



ACADEMIC ANCHOR

JANUARY, FEBRUARY,
MARCH 2019

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



Coronado Military Spouses

8:30-9:30 am

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: nbcslslo@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

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

.....➔ What is the MIC 3?



MILITARY INTERSTATE
CHILDREN'S COMPACT
COMMISSION



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 uniform 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

CONTACT US AT
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Lexington, KY 40511
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..... SOME OF THE ISSUES COVERED

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

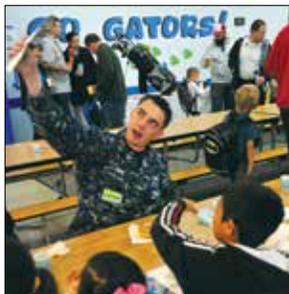
GRADUATION

- 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.

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.

MILITARY ONE SOURCE

- **Remain patient with your kids.** If they weren't nervous before, they may be now that you've moved and they are facing a new school, neighborhood and friends. Listen, support and be there for your kids during the transition.
- **Smooth your children's entry into school.** The military helps you ease what could be one of the biggest stressors for your kids — a new school. All 50 states have agreed to help military families ensure their children can enroll in needed classes, play sports and graduate on time. It's called Interstate Compact on Educational Opportunity for Military Children, and here's how it can help you and your kids:
 - **Enrolling is easier.** Unofficial records from your old school allows your students to enroll without delay, before the official transcript arrives. You also get 30 days to get any needed immunizations.
 - **Getting key classes.** Rest assured that your children will get placed in appropriate required classes, advanced placement and special needs programs while awaiting evaluation at their new school. The new school can assess your child, but can't put your child in a "holding class" during the assessment time.
 - **Playing sports and other extracurricular activities right away.** If your child is eligible, the new school will facilitate participation in extracurricular activities even if application deadlines or tryouts have passed.
 - **Graduating.** The Interstate Compact on Educational Opportunity for military children helps to ensure there will be no delays as a result of the move in terms of your high schooler's graduation.

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.





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.



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



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 NRSW 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.



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.

MILITARY ONE SOURCE

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.
- Let your kids ask questions, and answer questions as simply and honestly as you can.
- Reassure your children that things will stay as routine as possible at home.
- Stay positive and upbeat, and assure them that you love them very much.
- Spend one-on-one time with each child before you deploy.

- 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.
- Discuss potential changes to household routines, the importance of listening to the parent at home and that household rules remain the same.
- Introduce them to Military Kids Connect—an online community for military children (ages 6 to 17) that provides access to age-appropriate resources to support them in dealing with deployment and other aspects of military life or order the video "Military Youth Coping with Separation: When Family Members Deploy." For younger children, order Sesame Workshop's "Talk, Listen, Connect: Deployments, Homecomings, Changes" to get support for your preschooler from Elmo and friends.
- Ask school-age kids to help you pack, and make sure they get a chance to say goodbye, but keep the goodbyes brief.

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.

During deployment

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.

- If you're deployed, stay in regular contact as much as possible. Let your family know that even though there will be times you can't be in contact; you think of them daily. Send letters or emails, and if you have more than one child, send each personalized notes when you can. Stay connected, as it will make your transition back easier.
- If you are at home, stick to your usual schedule as much as possible, and create new routines for

sending care packages or writing letters. Set aside a time to help children discuss what they hear on the news or from other kids.

- 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.

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.

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.



What's new in California for 2019?

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/A9E5F3F708B945CC94E47A9840BFF126.ashx>



NAVIGATING FROM HOMESCHOOL TO COLLEGE

Navigating college after growing up in a homeschool environment can feel unsettling. Many students have pressing questions and concerns. The social, structural, educational and qualification changes can even feel overwhelming at times for some.

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.

Remember to keep a record of each of these activities so you don’t forget to mention them when applying.

- If placement tests are required, and can be taken before admission, consider taking them before formal applications are complete. These results may also help in the application process.

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

Scholarships for Military Spouses & Children



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/>



NAS FALLON
Partners in Education
assist Northside Early
Learning Center with
Community Helpers Day.

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.



NAVAL AIR STATION LEMOORE

Interns from Fresno State University’s Masters in Social Work (MSW) Program joined local school counselors for a visit to NAS Lemoore in November.

After a brief on the military lifestyle from the School Liaison Officer, the Fleet & Family Support Center staff gave an overview of the services and programs offered to military families. The visit concluded with a tour of Child & Youth Programs.



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.





NAVAL AIR WEAPONS STATION CHINA LAKE

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>



A Place 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.navylifefsw.com
(under the Fleet & Family tab)



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!

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 POINT LOMA

Admiral Hartman Youth Center, 858-270-2060
Chesterton Youth Center, 858-268-2252
Gateway Youth Center, 619-225-5628
Village of Serra Mesa Youth Center, 858-571-3853

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

Friday, 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,
858-268-2828

½-DAY FISHING TRIP

Thursday, January 3,
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!

“WE OWN FRIDAY” TEEN NIGHTS

January 4 & 18, 6-9 pm, FREE

Come over to Murphy Canyon Youth Center and meet new teens, play “Minute to Win It” games, and much more! Registered youth, 12-18 yrs., are welcome to attend.

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!



A Department of Defense (DoD) program that makes it easier to find the child and youth care your family needs.

Introducing
MILITARYCHILDCARE.COM

Fun for the whole family!

Join in the special events at your Navy Community Youth Center. Enjoy quality family time and meet your neighbors.

COMMUNITY SERVICE: FOOD DRIVE

JANUARY 2-FEBRUARY 22

January 2-4: 5:30 am-6:30 pm,
January 7-Feb 22:
Monday-Friday 5:30-8:30 am
& 3:30-6:30 pm

Let’s fight hunger with the Homeless & Hungry Veterans Food Assistance Food Drive! A food bin is available at the Bayview Hills Youth Center to collect non-perishable food items to be donated to San Diego homeless veterans. No registration required, no age restrictions!

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 and community members, 5-12 yrs. Register by 2/8.

Bayview Hills Youth Center,
619-267-2018



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.navylifefsw.com/fleet-family//fleet-family/child-youth-programs/parent-information> for more information and the most recent GPAB schedule.

TEEN CLUBS OPEN FOR FUN!

Enhance your free time with

- ▶ FUN FIELD TRIPS
- ▶ COOKING PROJECTS
- ▶ COLLEGE AND POST-SECONDARY READINESS
- ▶ JOB PREPARATION
- ▶ COMMUNITY SERVICE PROJECTS
- ▶ SCHOLARSHIP OPPORTUNITIES
- ▶ AND MORE!

Contact your local Youth Center for registration details today! CYP teen programs are open to all military and DoD civilian teens. Ages vary by center.

SAVE \$ with ChildCare Aware®

We are here to provide:

- Assistance finding and choosing quality childcare
- Subsidies for eligible military dependents, based on total family income, directly to the childcare provider.

ChildCare Aware® of America is proud to partner with the Department of Defense to serve and support their families through the ChildCare Fee Assistance Programs. Call 1-800-424-2246, option 6, Monday-Friday, 5 am-4 pm or visit <http://childcareaware.org/military-child-care-assistance-programs/> to start saving today!

CHILD DEVELOPMENT HOMES

A Great Career Choice

Are you interested in taking care of children in the comfort of your own home?

Start your own business with the support of the Navy and become a Child Development Home (CDH) Care Provider today! Call 619-556-7394.

Child Development Homes are an Affordable Care OPTION

Seeking in-home childcare? Did you know military families may be eligible for subsidized rates. It's cheaper than Center rates!

www.navylifefsw.com
 (Search: Child Development Homes)



A great introduction to sports, where everyone plays and competes for FUN!

Register at your local Youth Center or call 858-268-2244.

START SMART BASKETBALL

Be part of the Fun Bunch Kids Club!
 FREE, Saturdays, 8-9 am at Murphy Canyon Youth Center
 Ages: 3-5 yrs.
 Register: Now thru Jan 11
 Class Dates: Jan 19-Feb 23

FAMILY TENNIS

Saturdays, 10:30 am, \$30 for a 6-week program
 Session available February through November and open to ages 5 and up
 Register today at Murphy Canyon Youth Center, 858-268-2244.

TAKE-IT-TO-THE-HOOP BASKETBALL LEAGUE

\$50 includes game jersey, trophy and team photo.
 Age Divisions: 5-8 yrs., 9-10 yrs., 11-13 yrs., 14-18 yrs.
 Register: Now thru Feb 1 (5-8 yrs.)
 Now thru Feb 8 (9-18 yrs.)
 Season: Mar 2-April 20
 Games played at Murphy Canyon and Bayview Hills Youth Centers & Marine Corps Recruit Depot



POSITIVE-MINDED VOLUNTEER COACHES NEEDED!

All coaches will complete a background check and become certified in NAYS, First Aid and CPR.
 Interested? Call 858-268-2244 today!



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.

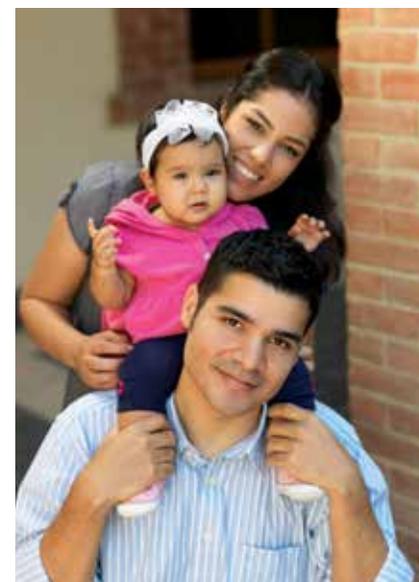
6-WEEK COURSE: JANUARY 16, 23, 30 • FEBRUARY 6, 13 & 20, 3-4:30 PM, FFSC NBSD, BLDG. 271

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.



i For more information, contact FFSC at 619-556-8809.

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 LovelsRespect.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:

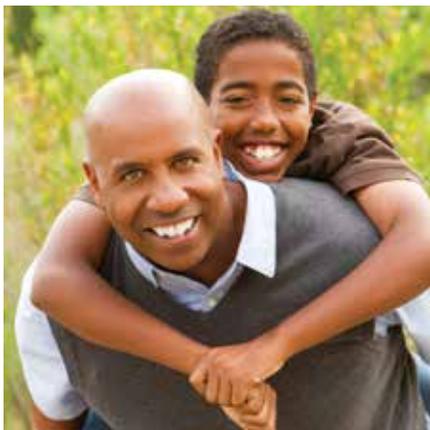
- Your child stops connecting to their friends.
- Your child's partner tracks their whereabouts.
- Your child's partner is extremely jealous.
- Your child seems worried or has become distant.
- You notice unexplained marks or bruises.

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 lovelisrespect.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.



ACADEMIC ANCHOR

NAVY REGION SOUTHWEST SCHOOL LIAISON NEWSLETTER

JANUARY-FEBRUARY-MARCH 2019

NAVY REGION SOUTHWEST

Regional School Liaison Officer
619-532-1034
NRSWSLO@navy.mil

NAVAL BASE CORONADO CORONADO/SOUTH BAY/ IMPERIAL BEACH

619-991-2509
NBCSLO@navy.mil

NAVAL BASE POINT LOMA

Point Loma/Mission Bay/West of 5
619-553-8290
NBPLSLO@navy.mil

NAVAL BASE SAN DIEGO

Murphy Canyon/Downtown
858-349-7678
NBSDSL0@navy.mil

NAVAL BASE SAN DIEGO/ EAST COUNTY/SANTEE/ LEMON GROVE/EL CENTRO

619-247-9082
NBSDSL0@navy.mil

NAVAL AIR STATION FALLON

775-240-4160
FALNSLO@navy.mil

NAVAL AIR STATION LEMOORE

559-998-2242
LEMR_SLO@navy.mil

NAVAL AIR WEAPONS STATION CHINA LAKE

760-939-7135
CHLKSLO@navy.mil

NAVAL BASE VENTURA COUNTY

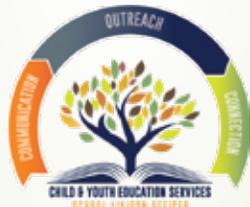
805-982-3832
NBVCSLO@navy.mil

NAVAL SUPPORT ACTIVITY MONTEREY

831-656-1008
NSAMSLO@nps.edu

NAVAL WEAPONS STATION SEAL BEACH

619-532-1034
NRSWSLO@navy.mil



9/18/ks

EFMP CONNECTIONS



EFMP Family Connection

TUESDAY, FEBRUARY 26, 6-8 pm

MURPHY CANYON CHAPEL,
3200 SANTO RD, SAN DIEGO, CA 92124

EMAIL: FFCSDEFMP@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



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

