SAPR leadership training completion options expanded

By Ed Barker, Naval Education and Training Command Public Affairs

VIRGINIA BEACH, Va. – As the Sept. 30 deadline approaches for the Navy's Sexual Assault Prevention and Response - Leadership (SAPR-L) training, new completion options are available for command leadership.

SAPR training is a critical element of the Navy's campaign to stop sexual assault and promote a culture of respect and professionalism in our force.

Command leadership triads (commanding officer/officer in charge, executive officer/assistant officer in charge, and command master chief/chief of the boat/senior enlisted advisor) that were not able to attend face-to-face training via deployed SAPR-Leadership Master Mobile Training Teams (MMTT) can still complete it by one of the following methods:

• Registering for and attending one of the MMTT-led Defense Connect Online (DCO) SAPR-L training sessions available Sept. 14 Register online at: https://esams.cnic.navy.mil/esams_gen_2/loginesams.aspx.

• Attending a SAPR-L training session conducted by their Immediate Superior in Command (ISIC) who completed the MMTT-led SAPR-L training.

• Viewing a recorded MMTT-led SAPR-L training session. Copies of this video are available via U.S. Mail from the SAPR Task Force. Requests for the video can be processed through e-mail at: sapr_l_taskforce@navy.mil.

"We've been able to train most of the command leadership triads by using the master mobile training teams, but realize that some of the deployed units and outliers need alternate delivery options," said Capt. Scott Seeberger, SAPR Task Force chief of staff. "With these alternate delivery options, we should be able to reach all command leadership Navy-wide.

More than 750 SAPR-L training sessions have been conducted in Navy concentration areas around the world.

SAPR-L preparation training is mandatory for command leadership triads, who are then responsible for delivering SAPR-L training to their command leadership, E-7 and above by Sept. 30.

Documentation of SAPR-L training for command personnel will completed by training officers via the Fleet Training Management Planning System (FLTMPS).

Sexual assault prevention is an important element of the readiness area of the 21st Century Sailor and Marine initiative, which consolidates a set of objectives and policies, new and existing, to maximize Sailor and Marine personal readiness, build resiliency and hone the most combat-effective force in the history of the department of the Navy (DoN).

Additional information can be found at the SAPR L/F training Web pages, including how to register for SAPR-L Preparation training: click the SAPR-L/F Training link at www.sapr.navy.mil.

Busy parent's guide to keeping up with your child's schoolwork

From Ruth Russell,
CFAY/CNRJ School Liaison Officer

Are you are parent who works long hours? A single parent? A parent with several children? Or just one of the many busy parents trying to keep up with the demands of every day life? Busy or not, a child's schooling is important to every parent. Educational research documents an undeniable connection between parental involvement and a child's academic achievement. We all start out with the best of intentions to keep on top of what our kids do at school, but life just seems to come crashing in and we can easily fall behind.

No matter our child's age, keeping informed about how and what they are doing in school is our duty as parents. But how can a parent keep up? Luckily, technology has provided tools to help us. Here are a few tips that can help make staying in the loop and supporting your child much easier and less time consuming.

• DoDEA schools have implemented an internet based program called "Gradespeed". This program provides parents with a password they can use to pull up their children's grades anytime. Attendance can also be pulled up daily. You can even set it to email you if your child's grades dip below a certain point. This way if you forget to check it, you still will be informed if things start to go wrong. Some teachers also post assignment information here. Save the link as a favorite on your computer for easy access. Or better yet, post the link as a repeating item on your computer calendar so you only need click on the link and you won't forget to check it. Gradespeed can be accessed at dodea.gradespeed.net.

• Some teachers also use a program called "Blackboard." This program allows students to access assignments, take quizzes and get immediate feedback. A parent can be given a password to access this as well. These are most often available in middle and high school classes. Ask your child's teacher if he or she uses this. Go to dodea.blackboard.com

• If your child's teacher has a class website, save it to favorites and make it a repeating "meeting" item so you will be prompted to check it weekly

• Place a special bin or basket in your home for your children to place notices or forms sent home from school. This way, they are less likely to be found crumbled a week later and can be quickly located when needed.

• Have a central location for storing a basket with general school supplies for kids to easily access so you don't have to go on a treasure hunt for glue sticks when you are trying to make dinner. Keep a second box of supplies in the closet to pull out when needed.

• Consider volunteering at your kid's school. You may be thinking how can this SAVE time? Time spent now will save you time later. You can learn a lot from just one day at your child's school. When your child tells you something about his school day, you will better understand him if you have experienced a day there thus saving you time in the long run if problems arise later at school.

•Eliminate those crazy mad dash scrambles to leave in the morning by taking the time the night before to make sure the backpacks are ready to go with homework, etc. As this becomes a nightly ritual, you will get used to looking IN that backpack at what is in the notebook, etc., so you will be more in tune with what your child is doing each day.

•For middle and high school students mark your home calendar with A and B days so there is no question each day what classes they need to prepare for.

• Every elementary student will need a parent to help them work on learning basic math facts. Instead of flash cards, consider having musical CDs of facts in your car. That way you can get that review done with your child while running errands! You might also turn your kid's "computer game time" into a math review with any of numerous computer math games available today.

• Luckily, the on base Child and Youth Programs Youth Clubs and School Age Care centers offer homework help. Their Boys and Girls Club program has a dedicated homework time after school called "Power Hour" with adults available to assist the children during this quiet time.

• Get a tutor 24/7 for your child through Tutor.com! We can't all be available to help with homework problems everyday, but they can! To access a FREE online tutor go to www.tutor.com/MILITARY.

•The schools send out newsletter emails typically on a weekly basis. Make sure the school has an email address for you that you frequently use.

•Use that fancy new cell phone calendar to remind you of school events! Input items from the school calendar and newsletters.

• You can request a conference at the school with your child's teacher at any time. Contact the school guidance office to set this up if you feel you are falling behind in understanding what and how your child is doing in school. This is especially helpful if your child has multiple teachers, because you can get the scoop from all of them at one meeting.

We can't all be "super parents", but with a little planning and the use of some great tools, we all can be connected to our children and their schools. Your child will thank you for it (in about 20 years).