

ACADEMIC ANCHOR

*Addressing educational issues that affect military children in
Navy Region Southwest*



~ August & September 2010 ~

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San Diego Joint Partnership to Support Military Children in Education Award



The San Diego Joint Partnership to Support Military Children in Education accepted the Pete Taylor Excellence in Partnership award from the Military Child Education Coalition on July 23, 2010 in National Harbor, Maryland. The partnership consists of over thirty different partners and organizations throughout the San Diego Metro area and is led by Navy Region Southwest School Liaison Officers from Naval Base San Diego, Naval Base Pt. Loma, and Marine Corps School Liaisons from MCRD and MCAS Miramar, San Diego Unified School District, and the Youth in Transition Administrator from San Diego Unified School District. The partnership was selected for this award for its collaborative efforts to support military children in San Diego. This collaboration is still in its infancy (only one year old) and looks forward to continuing to grow and work together.



The Educational Team: An Emphasis on Parent Involvement

The need for a strong partnership between schools and families to educate children may seem like common sense. In simpler times, this relationship was natural and easy to maintain. Teachers and parents were often neighbors and found many occasions to discuss a child's progress. Children heard the same messages from teachers and parents and understood that they were expected to uphold the same standards at home and at school. As society has become more complex and demanding, though, these relationships have all too often fallen by the wayside. Neither educators nor parents have enough time to get to know one another and establish working relationships on behalf of children. In many communities, parents are discouraged from spending time in classrooms and educators are expected to consult with family members only when a child is in trouble. The result, in too many cases, is misunderstanding, mistrust, and a lack of respect, so that when a child falls behind, teachers blame the parents and parents blame the teachers.

Besides participating in governance, parents can be involved in schools in many roles. There are the traditional ways: encouraging children to complete homework, attending parent-teacher conferences, and being active members of their school's parent-teacher organization. Other roles, however, require more commitment: serving as mentors,

teacher aides, or lunchroom monitors, or providing assistance to schools and students in myriad other ways.

At a time when schools are adopting curricula based on real-world problems and information, families can make a valuable contribution by sharing first-hand information about work, hobbies, history, and other personal experiences, either in person or via a computer network. Perhaps most important, parents can simply take the time to go to their schools and observe, learning about what their children and their children's teachers are doing. The hectic pace of modern life can make this kind of involvement seem out of reach for many parents. But there are positive signs that it is becoming more feasible. Employers, concerned about the quality of the future workforce, are starting to adopt policies that allow parents time off to participate on a school's planning and management team or volunteer time at regular intervals. And more schools are offering either day care or preschool, which makes it easier for parents with young children to spend time at an older child's school. This level of parent involvement in schools allows parents and staff to work together in respectful and mutually supportive ways, creating an environment in which understanding, trust, and respect can flourish. At the same time, students get consistent messages from the important adults in their lives. When children observe that home and school are engaged in a respectful partnership for their benefit, they are likely to develop more positive

attitudes about school and achieve more, compared to situations in which school and home are seen as being worlds apart.

Regardless of a parent's direct involvement in school activities, it is vital for parents and teachers to communicate effectively with one another. Each has a piece of the picture of a child's development, and each can be more effective when information is shared. Constant communication helps ensure that both schools and homes are responsive to students' unique needs and therefore support children's overall development. Some of this interaction should be face to face, either at the school, at home, at a parent's worksite, or at another convenient location. It must be considered an integral part of schooling, and adequate time must be provided during regular working hours for school staff to carry it out. At the same time, this communication must be recognized as a critical part of parenting, and parents must make the commitment to meet periodically with their children's teachers.

The biggest winners are the children. When we walk into a school and see parents and teachers working together, in all sorts of roles, it's a sure sign that the school challenges the very best in students and helps all, regardless of race, class, or culture, realize their fullest potential.

Source: excerpts from <http://www.edutopia.org/home-school-team>



Transition Support

Tips, Tools and Resources to Support Transitions

Starting Off Fresh At a New School *Tips for a Successful Transition*

Learning to adjust to new situations is an ongoing process in the life of a military family. It can be a particularly difficult experience for school-aged children as they start at a new school. Making new friends, learning new schedules, and adjusting to new curricula are just a few of the obstacles that can make starting at a new school complicated for military children. Below are some tips on how to facilitate the adjustment into a new school in order to minimize the stress on you and your child.

1.) **Team Work:** Involve your child in the process. Discuss with them the positive aspects of the new school, involve them in research, and provide them choices of activities in which to participate.

2.) **Keep it Positive:** Talk to your child about his or her expectations of the new school. Allow him or her to share fears and possible hopes for the coming school year. Remind your child that there will be other students who are new as well, and they will be feeling the same feelings.

3.) **Introduce Yourself:** Take time to go into the school on the first morning and meet your child's new teacher, the office administrative staff, and some of the other parents. Be sure your child knows how to get to his or her classroom, the

cafeteria, and the restrooms. Taking the time to ensure your child is comfortable navigating the new space is a small step in acclimating him or her to this new environment. Additionally, taking your child to the classroom and meeting the new teacher will make his or her introduction less awkward, as you will act as the buffer in the situation.

4.) **Encourage School Involvement:** Encouraging your child to participate in school activities will give him or her positive things to do after school hours, as well as a great place to meet new friends. Additionally, you can do some research to find out if there is a particular activity that caters to military children. This will allow your child to meet other children who understand the military lifestyle and what it feels like to be the "new kid on the block".

5.) **Show Interest:** When your child returns home from school on the first day, ask how it went. Encourage him or her to talk about the experience – good or bad! Respect your child's feelings, but encourage them to remember the positive things about school and ensure them that they will generate new relationships in this new environment.

And remember, you can find fabulous Information and Referral support at your local Fleet and Family Support Center. Fleet and Family Support Center staff are standing by to link you up with resources to support your needs in your transition to a new area.

Did You Know...



There are a lot of resources for Military Families Moving at your Fleet and Family Support Center!

China Lake 760-939-4545

Lemoore 559-998-4042

Monterey 831-656-3060

El Centro 760-339-2241

Fallon 702-426-3333

Point Loma 619-553-8306

San Diego 619-556-7404

Coronado 619-545-6071

Port Hueneme 805-982-5037

Point Mugu 805-989-8146

Navy Headquarters Fleet and Family website:

http://www.cnic.navy.mil/CNIC_HQ_Site/Wh atWeDo/FleetandFamilyReadiness/FamilyReadiness/index.htm





Deployment Support

Preparing for a Deployment During the School Year

Back to School time is a great time to begin communicating with the school and teacher. If you know that you will be deploying during the upcoming school year, keep this in the front of your mind as you register your children for school, attend back to school nights and open houses. The earlier you begin communicating with your child's school and teacher, the easier this transition will be for everyone.

Letting your child's teacher and school know that a parent will be deploying does not have to violate any operational security. You do not need to divulge what unit you are attached to, or where you are going.

How can informing the school help?

Letting your child's teacher know that you will be deploying can be very beneficial for you and your child. You can make arrangements ahead of time and make a plan to continue communication with your child's teacher. Your child's teacher will be able to provide resources and support for your child if the need or desire arises. Some of the supports and resources available may include: Military Kids Clubs, Resiliency Activities, Deployment Support Groups, Deployment Buddies, and more. Informing

the school also allows you to be included in any special events or supports that may be available for military families. For example, several high schools have military members send videos to the school that are played at the graduation ceremony. Other schools provide live webcasts of school events for deployed parents. There are even schools that have the ability to SKYPE and include deployed parents in parent-teacher conferences.

Often military members are hesitant provide schools with "deployment information" for a variety of reasons. Sometimes military members don't want the school to know they are in the military, or the service member is concerned about operational security issues, or, sometimes it is simply overlooked due to the increased stress during the pre-deployment phase. That's why you should take the time at the beginning of the year to begin communicating with your child's teacher and school—even if you are not deploying until Spring!

Resources

You download a simple "inform the teacher" letter from the School Liaison website's Family Resource page. (www.schooliaisonsw.com) This is an easy form you can fill out,

check the box and send in with your child. It can be used to inform the school of an upcoming deployment, absence, etc.

Your School Liaison Officer (SLO) is your best contact to help support your efforts connecting with your child's school. If you would like more information about what resources are available to support your child at school, contact your SLO.

QUICK TIPS FOR DEPLOYMENT SUCCESS

- Provide your child's teacher with your email address
- At the beginning of the school year, provide your child's teacher with self-addressed and stamped envelopes (different sizes). Teachers can send you samples of your child's work, letters, etc.
- Check in with your child's teacher throughout deployment to see how he/she is doing.
- Ask if there are any particular support services available at the school (tutoring, mentoring, counseling, clubs, etc)
- Offer to communicate with the class while you are gone. It is a chance for kids to write, a way for you to stay connected, and a great way to help your child feel good!

Home School Linkage & Support

Resources for home schooling families



Filing Your Affidavit (PSA)

California Education Code 33190:

Every person, firm, association, partnership, or corporation offering or conducting private school instruction on the elementary or high school level shall between the first and 15th day of October of each year, commencing on October 1, 1967, file with the Superintendent of Public Instruction an affidavit or statement, under penalty of perjury, by the owner or other head setting forth the following information for the current year.

The California Department of Education offers a standardized online form, the Private School Affidavit (PSA). It is completed **online** at the California Department of Education website beginning on October 1st. The form should be filed between October 1st and 15th of every year. The CDE usually leaves the form up until early spring. Schools that are created after the filing period should file at the time the school is established.

Electronic filing may not be available all year; if you need to file your affidavit and cannot do so electronically, you can still file a **Statement in Lieu**.

New information has been added to the CDE website, and they are once again allowing schools to request a paper Affidavit by writing to the CDE no earlier than August 25. This is to accommodate those schools without internet access. Written requests may be e-mailed to the Elementary Education Office at privateschools@cde.ca.gov, faxed to 916-319-0126, or mailed to: Elementary Education Office Attn: Private School Affidavit California Department of Education 1430 N Street, Room 4401 Sacramento, CA 95814. Paper affidavits will be mailed out beginning in late September. CHN has information pages that may be downloaded to assist in filling out your PSA. One provides a detailed **line by line instructions** for completing the online PSA, and the other is a **sample PSA**.

- <http://www.cde.ca.gov/sp/ps/rq/ap/form.asp?formtype=blank>

How to Start a Private School in Your Home

In California, families can legally homeschool their children by establishing a private school in their home and complying with the private school requirements of the California Education Code. Parents who have established a home-based private school cannot be prosecuted for truancy.

Forming Your Own Private School

5 items must be placed in a special file folder or binder to make your home into a private school in California. You then file the Private School Affidavit in early October to inform the State Department of California Department of Education that you have formed your private school by creating this set of documents.

This page is not intended to be legal advice and is distributed for information purposes only. Consult a lawyer, such as [the HSC Legal Team](#), if you have special circumstances precluding following these directions.

The provisions of [Education Code Section 48222](#) provide for the exception of children from public school by reason of being instructed in a private full-time school.

What if you can't get an affidavit?

Submit written requests to:

*Private Schools Affidavit
California Department of Education
1430 N Street, Fourth Floor
Sacramento, CA 95814*

I recommend that you use the web-based application <http://www.cde.ca.gov/sp/ps/rq/ap/form.asp?formtype=blank> even if you have to borrow a friend's access or use a public terminal such as at a library or cybercafe.

It would probably be best NOT to file on October 1st, the first day of filing, nor on October 15th, the deadline, as the server could get too much traffic. File instead between October 2 and 14, and at an "odd" hour such as early in the morning or late at night.



Support for Special Needs

Resources for your child with Special Education Needs

Exceptional Family Member Program EFMP

The Navy's Exceptional Family Member Program (EFMP) is designed to assist sailors by addressing the special needs of their exceptional family members (EFM) during the assignment process. Special needs include any special medical, dental, mental health, developmental or educational requirement, wheelchair accessibility, adaptive equipment assistive technology devices and services.

The EFMP serves as a detailing tool and a quality of life program. Enrollment in the Exceptional Family Member Program (EFMP) ensures that families are assigned to areas where they can access necessary resources. Successful implementation requires up-to-date enrollment, information and extensive coordination among personnel, medical, educational and employment resources.

The Fleet and Family Support Program is the Information and Referral (I&R) conduit for questions regarding EFM resources in the local community:

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Navy Region MidAtlantic (Norfolk):
Kimberly Carmon-Stanley,
757-953-7805;
kimberly.carmonstanl.ctr@navy.mil

Navy Region Northwest (Bremerton):
Karen Boeve,
360-396-4092; karen.boeve@navy.mil

Navy Region Southeast (Jacksonville, FL): Carol Lucius, 904-542-1291;
carol.lucius@navy.mil

Navy Region Southwest (San Diego):
Jennifer Dixon, 619-571-4781;
Jennifer.dixon@mwrsw.com

Navy District Washington (DC): Paul Grossman, 202-433-6235;
paul.grossman@navy.mi

There are new FFSC Exceptional Family Member Support Services offered at most Fleet and Family Service centers, so check your local center to see who your contact is!

EFMP Respite Care Program

This program is a partnership between the U.S. Navy and NACCRRRA and is specifically designed for Navy families who have children identified as Exceptional Family Members (EFM), category IV or V. This includes exceptional family members whose medical condition requires assignment near major medical facilities in the continental United States, or whose needs are complex and specialized requiring continuity of care.

EFMP Respite Care will help Navy families with children with special needs by providing 40 hours of respite care per month so they can leave the house, go to an appointment, or just rest, while knowing that their child is well cared for.

Where is the program available?

Qualified Sailors stationed at the Navy areas listed below may be eligible:

Bremerton, WA
Greater Washington, DC
Jacksonville, FL
Norfolk, VA
San Diego, CA

What is included in Navy EFMP Respite Care? 40 hours per month at no cost to eligible families.

Who is eligible for EFMP Respite Care?

Navy families will be eligible for the EFMP Respite Care if the following criteria have been met:

The family is enrolled in the Navy's Exceptional Family Member Program (EFMP) and the child is ages birth to 18 years and category IV or V.

The sponsor is stationed at one of the above listed Navy Bases.

Sponsors stationed at other Navy Bases or on independent assignment are approved for Navy Respite on a case by case basis. Call Child Care Aware at 1-800-424-2246.

What do I need to apply? Once eligibility has been confirmed, Child Care Aware® will connect the family with the local agency administering the Navy EFMP Respite Care program. This agency will work individually with each family to complete the necessary application and assist with the connecting the family to a respite care provider that will meet their needs.

How long does it take? The process is individualized for each family. The agency will meet with the family to complete the initial paperwork. The agency and family will work together to identify potential respite care providers. The family will interview each provider to determine which provider(s) will best meet their needs. Once a provider is selected and the agency notified, the family can begin using their respite care.

For an application or for more information visit:

<http://www.naccrra.org/MilitaryPrograms/NavyEFMP/>



The College Corner

Resources for your high school students

College Applications Online

AICCUMentor™ offers total access to information and admissions applications for degree granting independent colleges and universities within California. The student is responsible for the standard fee charged by a college or university upon submitting an application for admission, but otherwise, Mentor™ systems are provided free of charge. It can be accessed at: <http://www.aiccu.edu>

The **California Community College (CCC)** Online Application Center gives students one place to begin the application process to any California Community college. It can be accessed at: www.cccapply.org/AdmissionApp/

Apply to College from the College Board. Just point, click, your done! It's as Easy as 1, 2, 3: Online applications make applying to college easy. You can complete almost every part of an application (even the essay) on your computer -- no pencils, typewriters, or white-out! Use **College Search** to add a college to your **College List** Follow the "Apply" link next to a school to start an application. Return to your list any time to manage your applications. More than 300 well-known colleges and universities participate. If you see the Apply link, an application is available. There is no charge for this College Board service, but you will be responsible for any application fees from the respective institutions. It can be accessed at: <http://www.collegeboard.com/article/0,,5-25-0-27012,00.html>

CollegeneT, Inc. is the world's leading 'virtual plumber' for higher education internet transactions. For your convenience they provide over

1500 customized Internet admissions applications built for college and university programs. When applying to more than one program you save redundant typing since common data automatically travels from form to form. It can be accessed at: www.collegenet.com/

The Common Application is accepted by 390+ independent colleges and universities. Many schools accept it as the sole application document, while others may still require a supplemental form of their own to complete the application process. The concept is simple: Students complete one Common Application form, photocopy it, and send the form to any of the participating colleges. To order a Common Application you may call 1-800-253-7746 or download and print it directly from the internet at: <http://www.commonapp.org/>

CSU Mentor **The California State University (CSU)** system has established a system wide homepage that provides hotlinks to all CSU campus homepages. School comparisons by region, SAT/ACT scores, major, and GPA are available. CSU applications can also be submitted this year through this site! It can be accessed at <http://www.csumentor.edu/>

EDU, Inc. has been developed to augment the marketing and recruitment efforts of **Historically Black Colleges and Universities**, and to increase the number of educational opportunities for students nationwide. The use of the EDU, Inc. Common Black College Application creates the possibility for students to potentially receive acceptance letters, financial aid packages, and scholarship offers from several different colleges. Please note that all colleges represented by EDU,

Inc. give this application the same consideration as their institutional form. It can be accessed at: <http://eduonline.com/eduweb/>

Embark.com has been a leading provider of online college admissions services since 1995. With their online application and Application Manager system, you manage all your applications in one powerful, easy-to-use system. Nurture your applicant relationships and realize true efficiencies throughout your admissions process. It can be accessed at: <http://www.embark.com/Default.aspx>

The University of California (UC) system has established the following Pathways site for all electronic application/admission information for the UC system on the Internet. Contains hotlinks to all UC campus websites, High School "a-g" lists as well as Junior College Transfer Agreements. It can be accessed at <http://www.universityofcalifornia.edu/admissions/>

Universal College Application is a new alternative to the Common Application. It has been adopted by many highly selective universities such as: Clark, Duke, Harvard, Johns Hopkins, Washington University in St. Louis and many more. For more information go to: <https://www.universalcollegeapp.com/index.cfm>

by Margarget Gladders, NAS Lemoore



The College Corner

Resources for your high school students

EQUIP YOUR SPACE!

BACK TO COLLEGE CHECKLIST

SLEEP:

- sheet sets
- bed pillows
- pillow protectors
- comforter
- complete bed set
- fiberbed/featherbed
- mattress pad
- mattress protector
- blanket
- down comforter
- duvet cover
- backrest
- alarm clock/clock radio
- air bed
- nightstand

EAT:

- cookware
- utensils
- dinnerware
- glassware
- silverware
- coffee maker
- toaster oven
- water pitcher
- food storage containers
- can/bottle opener
- bag clips
- water bottle
- travel mug

WASH:

- towels/washcloths
- bath rug/tub mat
- shower tote/caddy
- shower curtain/liner
- shower radio
- mesh sponge
- soap/toothbrush holder
- hair dryer
- electric toothbrush
- hair straightener/iron
- vanity mirror
- over-the-door-rack
- bath storage tower
- lotion pump
- robe & slippers
- toilet bowl brush

STUDY:

- desk
- computer chair
- bookcase
- desk accessories
- desk lamp
- wastebasket
- paper shredder
- message board
- surge protectors
- extension cords
- laptop accessories
- booklight
- lap desk
- backpack

CHILL:

- lounge chairs
- ottoman
- floor cushions
- toss pillows
- area rugs
- throw
- window panels
- tension rod
- furniture cover
- futon cover
- door mirror
- posters
- wall art
- frames
- mp3 speakers
- mp3 accessories
- cd/dvd storage
- floor lamp
- light bulbs

* More Stuff Online
WWW.BEDSBATHANDBEYOND.COM

ORGANIZE:

- storage bins/containers
- underbed boxes
- storage cart/chest
- drawer organizers
- shoe rack
- garment bags
- cap organizer
- over-the-door organizer
- hangers
- hooks
- pop-up hamper
- laundry basket/bag
- drying rack
- iron/ironing board
- batteries

BREATHE:

- odor eliminators
- room fragrances
- hand vacuum
- sweeper vacuum
- air purifier
- humidifier
- fan

WHAT IS TXL?
Most dorms have mattresses that measure approximately 39"x80", which is 5' longer than a regular twin bed! WE HAVE THIS!



2010

PRINT ME

Partnership Continues with Commencement

Naval Base Point Loma

By Robin Williamson, Navy School Liaison Officer

Point Loma High School held its commencement ceremony on June 18, 2010. Present were approximately 450 graduating seniors, their families and friends, and numerous staff and school supporters. One attending strong supporter was the Commanding Officer of Naval Base Point Loma, CAPT Paul Marconi. His base has had a formal Partnership in Education with PLHS since November 2001.

Naval Base Point Loma volunteers to support the school in numerous ways throughout each school year. This year's highlights include Sailors assisting in evaluating students' Mock

Interviews and Senior Exhibitions, as well as physically building the new weight room (this summer) supported by the Jimmy Johnson grant. The exciting culmination of the school year, the PLHS graduation, allowed Naval Base Point Loma to proudly show its ongoing support by providing plaques to the top three academic graduating

students: Valedictorians Ashley Barclift and Miles Murphy, and Salutatorian Kevin Laube. CAPT Marconi presented each student his award on stage with Principal Bobbie Samilson. Naval Base Point Loma also has formal Partnerships in Education with other SDUSD schools in the Point Loma Cluster: Dewey and Loma Portal

This Month's Featured Web Resource

Tutor.com is tutoring the way it was meant to be. You get an expert tutor whenever you need help, and you work one-to-one with your tutor in our online classroom on your specific problem until it's done. You never need to make an appointment—or even leave the house! Best of all it is FREE for military dependents.

Get help with:

Math (Elementary, Algebra I and II, Geometry, Trig, Calculus & Statistics)

Science (Earth Science, Biology, Chemistry, Physics)

English (Vocabulary, Grammar, Writing Center, Literature)

Social Studies

Back to School Prep

Resume help and much more.



<http://www.tutor.com/navy>



Upcoming Events

Individual Augmentee Beach Bash

Commander, Navy Region Southwest Fleet and Family Support Program announces the "First Annual Individual Augmentee Beach Bash" at Breakers Beach, Naval Base Coronado (Naval Air Station North Island) on Saturday, 28 August, from 11:00 AM - 2:00 PM.

Hosted by Navy Region Southwest Morale, Welfare and Recreation - Food, Refreshment, Lifeguards, Music, Entertainment and Activities will be provided. Free activities and materials will include: Boogie Boards, Volleyball, Surfing Lessons, Sunscreen, Beach Games, and a "Bounce House" Please pass the word to anyone you know who has deployed, families of those now deployed, or those who will soon deploy as an IA: Come to Breakers Beach on Saturday, 28 August to have some fun in the sun, help raise awareness of Navy personnel serving as "boots on the ground" in Iraq, Afghanistan, and elsewhere, and receive an expression of sincere gratefulness from those whose freedom you defend. All planning to attend: Please RSVP to Shannon Klein at 619-556-7439 or shannon.klein.ctr@navy.mil by Friday, 20 August.

AUGUST 29TH

Military Family Transition Beach Picnic

EVENT DETAILS

WHAT: Beach picnic

WHO: Military students and their families new to Coronado and attending Coronado Unified School District Schools.

WHERE: Naval Base Coronado Amphibious Base Beach (Gator Beach) Cabanas 6-9

WHEN: August 29th

TIME: 1400-1600

COST: FREE

Fun for all!



Calling all military students and families new to Coronado!

Please join us for the second annual beach picnic for military families new to Coronado for the 2010-2011 school year. The purpose of this event is to facilitate students meeting students, and networking among parents. Please join us for an afternoon of fun for all ages!

IMPORTANT INFORMATION

Be sure to bring beach chairs, towels, sunscreen, your own picnic lunch & snacks

Kids are encouraged to bring 1 new friend (military or non-military)

RSVP to Kelly Donahue by August 22 619-247-9109 or email Kelly.donahue@navy.mil

Back-2-School Resource Fair & Enrollment Event 2010

Brought to you by:
San Diego Unified School District
and Navy and Marine Corps
School Liaison Programs

Saturday, August 14
10 am-3 pm
Lunch: 11 am-1 pm
Farb Middle School
4880 La Cuenta Drive
San Diego, CA 92124

Families new to the area are invited to register for school on-site plus learn about the various resources available to them from San Diego Unified School District, the Navy, Marine Corps and the San Diego Community.



Event includes:

- Opportunity to enroll in school (San Diego Unified Schools Only)
- Families wishing to enroll should bring:
 - 1 Proof of residency (Leasing Order, Utility Bill, Rental Agreement)
 - Immunization records
 - Previous school records
 - Child's birth certificate
- Resource booths
- Activities for kids
- Youth sponsorship connections
- Family Readiness Express!

To reserve a registration time or child care slot*:

Send an email request to: coptions@sandi.net. Include your name, contact number, address, school of interest, names and ages of children enrolling and names and ages of children needing childcare. Please give preference for morning or afternoon. Subject line: Enrollment Fair Reservation.

*Drop-ins will be accepted, however reservations are HIGHLY ENCOURAGED.



Back to School on a Budget

5 Tips to Cut Costs



Budgeting for your Back-to-School shopping, especially in today's economy, can be tough. Staying within that budget can be even tougher. Remember that Back to School Budgets are more than just supplies and clothing. When creating your budget be sure to consider lunches, enrollment fees, sports fees, physical education attire, books, pictures, etc. With a little planning, it is possible to stick to your budget and still get all the things your child needs for the coming school year.

The Basics

Get that supply list early. Schools often post supply lists on their website. Many schools have supply lists available at your local Wal-Mart. Once you have your supply list, take inventory to see if you have any of the items on hand and if any of last year's items can be reused. Buy "staple" items such as loose leaf paper, pencils, pens, glue sticks, and notebooks in bulk. Wal-Mart and K-Mart often have great sales on these items in the weeks before school starts. Dollar stores are great places to buy these items as well. Buy as much as your budget will allow because, let's face it, one sheaf of loose leaf paper and a couple of notebooks aren't going to last the entire school year.

Clothing

Remember, growing kids are just that, growing! Clothing that fits in August may not fit in October. Avoid the temptation to buy lots of clothes. Look for sales ads, and check the bargain racks at your favorite stores. Check your area for outlet stores; they often carry name brand clothing at a fraction of the price. Don't overlook garage sales, thrift stores, and hand-me-downs. Kids often outgrow perfectly good clothing long before

they wear it out, and you'll pay a fraction of what it costs in stores. Make yourself familiar with your school's dress code, and stay away from any clothing that might be considered inappropriate.

Use your shopping trip as a teaching opportunity. Make bargain shopping fun and help kids to learn to be cost conscious. Yes, that \$80 pair of sneakers is nice, but chances are you can find the same style (less the expensive brand name, of course) for a lot less. Do, however, try to budget for a special item or outfit your child really wants.

By thinking like a business person, you can stretch your back to school money and cut back on your spending. The key is to make choices based on your available funds. Here are five ways to increase your Back to School cost effectiveness.

1. Generate a "needs" list. The first thing to do is to figure out what you actually need. You can get lists of fees from your school district which will give you an estimate of how much sports participation costs, as well as what field trips and lunches might amount to. Figure out is actually necessary. Did your daughter really wear out her basketball shoes? Or is the pair from last year still in good shape? Make a list of what you need and how many of them will be necessary. Stick to the list you made. If something comes up that you overlooked, think carefully about why you did not originally have it on the list. Maybe it really is not a need.

2. Hold an inventory. Businesses, especially retail stores, routinely tabulate what they have. Look over your list and figure out what you already have. If some of the items on your list are items that you already have (calculators, folders, and binders are prime supplies that can make multiple appearances each year), check them off. You will not need to buy them after all. Getting rid of redundant spending

will save you a bundle each year, and that will continue to add up.

3. Rank your list. After you have crossed the items you already have off your list, it is time to order your list according to most important needs. Immediate expenses, as well as things that cannot be avoided, should be at the top of the list. Accessories, "cool" lunch boxes and other supplies, and excess or trendy clothing should be relegated toward the end of the list. If you run out of money before you can buy a fifth pair of designer jeans, it really is not the end of the world.

4. Create a schedule of purchases. Even though the retailers would make you think that frenzied buying of everything NOW is your only option, you really do not need everything up front. When you make your prioritized list, you can also plan out a purchase schedule. This is a way for you to figure out what you really need now. You can wait to buy the winter coat until October. Or you can get out of the rut of making all of the clothing purchases at the start of the school year. Buy clothing year-round, saving by shopping end of season sales. One or two new articles of clothing is all someone really needs at the outset of the school year.

5. Put some responsibility on your children. Instead of buying everything your student wants, just buy the things she or he needs. Then make an arrangement to have the child pay for excess things. This can be done by giving them discretionary back to school money, or by explaining at the beginning of the summer that you are saving for back to school, and if the student wants extra niceties, he or she will have to do the same with allowance or job money. This teaches responsibility, and also gives them insight as to how expensive things can get.

By Jean Marquit, Source:
http://www.associatedcontent.com/article/17517/5_tips_to_help_you_save_on_back_to_pg2.html?at=46



Excellence in Education

Celebrating Excellence in Region Schools

Churchill County School District in Fallon, NV Pilots On-Line Distance Education for 7th – 12th graders

2010 – 2011 School Year presents a new opportunity for parents to enroll students in CCSD.

7th – 12th graders who have access to a computer with high speed internet connection will be able to download an application form from the CCSD website at www.churchill.k12.nv.us to apply for consideration in the CCSD On-Line Distance Education Program.

Completed application forms need to be submitted to the counseling department at CCJHS or CCHS depending on the grade the student will be entering for school year 2010-2011. Once the application is submitted counselors will review the students records and meet with parents, their student and our Distance Education Coordinator to determine if CCSD On-Line is a good fit.

Students, who are referred to the program by the counseling department, must have the permission of their parents to participate in the program. Students will enroll in the program with the Distance Education Coordinator. Students and parents will be required to attend an orientation regarding the curriculum, the requirements of the program and the obligations of students, parents and CCSD staff to ensure a good experience. Students will be required to check in with the Teacher of Record once a week for attendance purposes. Students are mandated to appear for required State testing days at the school site they are assigned to for enrollment purposes.

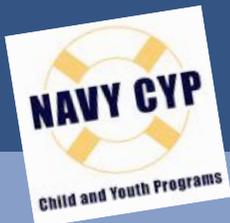
The program is web-based curriculum that is provided by A+nyWhere Learning Systems. This curriculum is approved by the Nevada Department of Education. Courses can be completed at home. The program is competency

based allowing students to master content they have not learned. Classes can be completed at the student's pace during an 18 week semester. Cutoff date for enrollment for the first semester is September 3, 2010. Students wishing to enroll the second semester have a cutoff date of January 21, 2011.

Students who are considered ideal for this program are accelerated learners, students who seek enrichment classes not offered at the traditional school setting, students who need credit retrieval, at risk students, homeless/displaced youth and homebound medical students. This program will provide our students who have personal issues or reasons that prevent them from attending school in a traditional setting the ability to still pursue their academics. Students that have been suspended or expelled would have an opportunity to continue their education. Also students who have been homeschooled are now provided with an alternative option that allows them to enroll in CCSD On-Line where they can continue their educational pursuits at home.

CCSD believes choice and opportunities for students to succeed in their academics is crucial to their development and ability to become contributing members of society as they move towards their adult lives. We encourage parents and students to check out this newest program being offered at no cost to full-time enrolled students in CCSD.

For more information contact: Jacquelyn Burger, Distance/Alternative Ed Coordinator, BurgerJ@churchill.k12.nv.us or DistanceEd@churchill.k12.nv.us, or 423-2181



CYP CONNECTION

Child and Youth Events and Highlights

Regional News and Updates

NAVAL BASE VENTURA COUNTY

OPERATION:

Military



Boots On Camp **FREE!** August 20-21, 2010

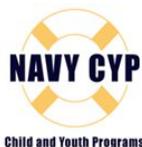
Who: Military youth ages 11-18 - Open to All Branches of the Service

Where: Pt. Mugu Youth Center Bldg. (Naval Base Ventura.)

What: Youth will participate in an overnight camp with fun and insightful

activities that will help them to understand the deployment process.

Meals and snacks will be provided for all participants.



To register:
http://ucanr.org/boots_on

Or for more information contact
Debbie Bergstrom
(805)-982-4663
deborah.bergstrom@navy.mil

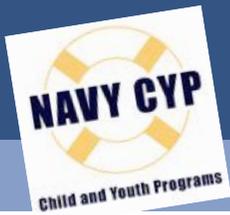


FAMILY FUN NIGHT RETURNS TO NBVC PORT HUENEME

Friday, 8/13 Family Fun Night Spaghetti Dinner returns to Naps, Pt. Hueneme from 5PM-8PM All Hands Welcome! \$5 Spaghetti dinner, half price for kids 5-10, kids under 5 eat for FREE!

MILITARY PARENTS NIGHT OUT

Friday, 8/20, 6:00pm-9:30 pm NBVC Child Development Centers and Youth Activity Centers at both Pt. Hueneme and Pt. Mugu will provide free child care on a first come, first served basis for military parents. Space is limited. Register at either Youth Center of Child Care Center before 8/17.



CYP CONNECTION

Child and Youth Events and Highlights

OPENINGS GALORE!

This is an exciting summer in the Southwest Child and Youth Programs. We are opening three new sites to better serve our military families.

First to open this summer is Naval Base San Diego replacement center. The opening is schedule for August 2, 2010. This center replaces a very old, but well loved childcare center. The capacity is basically the same as the existing center, but the new building is bright, beautiful and so inviting! It is located directly behind the fire station on Norman Scott Road (the dry side) of Naval Base San Diego.

Shortly following the Naval Base San Diego Child Development Center opening will be the grand opening of the Naval Air Station North Island Child Development Center. This new center has a capacity of 112 children. Please note the new traffic pattern on North Island to accommodate the anticipated traffic. The new center is located across from the branch medical clinic.

A combined youth facility in El Centro is also set to open in August. This center has a capacity of 100 and includes a teen room!

We are very excited about all of the new facilities for our military children and hope that you find them as wonderful as we do!

Calling all new and transitioning military families to South Bay Union School District



You are invited to an Ice Cream Social

by
South Bay Union
School District and the
Military Parent Council



Naval Base Coronado and the Military Parent Council of South Bay Union School District will be hosting the first annual "Military Student and Family Ice Cream Social." The purpose of this event is to facilitate: students meeting students, networking among parents, and interaction between the Military Parent Council and the parents and students they represent. Please join us for an evening of fun for all ages!

When: August 12, 2010 (6:00 pm.-7:00pm.)

Where: Grass Area of Burress Auditorium

(601 Elm Ave., Imperial Beach, 91932)

What to Bring: Bring your favorite tasty topping

(whipped cream, nuts, cherries, candy, etc.)

(Ice cream will be provided!)

Operation Purple Camp NAS Lemoore

By Melinda Larson, NAS Lemoore Public Affairs

Naval Air Station Lemoore Sailors helped their shipmates' kids better understand the Navy during Operation Purple Program's "Military Day" at YMCA's Lake Sequoia Camp. Sponsored by the National Military Association Operation Purple is a free, week-long camp designed for children of deployed service members.

More than 100 military kids from through the west spent the week at the Sequoia Lake camp, with about 75 percent of them from NAS Lemoore. The Operation Purple program was created in 2004 to fill a need identified by military parents to "help us help our kids." Since its inception nearly 30,000 military children and teens have been served by a program designed to empower them to develop and maintain healthy and connected relationships. For more information, visit the website

<http://www.operationpurplecampsinfo.com>

Kid's Corner



O H X P E S Z T P R L W G Y V
 C Y A S F M E E Y W G C N E F
 O N D P O F N I C T D L I X L
 K C A P K C A B L E D K D G U
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 A E V O M W R G E A A V S E S
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BACKPACK
 MARKERS
 PENCIL

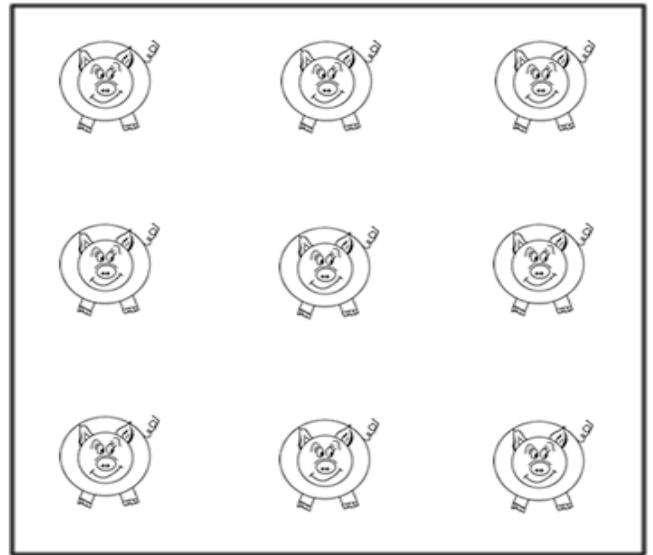
CRAYONS
 MATH

FOLDERS
 NOTEBOOK

Math Stumper: Pig Pens

Draw two squares so that each pig has its own pen. For the solution visit

http://math.about.com/od/weeklyproblem/ss/9Pigs_2.htm



Hidden Picture Puzzle



Can you find these objects?

Bell, lamp, pear, ice cream cone, watermelon slice, fish, paintbrush, boot, sock, pencil, chair, hanger, carrot, book, pizza

Web Sites for Kids

<http://www.kids-puzzles.com/>

A selection of interactive online puzzles and educational reinforcement activities.

<http://www.starfall.com/>

For pre-kindergarten, kindergarten, first and second graders. Kids will love these educational and interactive games to help with reading skills.

<http://www.bookadventure.org/>

Book Adventure is a FREE reading motivation program for children in grades K-8. Children create their own book lists from over 7,000 recommended titles, take multiple choice quizzes on the books they've read, and earn points and prizes for their literary success.

Dear Families,

For the past two years I have had the distinct pleasure and honor of serving Military Service members, their families and our collaborative partners in Navy Region Southwest in an effort to support Military Children in Education. I have met so many passionate people willing to help and collaborate in this effort—and because of the joint vision and collaborate effort, the families, children and even the school districts of Navy Region Southwest have benefited greatly. It is sad and exciting to announce that I am leaving Navy Region Southwest and headed to DC to be the Navy's School Liaison Program Manager at CNIC HQ.

I would like to personally thank a few individuals that have supported the School Liaison Program and my efforts to build the program: RADM French, CAPT Stuyvesant, Michael Greenwood, RADM (ret) Hering, Dr. Mary Rotterman, Nancy Walker, Matt Jordan, Keith Goosby, Cyndy Padilla, Alison Bowers, Mary Hofsted-Smith, Dave Young, Steve Hammel, Ron Vogel, Phyllis Williams, Kathy Flynn, YNC Roundy, Dr. Laurie Crehan, Mary Kirby, Pamela Hosmer and many others.

My biggest debt of gratitude goes to the CNRSW SLO team --for without their hard work, dedication, passion, enthusiasm, and creativity the Navy SLO program would not be where it is today. YOU have put in the blood, sweat and tears and YOU are responsible for the success of this program. I am blessed to have worked with such a dynamic group of people, and I will surely miss you all. Luckily, I will still be involved with the SLO program and I look forward to watching Navy Region Southwest's program continue to grow and search for ways to help support our children and families. Thank you for the honor of serving you!

Fondly,

Kirsten Webb

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www.schooliaisonsw.com

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