

# EDUCATION CONNECTION

Addressing educational issues that affect military children in  
Navy Region Mid-Atlantic



Issue 3, August 2010

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## Heading for the beach or a family camping vacation?

### Don't forget a good book...

by: Marian Leverette, M.A.T., M.A.Ed., Mid-Atlantic Regional School Liaison Officer

Summer reading is a great tradition you can begin with your child. Many of my childhood memories revolve around reading. As for my own daughter, summertime meant school transition time due to her Dad's navy change of station orders. Whenever we moved to a new town, the first thing we did was locate the local library and to get a library card. We then visited the library at least once a week during the summer picking and choosing new books. Now that she is entering her senior year in high school we still share this tradition of going to the library at least once a week during the summer. With the thought of her leaving home soon for college makes the picking and choosing exciting books for pleasure even more special not to mention she needs to complete her required AP summer reading list before September.

Since self-selected reading is one component of the building blocks of reading, you can turn your child loose in the children's section of the library and let her choose to her heart's content. The only drawback to this is that she is sure to choose books that are not at her level to actually read. This can be discouraging; so, a little parental guidance makes for a more successful library trip.

Often times the public library doesn't rate books by reading level the way many school libraries do, so a few guidelines could really be helpful to you. Below is a quick and simple explanation from reading experts concerning reading levels that can be helpful to you in understanding which books are the best choices for parent in choosing for their child.

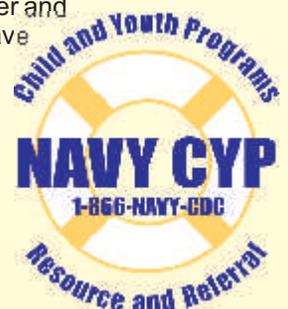
Emergent Readers....Books for kindergarteners to read are very short (8 pages) with few words on each page. They contain familiar, but interesting objects or actions and are predictable and patterned. Books such as the Bob books, Go Dog Go, Brown Bear Brown Bear, and Hop on Pop are good for your child to learn first reading. Because emergent readers recognize very few words, read-aloud picture books for shared reading time at home are still

important at this age. Some of our favorite examples are Piggies, Edward the Emu, Owl Babies, If You Give a Mouse a Cookie, We're Going on a Bear Hunt, and the Eric Carle and Leo Lionni books.

Early Readers....First and second grade books are still short and patterned with large text and many picture clues. Though they still have simple concepts and predictability, the text includes complex sentences for deeper reading. Humor and rhymes are hallmark of great first-grade books. Many first-graders are also ready for books that have more pages (up to 48) and short chapters with pictures throughout. Simple non-fiction books are also popular for this age. Choose a topic that interests your child; and then, choose Primary (Grades K-3) from the top of the topic page. Since you still will be doing a lot of reading to your child at this age, you don't always have to choose books that he can read independently. Classic picture books such as The Polar Express, and all of Patricia Polacco's books, are my family's favorites. You can't go wrong with any of the Caldecott Medal books for quality reading time with your first-grade child.

Independent Readers....By third grade, children have the ability, but not always the motivation, to read simple books independently. Books for third graders vary widely in their vocabulary, text size, number of pages and pictures. It's important for kids at this age to choose their own books. They are learning to read in context and are rapidly increasing their vocabulary by reading books that contain unfamiliar words. Silly books with a real-life context are popular early chapter books for third graders. The Boxcar Children, Amelia Bedelia, Eloise, and books by Beverly Cleary, Louis Sachar, Betsy Byars, Paula Danziger and Matt Christopher are favorites for third graders. You'll recognize books at this level because they still have pictures throughout the chapters.

Throughout the early reading years, reading aloud to your child is of vital importance. When you read aloud, you introduce books to your child that your child may not be able to read yet. So, be sure to include in your public library and local bookstore choices books that are highly interesting to your child, but are for you (parents) to read during storytime. I read A.A. Milne's The House on Pooh Corner to my child when she was a preschooler, as well as Cynthia Rylant's The Book Shop dog (which is her absolute favorite) and classics in children's literature are always enjoyable too, they introduce your child to the words and stories that are beyond their reading reach. Those wonderful literacy introductions are what sets a strong foundation for their love of reading and their skills in reading comprehension.





### Featured SLO: John W. Hammer

#### Naval Air Station Oceana and Dam Neck Annex

John Hammer has been a member of the Child and Youth Programs team as a School Liaison officer since June 2009. In a recent interview he shared a few words about himself so that our readers can get to know him better.

#### What professional positions have you held prior to joining NAS Oceana and Dam Neck Annex as the School Liaison Officer?

*I was the Mid-Atlantic Region CYP Resource and Referral Director, USDA Monitor for the CYP Child Development Homes program, and a twenty-six year U.S. Navy veteran.*

#### How do you think your prior experiences have prepared you for this position as School Liaison Officer?

*My father spent 30 years in the Navy, and as a military dependent, I was involved in 5 PCS moves (one overseas in Japan) and attended 6 different schools. With my own military career my children experienced similar moves to different school systems, too. I am surrounded by family members (a daughter, son-in-law, and brother-in-law) who are in the teaching career, and once attempted teaching after retiring from the Navy for three months in a local area Middle School.*

#### What do you hope to accomplish as the NAS Oceana and Dam Neck Annex School Liaison Officer?

*I would like to establish a vast rapport with our military families, the Commanding Officer and staff, and staff members of the Virginia Beach Schools (public and private) providing them with the most up-to-date information that affect not only our children of our military families, but the teachers who put so much interest into their success. Communication is so vital to the success of the children's education, and I hope to be a key figure in that process.*

#### What is something that not too many people may know about you that you would like to share today?

*On my dresser drawer are some printed words that I try to start my day with that reads, "Lord, give me the wisdom to know your will, and the courage to follow it!"*

## Virginia Beach School Board Revises Grading Scale

**Effective for the 2010-11 School Year:** In January the Virginia Beach School Board adopted a new grading scale that will become effective next school year. The new scale is as follows:

### Modified 10 Point Grading Scale

Range	Letter Grade	Points
93 - 100	A	4.0
90 - 92	A-	3.7
87 - 89	B+	3.3
83 - 86	B	3.0
80 - 82	B-	2.7
77 - 79	C+	2.3
73 - 76	C	2.0
70 - 72	C-	1.7
67- 69	D+	1.3
64 - 66	D	1.0
Below 64	E	0.0

(Note: This new scale will **not** be retroactive)

The Board adopted the modified 10 point grading scale after hosting a comprehensive public input process that included surveys of parents, staff and college admissions officers; input garnered from the school division's On the Mark blog; and comments received at a public hearing. At the conclusion of this public input process the majority of stakeholders indicated they were in favor of revising the division's grading scale, citing the need to ensure that Virginia Beach students remain competitive especially in the area of college and scholarship applications.

The School Board indicated that stakeholders should not regard this decision as lowering standards as leadership has every expectation that added rigor in the Virginia Beach curriculum and assessments will sustain the quality of the grading system.

If you are High School student summer is a great time to start your preparation for the SAT's try some of these helpful resources to get the ball rolling.

The SAT is a globally recognized college admission test that lets you show colleges what you know and how well you can apply that knowledge. It tests your knowledge of reading, writing and math — subjects that are taught every day in high school classrooms. Most students take the SAT during their junior or senior year of high school, and almost all colleges and universities use the SAT to make admission decisions.

Taking the SAT is the first step in finding the right college for you — the place where you can further develop your skills and pursue your passions. But SAT scores are just one of many factors that colleges consider when making their admission decisions. High school grades are also very important. In fact, the combination of high school grades and SAT scores is the best predictor of your academic success in college. Here are a few helpful resources to get the ball rolling...

#### **SAT Question of the Day:** (<http://sat.collegeboard.com/practice/sat-question-of-the-day>)

Get the official SAT Question of the Day emailed to you daily. The correct answer with explanation is provided. You can challenge your friend by sending SAT questions to them.

SAT Practice Questions: Select a subject, reading, math or writing, take practice questions in that subject area, and receive feedback.

SAT Practice Test: Taking the SAT Practice Test is a stress free (and free) way to find your strengths and weaknesses on the SAT. You can take it on line or print it out.

#### **SAT/ACT Test Prep Now:** Available For All Students

In alliance with the Department of Defense and supported by patriotic NFL and MLB players, eKnowledge is donating \$200 SAT and ACT PowerPrep™ Programs to high school students across America. In five years, eKnowledge has donated over 142,000 PowerPrep Programs with a value of \$32 Million.

The sponsorship initially targeted only military impacted families and school districts; however, because of the current economic climate and the receipt of over 52,000 positive emails from students and families who have benefited from the sponsorship, the decision has been made to expand this year to include all students in the U.S. whether they have a military affiliation or not. Under the expanded sponsorship, new alliance partners include celebrity/athletes from the NFL and MLB, as well as organizations such as Boys and Girls Club of America, American Red Cross, the National Federation of State High Schools, and many others.

The SAT and ACT v6x PowerPrep Pro training program from eKnowledge comes on a single DVD and includes more than twenty hours of Virtual Classroom instruction and 3,000 files of supplemental test prep material. Thousands of interactive diagnostic tools, sample questions, practice tests and graphic teaching illustrations are indexed for easy use. The v6x PowerPrep™ software is MAC, Vista and Win 7 compatible. The Free SAT and ACT sponsorship covers 100% of the total retail cost of the \$200 program; there is a small fee of \$13.84 (per standard program) for the cost of materials, processing, worldwide distribution and service. eKnowledge does not profit from this donation program.

To place an order visit [www.eknowledge.com/USA](http://www.eknowledge.com/USA) or [support@eknowledge.com](mailto:support@eknowledge.com) or call for assistance (951) 256-4076. For further information you can contact your local School Liaison Officer.

### **SOAR: Student Online Achievement Resources**

SOAR can help you identify areas in math and reading that your child may not have mastered during the school year. Once the assessment is completed, students can link to the Skill Resources to find interactive Skills Tutor lessons as well as Parent Resources to help you improve your child's skill level.

You and your child can also view SOAR Learning videos found under Educational Resources. After viewing these videos, there are worksheets and other supporting materials for use to practice what has been learned. If your child feels comfortable with current material, try searching Skill Resources on the student home page for a higher grade level. For more information on activities found in Skill Resources, view the Parent Tutorial on the Parent home page under Educational Resources.

Student Online Achievement Resources (SOAR) is a no-cost internet-based program for students in grades 3-12. It helps families manage their children's education with cutting edge technology, with a focus on math, reading and language arts.

Funded through the Department of Defense, SOAR is a program for military and civilian families and the school districts that serve them. For more information, please visit [www.soarathome.org](http://www.soarathome.org) or contact your local school liaison officer.



By Elaine Wilson, AFPS  
elaine.wilson@dma.mil June 23, 2010

Dr. Jill Biden, wife of Vice President Joe Biden, visits with a 2nd grade student at Fort Belvoir Elementary School, Va., June 22, 2010. After visiting with students, Biden participated in a roundtable discussion at the school with military parents to learn first-hand about their education concerns. DoD photo by Elaine Wilson



I visited Fort Belvoir Elementary School, Va., yesterday to attend a roundtable discussion on the education challenges faced by military families.

Gathered around tables in the school's library, Deputy Defense Secretary William J. Lynn III; Dr. Jill Biden, wife of Vice President Joe Biden; Education Secretary Arne Duncan; Army Chief of Staff Gen. George W. Casey Jr. and his wife, Sheila; and other military and school officials met with military parents to hear their concerns. The military parents took full advantage of the venue, speaking up to voice concerns on a variety of education-related issues, ranging from school-transfer difficulties to the need for improved teacher training within Defense Department and public schools.

Kathryn Griffin, whose husband is in the Virginia National Guard, expressed concern for Guard children. She said she worries that they will get lost in public schools where teachers may not receive the special training they need to detect when children are experiencing problems due to a deployment or other military challenge.

Madeline Lanza, an Army spouse, echoed Griffin's concerns, pointing out that many teachers lack the experience and training to recognize military-related problems in students. Her husband deployed last May, she explained, and her child went through some "rough spots." While the teacher was helpful, she didn't have the experience to deal with the problems. She encouraged teachers to avail themselves of training.

Renae Robinson, a Navy spouse, urged leaders to consider making it mandatory for servicemembers to notify the school of an impending deployment. That way, school officials will be able to look for signs of trouble and offer much-needed resources to students. Also, deployment classes and counseling should be made part of the curriculum in school, rather than offered as an option, she added.

Robinson also pointed out the difficulties of transferring between schools in different states. The Interstate Compact on Educational Opportunity for Military Children has eased some of these difficulties, she acknowledged, but not enough people know about the compact or how it can help them. The compact is a cooperative effort among states to address some of the administrative challenges military children run into when moving to a new school.

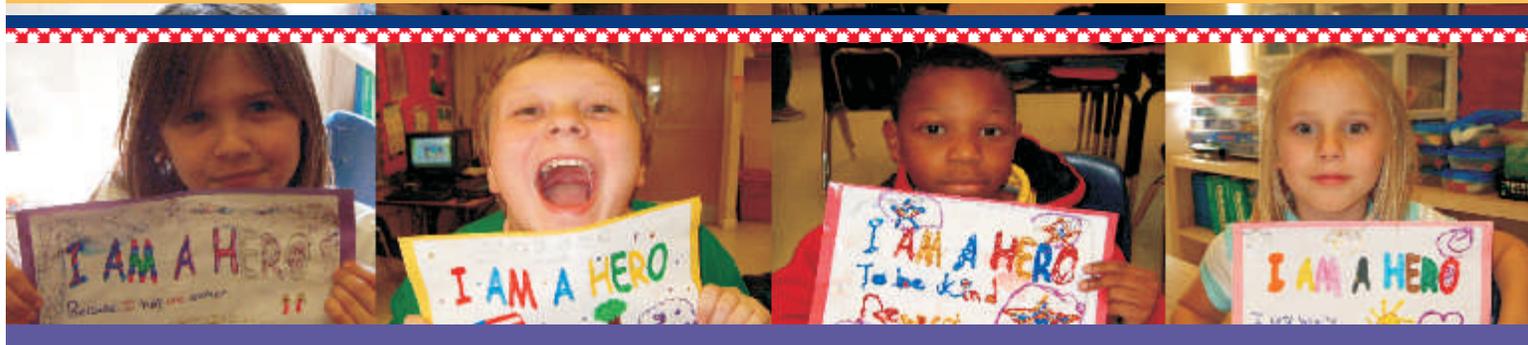
Biden said she's aware of the concerns. "That's something we're looking into," she said. Duncan added that officials are working to establish common standards across all states.

Overall, the roundtable emphasized the importance of addressing education issues within the military, Lynn said. "We need to meet those challenges, and then with the conflicts we're in, we need to get the resources to the kids who are dealing with a very tough challenge with having one or both parents deployed for six months or a year at a time, and this is happening not just once, but with multiple deployments," Lynn said.

"We need to work with those kids and address what is a very challenging situation for them," he added. "It can obviously impact how they do in school."

It was great to attend the roundtable and hear from our military parents. I believe the leaders gained greater insight from the discussion and will be armed with new information as they work to improve the education system for our very deserving military children. To learn about this event, please read my article for American Forces Press Service, "Military Parents Voice Education Concerns to Leaders."





Operation Hero is a free after-school enrichment program geared towards military children who are experiencing temporary academic and/or social issues. Military life can be very challenging for dependents. Children often experience stress from frequent moves and must deal with the constant deployments of their parent(s). One or both parents can be deployed for extended periods of time making many households managed by a single parent. Often children feel isolated in new or even familiar surroundings. They may experience feelings of self-doubt or suffer from low self-esteem. This can lead to behavior problems placing their academic performance in jeopardy. Very quickly a child can spiral out of control due to the instability of the military lifestyle. The Armed Services YMCA (ASYMCA) Operation Hero program is designed to put these children back on track.

The program intervenes at the first signs of difficulty in a child's academic performance to help them work through stressors that will allow them to succeed in school and make positive life changes. Operation Hero is offered once a semester, and students in the program meet twice weekly for 2.5 hours for a period of 13 weeks. In Operation Hero the children work as a team. The Operation Hero facilitator leads the children in group discussions and lessons about who they are and how they fit in at home and school. They discuss how to manage feelings and friendships and practice conflict resolution skills. The students also have the opportunity to complete craft projects that go along with the lesson of the day. Children receive homework assistance in problem areas and engage in independent reading. The sessions end with each student writing entries in a personal journal, which are encouraged as a means of self-reflection and self-expression.

Currently, the Operation Hero program runs at Camp Allen Elementary and Sewells Point Elementary in Norfolk, and Birdneck Elementary in Virginia Beach. Operation Hero is an invaluable program for children from military families in Hampton Roads. The ASYMCA hopes to expand its Operation Hero program to more schools in the area to ensure that more children's needs are being served. As a non-profit service agency, ASYMCA is looking for corporate sponsors and donations to help continue the success of these programs in the schools. We can use any support the community has to offer. For donations, please mail to the Armed Services YMCA of Hampton Roads, 1465 Lakeside Road, Virginia Beach, Virginia 23455. For more information about our programs, please call 757-363-1884 or visit our website at [www.asymcahr.org](http://www.asymcahr.org).

**Does Your Child Qualify for a 504 Plan?** by: Allison Foster, Ph.D, Naval Station Norfolk, School Liaison Officer

On September 25, 2008 President Bush signed the Americans with Disabilities Amendments Act (ADA). The Act became effective on January 1, 2009, and assures broad coverage of the term "disability" to the maximum extent permitted by the Americans with Disabilities Act.

Many parents are aware of educational accommodations that are written into an Individualized Educational Program (IEP). However, there is another avenue which parents may not realize is also available under medical circumstances. Section 504 is a part of the Rehabilitation Act of 1973. It prohibits discrimination based upon disability. Section 504 is a civil rights statute and assures that students with a disability will have their needs met as adequately as a non-disabled student.

The student with a disability may not qualify for an IEP if there is no learning disability. Hearing loss, partial or full blindness and ADHD are examples of medical conditions which may cause learning difficulties for the student. As such, a 504 plan may be necessary.

A school is provided information and a doctor's certification of the student's disability and diagnosis. If the parent requests a 504 plan a committee will convene to determine which accommodations will be most beneficial for the student. Accommodations may include longer time for tests, instructions to be read aloud, written directions for assignments (not oral), organizational help, colored copies of charts and graphs rather than black and white, and many others.

The 504 Plan may be revised or re-written yearly, because the disabled student may have different requirements as he or she grows older. The 504 is very flexible and can be amended at any time upon the parents' request. However, unlike the requirements for an Individualized Education Plan (IEP), school teams may meet with out the parents of the student being notified or present.

To learn more about 504 Plans or IEPs, there are many free publications available.

- Accommodations Manual: How to Select, Administer, and Evaluate Use of Accommodations for Instruction and Assessment of Students with Disabilities (pdf. Format). Developed by the Council of Chief State School Officers (CCSSO) State Collaborative on Assessments and Student Standards Assessing Special Education Students
- The Accommodations Manual includes a 5 step process for individualized educational program teams, 504 plan committees, general and special educational teachers, administrators, and district level assessment staff. This manual is in word format.
- For more information log on to [www.wrightslaw.com/info/sec504.index.htm](http://www.wrightslaw.com/info/sec504.index.htm)



## Moving To A New School

*(resources for your families with special needs students)*

Moving to a new location disrupts your life! There is the adventure of newness but also a maddening confusion. Everything and everyone is certainly somewhere, but where? You have to find new grocery stores, new roads, new schools and new doctors. You have to make new friends, meet new neighbors and establish new systems of support and help. For a family with a child who has special needs, the confusion can be particularly stressful. To avoid some of the less desirable "adventures," it may be a good idea to map out your strategy before you move. This is especially important regarding school and your child's special education needs. Presented here are some questions you should ask yourself, preferably well in advance of your move. The answers given contain some suggestions for helping your family make a smooth change from your child's present special education placement to the new one.

### **Q: What do I do first?**

A: Check all your child's records. Is the Individualized Education Program (IEP) or the Individualized Family Service Plan (IFSP) current or is another one due soon? If there should be a new IEP/IFSP about the time you plan to move, request that the new IEP/IFSP be written earlier to facilitate your child's placement in the new school. If you request the IEP/IFSP several months in advance, your current school should not have a problem moving the meeting up. You want to be sure to schedule this meeting at least 6 weeks before you will move. Is a triennial [the 3 year reevaluation] due this year? Talk to your child's current teacher(s) and therapists. Ask if they could write a letter of introduction to the new teacher(s) and therapists which describes your child, his strengths, areas of weakness, and successful approaches to working with him.

### **Q: What do I do with all these records?**

A: Duplicate them. Make sure you have at least two full sets of records and information on your child. You will need to give records to the new school and you should always be sure to maintain a complete set of records for your personal files.

### **Q: Should I mail the records to the new school?**

A: If you have successfully contacted the new school system staff and arranged for eligibility and placement meetings, you may want to arrange for the official school records to be sent to your contact person. This could give you a headstart on identifying the most appropriate educational program.

### **Q: Should I pack the records?**

A: It would be a good idea to hand carry your child's current records, like this year's IEP and medical papers, with you. Packed boxes may take time to arrive and unpack and the goal is to meet with the staff of the new school as soon as you arrive to facilitate placement. So buy a large sturdy folder which closes securely and use this to transport your child's current records.

### **Q: How long will it take my child to get settled into the new school?**

A: With careful preplanning, the new school district should be able to arrange for an interim placement immediately. They may want to administer some of their own evaluation tests and certainly will want to develop a new IEP. However, in the meantime, the current IEP can be used to avoid an interruption in school.

### **Q: What if there are problems, if my child's placement is delayed, or if I disagree with the placement?**

A: Any time you have concerns about any aspect of your child's special education program, there are established methods for addressing your concerns. Talk to your child's teacher and the special education staff to arrange for a meeting. You may want to review your child's IEP, review progress to date, discuss additional evaluations, request curricula specialists to review your child's progress, etc.

Remember to contact your School Liaison Officer at your new duty station to assist with your move. Find your SLO online at <http://militaryk12partners.dodea.edu/>. Source: <http://www.nichcy.org/FamiliesAndCommunity/Pages/moving.aspx>



### Jump-Start Your College Planning

- **Ready, Set...** Have you started your college planning yet? It's amazing, but decisions you make as early as eighth grade have a huge effect on your college career. They affect how soon you'll go to college, what type of college you'll attend, and even whether you'll go to college at all.
- **Get Involved** – Getting ready for college isn't all work. Find something you really like doing, then dive into it. Maybe you're drawn to sports, student council, music, or art. You'll develop skills and show colleges your ability to make a commitment and stick with it.
- **Take Challenging Course** – Colleges do look at your grades, but they also pay attention to how difficult your courses are. They want to see that you've challenged yourself. Plus, if you pursue advanced courses, such as AP®, you may be able to get college credit.
- **Get Help** – Having trouble in a class? Many schools have peer tutors, students in upper grades who'll help you (for free). Talk to teachers or counselors—let them know you want extra help.
- **Read** – Read at least 30 minutes every day, beyond study and homework. People who read more know more. And when you take PSAT/NMSQT® and SAT® tests, the time you put into reading will really pay off.
- **Don't Delay** – You'll take the PSAT/NMSQT as a junior (or even as a sophomore). Most students take the SAT in their junior or senior year. Be sure you're taking the solid math and other courses that get you ready. Talk to your counselor to make sure you're on track.
- **Get the College-Bound Facts** – How can you find out about college admissions, work, and campus life? Ask someone who's done it, such as college students who went to your high school. Get to know your counselors. Ask a career planner at a local college, or a teacher. Do Web research.
- **Involve Your Family** – When parents or guardians haven't been to college themselves, they may think they can't help you. That's not true. They can talk to counselors and help you stay on the right path.
- **Look for a Mentor** – Look for adults who can lend their enthusiasm and help you succeed at your goals. If you're interested in a particular subject or activity talk to a teacher or leader who knows about it. Find a counselor or teacher you trust to talk about your goals.
- **Confront Personal Roadblocks** – If you have a problem that's getting in the way of schoolwork, don't ignore it. Talk to your friends, family, or another adult—parent, coach, nurse, counselor—who may be able to offer advice or help.
- **Roll Up Your Sleeves** – If you expect to go to college later, expect to study now. No one can do it for you. Don't talk the college talk—"I'll go to college to get a great career"—without walking the walk.
- Article information obtained from [www.collegeboard.com/student/plan/starting-points/140.html](http://www.collegeboard.com/student/plan/starting-points/140.html) go to that site for more helpful college planning tips.

## Navigating TRICARE For Your College Student

Did you know that your college student is eligible for TRICARE benefits? Children remain eligible for TRICARE benefits while they are in college up to age 23 or until they graduate, whichever comes first. Your child's 'student status' will need to be reflected in the Defense Enrollment Eligibility Reporting System (DEERS) for them to remain eligible past age 21. Check with DEERS to see what information is needed.

Health care options for college students depend mainly on where the school is located. To learn more about specific coverage options for your college student and to see what you need to do to make sure they are covered, you can go to the Tricare Health benefits website to learn more.

If you are not sure which plan your child will be using in college, you should look at each of the options carefully and decide which is best for your son or daughter. Ask yourself the following questions:

### 1. Where is the school located?

TRICARE Prime is only offered in Prime Service Areas. Find out if the college is in a Prime Service Area by calling the regional contractor for the TRICARE region where the school is located. If it is, then your child may enroll in TRICARE Prime. If not, then TRICARE Standard and Extra are the only options.

### 2. How will my child get to the doctor?

Access to a health care provider is very important. If your child enrolls in TRICARE Prime, he or she will have an assigned primary care manager. Appointments must be made with the primary care manager when care is needed, or point of service fees may apply, resulting in higher out-of-pocket costs. If it's not convenient to get to an assigned primary care manager, then you may want to consider TRICARE Standard and Extra. Your child will have the freedom to seek care from any TRICARE-authorized provider.

### 3. How much will we pay out-of-pocket?

TRICARE Prime has the fewest out-of-pocket costs, unless your child regularly uses the point of service option. With TRICARE Standard and Extra, he or she may need to pay the doctor up front for care and file a claim with TRICARE later for reimbursement.

### 4. Are you signing up for a student health plan?

Some colleges/universities offer a student health plan. These student health plans are considered other health insurance, so TRICARE will be the secondary payer to any student health plan. If you plan on using a student health plan offered through the school, then TRICARE Standard and Extra is the best TRICARE option for your child.

As you go through what to take to college with your child make sure you don't forget to include information and resources to ensure your child health needs are covered too. Remember, an ounce of prevention now is worth a pound (dollars) of cure later.

- (Q) The school year is almost over, what activities are available that I can do with my children that is either free or inexpensive?
- (A) I am thrilled you asked this question. Summer time is great fun for children but can be hectic for parents. Here is a list of great things that may enhance your family summer experience.
1. MWR/CYP should be at the top of your list. Locate a Discover Magazine and literally discover all of the wonderful fun activities: swimming, bowling, movie theater, open recreation, summer recreation camps and so much more. Visit: [www.cnic.navy.mil/cnrma/MWR](http://www.cnic.navy.mil/cnrma/MWR) for more information.
  2. Reading can be fun, sneak it in by encouraging kids to choose books about hobbies. A trip to the library can be a great day of education and fun.
  3. Have kids go online (with parental guidance) and research facts about their interest.
  4. Keep kids skills up by having them write reviews about their different activities and enroll in Student Online Achievement Resources SOAR. Visit: [www.militarystudents.org](http://www.militarystudents.org)
  5. Utilize the discounts that your military ID card affords you in the Hampton Roads Area. Remember that many restaurants offer free dinner nights for kids or a great discount with your military ID card, the VA Zoo offers a great day of exploring as well as museums, historical park, beaches, etc. Stop by your nearest Fleet and Family Support Center and pick up a "Free and Inexpensive Things to do" brochure.
  6. Sneak in exercise by taking bike rides and long walks with your children. This can be a great day of exploring, as well as, quality family time together.

Most importantly is for children to be safe, so please provide adequate supervision for a wonderful and thrilling summer.

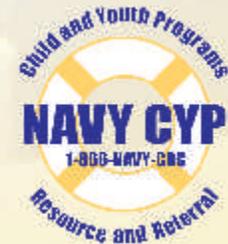
### **Bridging the Summer Gap** *By Patty Gajan, SLO JEB Little Creek & Katrina Patterson, SLO NWS Yorktown*

School's out and summer break begins! Children are excited to begin summer activities such as swimming, camps and family vacations. However, research demonstrates that summer reading is the one activity that is consistently related to summer learning.

Research also shows that children can lose as much as two months reading ability if they are not given the opportunity to practice reading skills. If reading is a part of a child's summer activities, their reading ability may improve.

Here are some activities to ensure that your child is bridging the summer gap for continued academic success.

- Visit the library often
- Sign your child up for the summer reading programs at your local library
- Have a designated reading time daily
- Read a story and create a puppet show that retells the story
- Choose a recipe, read it together, and have fun making it
- Help your child write and illustrate a story about a favorite animal
- Have your child tell you a new ending for a favorite story
- Read directions for a project and work together to create the project
- Visit a museum and have your child read the descriptions of the exhibits
- Choose books that are within your child's reading ability and interests



### **Helpful Websites**

[www.apples4theteacher.com/holidays/summer/](http://www.apples4theteacher.com/holidays/summer/)  
<http://crafts.kaboose.com/crafts-for-teens.html>  
<http://crafts.kaboose.com/holidays/seasons/summer/index.html>  
<http://crafts.kaboose.com/animals/index.html>

<http://dltk-holidays.com/summer/index.html>  
[www.enchantedlearning.com/crafts/](http://www.enchantedlearning.com/crafts/)  
[www.atozteacherstuff.com/Themes/Summer/](http://www.atozteacherstuff.com/Themes/Summer/)  
[www.creativekidsathome.com/activities.shtml](http://www.creativekidsathome.com/activities.shtml)  
[www.abcteach.com/directory/seasonalseasons/summer/](http://www.abcteach.com/directory/seasonalseasons/summer/)

## **School Liaison Officer Contact Information**

Mid-Atlantic Regional SLO.....(757) 322-2679	Norfolk Naval Shipyard SLO.....(757) 438-3638
Naval Station Norfolk/NSA SLO.....(757) 322-9108	New London SUBASE SLO.....(860) 694-3772
NAS Oceana/Dam Neck SLO.....(757) 433-3976	PNSY/NAS Brunswick SLO.....(207) 438-2466
JEB Little Creek SLO.....(757) 462-4483	Naval Station Newport SLO.....(401) 841-7126
JEB Fort Story SLO.....(757) 422-7101 ext. 238	NIOC Sugar Grove SLO.....(304)249-6309
NWS Yorktown SLO.....(757) 887-7757	NSU Saratoga Springs SLO.....(518) 886-0200 ext 161