

Military Child Education Newsletter

Happy New Year!

Airman and Family Readiness Center, 9FSS/FSFR
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(530) 634-2863 * DSN 368-2863 * Fax: (530) 634-2087
www.bealefss.com/afrc

Jan/Feb/Mar 2015,



Issue
17



Attention Military Parents With Children Enrolled In School

Impact Aid: Each year, school districts send home various documents for parents to fill out and return to the school. One such form is the annual census form which is used by the school district to complete their application for **Impact Aid funding**.

The purpose of Impact Aid is to make up for the loss of property, sales and other taxes that would be received by the school district if military members paid property taxes or did not shop in the commissary or exchange. An incorrect assumption is often made that Impact Aid money must be spent on programs for military students. These monies go into the school district's general fund and may be used for any expenses the district may have, including such categories as facilities, transportation or salaries. However, if parents do not return the annual forms to the school, then the districts will lose out on much needed funding.

It is important that military families, as well as civilian families return the appropriate forms to the school by the date specified by their child's school. **As the School Liaison Officer for Beale AFB, it is my job to assist the school districts in getting military families to return these forms promptly. A "Big Thank You" goes out to those parents who have turned these forms into the school on time.**

For more information on Impact Aid, please visit the U.S. Department of Education website at:
<http://www2.ed.gov/about/offices/list/oese/impactaid/index.html>

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Don't Miss This Fabulous, Free Training

School Superintendents, Principals, College Professors, Center Directors, Counselors, Military Parents and those who work with military families, don't miss this incredible opportunity to attend the fabulous training institute, "Living In the New Normal". This is an awesome 2-day training which focuses on specific community resources, deployment information and practical strategies for encouraging resilience in all children. Get a better understanding of the unique challenges military children and families face. We highly encourage all school districts and local helping agencies who work with military-connected children and families to have at least one representative from your district/agency attend.



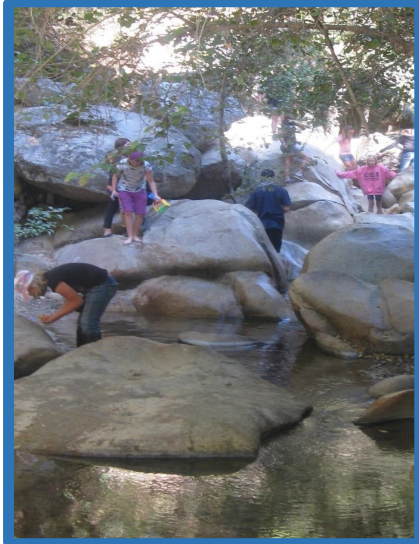
For additional details & registration info, see the flyer on page 3 of this newsletter.
Don't Wait! Spaces are limited, register Today!



School Spotlight:

Penn Valley Schools (PVUESD)

Academic Excellence & Extraordinary Experiential Learning



Watershed ecology lessons at the river.



Penn Valley Schools

A Community that values academic excellence

We offer a safe, nurturing educational environment that welcomes military families, new residents and long term community families.

Schools in Penn Valley Union Elementary School District (PVUESD) provide programs designed to guide every student towards his or her potential for academic success, social and moral development, critical thinking, artistic appreciation, self-worth, and physical fitness.

We value the basics in education where students use technology in labs and classrooms that help prepare them for the 21st century.

4 Great Schools

Our students participate in local and state tournaments. Recognitions include California Distinguished School status for Pleasant Valley and honored with a 6 year WASC (Western Association of Schools and Colleges) accreditation for Vantage Point Charter School, which is the maximum possible. Your children have the opportunity to make friends with others in their own neighborhood, link to other kids and families with similar interests, or pursue individual interests in the Charter Independent Study program.

- Ready Springs TK-8 (and preschool)
- Pleasant Valley School 4-8
- Williams Ranch TK-3 (and preschool)
- Vantage Point Charter Independent Study K-12

Penn Valley Schools are small enough that teachers and staff know each child. We encourage families to partner with us and offer a variety of opportunities to participate within our schools.

“Staff takes the time to know the families, and demonstrates that kids are important. I love the sense of community at the schools.”

-parent of children in PVUESD



Contact Us for more info or to enroll your child:

Ready Springs: (530) 432-1118
 Pleasant Valley: (530) 432-7333
 Williams Ranch: (530) 432-7300
 Vantage Point: (530) 432-5312

www.pennvalleyschools.k12.ca.us

Fostering Excellence

That's our goal!

In addition to core academic values we also promote character development and analytical thinking skills.

To achieve these goals we offer programs that develop critical values; "RSR"- Responsibility, Safety, and Respect. These are traits every child needs for lifetime success.

Penn Valley Schools also understand the value of experiential learning to supplement the critical time in the classroom. We offer field trips that span California from the coast to the mountains expanding kid's horizons in ecology, geology, engineering, history, culture, arts, and more.

Opportunities & Experiences

- Robotic Lego Engineering Club
- Sports teams
- Arts Programs
- Before & After School programs
- Student Councils
- Experiential Field Trips



Students experience Yolo Basin outdoor education program.

- Local business and community support ☆ Experienced staff ☆
- Gardens ☆ Music in the Mountains assemblies ☆ Farm to School
- ☆ Community Stewardship ☆ Sports programs and Health education
- ☆ Meet the Masters Art Education and Instruction ☆ Families feel a sense of community
- ☆ Bus Transportation Services ☆ Science programs ☆ Student Leadership clubs ☆ Character Trait building ☆
- Peer Support Opportunities ☆ Awards and Recognition County and School Wide ☆ Parent Volunteers Welcome ☆ In depth history education
- ☆ Homework assistance ☆ NEO and Club Live programs

Register Now!

Living in the New Normal Institute (LINN-I)

You are invited to attend the upcoming *Living in the New Normal™* Institute (LINN-I). The Military Child Education Coalition (MCEC), a nonprofit organization addressing the educational needs of children in military families, presents the training. The LINN-I is a two-day institute outlining specific community resources, deployment information, and practical strategies for encouraging resilience in all children.

Date and Time:

April 1 & 2, 2015

Registration & Breakfast: 8:00 to 8:30

Institute Training: 8:30 am—4:00 pm

Including a working lunch

Place:

Beale Air Force Base

Recce Point Club

17440 Warren Shingle Road

Beale AFB, CA 95903

Sponsor:

Funded by the US Air Force; **No Cost to Participants**

Learning Outcomes:

- Differentiate affective aspects of children dealing with change
- Recognize how a family member's military experience affects the child
- Formulate methods that build resilience and maximize the natural strengths of children
- Identify national, military and community resources currently in place to support children
- Create unique home front plan to address needs of military children in your community

Credit Options:

Participants may apply for Continuing Education Unit (CEU) credit up to 1.2 CEU (12 clock hours = 1.2 CEU) upon completion of training. Completion requirements are:

- Attendance at 95% of the training
- A score of 80% or higher on an end-of-course assessment
- Completion of an end-of-course evaluation

The fee for the CEU credit is \$25.00, payable upon completion of training. Participants may also receive one non-degreed graduate credit from Texas A&M - Central Texas for a fee of \$50.00.

Contact Information:

For more information about this training, other professional development opportunities, or learner support, please contact Joe Clever at 254-953-1923 x 1110 or joe.clever@militarychild.org.

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Log on to MilitaryChild.org/training to register!

Effective Ways To Pay For A College Education

Though the new and improved Post 9-11 GI Bill and its provision allows service members to transfer unused benefits to their children, many parents are still anxious about how to pay for college for their children and/or for themselves. Here are a few helpful tips that parents can use to better prepare them for paying the big bills that come with going to college, whether those bills are months or years away: (this information is from Families Magazine—www.AmeriForce.net)

Federal and State Aid—The key is to apply every year, even if you think you won't qualify. Just fill out and submit the Free Application for Federal Student Aid (FAFSA) on line at www.fafsa.ed.gov. The FAFSA is also required by all state and many school student assistance programs. Pay attention to deadlines for filing the FAFSA in your state.

Yellow Ribbon Program—This program allows service members and veterans to attend some of the most prominent universities without paying the high price tag. The participating school waives or offsets up to 50% of the costs above the set rate, and the VA will match the amount. See website: www.military.com/veterans-report/yellow-ribbon-program

Loans—If you find that you do not qualify for federal or state financial aid, a loan is always an alternative to paying for college. There are federal education loans and private ones and usually there is a low interest rate; parents or the student can apply.

529 Plans—Also known as the Qualified Tuition Programs (QTP) consists of 2 plan types (prepaid tuition and college savings plans). 529 plans are some of the most popular ways to save for a college education because both plans are free from federal income taxes. For more info, see website: www.401kid.com or www.savingforcollege.com or www.privatecollege529.com

Scholarship Money—There is over \$3 billion in private scholarship aid each year, but thousands of dollars of aid go unused every year because no one applied for it. So Apply, Apply, Apply! See websites such as www.fastweb.com

There are also scholarship & grants specific to military children and their families; for more information, visit the base Airman and Family Readiness Center or the Education Center.



MILITARY
America Saves
START SMALL. THINK BIG.

Powering Down Debt
Powering Up Savings
Learn how to get rid of that debt and power up your savings and investing the smart way!
February 24th
9:30-11 a.m.

Financial Resilience
Turning Bad Habits Around
And Building Financial **Success**
At every turn, you find that you are your own worst enemy when it comes to managing your finances. Knowing why is critical – this class will help you understand why you do what you do and how to turn it around!
February 24th
12:30-4:30 p.m.

What's In Your FICO score
Ever wonder how creditors look at you? This offers insight into your FICO credit score and will help you understand how to increase it!
February 26th
2-3:30 p.m.

Youth Saves Event
Let it Grow!
February 27th
3-4:00 p.m. at the Youth Center

Registration Required
530-634-2863
Beale Airman and Family Readiness Center



Look What's Coming
in February;
It's Military Saves!

\$\$\$ \$ \$



Give Parents A Break Schedule 2015

10 January	9am – 3pm	
7 February	9am – 3pm	*Moved to 1 st Sat due to holiday
14 March	3pm – 9pm	Evening
11 April	9am – 3pm	
9 May	9am – 3pm	
13 June	3pm – 9pm	Evening
11 July	9am – 3pm	
8 August	9am – 3pm	
12 September	3pm – 9pm	Evening
3 October	9am – 3pm	*Moved to 1 st Sat due to holiday
14 November	9am – 3pm	
12 December	1pm – 9pm	Evening (8-hrs)

Please call to receive your slot at least by the Wednesday before the event. To register, please call the CDC at 530-634-4717. Shot records and registration will be required before initial visit.



Beale Family Child Care Program



Need Child Care?

The Beale AFB Family Child Care (FCC) program has child care space available for Hourly Drop-in care, PCS care, Volunteer care, and Returning Home care. For more information about child care availability, please call the FCC Office at (530) 634-5637.

Building and Keeping Family Traditions by Victoria Pressley

For military families, frequent moves around the world is a part of the military lifestyle that can be exciting and stressful all at the same time. To help take some of the hassle out of frequent moving, many military families have instead created fun family traditions. For example, one military spouse who felt like she and her family had to move around a maze of boxes in the house at moving time actually created a "maze" with the boxes for her children. The kids loved it and they have made it a family tradition for every move. It is important for all children, especially military children, to have something they can count on, and a fun family tradition helps provide that.

Unfortunately, when "family traditions" come to mind, many people think only of holidays, but family traditions can and do occur throughout the year. For example, there may be a certain song, or game that you play with your kids on road trips that brings a sense of joy or laughter that you want to make sure it gets repeated, and before you know it, a new tradition is born. Traditions do not have to be elaborate schemes. Remember it's the simple things that make the coolest memories. In her book, *The Book of New Family Traditions*, author Meg Cox, defines family traditions as, "any activity you purposefully repeat together as a family that includes heightened attentiveness and something extra that lifts it above the ordinary ruts."

- This excerpt taken from *Military Families Magazine*, November 2014, page 33-34.

To read the entire article, visit www.AmeriForce.net



Exceptional Family Member Program News!



*Aptitude Habilitation's
Social Skill Group
Karen Cassel
916-337-4052*

UPCOMING EVENT: Exceptional Family Member Spouse Support Group Meeting

Friday, 23 January 2015 at 6pm @ the
Airman & Family Readiness Center
Potluck Dinner and a special Guest Speaker

RSVP to Sue Nichols @ 634-2863 or email at
susan.nichols.2.ctr@us.af.mil

Key Social Skills Taught

Skill development in the areas of:

Imitation: imitating adults and peers, non-verbal and verbal imitation, play scripts

Initiation: joining in, asking for help, getting someone's attention, asking someone to play, interrupting

Emotions: labeling your own feelings, labeling other's feelings, talking about feelings, dealing with feelings

Perspective-Taking: understanding own/other's interests, changing behavior to match peer's interest/disinterest, empathy

Listening: eye contact, remaining quiet, raising hand to participate, attending during group, following directions, waiting, ignoring

Social-Language: nice sayings, greetings, compliments, introductions, acknowledging others, commenting, manding

Play: sharing toys, expanding interests, play scripts, playing cooperatively, sustained play, rule-based games, playground rules, turn-taking

Non-verbal: gestures, pointing, reading body language, eye gaze tracking, referencing

Flexibility: transitions, dealing with disappointments, accepting "no", losing, compromise

Pretending: imagination, dramatic play, make-believe, using toys in pretend ways

Social Skills Activity Information



When: TBA
Time: TBA
Where: TBA

Who: Clients and one sibling above the age of three. Age group: 4 to 10
Certain amount of spots available for non-Aptitude clients. Please contact Karen for further information.

Supervision: Each group will be facilitated by an ABA therapist with on-going supervision by the BCBA Supervisor. Depending on the activity and student skill level, additional ABA therapists are available to support each group.

Contact

Contact Karen Cassel to sign up or to find out more information.

kcassel@aptitudeservices.com

916-337-4052





What's Cooking At Family Soup!



Parents Understand

A bi-monthly support group for parents of children ages 16+ with special needs

"We laugh, cry, share stories and resources."

Tuesday, January 20, 2015

10:30AM - 11:45AM

Family SOUP

1650 Sierra Avenue, Ste 106, Yuba City

This Meeting's Topic:
Yearly Planning

Free to residents of Yuba, Sutter, and Colusa counties. Call 751-1925 to register or for more information.



Yuba College Foster Kinship Care Education

Positive Power for ADHD

Monday, January 26, 2015

6:30pm - 8:30pm

Cooper Avenue Baptist Church

804 Cooper Avenue, Yuba City

If you are a parent or guardian of a child with AD/HD, please join us for a monthly meeting about how to help children be successful at home, in school, and in the community. We will be sharing helpful resources, strategies for success, and support.

This Month's Topic:
Strategies for School

Free to residents of Yuba, Sutter, and Colusa counties. Child care available. Call 741-6750 to register or for more information. Space is limited.



Presents

Special Education and Common Core

- Where will you find Common Core in an IEP?
- What Will Common Core Goals Look Like?
- What Does Common Core Look Like in the Classroom?
- What is Universal Design Learning (UDL)?
- How is High Stakes Testing Changing Under Common Core?

Parents, Caregivers and Professionals Welcome!

Guest Presenters

Liz Davit, Special Education Coordinator
Jessica Guth, Program Specialist
Yuba City Unified School District

Wednesday, February 4, 2015

6:00PM - 7:30PM

Family SOUP

1650 Sierra Avenue, Suite 106, Yuba City

To register or for more information, please call 751-1925. This training is offered free of charge to residents of Yuba, Sutter, and Colusa counties.



Presents

Music Making Magic and Me!

A music therapy based learning series for children ages 0-5 with special needs and their parents.

Program Goals

- Improve focus & quality of attention
 - Expand communication
- Build meaningful responses to sensory experiences
 - Promote useful movement
- Provide barrier-free social time and participation in group activities

Facilitator

Celeste A. Keith, MT-BC
Music Therapist and Director
THE MUSIC WORKS Music Therapy Services

Thursdays, 2/5, 2/12, 2/19, 2/26, & 3/5, 2015

9:00AM - 9:30AM

To register or for more information, please call 751-1925. (Space is limited.)

Open to residents of Sutter, Yuba, & Colusa counties.



Beale AFB Youth Center Info Corner, 530-634-4953



Tween
Night Out
Winter

Pajama Party

January 23

6:30—9:00pm

\$5 non members

\$3 members

Ages 9—12



Youth Sponsorship Program

To help assist your child with transitioning to a new base, the Youth Center offers the Youth Sponsorship Program where a family that is getting ready to PCS to Beale can connect their children with children of similar age here at Beale. Parents can go onto the Beale Force Support Squadron website with their child at:

www.bealeservices.com/youthcenter/ypouthrequest.htm

Fill out the Youth Sponsorship Request Form on-line and submit it. The Youth Center staff will receive the request and assign a child sponsor for your child. The Youth Sponsorship Program can help to ease your child's mind on what to expect when they arrive.

For more information on the Youth Sponsorship Program, contact Clarome Teria, at the Beale Youth Center at (530) 634-4953 or DSN 368-4953. We hope that you have a safe journey to Beale.

February: Teen Dating Violence Awareness and Prevention Month

The Beale AFB Family Advocacy Program urges parents to discuss Teen Dating Violence with their teenagers and ask if any of the following warning signs are occurring in their dating relationships:

- Checking your cell phone or email without permission
- Constantly putting you down
- Extreme jealousy or insecurity
- Explosive temper
- Isolating you from family or friends
- Making false accusations
- Mood swings
- Physically hurting you in any way
- Possessiveness
- Telling you what to do

These behaviors can be early warning signs of a potentially abusive dating relationship.

Dating violence can have a negative effect on health throughout life. Teens who are victims are more likely to be depressed and do poorly in school. They may engage in unhealthy behaviors, like using drugs and alcohol and are more likely to have eating disorders. Some teen even think about or attempt suicide. Teens who are victims in high school are at higher risk for victimization during college and adulthood.

For further information, please call the Family Advocacy Program at 530-634-3423.

Helpful Resources:

* National Teen Dating Abuse Helpline at: 1-866-331-9474

* www.LoveIsRespect.org

* www.CDC.gov/ChooseRespect





Call Wheatland High School for tickets at
(530) 633-3100 ext. 134
Date: January 23, 2015 5PM-7PM
Wheatland High School Cafeteria



Wheatland FFA Surf & Turf All You Can Eat Crab and Tri-Tip



PURCHASE TICKETS NOW:

Tickets are for sale from Ag students, in the Ag office, or main office.



Cost is \$35 for all you can eat crab, tri-tip, salad, rolls, and drinks.

TABLES FOR 8 FOR \$250.



Thank you for supporting the FFA. Funds raised from this program will help pay for members to attend State FFA Convention, Field Days, and FFA Leadership activities throughout the year.

BEST Parenting



Your Child Deserves Your BEST!

Behavioral Education 4 Successful Teen Parenting
Learn more about how little minds develop and grow and how you are your child's first and BEST teacher

Attention: TEEN PARENTS
Earn \$20 in gift cards each week
Six weekly meetings Thursday's from 11-1 pm
Starting: **January 22-February 26, 2015**
Child Care and Lunch Provided
To Register Just Call: 749-4991

Open to Yuba County residents or students enrolled in a Yuba County School. Age 14-22 and the parent of a 0-5 year old child born before you turned 20

Offered by: Yuba County Office of Education
Presented by: Thelma Amaya, MSW
Child Development Behavioral Consultation Program



In Partnership With:



Mental Health First Aid Adult

Mental Health First Aid is an interactive 8-hour course that presents an overview of mental illness and substance use disorders in the United States. Participants will learn about risk factors and warning signs of mental health problems, as well as understand their impact and overview common treatments. Participants who certify as Mental Health First Aiders learn a 5-step action plan encompassing the skills, resources and knowledge to help an individual in crisis connect with appropriate professional, peer, social, and self-help care.

This class is limited to 30 Participants.

This training is recommended for:

- Sheriff Departments, State police and corrections officers
- State and local policymakers
- School personnel and educators
- Employers and business leaders
- Primary Care Professionals
- Mental health authorities
- Nursing home staff
- Emergency Response personnel
- Faith communities
- Volunteers

When: Tuesday, 17 February 2015

Time: 8:00am - 4:00pm

Where: Airman & Family Readiness Center

Who: Beale AFB Community

Please RSVP to: 530-634-2863 (A&FRC)

For more info about the training, please call

John Floe at 530-674-1885, ext. 114 or email at

JFloe@co.sutter.ca.us

Sponsored by:

Sutter-Yuba Mental Health-MHSA
Prevention and Early Intervention

**PRESENTERS: AMY MOLINA-JONES
MATTHEW JOHN FLOE, MAOM**



CAR SEAT CHECK UP EVENT



Date: January 24, 2015

Time: 10:00AM - NOON

Where: Round Table Parking Lot
828 Gray Ave. Yuba City



Ride Safe, Drive Safe Program
A project of YCPD

“This program is funded by a grant from the California Office of Traffic Safety through the National Highway Traffic Safety Administration.”

Check-ups are conducted on a first-come, first-served basis. Staffing limitations may prevent participants from being seen the day of the event. For more info contact Jas @ (530)751-3819.

Weather Permitting-Rain will cancel event