Commander Fleet Activities Sasebo School Liaison Newsletter

Academic Anchor

Addressing educational issues that affect military children at Commander Fleet Activities Sasebo

August/September 2011

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NAVY CYP

Child and Youth Programs

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Back-2-School Resource Fair

When: August 23rd, 2011
Where: Harbor View Club Ballroom
Time: 2:00– 5:00 p.m.

First 100 students receive a free SOAR backpack containing……shhhh! Come find out!

Visit Resource Booths

- Free/Reduced Lunch Forms & Information
- Before & After School Program
- Home School Support Group & Resources
- School Transportation
- NEX/DECA Student Resources
- AND MORE!
- Education, Development & Interventions Services!
- Parent Teacher Org
- Teen Babysitting Course Information

Grade-by-Grade Guide: What Will Your Child Learn This Year?

(Taken from www.school.familyeducation.com)

Kindergarten:
Your child will learn how to follow rules, basic writing, and math skills.
First Grade:
Longer school days and homework assignments fine tune what your child learn in kindergarten.
Second Grade:
Your child will learn complex sentences, addition and subtraction.

Third Grade:
Your child can expect nightly homework, and will learn how to multiply numbers and write paragraphs.
Fourth Grade:
Long term projects, computers, and calculators are introduced.
Fifth Grade:
Your child will increase his/her vocabulary, and learn fractions and decimals.
Sixth Grade:
Your child will learn rational numbers and how to conduct scientific experiments.

Seventh Grade:
Your child will sharpen his/her oral expression skills and learn statistics.
Eighth Grade:
Your child can expect to be involved in group discussions and learn complex literature, algebra, and geometry.
High School:
High school can bring many challenges to your child, including new subjects, mounting homework, and preparing for college.

3 Study Mistakes to Avoid

1. **Rereading everything to prep for a test.** A better way: skim, take notes, and annotate key concepts.
2. **Letting a chatterbox study with friends.** Nothing else gets done. If your child wants a study buddy, why not you (the parent), you will keep them on track.
3. **Forging ahead when lost**. Tell your child to talk to the teacher if they are confused.

Riding the School Bus

School bus transportation is a privilege that may be suspended or revoked. Accordingly, students not complying with school bus rules may have their bus riding privileges suspended or revoked. Children who are suspended from daily commuting transportation (home to school) buses will not be allowed to ride the co-curricular bus (after school activity bus). The same applies if children are suspended off the co-curricular bus. He/she will not be allowed on the daily commuting transportation bus. Parents and sponsors will then have to make their own arrangements to get their children to and from school according to established school hours.

Create High and Realistic Expectations with Your Child

To learn, children must believe that they can learn.

As the parent, you are the most important adult in your child's life.

The feedback you give your child--what you say and do about his or her abilities--will have a lasting impact on your child's self-confidence.

Be encouraging and praise your child for the amount of effort that he puts into a project.

Let her know that doing her best is what counts.

The following is an example of being specific and making something good, better:

Good: "You made an "A" on your paper. You're so smart!"

Better: "You made an "A" on your paper. I can tell you put a lot of effort into your work and I'm really proud of your hard work."

If students believe they can achieve something through hard work, they're more likely to try again without giving up.

Four Sure Fire Ways to Help Your Child Succeed in School

1. Be actively involved in your child's education
2. Support your child's curiosity, intelligence and hard work
3. Help your child get organized. It is a skill that needs to be taught!
4. Be a partner with your child's school

Building Stress Free Mornings for Back-2-School (Taken from Apples 4 the Teacher)

Is this your house: "C'mon! Get moving! Did you pack your HW? Where's your lunch box? How come you still haven't brushed your teeth? I'm leaving in TWO MINUTES and you're still not ready!" The key to having a stress free morning is to have a smooth bedtime routine. Some tips are:

- Sleep early! Early to bed makes it easier to rise in the morning.
- Prepare morning outfits and school items the night before
- Consider taking showers and baths at night instead of in the morning to save more time.

For parents:

- No yelling. Raising your voice, even if you are frustrated, is only going to make things worse.
- Provide instructions once. If you're doing this, stop: "Johnny, it's time to get dressed." Two minutes later, "Johnny, we're going to be late if you don't get dressed now." Two more minutes later, "Johnny, honey, I told you to get dressed." "Johnny, Mommy is going to be late, now go get dressed." To a child that sounds like "Oh mom is good for asking about five more times before she really goes ballistic!" Repeated requests only send the message that junior doesn't really have to do it now.
- Set consequences and stick to your guns. If you tell your child the car is leaving at 8:15 sharp, make it happen. Clearly you can't leave your child behind, so leaving without her isn't an option. Tell her you will be leaving whether she is ready or not. Sending a 10 year old to school with uncombed hair, pajamas and an empty belly might be just the catalyst for change.

College Corner

Thinking about preparing for college can seem overwhelming and exciting. A successful launch into college should start as early as ninth grade. Petersons.com provides college planning timelines for parents and students in grades 9-12.

	STUDENTS	***PARENTS***
9th	Students in 9th grade can start laying a strong foundation for their high school years. Students can explore career and education options as well as establish academic and extracurricular activities. http://www.petersons.com/college-search/planning-list-ninth-students.aspx	Facilitate conversations with your child about possible career options and the skills needed for it. Student's grades start appearing on official transcripts in 9th grade. Continue to encourage them in any academic weaknesses such as science or English. http://www.petersons.com/college-search/planning-list-ninth-parents.aspx
10th	Students in 10th should take a practice ACT/PSAT. This is another year to continue building on student activities and academics achievements. Sophomores can start their college search. http://www.petersons.com/college-search/planning-list-tenth-students.aspx	Your 10th grader can now start taking practice ACT/PSAT. Keep in mind 11th and 12th grade AP classes require prerequisites that can be fulfilled in 10th grade. Keep talking to your child and conduct your own early research. http://www.petersons.com/college-search/planning-list-tenth-parents.aspx
11th	Students in 11th can officially take the ACT/PSAT and should maintain academic sharpness. Start looking into financial aid and narrow down college choices. http://www.petersons.com/college-search/planning-list-eleventh-students.aspx	Stay on top of your junior this year. Take them to college fairs and make sure they've registered for the ACT/PSAT. Look at financial aid forms and explore scholarship options. http://www.petersons.com/college-search/planning-list-eleventh-parents.aspx
12th	Seniors may stay extremely busy throughout the school year. It's important to stay on top of the college admissions process, visit colleges and submit financial aid information. http://www.petersons.com/college-search/planning-list-twelfth-students.aspx	Assist your senior by keeping an eye on college deadlines, coordinating paperwork and remain supportive. http://www.petersons.com/college-search/planning-list-twelfth-parents.aspx

An alliance between the Department of Defense, NFL Players and eKnowledge brings forth a fifth year of service to military families. This partnership offers FREE SAT/ACT Test Prep Software valued at $200.00. The software delivers 11+ hours of high quality classroom video instruction with up to 40 hours of student interactive learning participation.

Members of the military and veterans interested in receiving this FREE software should visit the following website for details: www.eknowledge.com/military

7 Habits of Highly Successful Teens

A Compass to Navigate Teen Life

For teens, life is not a playground, it's a jungle. And, being the parent of a teenager isn't any walk in the park, either. In his book, The 7 Habits of Highly Effective Teens, author Sean Covey attempts to provide "a compass to help teens and their parents navigate the problems they encounter daily."

How will they deal with peer pressure? Motivation? Success or lack thereof? The life of a teenager is full of tough issues and life-changing decisions. As a parent, you are responsible to help them learn the principles and ethics that will help them to reach their goals and live a successful life. While it's all well and good to tell kids how to live their lives, "teens watch what you do more than they listen to what you say," Covey says. So practice what you preach. Your example can be very influential. Covey himself has done well by following a parent's example. His dad, Stephen Covey, wrote the book The 7 Habits of Highly Successful People, which sold over 15 million copies. Sean's a chip off the old block, and no slacker. His own book has run in a more than respectable 2 million copies sold. Here are his seven habits, and some ideas for helping your teen understand and apply them:

1) Be Proactive

Being proactive is the key to unlocking the other habits. Help your teen take control and responsibility for her life. Proactive people understand that they are responsible for their own happiness or unhappiness. They don't blame others for their own actions or feelings.

2) Being With the End in Mind

If teens aren't clear about where they want to end up in life, about their values, goals, and what they stand for, they will wander, waster time, and be tossed to and fro by the opinions of others. Help your teen create a personal mission statement which will act as a road map and direct and guide his decision-making process.

3) Put First Things First

This habit helps teens prioritize and manage their time so that they focus on and complete the most important things in their lives. Putting first things first also means learning to overcome fears and being strong during difficult times. It's living life according to what matters most.

4) Think Win-Win

Teens can learn to foster the belief that it is possible to create an atmosphere of win-win in every relationship. This habit encourages the idea that in any given discussion or situation both parties can arrive at a mutually beneficial solution. Your teen will learn to celebrate the accomplishments of others instead of being threatened by them.

5) Seek First to Understand, Then to be Understood

Because most people don't listen very well, one of the great frustrations in life is that many don't feel understood. This habit will ensure your teen learns the most important communication skill there is: active listening.

6) Synergize

Synergy is achieved when two or more people work together to create something better than either could alone. Through this habit, teens learn it doesn't have to be "your way" or "my way" but rather a better way, a higher way. Synergy allows teens to value differences and better appreciate others.

7) Sharpen the Saw

Teens should never get too busy living to take time to renew themselves. When a teen "sharpens the saw" she is keeping her personal self sharp so that she can better deal with life. It means regularly renewing and strengthening the four key dimensions of life – body, brain, heart, and soul.

Back to School for Kids with Special Needs

The upcoming school year can represent a sense of "new-ness" everywhere such as: new clothes, shoes, backpack, school, routines, teachers and maybe even friends. For some children, this is exciting. For others, it can be mildly anxiety producing. For children with special needs, it can be chaotic and challenging.

Rick Lavoie, M.Ed., author of *It's So Hard to Be Your Friend*, provides parents five practical tips to help "prepare the situation for the child, and the child for the situation."

1) **Honor the child's feelings.** A child's first day can be entirely different than the parent's general knowledge (and B2S veteran past) that all will be well. The worst thing to do is to not acknowledge their emotions. Speak with kids gradually about the transition into school a small bit at a time.

2) **Prepare the school staff.** An old African proverb sums it up well in the world of special needs, "when elephants fight, it's the grass that gets hurt." For a successful start, provide teachers and staff a short version of your child's strengths and challenges. How does your child deal with anger, sadness, change? Teachers appreciate the extra effort from parents with the transition.

3) **"Rehearse" when possible.** Invite your child to participate in the preparation for school whether it's with buying school supplies, school clothes, or packing their backpack. Visit classrooms as early as you're allowed. The familiarity of a new place helps to lower anxieties.

4) **Get ready for lost stuff**. Kids with special needs may need more patience in this department. Keep a huge wall calendar to mark important events and progress.

5) **Expect anxiety-and make a plan.** Stress for a child can be very difficult them to describe. Try a more concrete method of helping your child identify their stress levels by using the "container" analogy. Show (or describe) a tall beaker or cup and explain that if it gets full, it will overflow. Explain that this is how we can feel during times of too much stress.

Homeschooling and DoDEA

(Taken from http://pac.dodea.edu/edservices/HomeSchooling/index.html)

DoDEA recognizes home schooling as a sponsor's right and that it can be a legitimate alternative form of education for the sponsor's dependents. DoDEA policy neither encourages nor discourages DoD sponsors from home schooling their minor dependents.

Sponsors are responsible for complying with the applicable requirements of their host nation, state, commonwealth or territory.

Space-Required Tuition-Free DoD Dependents who are home schooled are eligible to take part in classes. In addition they can access special education services provided by DoDEA schools if they meet special education eligibility criteria.

Space-Required Tuition-Free DoD Dependents who are home schooled are also eligible to use or receive auxiliary services from a DoDEA school. Auxiliary services include: academic resources (scheduled standardized tests, etc.), access to media center, participation in elementary special classes for art, music, host nation and physical education, after hours use of school facilities and participation in high school music, sports and other extracurricular and interscholastic activities.

Calling All Educators

Resources for Educational Professionals

Free Web Course: Building Resilient Kids

The Johns Hopkins Bloomberg School of Public Health and the Johns Hopkins Center on School, Family and Community Partnerships now offers a free web course through its *Military Child Initiative.*

This course is for school administrators, support staff and teachers to help all students meet life's challenges with resilience, focusing primarily on students from military families. Varied media and content offer a balance of practical, research and conceptual knowledge. Learning games, puzzles and cast studies help you to personalize the information and apply strategies in your setting.

The course is self paced, and can be taken over a period of time suitable to the individual's schedule. Continuing education credit is available, as well as graduate credit through the University of Hawaii.

To learn more about course objectives and specific module topics, as well as to register for the course, please visit www.jhsph.edu/mci/training_course/ or contact your School Liaison Officer for additional information.

Compassionate Schools The Heart and Learning of

The Compassionate Schools Initiative under Learning and Teaching Support at the Office of Superintendent of Public Instruction provides guidance, referral, and technical assistance to schools interested in creating compassionate classrooms in the school and compassionate attitudes of their education staff.

The book The Heart of Learning and Teaching: Compassion, Resiliency, and Academic Success represent a compilation of the current understanding of how trauma can negatively impact learning and what compassion in a school setting and community can mean. The purpose of the handbook is to inform, validate, and strengthen the collective work of educators and community members in working directly with children and families affected by trauma.

This handbook is available as a free download or for ordering in a printed, quality spiral bound format in different quantities at www.k12.wa.us/CompassionateSchools/.

For more information on the handbook or Compassionate Schools, contact Ron Hertel, Readiness to Learn Program Supervisor at (OSPI) at (360) 725-6050.