resources related to the identification, treatment, and care for those suffering from a brain injury.



| Name   | Website  | Description   |
|--|--|---|
| Intrepid Fallen Heroes Fund<br>NICoE Satellite Centers | <a href="http://www.fallenheroesfund.org">www.fallenheroesfund.org</a>   | State of the art facility for treating wounded heroes suffering from TBI.   |
| Brain Injury Association of America                    | <a href="http://www.biausa.org">www.biausa.org</a>                       | Provides direct support, information, resources, education, and advocacy for individuals living with brain injury.  |
| Defense Centers of Excellence                          | <a href="http://www.dcoe.health.mil">www.dcoe.health.mil</a>             | Includes resources on treatments for Major Depressive Disorder, TBI, and PTSD.  |
| Project Victory Rehabilitation Program                 | <a href="http://www.tirrfoundation.org">www.tirrfoundation.org</a>       | Offers a military-focused reintegration model utilizing teams of professionals to manage the rehabilitative care of patients with brain injury and combat stress. |
| Vet Centers  | <a href="http://www.vetcenter.va.gov">www.vetcenter.va.gov</a>           | Helps combat veterans and their families;   |
| BrainlineMilitary                                      | <a href="http://www.brainlinemilitary.org">www.brainlinemilitary.org</a> | Provides military-specific information and resources on TBI.  |
| Family of a Vet  | <a href="http://www.familyofavet.com">www.familyofavet.com</a>           | Provides general information on TBI, PTSD, and other post-combat issues written by warriors and loved ones with first-hand experiences.                           |
| Soldiers Heart   | <a href="http://www.soldiersheart.net">www.soldiersheart.net</a>         | Alleviates symptoms of PTSD through storytelling, purification, community for-  |

## 108TH TRAINING COMMAND (IET) FAMILY PROGRAMS OFFICE

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**The Strength of our Soldiers comes  
from the Strength of their Families.**

VISIT ARMY RESERVE FAMILY  
PROGRAMS @ [WWW.ARFP.ORG](http://WWW.ARFP.ORG)

### Child Predator Scam Preys on Parents' Fears

Taken from *Better Business Bureau Scam Stopper* – January 19, 2015

Keep on the lookout for an email scam that pretends to be a "community safety" alert. The email looks like a warning for parents about a child predator in the area, but it's really a scam.

#### How the Scam Works:

You receive an email with the subject line "Alert: There is a Child-Predator Living Near You!" The email claims to be a notification that "a registered-child-offender has just moved into your area," and this information is based on your "local area zip code." But you don't remember signing up for such a service. The email provides a link and instructs you to click and "learn more about this predator-alert." If you click, you are redirected through several sites to land on the website for "Kids Live Safe," a service that sells localized reports on sex offenders. But this spam isn't actually affiliated with Kids Live Safe. Sending users to that website appears to be a way to lend credibility and distract from the actual scam. Clicking on the other link (the scam link) is enough to infect your machine with malware, even if you ultimately end up at a legitimate site. Once it's on your machine, the malware will attempt to search for stored information such as usernames, passwords and credit card numbers.

#### How to Spot a Scam Email:

In general, it's best not to click on links that come in unsolicited emails. Better to go to your browser and search for the real organization if you want more information.

Check out the "From" field: Scammers have the ability to mask email addresses, making the message appear to come from a legitimate source. But they don't always use it. Look out for email addresses that don't match the brand used in the email message.

Watch for typos, strange phrasing and bad grammar. Scammers can easily copy a brand's logo and email format, but awkward wording and poor grammar are typically a giveaway that the message is a scam. In the example above, the awkward phrase "local area zip code." Hover over URLs to reveal their true destination. Typically, the hyperlinked text will say one thing, but the link will point somewhere else. Scammers either set up fake websites or hack into third-party sites and use them to host malware.

The email claims to have information about you, but you never signed up for it. Scams often pretend to be personalized for you, but they are actually blast emails. Don't fall for this! If you never signed up for custom email alerts, you shouldn't be receiving them.

#### For More Information

To get information on registered sex offenders in your area, check out the [FBI's directory of state databases](#). To read more about this scam, check out this [alert from CBS in San Francisco](#). To find out more about other scams, check out [BBB Scam Stopper](#).

*NOTE: Kids Live Safe is a BBB Accredited Business.*

## Fort Family Outreach and Support Center

Fort Family is providing a single gateway to responsive Family Crisis Assistance, available 24/7, 365 days a year. It provides a unit and community based solution to connect people to people. By pinpointing Families-in-need and local community resources, the AR can quickly connect the Soldier or Family member to local resources thus providing installation-commensurate services in the geographic location of the crisis. Fort Family has established a community based capacity by engaging our Nation's "Sea of Goodwill" to support Soldiers and Families closest to where they live. Receive information and referral from Fort Family Outreach and Support for needs such as:

- Temporary Housing
- Emergency Funds
- Disaster Relief
- Debt Management
- Emergency Home Repair
- Assistance with locating nearest installation
- Separation or Coping issues
- Need information on how to find a CAC office



You may contact Fort Family at 866-345-8248 or [help@fortfamily.org](mailto:help@fortfamily.org)

# Army Reserve Child, Youth & School Services



## CYSS CONNECTIONS

### It's not too early to start thinking about Summer Camps

#### Monthly Highlights:

MAR: National Nutrition Month



MAR 20 Spring Begins



APR: Month of the Military Child



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An experience at camp can be life changing, fostering quality bonds between peers and **building resiliency in your child.** According to the American Camping Association, “a quality camp experience provides children with the opportunity to learn powerful lessons in community, character-building, skill development, and healthy living.”



#### Benefits of Attending Camp

Research has indicated a series of more in depth benefits to attending camp.

- ◆ Cultural enrichment: camp: has always been a unique developmental environment that weaves global citizenship with other outcomes such as critical thinking skills, leadership, and character development. If choosing a camp

with an emphasis on cultural enrichment, your child might find themselves bunking with a fellow camper from a different country. Many camps will capitalize on this opportunity to learn about diversity in order to teach children cultural empathy, understanding, and recognize the beauty in differences.

- ◆ History-based camps: campers who attended a history-based camp thought learning about history was more fun at camp than at school, and those that enjoyed learning about history set higher academic goals for themselves. Their knowledge on history increased during camp and they reported using their knowledge in class. Campers placed a higher importance on doing well in school after attending camp and some even indicated that camp had triggered their interest in a college career.

- ◆ Environmental Benefits: Campers saw value in taking care of the natural environment after attending camp. The experience of living in a rural environment encouraged campers to want to preserve natural environments.

#### How to find the right camp?

When trying to decide on the right camp for your child, it is important to evaluate the needs of your child. To connect to a Military Connected Camp for your child, contact a CYSS Specialist listed on the Contact Page of the newsletter. Consider his or her age, gender, their mental and physical development, as well as their desires and interests. Military children might express an interest in connecting more with other children, or they might have a great desire to learn one or more skills. It is important to talk with your child about the options available and get a sense of what they want out of a camp and what you, the parent, wants for them. Turn the page to find a comprehensive guide to choosing the right camp.



This information has been provided by Army Reserve Child, Youth & School Services. For more information on resources and programs, please visit:

[HTTPS://WWW.ARFP.ORG/CYSS](https://www.arfp.org/cyss)

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CYSS Mission : To support readiness and quality of life by reducing the conflict between military mission requirements and parental responsibilities



# Choosing a Summer Camp

When thinking about sending your child to camp, consider the following factors:

- Age:** The child's age is very important when determining whether a child is ready for residential/overnight camps. Generally children under the age of 7 are not ready for residential camps, and a day camp is a great way to prep them for overnight camps.
- Location:** Camps that are local can reduce travel costs and makes it easier to visit. A camp located further away may offer geographical experiences that may not be available closer to home. They can also promote a sense of independence in the child, which is something you can decide if your child is ready for that independence.
- Length of camp:** You should also consider if you would like to drop off and pick up your child everyday, pick them up at end of the week, or if your child is ready for a camp that extends longer than a week.
- Co-ed, girls only, and boys only:** Each has their own positives and negatives. You and your family should determine what your child is ready for and what best meets the needs of your child.
- Traditional or specialty:** Traditional camps don't usually have a specific focus and offer a wide range of activities like archery, rock climbing, swimming, and more. Specialty camps offer traditional activities, but they also have a main focus. For example "Basketball camp" would focus on basketball, but still offer opportunities for other activities.

Parents should look for a camp that offers various programs that are organized for the many ages of campers attending. Always keep the safety and well being of your child in mind and make sure that the camp has staff trained to guide campers at building skills, making choices, and trying new adventures. Achievement is a major factor for children at camp so ensure the camp is filled with opportunities for achievement and skill building.



## Where to Look?

|  |   |
|--|---|
| American Camping Association   | <a href="http://www.acacamps.org">www.acacamps.org</a>  |
| Army Reserve Camping Opportunities   | <a href="http://www.arfp.org/cyss.php">http://www.arfp.org/cyss.php</a>   |
| Camp Erin, Moyer Foundation<br>Bereavement Camps   | <a href="http://www.moyerfoundation.org/programs/CampErin_About.aspx">http://www.moyerfoundation.org/programs/CampErin_About.aspx</a>   |
| 2015 Dod-USDA Partnership for Military Families<br>Child & Youth Reintegration Support Camps | <a href="http://4-hmilitarypartnerships.org/military-family/dod_usda/2015-military-camps/2015-camps/index.html">http://4-hmilitarypartnerships.org/military-family/dod_usda/2015-military-camps/2015-camps/index.html</a> |
| Military Teen Adventure Camp   | <a href="https://www.extension.purdue.edu/Adventure_camps/campsloc.html">https://www.extension.purdue.edu/Adventure_camps/campsloc.html</a>   |
| Specialty Camps for Children   | <a href="http://kidshealth.org/parent/system/ill/finding_camp_special_needs.html">http://kidshealth.org/parent/system/ill/finding_camp_special_needs.html</a>   |
| Kids & Teen Summer Camps Guide   | <a href="http://www.allensguide.com/">http://www.allensguide.com/</a>   |
| Special Needs Camps  | <a href="https://www.seriousfunnetwork.org/">https://www.seriousfunnetwork.org/</a>   |

## When Does Registration for Camp Begin?

Depending on which camp you've decided on, registration can begin as early as the summer before. This is the best time to start researching which camps are most appealing to you and your child. There can be benefits to registering early as well. The less-involved camps (day only, local) have open registration through spring months; some even up until the week before they start. The best scenario is to identify which camp you'd like to attend and identify the registration process from there.

## Useful Tips for Parents

It is important to discuss with your child the expectations you have of them and the expectations that the camp has of them. These might include: treating others with respect and following camp rules. Once you've established a set of guidelines for your child, other information is good to address. For example: what to do in an emergency, what if you get lost away from the camp, and how to contact home if need be.

Resource: American Camping Association



**This information has been provided by Army Reserve Child, Youth & School Services.**

**For more information on resources and programs, please visit:**

**[HTTPS://WWW.ARFP.ORG/CYSS](https://www.arfp.org/cyss)**

**Fort Family Outreach & Support Center assistance is available 24/7 at 866-345-8248 or**

**visit: [WWW.ARFP.ORG](http://WWW.ARFP.ORG)**



**10 tips**  
Nutrition  
Education Series

# snack tips for parents



## 10 tips for healthy snacking

**Snacks can help children get the nutrients needed to grow and maintain a healthy weight.** Prepare single-serving snacks for younger children to help them get just enough to satisfy their hunger. Let older kids make their own snacks by keeping healthy foods in the kitchen. Visit [ChooseMyPlate.gov](http://ChooseMyPlate.gov) to help you and your kids select a satisfying snack.

### 1 save time by slicing veggies

Store sliced vegetables in the refrigerator and serve with dips like hummus or low-fat dressing. Top half a whole-wheat English muffin with spaghetti sauce, chopped vegetables, and low-fat shredded mozzarella and melt in the microwave.

### 2 mix it up

For older school-age kids, mix dried fruit, unsalted nuts, and popcorn in a snack-size bag for a quick trail mix. Blend plain fat-free or low-fat yogurt with 100% fruit juice and frozen peaches for a tasty smoothie.



### 3 grab a glass of milk

A cup of low-fat or fat-free milk or milk alternative (soy milk) is an easy way to drink a healthy snack.

### 4 go for great whole grains

Offer whole-wheat breads, popcorn, and whole-oat cereals that are high in fiber and low in added sugars, saturated fat, and sodium. Limit refined-grain products such as snack bars, cakes, and sweetened cereals.



### 5 nibble on lean protein

Choose lean protein foods such as low-sodium deli meats, unsalted nuts, or eggs. Wrap sliced, low-sodium deli turkey or ham around an apple wedge. Store unsalted nuts in the pantry or peeled, hard-cooked (boiled) eggs in the refrigerator for kids to enjoy any time.

### 6 keep an eye on the size

Snacks shouldn't replace a meal, so look for ways to help your kids understand how much is enough. Store snack-size bags in the cupboard and use them to control serving sizes.

### 7 fruits are quick and easy

Fresh, frozen, dried, or canned fruits can be easy "grab-and-go" options that need little preparation. Offer whole fruit and limit the amount of 100% juice served.



### 8 consider convenience

A single-serving container of low-fat or fat-free yogurt or individually wrapped string cheese can be just enough for an after-school snack.



### 9 swap out the sugar

Keep healthier foods handy so kids avoid cookies, pastries, or candies between meals. Add seltzer water to a ½ cup of 100% fruit juice instead of offering soda.

### 10 prepare homemade goodies

For homemade sweets, add dried fruits like apricots or raisins and reduce the amount of sugar. Adjust recipes that include fats like butter or shortening by using unsweetened applesauce or prune puree for half the amount of fat.



Go to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) for more information.

DG TipSheet No. 24  
March 2013  
Center for Nutrition Policy and Promotion  
USDA is an equal opportunity provider and employer.



This information has been provided by Army Reserve Child, Youth & School Services.  
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visit: [WWW.ARFP.ORG](http://WWW.ARFP.ORG)



# 10 tips

Nutrition Education Series

# be an active family



## 10 tips for becoming more active as a family

Physical activity is important for children and adults of all ages. Being active as a family can benefit everyone. Adults need 2½ hours a week of physical activity, and children need 60 minutes a day. Follow these tips to add more activity to your family's busy schedule.

### 1 set specific activity times

Determine time slots throughout the week when the whole family is available. Devote a few of these times to physical activity. Try doing something active after dinner or begin the weekend with a Saturday morning walk.



### 2 plan ahead and track your progress

Write your activity plans on a family calendar. Let the kids help in planning the activities. Allow them to check it off after completing each activity.

### 3 include work around the house

Involve the kids in yard work and other active chores around the house. Have them help you with raking, weeding, planting, or vacuuming.



### 4 use what is available

Plan activities that require little or no equipment or facilities. Examples include walking, jogging, jumping rope, playing tag, and dancing. Find out what programs your community recreation center offers for free or minimal charge.

### 5 build new skills

Enroll the kids in classes they might enjoy such as gymnastics, dance, or tennis. Help them practice. This will keep things fun and interesting, and introduce new skills!

### 6 plan for all weather conditions

Choose some activities that do not depend on the weather conditions. Try mall walking, indoor swimming, or active video games. Enjoy outdoor activities as a bonus whenever the weather is nice.

### 7 turn off the TV

Set a rule that no one can spend longer than 2 hours per day playing video games, watching TV, and using the computer (except for school work). Instead of a TV show, play an active family game, dance to favorite music, or go for a walk.

### 8 start small

Begin by introducing one new family activity and add more when you feel everyone is ready. Take the dog for a longer walk, play another ball game, or go to an additional exercise class.



### 9 include other families

Invite others to join your family activities. This is a great way for you and your kids to spend time with friends while being physically active. Plan parties with active games such as bowling or an obstacle course, sign up for family programs at the YMCA, or join a recreational club.



### 10 treat the family with fun physical activity

When it is time to celebrate as a family, do something active as a reward. Plan a trip to the zoo, park, or lake to treat the family.



United States Department of Agriculture

Go to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) for more information.

DG TipSheet No. 29

April 2013

Center for Nutrition Policy and Promotion  
USDA is an equal opportunity provider and employer.



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# KHAN ACADEMY

**A free, world-class education for anyone, anywhere**

Khan Academy includes: college prep testing, college admissions tips, and tutoring on a variety of subjects. Khan Academy offers step-by-step information about topics that concern families of high school and soon-to-be college students. Each of these modules are complete with personal stories from students and a wide variety of options to personalize the information for anyone seeking the perfect college fit .



## College Prep Testing:

There are a variety of resources available from Khan Academy that specifically deal with college prep testing. For example, students can take full-length practice tests, and work with study questions and interactive exercises which feature tons of previously-unreleased problems from real exams grouped by topic and difficulty level. Khan Academy offers preparation tools for the SAT exam, among other tests.

## College Admissions:

Khan Academy's College Admissions page starts with an introduction to college admissions, including a helpful timeline and personal stories from college students. Next, the user is taken through a section titled "Making High School Count" answering many questions that concerned high school students and parents have about which courses actually matter for college prep, information on standardized testing and extracurricular activities. The next section, titled "Exploring College Options" allows the user to decide what type of college is right for them and brings up other important questions to think about when selecting a college. After choosing a few colleges, the next section assists the user with the application process with helpful tools such as a checklist and sample essays. The next section is titled "Paying for College" with up to date information and tips on financial aid, grants and scholarships, work studies and loans. The website finishes with a section titled "Wrapping Up" and shares tips on making a final college selection and transitioning to college life.



To find out more, visit <http://www.khanacademy.org/login>

- ◆ Sign up for an account using Facebook, Google, or email
- ◆ You will receive an email confirmation with a website access link
- ◆ Navigate to the search engine and search college admissions
- ◆ Click on getting started

Resource: Khan Academy, [www.khanacademy.org](http://www.khanacademy.org)



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visit: [WWW.ARFP.ORG](http://WWW.ARFP.ORG)**



## Helpful Homework/Tutoring/Academic Resources

Academic tutoring is a traditional strategy that has helped students increase their knowledge and understanding of school matter subjects for centuries. Today a student can find academic help with a few clicks of the mouse. Like many things in the modern world, the internet has changed how tutoring is delivered. It is a service that can now be accessed on demand from any location with an internet connection. It is a great benefit for Military Youth who often move from school to school. Tutoring can help fill the gaps in the academic shifts between different schools. There are also a number of excellent online instructional videos that are free of charge. The purpose of this article is to look at a few tutoring services, and other resources that Military students can utilize.

### Preschool and Kindergarten

#### [ABCMouse.com](http://www.abcmouse.com)

Is an online early learning academy with lessons in Reading, Math, Science, Art & Colors, and Music for preschool and kindergarten students. ABCmouse offers a Military discount. For more information visit [www.abcmouse.com/](http://www.abcmouse.com/)

### Preschool through 12th grade

#### [Tutor Club](http://www.tutoringclub.com)

Tutor Club in an on-site tutoring service with locations nationwide. They specialize in reading, math, writing, study skills and SAT preparation Pre-K through 12th grade. They offer a Military discount, and quarantine results. [www.tutoringclub.com](http://www.tutoringclub.com) 888-868-8867

### Kindergarten through 12th grade

#### [Professional Tutors of America](http://www.professionaltutors.com)

Professional Tutors of America is a veteran-owned company with thirty years of experience. They offer K-12 online tutoring with a one-on-one professional in all subject areas. They offer discounted rates and free tuition assistance for Military families. There are regulations and restrictions, so call to talk to a representative for more information.

*Children of the following groups may receive free academic tutoring assistance:*

- Fallen Service Members of Iraq and Afghanistan wars; Children of Fallen Soldiers
- Deployed National Guard and Reservists
- Wounded Warriors of OEF/OIF with at least 30% service connected disability

[www.professionaltutors.com/military](http://www.professionaltutors.com/military)  
800-TEACH-US (832-2487)

#### [TutorVista.com](http://www.tutorvista.com)

Tutor Vista provides K-12 and College online tutoring service that offers a Military discount. They have 24/7 personalized tutoring in Math, Science, and English. You can call or go to their website for more information. [tutorvista.com](http://tutorvista.com) 866-617-6020

#### [Sylvan Learning Center](http://www.sylvanlearning.com)

Sylvan is a Military friendly company. They have a number of locations throughout the country that offer a Military discount. They also offer online tutoring in Math and Reading. You can visit the website, or call the number provided to find a location that offers a Military discount. [www.sylvanlearning.com](http://www.sylvanlearning.com) 855-567-2848

### Kindergarten through 12th grade continued

#### [Our Military Kids](http://www.ourmilitarykids.org)

Grant for K-12 youth dependents of overseas deployed National Guard and Reserve personnel or severely injured Service Members. Our Military Kids grant allow youth to participate in sports, fine arts, and tutoring programs.

<http://www.ourmilitarykids.org/how-to-apply/eligible-program-activities>

#### [Discovery Education](http://www.discoveryeducation.com)

Discovery Education offers free resources for students in grades K-12. The resources are in the form of videos, and cover core subject material. They also offer a step-by-step math site. Go the website **below, and click on "student" under free resources.**

[www.discoveryeducation.com](http://www.discoveryeducation.com)

#### [Tutor.com](http://www.tutor.com)

Provides paid online professional tutoring services and homework help to Military Families grades, K-12. Includes more than sixteen subjects, including test prep, proofreading, Math, Science, English, and Social Studies. [Military.tutor.com/](http://military.tutor.com/)

### Third grade through college

#### [Khan Academy](http://www.khanacademy.org)

Believes in free, world-class education for everyone in Math, Science, Computer Programming, History, Art, Economics, Test Prep and allows users to learn at their own pace. Provides free videos and modules for third grade through college level and provides Partner content. For more information visit: [khanacademy.org](http://khanacademy.org)

### Middle and High School Homework Help Websites

Hippo Campus - Over 5000 academic instructional videos that cover 13 subjects for middle school to college students.

[www.hippocampus.org](http://www.hippocampus.org)

Purdue OWL (Online Writing Lab) - Writing and grammar resources for students in grades 7-12. It is best to search for topics through the sitemap link at the bottom of the webpage.

<https://owl.english.purdue.edu/>

Brightstorm - Offers instructional videos that are short, detailed, and easy to understand for high school students. You can find the videos on YouTube. They specialize in math and science instruction.

[www.brightstorm.com/](http://www.brightstorm.com/)



**This information has been provided by Army Reserve Child, Youth & School Services.**

**For more information on resources and programs, please visit:**

**[HTTPS://WWW.ARFP.ORG/CYSS](https://www.arfp.org/cyss)**

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## 108th Training Command (IET) Teen Council

Be the "Voice" and represent the 108th Training Command (IET) children and youth worldwide! Why read about history, when you can make history! Be a part of the FIRST Teen Council and take your place!

The 108th Training Command (IET) Teen Council is looking for youth between the ages of 14-17, that are willing to take the challenge and become youth leaders within the command and their community!

Through this opportunity, youth will gain public speaking and leadership skills, work on professional and personal development skills; develop effective strategies and implement solutions for issues they face as Army Reserve youth. You can make a difference!

The Teen Council goal is to empower youth with the core values of leadership, service, and resiliency and to promote high standards of learning through curricula resources and activity. Each well-qualified candidate is chosen based on a thorough selection process revealing their experience, dedication and willingness to speak on behalf of AR children and youth.

### BASIC QUALIFICATIONS

1. 108th Training Command (IET) connected youth
2. A member in good standing in the military or local community
3. Enrolled in the 9th - 11th grade for the **2015-2016** school term
4. Maintain a grade point average of "2.5" or better in school

### BASIC RESPONSIBILITIES

1. Serve a two year term
2. Attend up to three meetings annually - travel paid
3. At least 4 hours/month with Military and/or community activities
4. Work with fellow teens to develop innovative opportunities
5. Attend local/regional command youth events as assigned
6. Inform Army Reserve leadership about the needs of youth

For more information and /or to apply, contact Carlisha Martin, Odyssey Contractor at [carlisha.m.martin.ctr@mail.mil](mailto:carlisha.m.martin.ctr@mail.mil).  
Nominations are available NOW!



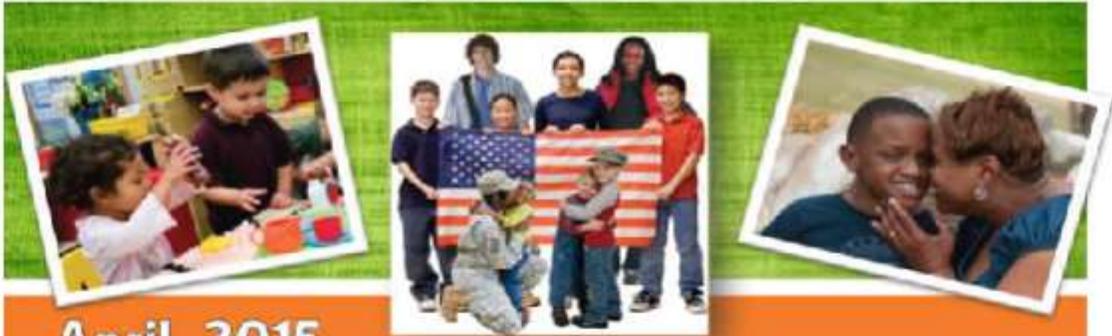
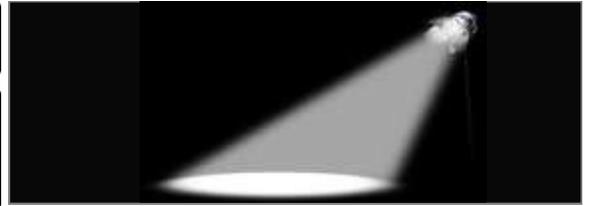
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# THE SPOTLIGHT



## April 2015 Month of the Military Child Their Lives, Their Stories

### Fitness with a Twist

Come join us for some good family fun which will include group sporting activities, obstacle challenges, vendors, and learning different ways of being safe while being active.

April 4  
10am-3pm  
Charlotte, NC

Open to Army Resorvo youth  
and their Families  
Ages: 6-18

Free event!  
Participants must bring a  
lunch.

To register, visit  
[arfp.org/cysssstatecamps.php](http://arfp.org/cysssstatecamps.php)  
Registration is required and  
closes April 1

For more information on this MOMC event, please contact:  
Carlisha Martin, Contractor: Odyssey TCI-JV at  
704-339-5002 or  
[carlisha.m.martin.ctr@mail.mil](mailto:carlisha.m.martin.ctr@mail.mil)



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## COMMUNITY EVENTS



Please note that events listed in this newsletter, with the exception of AR CYSS events, are not endorsed by the Army Reserve and are provided only for community awareness.

## What's Happening in Your Neck of the Woods...

### SOUTH CAROLINA OPERATION MILITARY KIDS

#### Military Youth Baby Sitter Course

March 14-15

9:00 am—4:00 pm

This two day event is for Military Youth ages 12-18. Youth will be trained using the CYSS Baby Sitter curriculum and other supported materials. For more information contact Sharon Lone, 864-993-1711, sharonL@clemson.edu

#### Youth and Family Retreat Fallen Warriors

March 20—22

8:00 am—6:00 pm

This three day event will provide youth who have lost a Family Member the opportunity to support each other while participating in family team events designed to increase communications and respect. Contact Sharon Lone, 864.993.1711, sharonL@clemson.edu for more information.

### MINNESOTA OPERATION MILITARY KIDS

#### OMK Family Camp

March 27-29

6 pm—11:30 am

A weekend camp for Military Families with at least one child in grades k-12. Family Camp is intended to help families communicate, cooperate, and have fun. Registration due by March 11, 2015. For more information contact Kia Harries at [kharrises@umn.edu](mailto:kharrises@umn.edu) or 507-372-3900 ext. 3908. \$25.00 per family per camp. Fee waiver upon request prior to registering.

### OKLAHOMA OPERATION MILITARY KIDS

#### Military Family Nature Camp

March 19—22

6:00 pm—12 noon

Military Families will experience the wonders of the outdoor world at Military Family Nature Camp sponsored by Oklahoma Operation: Military Kids. Families will be able to take time to learn about each other, nature, and leave with a heightened sense of awareness. This camp will help Military Families use nature to strengthen bonds and build resiliency. Indulge in Nature Therapy: Relax and experience the great outdoors! Reconnect with the natural world and each other. Spend time together as a family. Canoeing, fishing, bird watching, biking, and hike to the infamous Robbers Cave are some of the activities during this event. Learn about local species of wildlife, birds and plants, make nature crafts, learn about the stars and constellations using OMK's iPads or use your personal smart phone. Email Jessie Furnish for more details, [Jessie.furnish@okstate.edu](mailto:Jessie.furnish@okstate.edu).

**YOU MAY ALSO BE INTERESTED IN CHECKING THE FOLLOWING LINKS REGULARLY FOR EVENTS IN YOUR AREA:**

**CYSS Events:** <https://www.arfp.org/cyss.php>

**4-H:** [www.4-h.org](http://www.4-h.org)

**YMCA:** [www.ymca.net](http://www.ymca.net)



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## RESOURCES AND WEB LINKS

# For Deployed, AGR, Wounded, Ill, Injured or Fallen Soldiers

 **Army Fee Assistance** will be provided by General Services Administration (GSA) working with those who serve in the Military find and afford child care that suits their unique needs. Through the fee assistance program, families are eligible to receive monthly fee assistance to help offset the cost of child care in their communities. For more information visit, [http://financeweb.gsa.gov/childcare\\_portal](http://financeweb.gsa.gov/childcare_portal).

**Army Respite Care** The Army Respite Child Care will provide the family between 8 to 16 hours of hourly child care each month for each of the eligible children. Parents can use this time to run errands, attend appointments, or just take some well-deserved time out for themselves. The Army recognizes the challenges and extraordinary stress the parents and their families may be experiencing, and wants to help support them in meeting their unique child care needs. Eligibility: Deployed; Temporary Change of Station; Unaccompanied Permanent Change of Station; Temporary Duty; Wounded, Ill or Injured Status; Survivors of Fallen Warriors.



Our Military Kids provides grants for K-12 youth dependents of overseas deployed National Guard and Reserve personnel or severely injured Service Members. Visit [www.ourmilitarykids.org/](http://www.ourmilitarykids.org/)

## For Various Duty Statuses



Army Reserve Family Programs provides programs, training, services, resources, youth programming and camping opportunities to Army Reserve Families. Visit [www.arfp.org/](http://www.arfp.org/)



Military OneSource provides an online library, web resources, and non-medical counseling to Military Families. Visit: [www.militaryonesource.mil/](http://www.militaryonesource.mil/)



Military Kids Connect (MKC) is an online community of military children (ages 6-17 yr old) that provides access to age-appropriate resources to support children from pre-deployment, through a parent's or caregiver's return. Visit: [www.militarykidsconnect.org](http://www.militarykidsconnect.org)



Zero to Three has information and resources for parents of infants and toddlers. A new phone app, Babies on the Homefront, provides Military and veteran parents with strategies for enhancing everyday moments with their child. Visit: <http://zerotothree.org/>



Military Child Education Coalition (MCEC) is a non-profit organization focusing on academic and school-related needs of military-connected youth. Visit: [www.militarychild.org](http://www.militarychild.org)



March2Success is a FREE online tool that provides educational content to help students improve their knowledge and test scores in the areas of Language Arts, Mathematics and Science. Visit: <https://www.march2success.com/>



National Military Family Association has programs that provide Military Families with camps, family retreats, and healing adventures during deployment, reintegration, and coming together after an injury. Visit <http://www.militaryfamily.org/>



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