School Liaison Newsletter addressing educational issues that affect military children in Navy Region Southwest.

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CONNECTING NAVY FAMILIES, COMMANDS AND K-12 SCHOOLS

NAVYLIFESW.COM/SLO
CURRENT EVENTS

CORONADO MILITARY SPOUSES is a quarterly event where parents meet to discuss areas of interest and concern under the guidance of the Military Family Life Counseling team. Each meeting highlights a particular topic and is designed to be interactive rather than a lecture series.

Call or email the Naval Base Coronado School Liaison Officer with questions: nbcslo@navy.mil or 619-545-9845

Meet your Military Family Life Counseling (MFLC) team and Naval Base Coronado School Liaison Officer

2019 DATE, TOPIC AND LOCATION OF DISCUSSION:

FEBRUARY 6 Supporting Your Child Through Deployment Coronado High School

MAY 1 Life in Balance: Relaxation & Stress Relief Silver Strand Elementary School

WHAT IS THE COMPACT?
Developed in 2006, the Military Interstate Children’s Compact was adopted by all 50 states, the District of Columbia and the Department of Defense Education Activity. The Compact eases the educational challenges that military children encounter, and supports transfer treatment as they transfer between school districts in member states. Note: The Compact only applies to public schools.

STUDENTS COVERED
Children of the following:
• Active duty members of the uniformed services, including members of the National Guard and Reserve on active duty orders (Title 10)
• Members or veterans who are medically discharged or retired for one year
• Members who die on active duty, for a period of one year after death
• Uniformed members of the Commissioned Corps of the National Oceanic and Atmospheric Administration (NOAA), and United States Public Health Services (USPHS)

STUDENTS NOT COVERED
Children of the following:
• Inactive members of the National Guard and Reserves (Not Title 10)
• Members now retired not covered above
• Veterans not covered above
• Other Department of Defense personnel, federal agency civilians and contract employees not defined as active duty
• Members other than the uniformed personnel of NOAA and USPHS

ENROLLMENT
• Educational Records
• Immunizations
• Kindergarten & First Grade Entrance Age

PLACEMENT & ATTENDANCE
• Course & Educational Program Placement
• Special Education Services
• Placement Flexibility
• Absence Related to Deployment Activities

GRADUATION
• Waiving courses required for graduation if similar course work has been completed
• Flexibility in accepting state exit or end-of-course exams, national achievement tests, or alternative testing in lieu of testing requirements for graduation in the receiving state
• Allowing a student to receive a diploma from the sending school instead of the receiving school

MISSION
Through the Interstate Compact, MIC3 addresses key educational transition issues encountered by children of military families.

WHAT IS THE MIC 3?
MILITARY INTERSTATE CHILDREN’S COMPACT COMMISSION

CONTACT US AT
1776 Avenue of the States
Lexington, KY 40511
859-244-8133
www.mic3.net • mic3info@csg.org

SAVE THE DATE • APRIL 23, 2019
CA MIC 3 Meeting • Location and time TBD

What is the MIC 3?
The Partnership in Education (PIE) Program is designed to encourage and increase support of the local schools through a Navy volunteer effort.

This Program offers opportunities for military members attached to commands within Navy Region Southwest to give their time as volunteers at local schools.

The Navy Partnership in Education program contributes military resources and services to help nurture the intellectual, emotional, social, and physical growth of children and youth. In addition, this program forges a partnership between commands and the local schools and increases the awareness of the US military’s mission.

Your Command Can Be a Partner in Education!

School partnerships can be beneficial for Navy commands and area schools. Sailors get an opportunity to connect with their community while earning community service hours which can be included in evaluations, and toward earning the Volunteer Service Medal.

The benefits for the schools are insurmountable. Students build positive relationships with our service members and feel additionally connected to their military community.

Ultimately it raises awareness of the benefits of working with the military community and helps to support our military children in education.

Command Support Opportunities

- Provide Navy personnel to be guest speakers at schools.
- Plan field trips to the ship to reward students for academics and citizenship.
- Establish a pen pal project or video project with students while ship is deployed.
- Enhance the students’ knowledge of world geography by providing mapping activities that track the ship’s travels.
- Provide a military presence at assemblies, running clubs, or special events when ship is in port.
- Provide tutoring and extra help during homework clubs.
- Assist with school self-help projects.
- Share an expertise or hobby with students.

These are only a few ways to get involved!

Contact the School Liaison Program at 619-532-1034
NINE WAYS to Help Your Kids Cope with Moving from Military One Source

You’ve received your PCS orders. Between using MilitaryINSTALLATIONS and Plan My Move, looking for a new home and packing, you’ll have another big job to do if you’re a military parent – helping your kids cope with moving.

Military families frequently move so this can be both an exciting and challenging time for children and teens. Keep in mind while you’re busy preparing, they’ll need extra attention and help in this transition. Prepare and show how to move with confidence.

Helping your kids say goodbye and plan for the move

Being part of the military community, you know the drill — it’s all about being prepared. Good results follow good preparation. Preparing your children for the move will make it easier for them to adjust. Some tips:

- Alert your kids to the move ASAP. Just like you, they need time to prepare and time to adjust to the idea of moving and saying goodbye to their friends.
- Listen to your kids and provide answers. Your children may have lots of questions or may need some space during this transition. Answer their questions as best you can. Be patient with yourself and your children during this time.
- Let your kids help. Get them involved. Teens may be able to search online for new houses, scout out their new school or fun things to do on the new installation. Younger and older kids can help pack or at least pack their own stuff or favorite items.
- Reassure your children. Tell them that you love them, and that together the family will adjust. Stay upbeat and tell them new adventures await. Remind them that you’re a military strong family!
- Celebrate your kids’ favorite things. Before the move, make sure you get some good family time in going to their favorites parks, restaurants, recreation spots and other places. Have them take something to their new home.
- Look ahead. Spend time with your children researching their new school, area parks and base activities. Make it fun. It’s an adventure.

Use your installation’s relocation assistance program to help you plan for your move, transition your kids to their new school or get referrals or information to reduce the stress around moving. Call, click or connect to Military OneSource 800-342-9647 and ask how Military and Family Support Service can help you ease your family’s move. OCONUS/International assistance is also available.

Helping your kids adjust to their new home and school

After planning, there are several steps you can take to help your children transition smoothly to their new digs.

- Request a sponsor. The Sponsorship Program connects you with someone at your new location. Sponsors can help ease the transition for inbound service members, civilians and family members. If you haven’t been assigned a sponsor, you can request one through your new unit, which will try to match you with a sponsor with similar rank and family status.
- Look into the Youth Sponsorship Program. Many installations give kids the chance to get to meet a new friend and become acquainted with their new installation through the installation’s youth program. Where available, they can exchange emails, talk on the phone or chat online. For more information, visit MilitaryINSTALLATIONS and click on Youth Services and your new installation. The youth program staff at your new installation can offer more information on the Youth Sponsorship Program. Families with children may also want to visit Military Kids Connect, an online community for military children and youth. The site offers games, videos and links to teen-led installation tours.

Contact your School Liaison at your installation for assistance in helping you and your children transition to their new school — and find out about services and programs available at your new installation. Otherwise, during this time, be a strong and caring model for your kids. Upward and onward!

S2S at Serra High School

Serra High School’s Student-2-Student club was actively promoting new club members at the beginning of the school year. One of which was drawing and painting posters the president of the club made to hang up around the campus hallways.
TRANSITION SUPPORT

Serra High School in San Diego took on an additional component of its Student-2-Student club this school year by hosting events to inspire students to connect on a deeper, more empathic level toward one another. For its first event, club members chose to use the concept from the popular YouTube Channel, SoulPancake. During lunch, S2S gave the opportunity for students to volunteer to eat lunch with a student whom they were not familiar with. The two students then had lunch together while asking each other prompted personal and inspirational questions the club came up with and posted at each table.

The intent was for students to not only sit with someone they normally would not during lunch, but also to get to know a stranger, connect with them on a personal level and find commonality between one another. The event was a popular success and the club is currently planning their next event in an effort to help connect the student body.

Anchored4Life is a resiliency program created by the Trevor Romain Company to help new students have an easier transition from one school to another (or one CYP facility to another). The program is funded by the Navy and is currently in 35 schools in NRSW, with plans to expand into high schools and middle schools worldwide by the year 2020.

The programming encourages school/CYP-wide participation with an emphasis on character building, coping skills, and team building while focusing on helping military children transition to new schools and communities.

Since transitions (to include deployment support) are a normal part of every child’s life, teaching how to transition and how to support transitions are vital components for healthy social and emotional growth and development of every child. This program is designed to integrate with the CYES School Based Programming (SBP)/CYP Youth Programs while meeting the needs of the individual school/CYP associated with military children. For more information, contact your School Liaison Officer.

Military and Family Life Counselors (MFLC) are in some of our NRSSW schools!

The Department of Defense (DoD) is committed to supporting military families. In keeping with this commitment, the office of the Deputy Under Secretary of Defense for Military Community and Family Policy (ODUSD (MC & FP) established the Military and Family Life Counseling (MFLC) program to provide private and confidential non-medical, short term, situational, problem-solving counseling services. This non-medical counseling is designed to address issues that occur across the military lifestyle and help Service members and their families cope with the normal reactions to the stressful/adverse situations created by deployments and reintegration.

The MFLC program utilizes professional, licensed and credentialed counselors to support and augment installation Child & Youth Programs (CYP), Department of Defense Education Activity (DoDEA) schools, local education agencies (LEA), DoDEA/CYP summer programs, National Military Family Association Operation Purple Camps, Guard/Reserve Camps, and Operation Military Kids Camps. For more information, contact your School Liaison Officer.

JS2S Brainstorm & Plan to Host a Fall New Student Luncheon

The Junior Student-2-Student (JS2S) club members at DePortola and Farb Middle School in San Diego both worked hard planning their fall new student luncheon. Both schools host two new student luncheons, one in the fall and one in the spring to connect and welcome the new students who have enrolled at the school. JS2S plans different ice breakers and get-to-know-you activities they facilitate during the luncheon. The activities help the new students connect with more of their peers while having a fun interactive lunch.

Anchored4Life

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SUPPORTING YOUR MILITARY CHILDREN THROUGH THE DEPLOYMENT CYCLE

As parents, we want to be good role models for our children. When word of a deployment comes, you’ll get a chance to show your kids what it takes to be a good guardian of your family.

Your children will be looking at your lead and leaning on your strength. Here are steps you can take to create your own deployment plan to help your kids through the deployment cycle.

DEPLOYMENT SUPPORT

Deployment plan for your kids: before deployment

While you and your partner are planning your deployment — dealing with deployment logistics, finances and mission prep — as a parent you’ll also want to prepare your children.

Prepare for questions and emotions your children may have.

Here are some tips:
- Talk to other parents who have deployed to get a sense of questions kids ask, how to respond and how much to share.
- Think about the best ways to explain military deployment to your own children — factoring in their ages, their personalities and how they respond to surprises.
- Consider reaching out to your Military and Family Support Center, a military and family life counselor or chaplain; contact Military OneSource 800-342-9647.
- Alert your children’s schools, teachers and coaches about your upcoming deployment, so they have insight of the changes facing your family.

Prepare your children.

Remember, children may not understand why a parent is leaving and they may be afraid about the change.

When you talk with your kids:
- Talk to them in a way they’ll understand — what is deployment and why your job is taking them away. Much of this is based on their age and what they can absorb.
- Ask school-age kids to help you pack, and make sure they get a chance to say goodbye, but keep the goodbyes brief.
- Ask ask of emotions upon a deployed parent’s return.
- Maintain household rules. Don’t let your kids get away with behaviors you normally would not tolerate. Heads up to deployed spouses: back up your partner who is maintaining order on the home front.

Plan how you’ll keep in touch with them while you are deployed, and how they can stay in touch with you. Alert them that sometimes they may not hear from you for a few days.

After deployment

The more effort you put in before and during deployment in helping your kids adjust to the changes, the easier the transition back will likely be. Even with preparation, your children may have a mix of emotions upon a deployed parent’s return.

- Tread lightly upon your return. The returning parent can help make re-entry smoother for the family by staying close to home in the days and weeks upon arrival home. Watch out for implementing big changes shortly after you’re return.
- Ease back into routines. If you’re the parent who remained home, don’t dump chores and responsibilities on your returning partner. Allow some space and over time step up the involvement of the returning parent with meals, bedtime routines, play and discipline.
- Don’t freak out if your kids may need some alone time. Remember, adults need this too.

Kids are kids and with one parent gone, you can expect your children to test the limits. As the deployed parent, you need to provide as much backup to your partner as possible, even if you’re half way around the world.

During deployment

Expect your kids to have differing reactions to the news. They may be moody, irritable, act out and test the limits. Remember, this is normal. Cut them some slack. It’s your job to remain positive and be a role model.

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Here’s more helpful advice preparing your children for deployment. At any point of the deployment cycle, you can turn to Military OneSource for help. We offer special programs to help you and your family, including the Child and Youth Behavioral Military and Family Life Counseling Program services. With Military OneSource, you have access to free, confidential non-medical counseling if you or your children need to talk during any part of the deployment cycle.
Counseling Services with Fleet & Family Support Center

Navy families face a number of challenges that are unique to the military. Frequent moves, deployments, being away from family and friends can lead to stress, worry and family problems. The Fleet & Family Support Center (FFSC) provides short term solution-focused counseling for families, individuals, couples and children.

Short term counseling can assist with seeking solutions to difficult situations and having a neutral and objective professional provide feedback and finding solutions to personal issues. Our counselors can assist with: adjusting to military life, blended family issues, grief and loss, parenting skills, relationship challenges, changes in a child’s school performance, mood changes, low self-esteem, and children’s difficulties with deployment and moving.

Our counselors will help you find a solution that best meets your needs. Call us at 866-923-6478 to schedule an appointment with a counselor today.

AB 2949 (GLORIA-D) - PUPIL RESIDENCY:

Pupils of military families require local educational agencies, as defined, to allow a pupil who is a child of a military family to continue attending his or her school of origin, as defined, or a school within the school district of origin, as provided, regardless of any change of residence of the military family or the end of military service of the pupil’s parent, as specified.

By requiring local educational agencies to allow pupils of military families who no longer satisfy the residency requirement to attend their schools of origin, the bill imposes a state-mandated local program.

Effective: 1/1/19 an act to add Section 48204.6 to the Education Code, relating to pupil residency.

AB 2826 (FRIEDMAN-D) - PUPIL ENROLLMENT:

Inter-district attendance requires each school district of residence and school district of proposed enrollment to post on its Internet website the procedures and timelines regarding a request for an inter-district transfer permit, including, among other things, the date upon which the school district will begin accepting and processing inter-district transfer requests for the subsequent school year and the reasons for which the school district may approve or deny a request.

CSBA Position: No Official Position Sample Policies Impacted:

5117 Inter-district Attendance Policy Pillar: Fair Funding Chapter #: 550 Effective: 1/1/19 An act to amend Sections 46600, 46601, 46602, and 46603 of, and to add Sections 46600.1 and 46600.2 to, the Education Code, relating to pupil enrollment.

A compendium of new laws that impact K-12 education in California can be found through the California School Boards Association:

https://www.csba.org/-/media/A9E5F3F706BB945CC94E47A9840BFF126.ashx
KNOW WHAT KIND OF COLLEGE EXPERIENCE YOU WANT

Today you can gain your degree by going to school on campus or online, or a combination of both. If you choose a “brick and mortar” school you’ll make new friends, enjoy a classroom setting where a teacher is right there to help and guide you, participate in group work, and benefit from all the additional perks that on-campus learning gives. If you choose an online school, you’ll be able to continue to have flexibility with your learning and have the freedom to complete assignments more or less on your own.

THE BENEFITS OF EARLY PREPARATION

• Colleges will expect to see that you’ve met certain criteria, so be sure that you know ahead of time what you need to complete in your high school years. Keep careful records and be ready to share what you’ve learned in a transcript so that colleges can better understand what you’ve been working on.
• By completing advanced placement classes or college courses early, you are building a strong transcript that will help you stand out when applying to college or university.
• Online college courses are a low-risk way to be introduced to the pace and academic expectations you’ll find at college.
• Extracurricular activities, community groups, and taking extra initiative to do things will help you shine.

DON’T WAIT TO START GETTING COLLEGE CREDIT

You don’t have to be in college to get college credit these days. High schoolers can earn college credit while in high school, taking advantage of dual enrollment, CLEP tests, distance learning, and AP courses. Make sure to research which ones will be accepted at what schools.

OTHER GREAT RESOURCES FOR HOMESCHOOL STUDENTS

• Consulting services are available to help parents and students navigate the college admissions. These services can be costly, but they can also ease some of the stress involved.
• The National Center for Fair Testing is a viable research tool when trying to find colleges that accept student applications for enrollment without ACT and SAT scores.
• The Homeschool Legal Defense Association offers help with designing a four year high school program, preparing your transcript, and preparing for college.

NAVIGATING FROM UNSCHOOLING TO COLLEGE

If unschoolers have taken college courses, the credits they earned can be used toward a “transfer” admissions record. In most cases courses taken as a “special student” will not count towards graduation if the student matriculates at the same college. (“Special students” are non-matriculated students who register for classes based on personal interests or skills.) Credits and grades earned as a special student become part of a permanent college record. It is important to note that you must not submit any college course work to an admissions officer with the stipulation that the courses were taken to complete high school work. If you do, those credits will not be considered college credits but, rather, high school graduation requirements. Be sure to work closely with counselors and admissions officers.

GOING TO COLLEGE

Getting around once you’re enrolled and on campus doesn’t have to be hard either. You’ll have an advisor, teachers, and professors who can help guide you – don’t be afraid to ask them for help. You’ll also find that many college admissions offices and student services offices have programs to assist students entering college from a homeschool background. Be sure to check with them.

Military Homeschool Fitness Group

Naval Base San Diego’s Homeschool Fitness Group had a wonderful 2018 run! The fitness group has grown tremendously since its inception two years ago and was established through the School Liaison program in partnership with MWR.

The group is comprised of military kids ages 4-18 who spend an hour together with an MWR instructor who facilitates fitness activities and group games.

If interested in joining or would like more information, please call 858-349-7678.
For many military spouses, pursuing an education is an uphill battle. In a recent study by the Department of Defense, 43% of military spouses expressed an interest in attending school; however, many stated that the steep cost education and financial difficulties were some of the main issues holding them back. As reported by the Journal of Financial Counseling and Planning, more than one-third of military families say they struggle to pay the bills every month due to many aspects of military life that affect financial management, including frequent relocation, a high unemployment rate among military spouses, and a difficult transition into civilian life.

Unique Challenges

Spouses of service members face additional challenges in the workforce, mainly because military families relocate around 10 times more than the average civilian family. Not only does the deployment itself create a significant strain on finances, but frequent relocation makes it difficult for these individuals to continuously attend school and hold down a high-salary job. While some military spouses manage to find work in fields such as teaching, nursing, and other healthcare occupations that require state certification, they may find that this certification is not valid in certain states when it is time to relocate.

Military children likewise experience adversity due to the nature of their family situation. The deployment of a parent can result in extreme emotional distress, and children of active duty service members are more prone to develop behavioral health conditions when compared to children in the general population. Due to the high relocation rate among military families, many children end up suffering academically. The Department of Defense reports that on average, military children attend between seven to nine different schools before graduating. A 2011 study from the RAND Center for Military Health and Policy Research found that children with parents who had been deployed 19 months or more since 2001 had lower achievement scores across all school subjects.

Given all of these challenges, access to financial resources is necessary for many spouses and other dependents who have sacrificed their education or cannot afford to pursue higher education — a crucial path for those who plan on securing well-paying jobs and upward mobility.

Federal Financial Aid Assistance Programs

Several federally funded programs are available to help military spouses and children pay for a college education. The programs are designed to assist dependents in meeting the cost of tuition, books, fees and/or living expenses.

Military Spouse Careers Advancement Accounts

The MyCAA Scholarship program is a workforce development program providing up to $4,000 of tuition assistance to eligible military spouses pursuing degree programs, licenses, certification, or credentials leading to employment in high-demand, high-growth occupations. The program is open to spouses of service members on active duty in pay grades E-1 to E-5, W-1 to W-2 and O-1 to O-2. Recipients must be able to complete their coursework while their military sponsor is on Title 10 military orders.

Post-9/11 GI Bill

This is a VA-administered program established to provide service members and their dependents with up to 36 months of education training. Eligible servicemen must currently be on active duty, have at least 90 days of aggregate active duty service after Sept. 10, 2001, or have been honorably discharged or discharged because of a service-related disability. All unused benefits can be transferred to family members for programs including undergraduate and graduate programs, vocational training, licensing and certification reimbursement, and on-the-job training.

Survivors’ and Dependents’ Educational Assistance Program

Survivors and dependents of veterans who are permanently and totally disabled due to a service-related condition, or those who died while on active duty, are eligible for up to 45 months of education and training benefits. The assistance can be used for undergraduate and graduate degree programs, certificate programs, apprenticeship, and on-the-job training. Children of veterans wishing to use this benefit must be between the ages of 18 and 26.

In-State Tuition

Active service members and their dependents making use of the GI Bill can attend any out-of-state public college or university while paying the in-state tuition rate. The current maximum tuition benefit is just over $20,000. Military families will have to come up with any additional funding for private or public universities costing more than that.

Tips and Tricks

Gathering the correct information, applying the right strategy, and making your application stand out are all to improving your chances of getting a scholarship. Here are five tips to consider as you begin the application process.

Find the Right Scholarship for You

Make sure to read the fine print to ascertain that you are eligible for the scholarship to which you are applying.

Compile Your Accomplishments

Identify and note your strengths and accomplishments in a list. Be sure to give the list and your resume to any referees, who may work your tidbits into their submissions.

A Great Essay Defines You

Many scholarship applications require applicants to submit an essay, which gives the reviewers insight into who you are and why you are deserving of their beneficence. Get in the habit of writing as many as you can to fine-tune your skills and make a lasting impression.

Complete the Application in Full

Make sure to submit all of the documents required, neatly provide all the information, follow the deadlines and mail application to the right address.

Apply to as Many Scholarships as You Can

Play the numbers game. The more applications that you send out, the higher your chances of getting a scholarship are.

**For more information, and a list of available scholarships, please visit: http://www.bestcolleges.com/financial-aid/scholarships-for-military-dependents/

*For more information, please visit: https://studentaid.ed.gov/sa/
Members from Federal Fire at NAS Fallon participated in the “Community Helpers Day,” hosted by Northside Early Learning Center (NELC) in Fallon, Nevada. Numerous other agencies at the event included EMS, CareFlight, Veterinarians, and Local Law Enforcement agencies, as well as District School Bus Drivers.

NELC puts this event on every year for their Pre-K program for the youth and families who attend. This is a great way to help introduce the youth to the community members. The youth (and parents, too) enjoy being able to climb in and out of the vehicles, turn on sirens and learn more about the amazing ‘helpers’ in the Community. Thank you, NELC, for allowing NAS Fallon to be a part of this great event.

On November 7, 2018, Naval Base San Diego hosted students from Chet F. Harritt STEAM School, Santee School District and Maryland Avenue School, La Mesa-Spring Valley School District for a first-time event.

Students and staff were treated to a rare opportunity. They met with NASA Astronaut, Donald Pettit, and got an up-close look of a model of NASA’s Orion capsule.

For close to 45-minutes, students asked Astronaut Pettit questions about his experiences and training and gained valuable insight into what life as an astronaut in space is like. In addition, several active duty personnel brought their dependents to the event. In all, over 200 children participated.

After students met with Astronaut Pettit, they were then escorted by Navy Sailors stationed on board USS JOHN P. MURTHA for a guided tour of the ship. While on board, students heard about how the ship supported NASA and the Orion Project.
The NAWS China Lake Branch Health Clinic Officer in Charge and team hosted an extensive tour of their facilities for local homeschool, Inspire Charter School, secondary students. Students met a variety of people and became familiar with the flow of patient care in the following departments: Family Medicine (physician, nurse, corpsman), Radiology, Laboratory, Pharmacy, Dental, Industrial Hygiene, and Occupational Health.

Each stop had someone ready to share what they do on a day-to-day basis, what education/degree they achieved, and field questions.

NAVAL BASE CORONADO

CAPT. Depree, XO of Naval Base Coronado, presented Anthony Aiello, a freshman at Coronado High School, a check for $1,000 for winning NEXCOM’s A-OK Student Reward Program and maintaining a B average or better during the 3rd quarter of 2018.

Your NEX is committed to helping your family and community. Our A-OK Student Reward Program is our way of supporting students in the military community by rewarding hard work and good grades. Since its inception, the A-OK Student Reward Program has awarded over $600,000 in Series EE U.S. savings bonds and monetary awards with the help of our generous vendor partners.

All qualified students may participate in a quarterly drawing for monetary awards of $2,500, $1,500, $1,000 or $500 for a total of $5,500 per quarter. Qualified students include family members of active duty members, reservist and military retirees in grades 1-12 who sustain a “B” grade average or equivalent.

Just bring your report card from the last grading period to your NEX customer service desk and fill out an entry form. All eligible students receive an A-OK discount ID card for selected goodies including some FREE items along with an entry form for the savings bond drawing. Your A-OK Student Reward Program discount ID card qualifies you for discounts for over 19 items and services at your NEX including:

- 15% off any backpack
- FREE bag of Frito Lay potato chips
- $1.00 off 1 lb. bag of M&Ms
- FREE candy bar
- 10% off any bicycle
- 50% off any Case Logic storage product
- $2.00 off any in-stock video game
- 10% off any sporting goods item
- $3.00 off any athletic shoe over $20
- $2.00 off any Nike tee
- $2.00 off any Casio or Times watch
- $2.00 off any blow dryer, electric razor, curling iron, or styling iron
- $2.00 off any toy item over $20
- 10% off any skateboard
- $3.00 off any Levis jeans
- FREE 18” Mylar novelty balloon
- FREE 20 oz. Coke or Pepsi
- FREE souvenir laser keychain
- 25% off any haircare product in the NEX Haircare Center

More information can be found at:
https://www.mynavyexchange.com/nex/enterprise-info/a-ok-students
ART SHOWCASE
Thursday, January 3, 5-6 pm, FREE
Naval Base Point Loma School Age Care (SAC) and Teen Programs are hosting an art showcase in collaboration with the Boys & Girls Club of America. Registered teens, ages 13-18, and SAC youth, ages 5-12, are encouraged to join! Volunteer parent judges are needed at each center. Winners advance to the final showcase.

TORREY PINES HIKE
Friday, January 4, 1:30-6 pm, FREE
Join us for a fun, moderate level hike along the coast. All skill levels are welcome. Registered teens, 13-18 yrs., are encouraged to sign up by 12/28.

FINAL ART SHOWCASE
Friday, January 11, 4:45-6:30 pm, FREE
View all the amazing art pieces from each Point Loma Youth Centers as they compete for a spot in Nationals. Transportation departs from your local Youth Center at 4 pm. Registered teens, 13-18 yrs., are encouraged to reserve a seat today!

“WE OWN FRIDAY” TEEN TALENT SHOW
Friday, January 25, 5-9 pm, FREE
Calling all teens! Unveil your hidden talents at Admiral Hartman Youth Center. Registered teens, 13-18 yrs., are encouraged to join by 1/18. Transportation departs from your local Youth Center at 4 pm.

ULTIMATE FRISBEE
Friday, February 1, 3:30-5 pm, FREE
Compete in a friendly game of Ultimate Frisbee in Balboa Park. Registered teens, 13-18 yrs., are encouraged to join by 1/25. Transportation departs from your local Youth Center at 3 pm.

MAMA’S KITCHEN
February 15, 5-6:30 pm FREE
Lend a helping hand at Mama’s Kitchen, a community-driven organization that believes everyone is entitled to the basic necessity of life - nutritious food. Registered teens, 13-18 yrs., are encouraged to join by 2/1.

“WE OWN FRIDAY” TEEN MOVIE NIGHT
Friday, February 22, 6-9 pm, FREE
Watch a movie under the night sky! Registered teens, 13-18 yrs., are encouraged to join by 2/15. Don’t forget your lawn blanket and snacks!

NAVAL BASE SAN DIEGO
Bayview Hills Youth Center, 619-267-2018
Murphy Canyon Youth Center, 858-268-2282

½-DAY FISHING TRIP
Friday, February 15, 12-7:30 pm, FREE
Bayview Hills Youth Center invites all registered teens, 12-18 yrs., to learn about the sport of fishing on San Diego Bay! Not registered? Pick up a teen packet today!

GLITZ & GLAM PARTY
Friday, January 4, 5-7:30 pm, FREE
Celebrate the New Year with Bayview Hills Youth Center! Painting, snow cone and cookie making, personalized circuit designs and much more! Registered teens, 12-18 yrs., are invited. Not registered? Pick up a teen packet today!

RED & WHITE CELEBRATION TEEN DATING FORUM
Thursday & Friday, February 14 & 15, 4:30-6:30 pm, FREE
Bayview Hills Youth Center teens, 12-18 yrs., are invited to participate in an interactive dating forum.

RED & WHITE BAKE-OFF
Friday, February 15, 5-7:30 pm, FREE
Bayview Hills teens, 12-18 yrs., get ready to create your own unique baked goods to showcase in our bake-off! Register today!

VALENTINE’S DANCE
Friday, February 15, 6-9 pm, FREE
Bring your greatest moves and dancing shoes! Murphy Canyon Youth Center is hosting a Valentine’s Dance like no other! Registered teens, 12-18 yrs., are encouraged to join! Not registered? Call us for a registration packet.

SAN DIEGO PAINTBALL PARK
Friday, February 22, 4-6:30 pm, FREE
Call all Bayview Hills youth, 12-18 yrs! It’s paintball time! Learn tips and strategies from the experts but don’t worry, we’re playing low impact and the referees are on-site for safety. Must be a registered teen member. Not registered? Pick up a teen packet today!

HELPING HAND
January 1-February 28
Help out the homeless community by donating hygiene products. Donations accepted Mon-Fri 5 am-6:30 pm. Silver Strand Youth Center teens, 12-18 years, will create care bags. Call for more details!

NAVAL BASE CORONADO
Silver Strand Youth Center, 619-435-5056

“WE OWN FRIDAY” TEEN NIGHTS
Friday, January 4 & 18 and January 1 & 15, 7-9 pm, FREE
Hang out on the 1st and 3rd Friday of each month! Participate in video game tournaments, gain community service hours, create arts and crafts, go on field trips, eat good food, and have fun! Registered teens, 13-18 years, are encouraged to join!

“WE OWN SATURDAY” TEEN DAYS
Saturday, January 26 and February 9, 12-4 pm, FREE
Too busy during the week? Join us for similar Friday night fun but on a Saturday! Registered teens, 12-18 years (6-12th grade), are encouraged to join! Not registered? Stop by to pick up a packet today!

MOVIE MADNESS
Friday, January 18, 7-9 pm, FREE
Fun games, popcorn and a teen movie... just for YOU! Registered teens, 13-18 years, are encouraged to join! Not registered? Stop by to pick up a packet today!

WINTER WONDERLAND
Friday, January 4, 3:30-5:30 pm, FREE
Create your own winter wonderland with winter-themed STEM projects such as snow making, frosted slime and a snow fort! All registered School-Age Care (SAC) youth, 5-12 yrs., are encouraged to attend! Bayview Hills Youth Center, 619-267-2018

CUPID RUN
Friday, February 15, 3:30-4:30 pm, FREE
It’s time for a sweet fun run! After the run, you may enjoy a yummy treat at our cupcake decorating station, while supplies last. Run is open to all registered School-Age Care (SAC) youth, 5-12 yrs., are encouraged to attend! Bayview Hills Youth Center, 619-267-2018

FUND FOR MILITARY TEENS TO DEVELOP, GROW & CREATE!
Navy Teen Centers are the “place to be” for all military middle and high school-age youth. Each Center has created an environment where your teen can feel comfortable trying on different roles and learning new skills to develop, grow and create the best versions of themselves.

Check us out today! www.navylifesw.com
(under the Fleet & Family tab)
WANTED: Military Youth of the Year

Each Navy youth center nominates a Military Youth of the Year (MYOY) selected from a pool of members who have participated in Boys & Girls Clubs of America or Navy Youth Centers recognition program for at least two years. The MYOY serves as a role model for other young people in the youth center and as a MYOY representative within the community. If you are 14-18 years of age (currently in high school) and interested in representing your local youth center please contact your local Teen Coordinator for application information.

Admiral Hartman Youth Center, 858-270-2060
Bayview Youth Center, 619-267-2018
Chesterton Youth Center, 858-268-2252
Gateway Youth Center, 619-225-5628
Murphy Canyon Youth Center, 858-268-2828
Silver Strand Youth Center, 619-435-5056
Village at Serra Mesa, 858-571-3853

Give Parents a Break

Military families are subject to unique stresses such as deployments, remote tours of duty, and extended working hours. This Navy Child & Youth Program (CYP) is designed to give family members a short break from parenting in order to help them deal with these types of stressful situations by providing childcare for children 6 weeks to 12 years of age. Centers are utilized for care at no cost for eligible families and at the hourly care rate ($4 per hour) for all other eligible CYP patrons, on a space-available basis.

Visit http://sandiego.navylifesw.com/fleet-family//fleetcyp/child-youth-programs/parent-information for more information and the most recent GPAB schedule.
FLEET & FAMILY SUPPORT CENTERS

EFFECTIVE PARENTING WORKSHOP
This multi-session workshop discusses topics affecting today’s family, including: consistent and effective discipline, understanding developmental stages, communication with children or young adults, building child self-esteem, and dealing with bullies.

4-DAY COURSE: MARCH 4, 11, 18 & 25, 9 AM-4 PM, FFSC NBPL, MAIN BASE, BLDG. 211

NAVIGATING CHILD CARE OPTIONS IN SAN DIEGO
Finding reliable and affordable childcare can be an adventurous task for parents. This workshop explores the many childcare options available to military families in San Diego.

JANUARY 25, 10-11 AM, FFSC VILLAGE AT SERRA MESA
FEBRUARY 25, 10-11 AM, FFSC GATEWAY VILLAGE BRANCH
MARCH 29, 10-11 AM, FFSC BAYVIEW HILLS

PATH TO SUCCESSFUL CO-PARENTING
Co-parenting with a former partner can be tough. This six-week workshop is designed to help you find the best and most effective ways to manage the natural challenges around co-parenting. This workshop will teach you strategies and help develop skills to reduce conflict and find ways to communicate with your former partner that will reduce the likelihood of conflict and help manage any existing conflict.

6-WEEK COURSE: JANUARY 16, 23, 30 • FEBRUARY 6, 13 & 20, 3-4:30 PM, FFSC NBSD, BLDG. 271
6-WEEK COURSE: FEBRUARY 27 • MARCH 6, 13, 20, 27 APRIL 3, 3-4:30 PM, FFSC NBSD, BLDG. 271

New Parent Support HOME VISITATION Program (NPSHV)
NPSHVs offer free and confidential individualized home visitations, consultation, and Nurturing Parent education for expectant and new parents. You are eligible for this program if single or married active duty, or an eligible family member.

This program is for you if you can access services at a military medical treatment facility, you are expecting your first child, or your family includes a child under the age of four. NPSHVs also provide special support to active duty and expectant mothers to help prepare them for maternity leave and parenthood while active duty.

FEBRUARY IS Teen Dating Violence Awareness Month
February may be the month of hearts and flowers, but it is also Teen Dating Violence Awareness month. According to LoveIsRespect.org nearly 1.5 million high school students nationwide experience physical abuse from a dating partner in a single year. One in three adolescents in the U.S. is a victim of physical, sexual, emotional or verbal abuse from a dating partner, a figure that far exceeds rates of other types of youth violence. One in 10 high school students has been purposefully hit, slapped or physically hurt by a boyfriend or girlfriend.

Parents can help try to prevent their child from becoming a victim by talking with their child about relationships while your child is a pre-teen. Talk about what makes up a healthy relationship and at what age you agree that they can start dating. Most preteens begin dating by going out with both sexes in group situations before moving to one on one dating. Talk with your teen about what to do if they do not feel safe on a date or in the relationship. Point out what some of the warning signs of a dating relationship that may become violent.

Some of the warning signs include:
• Your child stops connecting to their friends.
• Your child’s partner tracks their whereabouts.
• Your child’s partner is extremely jealous.
• Your child seems worried or has become distant.
• You notice unexplained marks or bruises.

This is the time to talk with your child, listen, offer support and help them come up with a plan.

Resources: Teen peer advocates are available 24/7 through loveisrespect.org at: 1-866-331-9474 or text: “loveis” to 25222
National Domestic Violence Helpline: 1-800-799-SAFE
**Individualized Education Program Overview**

An Individualized Education Program (IEP) is both a process and a written statement of the educational program designed to meet a child’s individual needs. Every child who receives special education services must have an IEP.

**WHEN IS AN IEP DEVELOPED?**

An IEP is developed at an IEP meeting after it is determined, through a full and individual evaluation, that a child has one of the learning disabilities listed in the Individuals with Disabilities Education Act (IDEA), and needs special education and related services.

During the meeting, key school staff and parents review all assessments and design an educational program to address the child’s educational needs that result from his or her disability. This will involve setting reasonable learning goals for a child and stating the services the school district will provide to help the child reach their goals.

A child’s IEP must be reviewed at least annually thereafter to determine whether the annual goals are being achieved and must be revised as appropriate.

**WHAT IS INCLUDED IN AN IEP?**

Each child’s IEP must contain specific information as listed within IDEA law. This includes, but is not limited to:

- Describing how the child is progressing with their education and how the child’s disability affects his or her involvement and progress in the general curriculum, referred to as present levels of academic achievement and functional performance
- Annual goals for the child
- Any special education and related services to be provided to the child
- How much of the school day the child will participate separately from non-disabled children in the general education curriculum, extracurricular activities, and nonacademic activities
- How (and if) the child is to participate in state and district-wide assessments, including what modifications to tests the child needs
- When services and modifications will begin, how often they will be provided, where they will be provided, and how long they will last
- How school personnel will measure the child’s progress towards the annual goals

**HOW TO PLAN AND PARTICIPATE IN AN IEP MEETING**

- Make notes to stay focused and keep on track
- Ask for clarification on anything you do not understand
- Make sure you agree with the present levels of academic achievement, and functional performance, before finalizing annual goals

Developing an IEP is a learning process. Try to relax, with time it gets easier. When parents and schools work well together, the process works well, and the best outcomes for your child can be realized.
EFMP Family Connection

TUESDAY, FEBRUARY 26, 6-8 pm
MURPHY CANYON CHAPEL,
3200 SANTO RD, SAN DIEGO, CA 92124
EMAIL: FFSCSDEFMP@NAVY.MIL TO REGISTER.

This monthly event offers EFM families a fun and unique opportunity to meet others, share information, discuss helpful resources, and provide support to one another. Each connection has a new theme, so it’s always a fresh and informative evening.

Free childcare is available by RSVP.

NAVAL MEDICAL CENTER
SAN DIEGO

THE PRIDE OF NAVY MEDICINE

The Navy’s Exceptional Family Member Program (EFMP) is designed to assist sailors with the special needs of their Exceptional Family Member (EFM), at new duty location. Assistance is emphasized in the assignment process, but also includes family support from Fleet and Family Service Centers.

- Processing New Enrollees
- Verifying a Current Status
- Updating EFM Status
- Providing Information regarding the EFMP as Subject Matter Experts

For assistance of current and prospective EFM's, visit your local EFMP Coordinator.

REGIONAL EFMP COORDINATOR
Ms. Hartman, Jenny
jenny.i.hartman.civ@mail.mil

NMCSD EFMP COORDINATOR
HM3 Venegas, Carina
carina.venegaszarate.mil@mail.
Duty phone: 619-227-9913

EFMP OFFICE
Monday-Friday: 8 am-3:30 pm • Closed Major Holidays • 619-532-858
34800 Bob Wilson Drive San Diego, California 92134
Bldg. 2, 1st Deck inside the Fleet Medical Liaison Office