

Presidio of Monterey August & September

English

LEARNING

WELCOME
BACK

Art

123

Science



UNITED STATES ARMY
CHILD & YOUTH SERVICES



Find us on
Facebook

<https://www.facebook.com/PresidioCYSS/>



CYS Contacts:

Parent Central Services

(831) 242-7765

Stilwell Community Center

Family Child Care

(831) 242-5820

Stilwell Community Center

School Liaison Office

(831) 242-6904

Stilwell Community Center

Youth Sports & Fitness

(831) 242-7809

Stilwell Community Center

Monterey Rd. CDC

(831) 583-1050

7693 Monterey Rd.

Seaside, CA 93955

Porter Youth Center

(831) 242-7823

4286 Normandy Rd.

Seaside, CA 93955

CYS Parent Points Program

Did you know that you can earn Parent Points towards money off of your child care bill? Earn 10 Parent Points for 10% off of one child's bill. There are SEVERAL ways to earn Parent Points including helping in your child's classroom, donating items, attending parent education classes and more. Contact CDC or Porter Youth Center for more information!

Important Dates:

August 2 – National Ice Cream Sandwich Day

August 4 – Friendship Day

August 7 – National Lighthouse Day &
First Day back to School for MPUSD

August 9 – Book Lover's Day

August 11 – Son and Daughter Day

August 13 – Left Hander's Day

August 26 – National Dog Day &
Women's Equality Day

September 2 – Labor Day

September 6 – Read a Book Day

September 8 – Grandparent's Day &
International Literacy Day

September 11 – 9/11 Remembrance Day

September 16 – National Play Doh Day

September 17 – Constitution Day

September 21 – World Gratitude Day

September 26 – Johnny Appleseed Day

September 29 – Rosh Hashanah

Table of Contents

CYS Health & Wellness Bulletin	P. 4
Mark Your Calendar	P. 5
Recap of Past Events	P. 6
Monterey Road CDC	P. 8
Back-to-School Tips	P. 11
Porter Youth Center	P. 12
Outreach Services	P. 18
Family Child Care	P. 20
School Liaison Information.....	P. 22
Youth Sports	P. 26
Back-to-School Survival Guide	P. 29
Army Community Services	P. 30

As the summer wraps up, and gears switch to “Back-to-School” mode, your friends at Child & Youth Services hope that everyone enjoyed their break and we wish you a successful new school year.



CYS Health & Wellness Bulletin

August 2019

Feeding Your Teenager: Healthy Eating for Teens

Feeding teens can be a challenge. More calories are required during adolescence than at any other time in a person's life. The growth of teens seems to happen overnight. Have you witnessed this phenomenon? Suddenly the teen or tween that you know is consuming an entire box of cereal as a 'snack'. This growth is rapid and typically begins around age 10 in girls, and age 12 in boys.

Although all nutrients are an important part of a healthy eating pattern for teens, calcium is of particular interest. During the teenage years, bones absorb more calcium than at any other time in life. This is due to the tremendous growth spurt during this time where bone and tissue is developing. About 40% of bone mass is built during adolescence. Once early adulthood is reached, bones no longer accept calcium deposits. It is important that teens consume adequate amounts of calcium to support their growing skeleton.

Milk is a perfect choice for the absorption of calcium. Unfortunately, milk consumption decreases in the teen years. Making certain that good sources of calcium are a part of dietary intake is important. Calcium is available in other foods, but the absorption is sometimes inhibited by other substances in these foods.



Non-dairy beverages are not always nutritionally equivalent to milk, so make certain that you read labels to determine if these are a suitable source of calcium. Some good non-dairy sources of calcium are: salmon, dark leafy greens, legumes and calcium fortified orange juice.

Adolescents may begin to assert their independence by making choices about their eating. These choices are not always the best choices for their health. Teens may look like adults, but they still require adult guidance to make healthy choices. Education and role modeling is a good place to start. Talk with teens about what healthy food choices look like, and demonstrate these choices by choosing them yourself.

Many teens have never had any experience with shopping for food and preparing meals. Educating teens about the economics of shopping, reading a food label, and preparing simple meals and snacks is a useful skill. Many teens will be going on to an independent life after graduating from high school. Developing skills and knowledge that help support healthy choices can contribute to wellness for a lifetime. Teens are eager to learn how to eat well, and you can help!



Sources: The American Academy of Pediatrics (aap.org) <https://www.healthychildren.org/English/ages-stages/teen/nutrition/Pages/Calcium-The-Bone-Builder.aspx>, Harvard School of Public Health: <https://www.hsph.harvard.edu>, National Institutes of Health: <https://newsinhealth.nih.gov/2015/09/better-nutrition-every-day>

Attention MRCDC and PORTER Families!!

Mark your Calendars...



The Monterey Road Child Development Center and PORTER Youth Center will be closed on **Aug 30, 2019** to allow our staff to attend professional development training. PYC will re-open for afterschool programming.

We apologize for any inconvenience this may cause.



Also, both center's playgrounds will be temporarily closed for construction beginning **September 1, 2019**.

The project is scheduled to take a couple months to complete. We are excited and looking forward to our long-awaited new playgrounds.

Thank you for your understanding.

Recap of the Back-to-School Summer Expo

On 01 August 2019, COL Gregory Ford, US Army Garrison and Elaine Vrolyks, Child and Youth Services School Liaison Officer, held the 3rd Annual Summer Expo. The event was held at the Stilwell Community Center from 4-7 pm. This free event focused on distributing school supplies, collected by local Dollar Tree stores in support of Operation Homefront School Supplies Drive, to over 600 military children and families. The event had activities, a rock climbing wall, games, food trucks, face painters, and a variety of other entertainment for the families to enjoy.





Child Development Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August 2019				1 Summer Expo @ CYS 4-7 PM 	2 Mismatch Sock Day 	3 Day out with Thomas @ Roaring Camp 
4 Free Sunday Blues in the Park @ Laguna Grande Park in Seaside 	5	6 Tye Dye Tuesday 	7	8 Super Hero Day 	9	10 Free Family Yoga @ Caledonia Park in Pacific Grove 
11 Free Sunday Blues in the Park @ Laguna Grande Park in Seaside 	12	13	14 PPA Fundraiser at MYO - Bring the flyer! 	15 Jersey Day 	16	17 Disney's Beauty and the Beast @ Pacrep Theatre in Carmel by the Sea 
18 Marina's Everyone's Harvest Farmers Market 	19	20	21 Sunglasses Day 	22	23 Polka Dot Day 	24 4th Annual Salinas PAL Car Show 
25 Del Monte Shopping Centers Farmers Market 	26	27 Favorite Character Day!	28 Pajama Day 	29	30 CLOSED FOR STAFF TRAINING 	31 Monterey Greek Festival 

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Monterey County Fair 	2 CLOSED Labor Day 	3	4 Dinosaur Day 	5	6	7 The Bee experience @ Earthbound Farms 
8 Festa Italia @ Custom House Plaza in Monterey	9 Scholastic Book Fair 9th - 13th 	10 Scholastic Book Fair 9th - 13th 	11 Crazy Hair Day	12 Scholastic Book Fair 9th - 13th 	13 Family Night @ CDC 6:30 - 8:00 PM	14 Seaside's Certified Farmers Market 
15 Santa Cruz County Fair 	16	17	18 Community Helper Day	19	20	21 Kids Flea Market @ Hilltop Park Center in Monterey 
22 Carmel Valley Certified Farmers Market 	23	24 Blue Day	25	26 Sports Day 	27	28 Downtown Salinas Saturday Certified Farmers Market 
29 Natividad Certified Farmers Market 	30	September 2019				

The Monterey Road
Child Development Center (MRCDC)
Preschooler's had the opportunity to
spend time with our Troops and
show their thanks and appreciation
by making Thank You cards for the
Fourth of July!



**Join the
PPA**

If you are interested in making a difference AND getting Parent Points towards 10% off of your monthly bill, then come join the Parent as Partners Association (PPA). They meet the second Thursday of every month in the MRCDC lobby. If you are a parent and want to help out by letting your voice be heard, you are more than welcome to join the PPA. Come in and join the fun!



The MRCDC bid farewell to one of our most beloved trainers, Ms. Liz.

The staff set up a fun-filled carnival to say goodbye to Ms. Liz in pure CDC fashion!



BACK TO SCHOOL TIPS

Sometimes it's hard getting back into a Back-to-School Routine. Your family may have some bumpy mornings or times after school. Things that need to get done may get forgotten in the hustle and bustle of daily life. These chore charts for before and after school along with bedtime highlight tasks that when completed will help remove some of the bumps in your routine. These are just suggestions. Feel free to add, remove, or re-order any chores to make it work better for your family routine. Having a chart that is shared with all family members of what is needed to do, ensures that everything gets done.

(Source <http://jdaniel4smom.com/2014/08/school-school-bedtime-chore-charts.html>)

Daily Chore Chart

Before School Routine



Go to the bathroom and flush

Make bed

Eat breakfast

Get dressed for the day

Brush Teeth

Brush Hair

**Make sure everything
is in your backpack**



After School Routine



Empty backpack

Empty and clean out lunchbox

Give parents important papers

Hang up backpack

Wash hands

Have a snack

Do homework

Play



Bedtime Routine



**Put everything in
your backpack for tomorrow**

Clean up toys

Take bath

Brush teeth

Set out clothes and shoes

Read bedtime stories

Turn out light

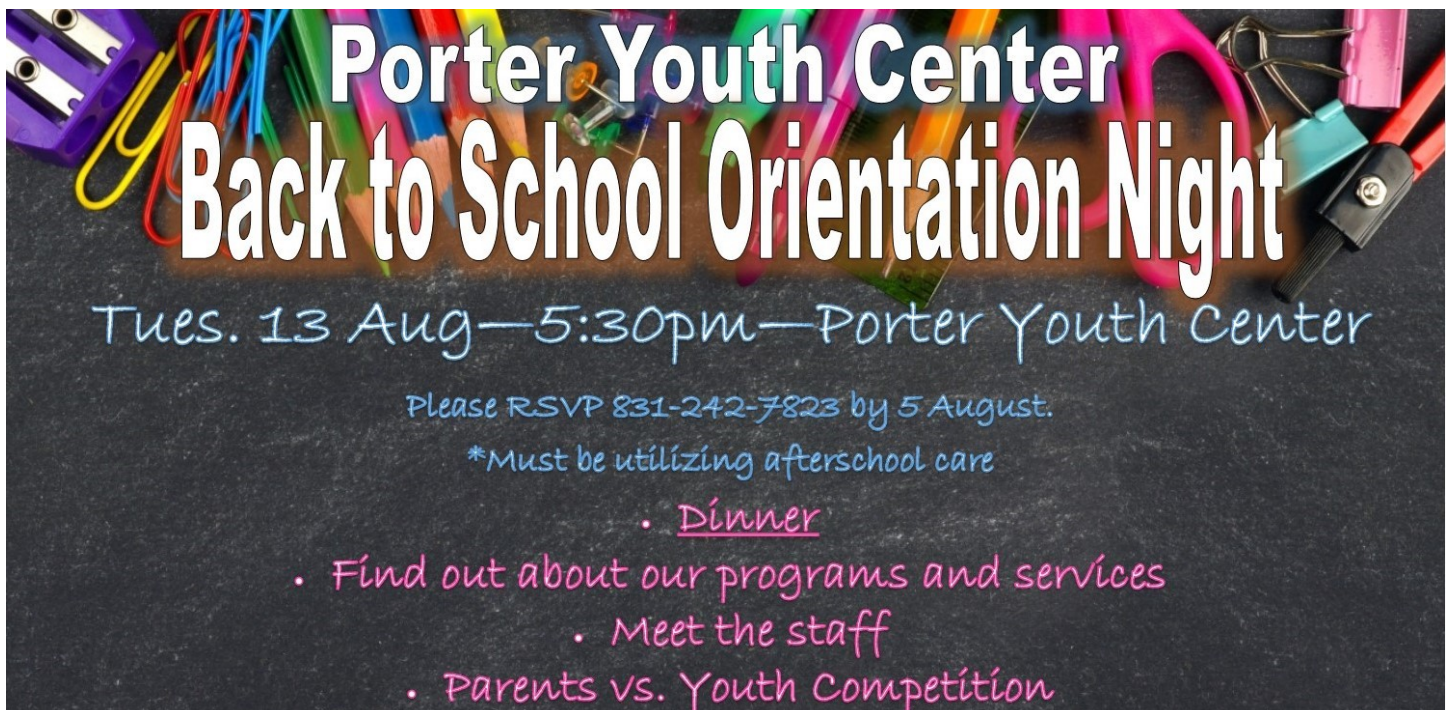


Porter Youth Center

August/September CALENDAR

Aug 7th- Back to School, Before and After school Enrollments now open
Aug 9th- Youth Program Friday Night Nacho Party, Leadership Clubs Begin, 6-10pm
Aug 13th- Back to School Orientation, 5:30-7:00pm *SEE FLYER*
Aug 12th- Kinder Readiness Part Day Program begins, Enrollments now open
Aug 14th- School-Age Looniversity Clubs begin- Line Dancing, Art Club,
Jr. Torch Leadership Club, Tech Club
Aug 16th- Youth Program Friday Night Outdoor Movie and Popcorn, 6-10pm
Aug 23rd- Youth Program Friday Night 3-on-3 Tournament, 6-10pm
Aug 30th- Youth Program closes at 6pm for Staff Training
Aug 30th- School Age Recognition Rally

September 2nd- Porter Youth Center CLOSED
September 6th- Youth Program Friday Night, Open Recreation, 6-10pm
September 13th- Youth Program Friday Night, Talent Night, 6-10pm
September 20th- Youth Program Rocket League Midnight Madness, 6pm-12am
September 20th- Parent's Night Out, 6-12pm
September 27th- Kinder Readiness Field Trip to The Farm
September 27th- Youth Program Friday Night, Sports Career Spotlight, 6-10pm



Porter Youth Center
Back to School Orientation Night
Tues. 13 Aug—5:30pm—Porter Youth Center
Please RSVP 831-242-7823 by 5 August.
*Must be utilizing afterschool care

- Dinner
- Find out about our programs and services
- Meet the staff
- Parents vs. Youth Competition

Youth Program: Summer—The Youth Program Summer Programming, Channeling a New Perspective, kept Teens busy all summer doing special activities including teambuilding, art, mindfulness, leadership skill building, and more. Teens participated in a special College Tour of 3 California campuses and a Camping Trip to Santa Cruz KOA. Youth also had tons of fun on the weekly swim trips to Ord Community Center and field trips to local theme parks, water parks, beaches and more. They even went to the Oakland As game!



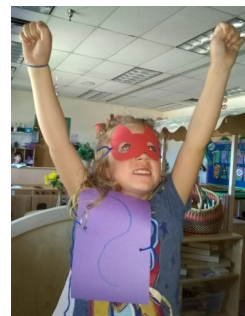
Earlier this summer, Seaside High School Senior and Porter Youth Center member, Madison Fernandez, participated in the annual Army Youth Leadership Forum in Southbridge, MA.

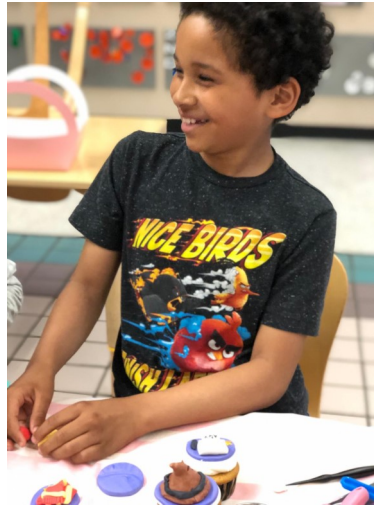
This weeklong forum brings together youth, representing all garrisons, to discuss ideas and issues relevant to them. Ms. Fernandez had the amazing opportunity to visit the Kennedy Center where the group participated in a mock debate over the signing of a Bill.

Other activities included team building, technology, character and leadership education, service learning and more.



School-Age Program: Summer — Comic Con School-Age Summer Camp at Porter Youth Center was a huge success! The children celebrated and learned about super heroes of all kinds from community heroes to DC and Marvel comic characters. Youth participated in special activities including designing a superhero, building Thor's Hammer, cooking Hulk-a-mole and X-men pretzels, and more. In June we celebrated military heroes with the Army Birthday Bash which included special visitors from Seaside High School JROTC and Army Recruiting. Youth also participated in weekly swim trips, trips to local parks, the beach and more. It was a summer full of fun and learning. We hope all the youth had a great time, the next school break camp will take place during Fall Break in October.



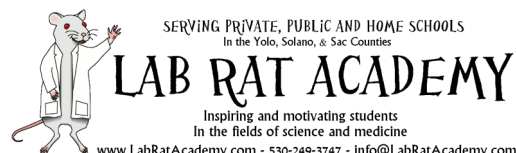
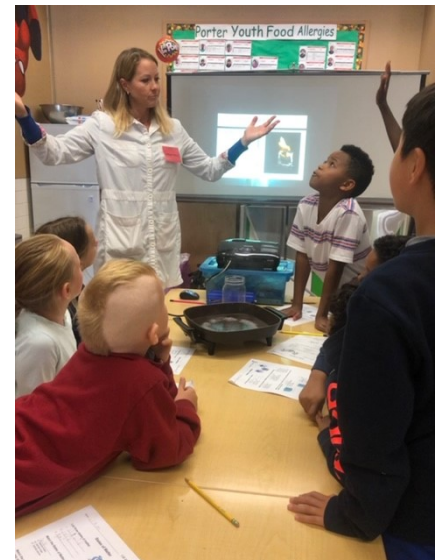
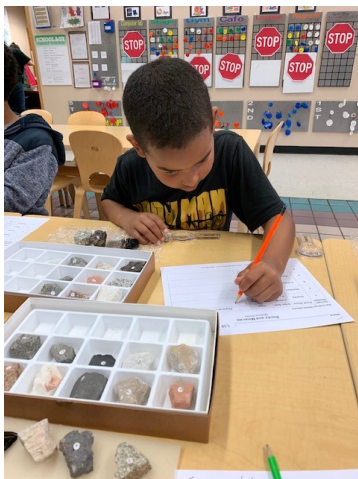


Youth also had an opportunity to participate in Summer Clubs including Cooking w/ Room for Dessert, Science Labs with Lab Rats Academy, Dance with Spector Dance and Lego Engineering with Playwell.



These clubs were an excellent way for youth to participate in specialized programming aimed at their individual interest and designed to build STEAM skills.

Thank you to our partners and participants.



Enrollment is now open for Before and After School care. For more information or to enroll please see the attached flyer or call Porter Youth Center's Front Desk at 831-242-7823.



SCHOOL AGE PROGRAM

831-242-7823
www.mwrmonterey.com/CYS

Before School Care **After School Care**
6:30 a.m.—Drop-off **Until 6:00 p.m.**

School Break Care
6:30 a.m.—6:00 p.m.
Monday—Friday

****4 FREE HOURS PER MONTH****

Eligible Patrons include:
Active Duty Military, Retirees, DoD Civilians



Free After-School Teen Program

Free Shuttle From School

Homework Help

Video Games

Snacks

Gym Games

Instruments

Tech Lab

Arts & Crafts

Field Trips

3D Printer

Activities

Out Door Fun

HS Lounge

Open Until 10p.m. Fridays

(831) 242-7823



mwrmonterey.com/cys



Porter Youth Center offers after school transportation from Seaside Middle School and Seaside High School for FREE! Once on site, youth have the opportunity to participate in programming focused on sports and recreation, character and leadership, education and career exploration, the arts, health and lifeskills. Equipped with EVERY video game system, a full size gymnasium, snack bar, art center, pool table and MORE this is the place that every teenager wants to be. The program is open until 10pm on Friday nights, offers special trips to local attractions, 3-on-3 tournaments, music, and entertainment. Join us in August and September for some special programming.

Outreach Services

Outreach Service is thrilled to announce that we have a new updated Babysitter's List. The training conducted in June was a huge success and we certified several teens within the community that are eager to help out with your babysitting needs. The class includes topics on leadership, business practices, safety, developmentally appropriate practices, feeding, diapering, and the basics of first aid and CPR. To find out more about our Army certified babysitters and request the updated babysitter list, please contact Parent Central Services at 831-242-7765.



CHILD & YOUTH SERVICES PRESENTS

Let's Glow Crazy

MOTHER - SON DANCE

SATURDAY, OCTOBER 19

530-800PM

Stilwell Community Center Ballroom

BLDG. 4260 Gigling Road, Seaside CA 93955

\$10 Per Ticket

Available at CYS, CDC & PYC



Ticket Price Includes:

DJ, Glow Bracelets, Dinner, Refreshments,
Photobooth & Souvenir Photo

For Active Duty Military, Retirees, DoD Civilians



Family Child Care

Are you familiar with what Family Child Care (FCC) is all about?

FCC is NOT babysitting within your home. FCC offers personal, individualized care within your home environment. FCC providers are fully vetted through the Army, passing thorough background checks and required training. FCC providers are held to the highest standard of care and regulations to ensure the best care possible for our children. FCC is currently recruiting qualified family members residing in Ord Military Community or La Mesa Housing. This is an excellent opportunity for you to work from home, earn extra income, and provide a much needed child care option for our military families. FCC also transfers from installation to installation, affording consistent employment throughout the multiple moves that may occur during a military career.

Family Child Care (FCC) welcomes its newest FCC Provider, Carol Alpert. Ms. Carol has opened her Army Certified home within the Ord Military Community and is currently accepting children ages 6-weeks and up for Full Time, Part Time and Hourly Care. Within the FCC home, your child will experience personalized care filled with developmentally appropriate activities and educational opportunities.

Family Child Care providers can take up to 6 children, so space is limited.

If you would like to find out more information and meet Ms. Carol to discuss child care options, please contact Parent Central Services at 831-242-7765.



La Mesa & OMC Family Child Care Providers Needed

Reasons for being an FCC Provider:

- Maintain a happy home-away-from-home atmosphere for children who can't be with their own parents during the day.
- Create social experiences for your own children.
- Earn \$20,000–\$40,000 per year.
- Minimal start up costs.
- Army funded lending closet.
- Help service members who worry about having quality, reliable child care.
- Extensive Free Training.
- Support for professional growth.
- *Must be in Military housing.

For more information call (831) 242-5820
or email traci.m.gibson.naf@mail.mil



School Liaison Office

PORTER Youth Center's New Youth Sponsor Training

The older group in PYC's summer program participated in New Youth Sponsor training. They learned about what is expected of a youth sponsor and their responsibilities.

They also shared personal stories about their own transitions.

The students will be helping to facilitate our Back to School Bash on 7 August at PYC.



SCHOOL LIAISON SERVICES Home School Co-Op

School Liaison Services Home-School Program Schedule: School Year 2019-2020

August 20, 2019	September 10, 2019
October 15, 2019	November 5, 2019
December 10, 2019	January 14, 2020
February 11, 2020	March 10, 2020
April 14, 2020	May 12, 2020

Home School Families, the School Liaison Services welcomes your school-age children to the Home School Co-Op. There will be different fun and educational activities available for home schoolers including: Arts & Crafts, Technology Exploration and Sports. We look forward to having your children participate in this unique experience. Please wear appropriate footwear.

Discover the many things that Child & Youth Services can offer to you and your children:

Facilities, Gymnasium, Computer Lab, Classes, Activities, Field Trips and much more. Meetings take place from 9-11:30 a.m. at Porter Youth Center, Bldg. 4283 on OMC.



REGISTRATION IS FREE. Children and youth (5-18) must be registered with CYS in order to participate, please call 831-242-7765 for an appointment. If you're already registered, please contact your School Liaison Officer to sign up for the events at 831-242-6904.

Follows us on online at: www.facebook.com/PresidioSLO or www.mwrmonterey.com/SLO

MONTEREY PENINSULA UNIFIED SCHOOL DISTRICT

SCHOOL CALENDAR

2019-2020

JULY - 2019

SU	M	T	W	TH	F	SA
	1	2	3		5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
29	29	30	{31}			

AUG - 2019

SU	M	T	W	TH	F	SA
				{**1}	{**2}	3
4	{5}	**6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

SEPT - 2019

SU	M	T	W	TH	F	SA
1		3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

OCT - 2019

SU	M	T	W	TH	F	SA
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

NOV - 2019

SU	M	T	W	TH	F	SA
					1	2
3	4	5	6	7	8	9
10		12	13	14	15	16
17	18	19	20	21	22	23
24	25	26				30

DEC - 2019

SU	M	T	W	TH	F	SA
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	*20	21
22	23					28
29	30					

JAN - 2020

SU	M	T	W	TH	F	SA
				2	3	4
5	{6}	**7	8	9	10	11
12	13	14	15	16	17	18
19		21	22	23	24	25
26	27	28	29	30	31	

FEB - 2020

SU	M	T	W	TH	F	SA
						1
2	3	4	5	6	7	8
9		11	12	13	14	15
16		18	19	20	21	22
23	24	25	26	27	28	29

MAR - 2020

SU	M	T	W	TH	F	SA
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

APR - 2020

SU	M	T	W	TH	F	SA
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

MAY - 2020

SU	M	T	W	TH	F	SA
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24		26	27	28	29	30
31						

JUNE - 2020

SU	M	T	W	TH	F	SA
	1	2	3	4	*5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

8/7 Students' First Day

9/2 Labor Day

10/7 - 10/11 Fall Break

11/11 Veterans' Day

11/25-11/29 Thanksgiving Break

12/23-1/3 Winter Break

1/8 Students' Return from Winter Break

1/20 Martin Luther King Day

2/10 Lincoln's Birthday

2/17 President's Day

3/16-3/27 Spring Break

5/25 Memorial Day

6/5 Students' Last Day of School

*Minimum Day

July 31 - August 1 - New Teacher Orientation/Staff Meeting/Preparation

August 2 1/2 Site Professional Development Day/ 1/2 Teacher Work Day

August 5 - Back to School Kick Off/Professional Development Day

August 6 and January 7 - Teacher Work Day

January 6 - Professional Development Day

October 4 - End of 1st Quarter (42 Days)

December 20 - End of 2nd Quarter (44 days)/End of 1st Sem. (86 days) All Secondary Grades DL

March 13- End of 3rd Quarter (45 Days)

June 5 - End of 4th Quarter (49 Days)/End of 2nd Sem (94 Days)

June 5 - All Grades Due

180 Total Teaching Days

185 Service Days for Returning Teachers

187 Service Days for New Teachers

^ CAASPP Testing Window

* Less Than a Full Day

All Holidays

Student Break

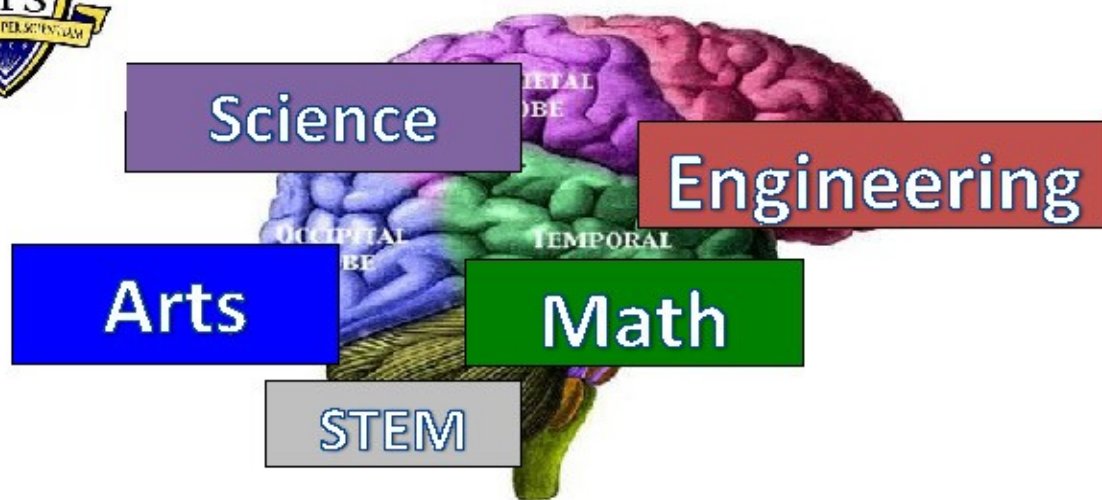
[] Collaboration Dates

{ } Professional Development

** Teacher Work Day

1st Day of School/Last day of School

Breakfast for your Brain



WHAT:

FREE TUTORING

Science, Technology, Engineering &
Math (STEM) Focus*

A-G, AP, & IB

WHERE: Dudley Knox Library Naval Postgraduate School

WHEN: Saturdays 9 -11am – Fall 2019

August 17, 24

September 7

October 5, 19, 26

November 2, 16

December 7

Contact: BreakfastForYourBrain@nps.edu

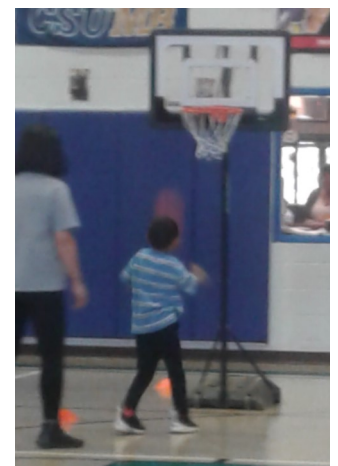
- Identify student grade and subject by Wednesday @5pm prior to tutoring session.
- Fill out SECNAV 5512 form and email driver(s) first and last name for gate access.
- (background check required if no existing base access)

***Due to limited personnel, we are no longer able to provide enrichment services and must focus specifically on tutoring.**

Presidio Youth Sports



Some pictures from our Summer Soccer Clinics and Start Smart Basketball



PRESIDIO YOUTH SPORTS

KARATE & JIJITSU

Ages 6-18



Registration Dates: June 24 - August 9

Session: August 12 - December 19

Location: Porter Youth Center Gym

Tuesdays & Thursdays 6:15pm - 7:15pm

Mondays & Tuesdays 6:15pm - 7:15pm

Mondays & Thursdays 6:15pm - 7:15pm

\$80 per session

15% discount for additional children



Class Instructor is Tyler Owens



Space is limited and registrations will be taken on a first come first served basis. All participants must be registered with Parent Central Services and have a current sports physical to participate in youth sports. Newcomers begin the registration process or enroll online at <https://webtrac.mwr.army.mil/webtrac/presidiocyms.html>

For more information call Andy at 242-7809 or call Parent Central Services at 242-7765

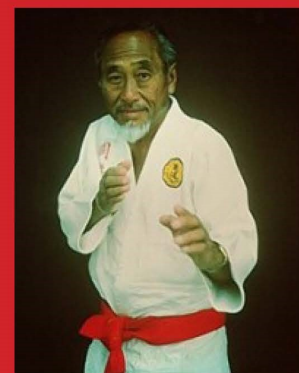
Our club is dedicated in the loving memory of

Professor John Chow-Hoon

March 5, 1927 - July 23, 1988

"You are richer today than you were yesterday if you have laughed often, given something, forgiven even more, made a new friend, made stepping stones out of stumbling blocks, if you have thought more in terms of "thysself" than "myself", or if you have managed to be cheerful even though you were weary." -John Chow-Hoon

Our goal is to pass on the knowledge of our founder to the students by teaching self defense, respect, and discipline while having fun.



2019 Presidio Youth Sports **Youth Soccer**

Registration: May 1–August 15

Age Groups:

4–5 (Co-ed) • 6–7 (Co-ed) • 8–9 (Co-ed or Girls Only) • 10–11 (Co-ed or Girls Only)

*Age cut off date is July 31, 2019

League Skills Assessment: August 17th, Hayes Park Soccer Fields

10 a.m. (ages 4–5) • 11:00 a.m. (ages 6–7) • 12:00 p.m. (ages 8–9) • 1:00 p.m. (ages 10–11)

Games: September 7–November 2

Skills Assessment and Practices will be located at Hayes Park.

Anyone who wishes to *Coach or will be helping with the program is required to fill out a volunteer application. Forms are available at the Parent Central Services Office, Bldg 4260 on OMC.

First child, \$55 (ages 4–11), 15% discount for all additional children.

Fee includes uniform, team photo, award certificate and medal.

*Coaches receive free enrolment for all participating children.

All Military Branches, DOD Civilians and students attending Marshall Elementary, Dual Language Academy and Seaside Middle School are welcome to participate. Program Participants must be registered through Parent Central Services and have a current sports physical before signing up for any youth sports activities.

Need more information?

Call Andy at 242-7809 or

visit our website at: **www.mwrmonterey.com/youthsports**

Already Registered? Enroll fast and easy online!

<https://webtrac.mwr.army.mil/webtrac/presidiocyms.html>

or call Parent Central Services at **242-7765**.



The Back-to-School Survival Guide

10 Back-to-school survival ideas to help both your kids, and you, cope with up-coming changes

#1—Prepare your Child for New School Year Changes. Benjamin Franklin once said, “By failing to prepare, you are preparing to fail,” and preparing your kids for the challenges they will face can be huge. Ask them how they feel about the new school year and what they’re looking forward to. Talk about their fears and expectations, and try to keep things light.

#2—Attend ‘Back to School’ Night.

#3— Practice your Back-To-School Routine. Try a few practice runs before summer vacation officially ends. Knowing how long the prep process takes, and taking in a few variables can take a lot of the stress out of those first few days.

#4—Adjust their bedtime gradually. Getting your kids back on track with sleep schedules will be easier if you do it gradually. Start with just a small amount of time and little by little work your way back to the time your child needs to go to bed for school.

#5—Stock up on quick, healthy snacks. Like grapes, apples, raisins, pretzels, and bananas. Having these healthy snacks available and easy for your kids to find will take stress off of you, and put your mind at ease about your kids healthy eating habits as well.

#6—Focus on the Back-To-School Positives. Back-to-school means a lot of changes, some good, and some challenging. Help them focus on the positives, like new friends, new clothes, extracurricular activities, school events, and field trips. If you’re excited about these things, they will be too.

#7—Teach your Child how to make friends. Whether your child is in a brand-new school or is returning to their old school, making new friends can make all the difference in their adjusting process. It doesn’t always come naturally though, but it can help your children feel less alone in this new environment. Sometimes breaking the ice is all it takes for kids to spark up a new friendship.

#8—Empathize with your Child. . Empathizing with your kids so they know that you understand can help to diminish some of those fears. Again, telling your kids some of your experiences and showing them that you survived through all those fears can reassure them quite a bit.

#9—Ask specific questions about your Child’s first week experience. Asking specific questions like ‘What was your favorite part of the day?’ or ‘Did you make any new friends?’ can be all your kids need to spark up conversations that will inform you better as to how well they are actually adjusting.

#10—Give them something to look forward to. The first week of school can be a rough one, especially as you and your child are adjusting to new schedules. To make the efforts a little more bearable, by putting a little light at the end of your tunnel.

(credit to <http://blog.kidbox.com/back-school-survival-guide/>. Visit for more details)

Infant Play Group

Are you a New Parent?
Have an Infant (newborn to 1 year of age)?

Looking for a fun place to share, learn, and meet other new parents, newborns and infants?
Then come to the Infant Play Group to share, learn and socialize as you explore and encourage your infants development

Every Wednesday 9:00-10:00am
Stilwell Community Center



For more information Army Community Service 242-7660
mwrmonterey.com/acs

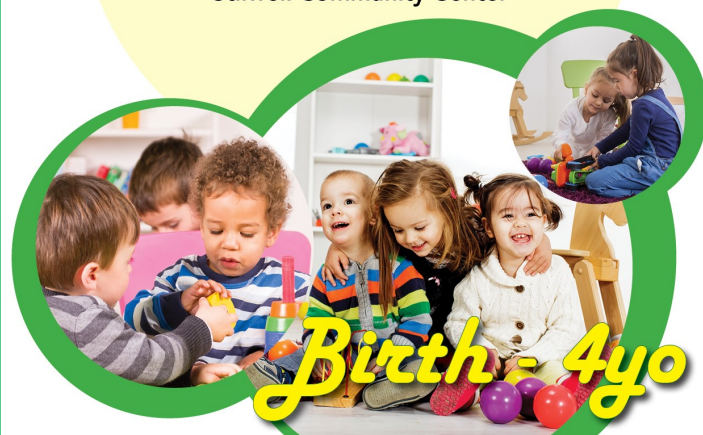


Children & Parents Play Group

Have children age 0-4 and looking for a fun place to play?

Then come to the Children and Parents Play Group. Meet, share and learn with other parents as the world of the newborn, the curiosity of the toddler, and the persistence of the preschooler is explored.

Every Wednesday 10:00-11:00am
Stilwell Community Center



For more information Army Community Service 242-7660
mwrmonterey.com/acs



Couples Connection

The Secrets to Love That Lasts



ACS Gold Room, 5:30 p.m.-7:30 p.m., Wednesdays 2019

- | | |
|--|-------------------------------|
| 6 MAR: Restoring the Joy | 7 AUG: Dreaming to Completing |
| 3 APR: Fun and Friendship | 4 SEP: Growing with Children |
| 1 MAY: How to Fight Fair | 2 OCT: Family Frame Work |
| 5 JUN: Expectations vs. Desire | 6 NOV: Attitude of Gratitude |
| 3 JUL: Independence to Interdependence | 4 DEC: Surviving the Holidays |

Marriages do not come with instructions. Learn different techniques of how to build on each person's existing strengths and add critical life and relationship skills to your partnership. In particular we will discuss how we all think and react to life events. The goal of this class is to provide couples with a clear picture of what a healthy relationship looks like in such a way that they feel empowered and fully capable of creating their own healthy romantic relationship. Class facilitators will be Everett Zachary, Family Life Chaplain and Jason Ledford, LCSW.

Free Dinner will be provided.

To make a reservation for the class please call 831-242-7660.
Child Care may be available if children are registered with Army Child and Youth Services and enrolled for childcare.



ACS LENDING CLOSET

Just arrived and your household goods haven't?

ACS can help, stop by and borrow items like:



Family Advocacy Program Classes 2019

Childbirth Preparation Overview



Saturday
August 17
9:00 am – 1:00 pm

* This class reviews the basics of how to have a healthy pregnancy for mother and baby, what is the process of labor and birth and some techniques to prepare for it. We will also cover newborn crying and care, signs of postpartum mood and anxiety disorder and tools for coping with the "fourth trimester".



PARENTING AS A TEAM

August 21
6:00 p.m.-7:30 p.m.

*Getting back into the routine after summer, what are tools that we can use to set up a successful transition? Are there things we can do before school starts? What are some of the challenges we can expect and how can we mitigate them?

8 Stages of Parenthood

September 18
6:00 pm – 7:30 pm

*Many of us are familiar with the stages of growth and development our children experience, did you know that parenting has predictable stages as well? This discussion will provide a thoughtful overview of where your family is now and what you may want to be aware of in the near future.

*Presented by Ms. Gail Root, M.A. Pre & Perinatal Psychology

ACS Gold Room, General Stilwell Center, Gigling Rd, Bldg 4260, Seaside, CA, 93955.
Call 831-242-7660, or stop by to register. Check out www.mwrmonterey.com/acs





Army Community Service Aug 2019 Events

Family Advocacy Program:

Couples Connection

Wednesday, August 7, 5:30 - 7:30 p.m. at ACS, General Stilwell Community Center. "Dreaming to Completing" Marriages do not come with instructions. Learn different techniques of how to build on each person's existing strengths and add critical life and relationship skills to your partnership.

Childbirth Preparation Overview

Saturday, August 17, 9 a.m. - 1 p.m. ACS, General Stilwell Community Center

This class reviews the basics of how to have a healthy pregnancy for mother and baby. What is the process of labor and birth and some techniques to prepare for it? We will also cover newborn crying and care, signs of postpartum mood and anxiety disorder and tools for coping with the "fourth trimester".

New Parent Support Program:

Infant Playgroup

Wednesday, August 7, 14, 21, and 28, 9 - 10:00 a.m. ACS, General Stilwell Community Center

Are you a new parent? Looking for a safe and fun place to share, learn and meet other new parents, newborns and infants? Join us for this interactive playgroup for infant's ages 0-1. Socialize with other parents as you learn and share from each other's experience as you explore and encourage your infant's development. Call ACS at 242-7660 for more information.

Children & Parents Playgroup

Wednesday, August 7, 14, 21, and 28, 10 - 11:00 a.m. ACS, General Stilwell Community Center

Do you have children ages 0-3 years old and looking for a fun place to play? Join us at our Children and Parents Play group! Meet, share and learn with other parents the world of the newborn, the curiosity of the toddler and the persistence of the preschooler. Call ACS at 242-7660 for more information.

Relocation Readiness Program:

Smart Moving

Thursday, August 8, 3:30 - 4:30 p.m., at the Tin Barn, Bldg. 518, PVT Bolio Rd. on POM.

Learn about your next Permanent Change of Station (PCS) move. Topics included are: Using a Checklist, Knowing your Benefits and Entitlements and Budgeting for Moving. Registration is required. Call ACS at 242-7660 for more information.

Personal Financial Readiness Training

Wednesday, August 14, and 28, 1300-1600, at the Tin Barn, Bldg. 518 PVT Bolio Rd. on PoM

Topics will include: Principles of Personal Finance, Budgeting, Banking & Checking Accounts, Using Credit Wisely, Saving and Investing (TSP/Traditional vs. Roth TSP/Blended Retirement System), Car Buying, Insurance, Consumer Scams, and Identity Theft. It is recommended that all IET Service Members attend a session. Call 242-5501 or email leyla.burns.civ@mail.mil for more information.

CPR/AED Classes

Monday, August 26, 9 a.m. - 1:30 p.m. at ACS, Nearly 80 percent of cardiac arrest occur outside the hospital. Providing training that enables employees to take appropriate rescuer action at the workplace is an essential element of an effective safety program. The CPR/AED Course gives you the skills to learn and complete this task. Upon successful completion, students receive a course completion card valid for two year. Call ACS at 242-7660 for more information.

Exceptional Family Member Program: Free Event: Highway 1 Mini-Golf

August 10, 10 a.m. - 12 p.m. at Highway 1 Miniature Golf, Steinbeck Plaza, 751 Cannery row, Monterey, CA 93940

Highway 1 Golf and Games promises fun for the entire family. Turn down the lights and turn up the music to create a fantasy land of vibrant 3D, Glow in the dark Pacific Coast iconic landmark murals. Event open to eligible Military and DoD Civilian Families of the Exceptional Family Member Program (EFMP). Please call ACS at 242-7660/7960 to reserve your spot. Limited spaces available.

Most classes recommend pre-registration to hold a seat, and especially those classes that provide childcare. Call Army Community Service for more information (831) 242-7660.

<https://presidio.armymwr.com/programs/cyss>

Parent Central Services (831) 242-7765