Back-to-school

Byrd Elementary School

Negishi Housing
Jim Fisher, principal

Phone (on base): 242-4815
Phone (off base): 045-281-4815
E-mail:
PRINCIPAL_*BYRDES@
pac.dodea.edu
Web site:
www.byrd-es.pac.dodea.edu

Ikego Elementary School

Ikego Housing
Scott Finlay, principal

Phone (on base): 246-8320
Phone (off base): 046-806-8320
E-mail:
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Web site:
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Kinnick High School

Yokosuka base
Lorenzo Brown, principal

Phone (on base): 243-7392
Phone (off base): 046-816-7392
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Web site:
www.kinnick-hs.pac.dodea.edu

Sullivans Elementary School

Yokosuka base
Walter Wilhoit, principal

Phone (on base): 243-7336
Phone (off base): 046-816-7336
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Yokosuka Middle School

Yokosuka base
Geoff Fong, principal

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CFAY schools ready to assist new students with transition

By Ben Avey, CFAY Public Affairs

For students enrolled in the five Department of Defense Education Activity (DODEA) schools aboard Commander Fleet Activities Yokosuka (CFAY), the first week of school is behind them.

They have overcome the first day jitters, they have organized their lockers or desks, and they have begrudgingly started working on the first homework assignments of the year.

However, for a number of students who just arrived after a permanent change of station move, the learning curve that accompanies a new school year may be extended to a new way of life as a student in Japan.

According to The Sullivans Elementary School Principle Walter Wilhoit, there is no reason to fret; because, DODEA schools are ready and willing to help the families with this new transition. “DoDDEA schools are more welcoming to parents,” said Wilhoit. “We’re in the overseas setting. People are away from friends, family and the neighborhood school. So the school is a natural place to flock….We want all of our new folks to just come in. If they’ve got any questions at all about the school, call the school.”

For parents who may be shy about meeting their children’s teachers, all schools aboard CFAY will host open house nights in mid to late September. The dates have been intentionally staggered to accommodate parents who may have multiple students attending different schools. Contact your student’s school for specific dates and times.

Back-to-school tips

Courtesy of the American Academy of Pediatrics

Backpack safety.

• Choose a backpack with wide, padded shoulder straps and a padded back.

• Pack light. Organize the backpack to use all of its compartments. Pack heavier items closest to the center of the back. The backpack should never weigh more than 10 to 20 percent of the child’s body weight.

• Always use both shoulder straps. Slinging a backpack over one shoulder can strain muscles.

• Consider a rolling backpack. This type of backpack may be a good choice for students who must tote a heavy load. Remember that rolling backpacks still must be carried up stairs, and they may be difficult to roll in snow.

Developing good homework and study habits.

• Create an environment that is conducive to doing homework. Youngsters need a permanent work space in their bedroom or another part of the home that offers privacy.

• Ensure setting aside ample time for homework.

• Establish a household rule that the TV set stays off during homework time. Supervise computer and internet use.

• Be available to answer questions and offer assistance, but never do your child's homework for them.

• Take steps to help alleviate eye, neck and brain fatigue while studying. Stretch and take a break periodically when it will not be too disruptive.

• If your child is struggling with a particular subject and you aren't able to help her yourself, a tutor can be a good solution. Talk it over with your child's teacher first.

Before and after school child care.

• During middle childhood, youngsters need supervision. A responsible adult should be available to get them ready and off to school in the morning and watch over them after school until you return home from work.

• When children are approaching adolescence (11-and-12-year olds), they should not come home to an empty house in the afternoon unless they show unusual maturity.

• If alternate adult supervision is not available, parents should make special efforts to supervise their children from a distance. Children should have a set time when they are expected to arrive at home and should check in with a neighbor or with a parent by telephone.

• If you choose a commercial after-school program, inquire about the training of the staff. There should be a high staff-to-child ratio, and the rooms and playground should be safe.

Eating during the school day.

• Most schools regularly send schedules of cafeteria menus home. With this advance information, you can plan on packing lunch on the days when the main course is one your child prefers not to eat.

• Try to get your child's school to stock healthy choices such as fresh fruit, low-fat dairy products, water and 100 percent fruit juice in vending machines.

• Each 12-ounce soft drink contains approximately 10 teaspoons of sugar and 150 calories. Drinking just one can of soda a day increases a child's risk of obesity by 60 percent. Restrict your child's soft drink consumption.