

Military Child Education Program Newsletter

Nov / Dec 2013, Issue 14

Holiday cooking with the kids can give parents an opportunity to spend quality time with their children. Also, parents can teach their children some awesome math, science, language and creativity skills as they mix, measure, pour, blend, cut and chop food items in the kitchen. Remember to talk with children about kitchen safety before getting started; breathe, relax and most of all, **have fun!**



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www.bealefss.com/afrc

Look What's Happening This Holiday Season!

November

1–15 Nov — Basketball and Cheerleading Registrations at the Youth Center. For more information, see page 4 of this newsletter.

6 Nov—Wheatland Union High School Wrestling Fundraiser at Panda Express. 20% of your purchase will be donated to help the Wheatland High School Wrestling program when you make a purchase between noon and 9pm at the Marysville Panda Express on 6 Nov. For more details and get a copy of the flyer, visit the Wheatland Union High School website at www.wheatlandhigh.org

6 Nov —A New State of Mind Documentary: Ending the Stigma of Mental Illness. 5:30pm–8:00pm at YCOE Center for Education, 1104 E Street, Marysville. This event is free and open to the public; seating is limited. Attendees must be 18 years or older. For more information please contact Bobbi Abold at 530-749-4900 or email at bobbi.abold@yubacoe.k12.ca.us

8 Nov — Kids Night Out, 6pm–8pm at the Youth Center. Join us for a Fall Festival party! Open to ages 5–8; cost is \$3 Member, \$5 Non-member, call 530-634-4953 for more details.

13 Nov — Strengthening Executive Functioning Skills in Children. In this workshop parents will learn strategies to help their children strengthen these skills and make homework time more pleasant and productive. 6:30pm–8:00pm at Family Soup, 1650 Sierra Avenue, Suite 106, Yuba City. To register or for more info, please call 751-1925.

14 Nov — Contrails Dining Facility Grand Opening, 10:30am–11:30am. Door prizes and giveaways! Check the bealefss.com website for more info.

15 Nov—Tween Night Out at the Youth Center, 6pm–8:30pm. Come and join us for a Turkey Trot celebration with food, fun, turkey bowling, music and more. Open to ages 9-12. Call 634-4953 for more information.

16 Nov—FREE E-Waste Collection; Fundraiser for Wheatland School District, 9am–1pm, Bear River Middle School Parking Lot. For information, please contact Nick at 633-3130, ext. 1122.

27 Nov—5K Turkey Trot Fun Run at the Harris Fitness Center at 8am; sign up by 7am. Turkeys awarded to top male and female winners.

December

2–6 Dec — 4th Annual Gingerbread House Contest. Display your architectural wonder for all of Beale AFB to see and vote on. There will be categories for youth, adult, groups/families. Drop off your entry between 9am–12pm at the Community Center. For more details, please call Arts & Crafts Center at 634-2294.

3, 5 & 10 Dec — Magic 1,2,3 is a parenting class designed to help parents learn effective behavioral strategies to use with children 2–12 yrs old. Time: 12:00pm–1pm at the Child Development Center. (This is a 3 session class and each family will receive a free resource book). Attendees can be reimbursed for child care costs, if needed. Please call the Family Advocacy Office at 634-3423 to reserve your space for this workshop or to get more info.

4 Dec — Holiday Hearts Apart Dinner, from 4:30pm–6:00pm. FREE dinner and children's activities for family members of Team Beale members who are deployed, on extended TDY or on a remote tour. **This event will be held at the Recce Point Club.** Please RSVP by calling the A&FRC at 634-2863. Also on **4 Dec the Beale Community Holiday Tree Lighting Event** will be held outside of the Recce Point Club at 5:30pm. FREE for the whole family.

7 Dec — Annual Wing Children's Christmas Celebration, from 10am–1:30pm in Dock 6. More details coming soon!

13 Dec — Heart Link, 8:30am–2:00pm at the A&FRC. Heart Link is designed for military spouses to show them that they are appreciated. This program consists of orientation activities, interactive games & exercises that should, by the end of the day, leave spouses feeling that they are an important & respected part of the AF team. Lunch & child care costs are provided. To register, call 530-634-2863.

14 Dec — Give Parents A Break and Parent's Evening Out from 1pm–9pm. Reservations open 2 weeks prior to the event and you must **sign up no later than 11 Dec.** Contact the CDC @ 634-4717 for reservations & information.



Make the right food choices this holiday season. And if you slip up, forgive yourself and try to make a better choice next time.

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Supporting the families of our service members and wounded warriors

Operation Homefront

is pleased to announce nominations are open for the
2014 Military Child of the Year® Award!

THE AWARD

The Military Child of the Year® Award recognizes outstanding military children who demonstrate:

- Resiliency:** Have they overcome hardship or worked through challenging circumstances?
- Leadership:** Do they model leadership in their home, school, and/or community?
- Achievement:** Do they exhibit excellence in their daily life and activities?



Every Nominee will be mailed a beautiful certificate in April, the Month of the Military Child. Please show your appreciation for all they do by nominating a Military Child.

The award is given to an outstanding military child from each branch of service – Army, Navy, Air Force, Marine Corps, and Coast Guard. Recipients, along with parents or guardians, travel to Washington, D.C., as special guests of Operation Homefront for a recognition Gala, April 10, 2014. Recipients receive their award, a \$5,000 cash prize, and a laptop computer at the Gala.

ELIGIBILITY

Nominees:

- Must be the legal dependent child of a service member and provide either a valid military ID or DEERS enrollment form.
- Must be between the ages of 8-18.
- Must be able to travel to Washington D.C. for the Awards Gala on April 10, 2014.
- Must agree to a background check (if selected as a finalist).
- Must provide letters or recommendation (if selected as a finalist).

WHEN TO SUBMIT

Nominations open October 1, 2013 and close December 14, 2013, at 11:00p.m. CST.

WHO MAY SUBMIT

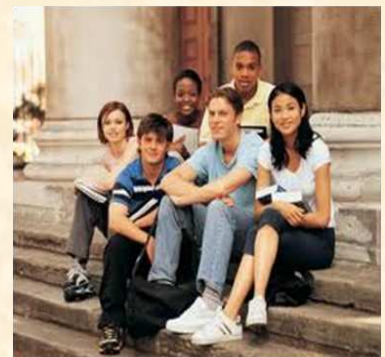
Anyone may nominate a favorite young patriot.

HOW TO SUBMIT

Simply go to www.militarychildoftheyear.org and click the Nominate tab. Nomination fields include: how recent and long a parent has been deployed, number of family moves, Gold Star Family or EFMP status, if a parent is a wounded service member, the nominee's volunteer activities, and 3 short answers on why the nominee is deserving of the award. The website provides a wealth of program details including a list of previous recipients.

QUESTIONS

Please visit our website, www.militarychildoftheyear.org, and click (FAQs) frequently asked questions. Or call June Morse, Program Manager, at 210.659.7756, email: June.Morse@operationhomefront.net.





School Spotlight: **Nevada Union High School (NUHS)** **Extraordinary Academic Programs &** **Amazing Extracurricular Activities**

What does it mean to be a Nevada Union Miner? Well, the lucky thing is, there is no one word to describe it. There is no single person or group of people who would represent the entire student body.

Academic? We have AP, honors, and advanced placement classes galore, and even offer academic clubs like the California Scholarship Federation, which aligns students to receive college scholarships. Many students are interested in community service, and Key Club and Interact Club help students give back to the community. In fact, it is more than common for both teachers and students to offer after-school tutoring to students in need of it.

Athletic? Absolutely! Yes, we have the usual football, basketball, volleyball, etcetera, but NUHS also has competitive snowboarding, skiing, mountain biking, and cross country, all of which can be enjoyed in the gorgeous Sierra Nevada Foothills. Tons of fun and a great way to meet new friends, these less competitive but still challenging sports teams provide a great sense of camaraderie! Also, for competitive student-athletes who are also strong academically, NUHS' Block N club promotes athleticism in high school age teens.

Singers, dancers, or actors? The performing arts program here at NU is phenomenal, with an award-winning drama program, which puts on plays each semester. Also, NU has a Comedy Sportz improv club, which provides extreme fun and hilarity on Friday nights. And, several levels of choir are offered, including the advanced Chamber and Concert choirs, which travel globally every two years, performing beautifully sung pieces in countries all over the world. The dance program here offers levels beginning through advanced, all levels of which perform in showcases once or twice a year. The advanced dancers often put together choreographed dance numbers which they perform during pep rallies.

A little bit of everything? Clubs at Nevada Union range from STEM (Science, Technology, Engineering, and Mathematics), to SAG (Student Art Guild). Friends International welcomes foreign exchange students and offers them an easy way to get involved in the school community, while the PAL program provides high-school age mentors to at-risk students in local elementary and middle schools. Then there is the Social Justice Club, Save the Children, Child Safety Puppeteers, Peer Advocates, Let's Jam Music Club, NU Poet Society, French, German, and Spanish Clubs, and the Gay Straight Alliance, just to name a few more!

Speaking of homecoming, NU hosts two homecomings a year, one during football season and one during basketball. Two homecomings mean two times the spirit and twice the excitement! Miners are some of the most spirited and dedicated fans around and can be found at any given sporting event, whether it be water polo, football, or baseball. Attend a dance performance, the theater will be packed. Comedy Sportz tickets sell out in a flash. No, there is never a dull moment at NUHS, and neither is there one unremarkable student. And that, in a nutshell, is what it means to be a Miner. - **Article written by Maddie Campbell**



Beale AFB Youth Center Info Corner, 634-4953

Basketball and cheerleading
registration begins
November 1—15:

START SMART BASKETBALL & CHEER
open to ages 3-4
Cost: \$25 (parent participation required)

KINDERBALL & CHEER
Open to age 5
Cost: \$35

LEAGUE BALL & CHEER
Open to ages 6-13
Cost: \$45 Member, \$55 Non-Member
(Includes T-shirt/Jersey/Award)

Youth Sports Physicals are required at the time of registration for any sport or class at the Youth Center. Please don't let your child miss out, so make an appointment for your child's physical today!



Volunteer Coaches Needed

Please contact the Youth
Center at 634-4953



Is there a Bart at your house?
Angelica running your show?



Family Advocacy Presents.....

1-2-3 Magic Parenting Class

(Parenting children ages 2-12 years old)

Classes will be December 3, 5 & 10

12:00pm—1:00 pm

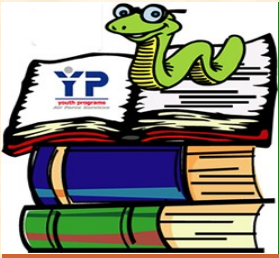
at the Beale AFB Child Development Center

This class is 3 sessions

Call 634-3423 to sign up or for more info.

FREE 1-2-3 Magic book for attendees
(limit 1 book per family)

Ask about child
care
reimbursement.



Reading is one of the best brain exercises ever!
 Start with
One Page at a Time

The One Page at a Time Program is a no-cost reading motivational program for children in kindergarten through 8th grade who are eligible to use Force Support Squadron facilities. Participants select books from required reading lists at school, installation libraries, selected by their family members or a list of 15,000 suggested titles located on the Youth Program website, www.afyouthprograms.com. Children may create their own book lists from thousands of these recommended titles, read the books, have their mentor sign their Registration and Reading Log, and earn points and rewards for their literary successes. Individual youth will receive recognition for their reading accomplishments. The top 50 readers receive an additional incentive at the conclusion of the program. This year, youth are able to earn a light-up pen, book light, and Backpack. Installations are encouraged to provide additional incentives.

This program is offered each fall, ending the following spring; this year it runs from
 12 November 2013—7 March 2014.

So Team Beale Kids, crack open those books and let's do some brain PT!

Winter Break Schedules For Local School Districts

District	November Break Dates	December/January Break Dates
Wheatland School District	25—29 November 2013	23 Dec 2013—10 January 2014
Wheatland Union High School District	25—29 November 2013	23 Dec 2013—10 January 2014
Plumas Lake School District	25—29 November 2013	23 Dec 2013—10 January 2014
Nevada Union High School District	28-29 November 2013	23 Dec 2013—3 January 2014
Marysville Joint Unified School District	25—29 November 2013	23 Dec 2013—10 January 2014
Yuba City Unified School District	25—29 November 2013	23 Dec 2013—10 January 2014
East Nicolaus High School District	25—29 November 2013	23 Dec 2013—3 January 2014
Pleasant Valley School District	27-29 November 2013	23 Dec 2013—3 January 2014
Grass Valley School District	28-29 November 2013	23 Dec 2013—3 January 2014
Western Placer School District	25—29 November 2013	23 Dec 2013—3 January 2014
Rocklin Unified School District	25—29 November 2013	23 Dec 2013—3 January 2014
Roseville City School District	25—29 November 2013	23 Dec 2013—3 January 2014
Roseville Joint Union High School District	25—29 November 2013	23 Dec 2013—3 January 2014

Ways to Say "Thank You" to Others

When you feel thankful to someone who is kind to you or helps you, it is often enough to say "thank you." Sometimes, however, you want to say or do more to express your gratitude but aren't sure how to proceed. Living a life of thankfulness is easy with just a few modifications to your daily life.

COUNT YOUR BLESSINGS

Before planning ways to show your gratitude to others, make a list of the people in your life you would like to thank and why. Whether it's your spouse's smile in the morning or your co-worker's friendly greeting each day, nothing is too small to add to the list.

SPEAK YOUR THANKS

Once you've listed who you want to thank, and why, consider sharing what you wrote with the people on your list. Find the right moment to say to your co-worker, "I really appreciate how you greet me each morning with such enthusiasm - it always gets my day off to a great start!" Words of encouragement and inspiration also help you express your thanks. Try saying, "Good job!" or "You are such a good role model" in addition to "thank you."

If you have individuals on your list that you don't see regularly, call them to say how glad you are to have them in your life. Remember also to "speak" your thanks across a distance by sending letters, cards, emails, text messages, etc.

SHOW YOUR THANKS

Look at the list of people you would like to thank, and write down things you could do to show your gratitude to them. Just as no kind act from others is too small to make your list, neither is any favor or kind act that you can return to them. Whether it is bringing your co-worker a cup of coffee or volunteering in your community, you can say "thank you" with acts of kindness or service.

LEARN TO BE MORE THANKFUL

Sometimes our circumstances or upbringing make it difficult to feel or express gratitude. If you want to be more thankful, these suggestions may help:

- Think about what is going right in your life.
- Recall a difficult time in your past and how you moved through it.
- Keep a gratitude journal — even on your worst days — try to write down three things for which you are thankful.

TEACH THANKSGIVING

There may be others at home, work or in your community who could learn to be more thankful. Model an attitude of gratitude wherever you are. Teach your children from a very early age to say "thank you." Consider taking turns sharing what you are grateful for during mealtime or before bed. At work or in your community, saying "thank you" and showing kindness may inspire others to do the same.

If you need help setting and meeting goals to be more thankful or express your gratitude, consider partnering with a Military OneSource health and wellness coach. For more information, please call Military OneSource at 800-342-9647.

- excerpt taken from Military OneSource eNewsletter at <http://www.militaryonesource.mil/enewsletter>.



Words of Wisdom:
When someone does something nice for you, **pay it forward** and do something nice for someone else. Remember kindness is contagious, so spread the love!
(Our children are watching us).



NAUGHTY or NICE

Shaping Your Child's Behavior

Children aren't born knowing how to behave. However, forming them into the type of kids we all want—caring, well mannered, thoughtful and productive—basically starts at birth. As parents, we are our children's most **important** teachers, and the decisions we make undoubtedly shape how they develop and the behaviors they exhibit. Here's the rub: Becoming an effective parent is also a learned skill, with plenty of mistakes being made during the journey you take with your child. Let's examine some common scenarios that, if handled thoughtfully by you, can produce a positive outcome:

CAUSE: Exposing your child to TV programming (particularly fast-paced programs) before the age of 2 years.

EFFECT: Overstimulation from watching TV during infancy can lead to attention problems later in life.

RESOLUTION: Use TV as a tool, not a crutch—you're looking for quality, not quantity. Recommendations from studies by the Center for Childhood Health, Behavior, and Development and the American Academy of Pediatrics (AAP) have set strict media limits for children before the age of 2. Bombarding them with sounds and images at such a young age can have negative effects on brain development and ability to learn. It also takes away from human interaction, unstructured playtime and outdoor activities, all of which are essential for social, emotional and cognitive development.

CAUSE: Feeding your child large amounts of sugar-sweetened foods and beverages.

EFFECT: Self-esteem, energy levels, physical activity and sleep can suffer from the extra pounds that pile up.

RESOLUTION: A CDC report from a 2010 study revealed that more than one-third of children and adolescents are overweight or obese. Just 100 extra calories a day—a soda or piece of candy—can mean 10 excess pounds gained over one year. One of the main reasons parents buy and feed their kids these unhealthy foods is because of what we call "pester power." The typical parent gives in to something they don't agree with after 18 requests! This reinforces to the child that **no** doesn't actually mean no. Establish non-negotiable limits, let your child know what they are and then stick to them.

CAUSE: Acting poorly toward your children and other people around you.

EFFECT: As your children's most powerful role model, you teach them how to engage with others.

RESOLUTION: Children focus intently on your personal interactions. That means it's not as important what you say as what you do, particularly with situations in which you feel mistreated. If you act angry or disrespectful, they will internalize that behavior and act similarly. If you want your child to be more patient or reasonable, it's up to you to provide those types of examples. Every 'please' and 'thank you' that you say to others in your child's presence counts.

CAUSE: Making disciplining your children a large production.

EFFECT: Children see that their bad behavior gets attention from you, even if it is negative.

RESOLUTION: Acting out is often motivated by a desire to receive this personal attention. If children violate a rule that they know, an appropriate punishment (i.e., 'time out') can be instituted without fanfare. Simply let them know what rule they violated and what the consequences will be. But keep in mind that children respond just as well or better to praise. Most parents don't do enough to "catch 'em being good" by proactively praising them for good behavior when you see it (such as them being patient while out) and providing positive recognition. They'll learn quickly that they can get the attention they want by being good.

All children are different, which means poor behavior will undoubtedly crop up despite your best efforts. Identify one or two at a time to work on so neither you nor your child feels overwhelmed. Don't forget to create clear expectations, along with a system of consequences and rewards for good and bad behavior. The rewards to your family will be obvious.

- Article by Dimitri Christakis, M.D., MPH, Director of the Center for Child Health Behavior and Development at Seattle Children's Research Institute and a Professor of Pediatrics at the University of Washington. View article and other Healthy Living articles by visiting the website: SamsClub.com/healthyliving

Exceptional Family Member Program



Beale Air Force Base
Airman & Family Readiness
Exceptional Family Member Program

Good News!!!



The Air Force Sponsored Respite Care Program will soon be coming to Beale AFB for our Exceptional Family Member Program (EFMP) Families. More details to come. Stay tuned!



Special Needs Support Group News

Beale's Special Needs Support Group has been disbanded for now in order to offer more Family Events to our EFMP families. Please contact Sue Nichols at 530-634-2863 for information on support groups in the community.



Presents

Strengthening Executive Functioning Skills in Children
Does your student have problems with organizing, planning, setting goals, staying calm and focused, and turning in assignments?
Is homework time a challenge?

In this workshop, parents will learn strategies to help their children strengthen these skills and make homework time more pleasant and productive.

Wednesday, November 13, 2013

6:30pm – 8:00pm

Family SOUP

1650 Sierra Avenue, Suite 106, Yuba City

To register or for more information, please call 751-1925

HOPE TO SEE YOU THERE!



Positive Power for ADHD

Monday, November 25, 2013

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 camaraderie.

PLUS

Session Four of Community Parent Education (COPE) Program: "Special Incentives (Rewards)"

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



Exceptional Family Member Program

Children's Christmas Party

Saturday, December 14

10 am – 1 pm at the Youth Center

Bring your family, a potluck dish and come and enjoy

Arts & Crafts

Cookie Decorating

Bounce Houses

Pictures with Santa

Potluck for assignments:

Last names starting with A-H: Bring a Salad or Appetizer

Last names starting with I-P: Bring Main Dish

Last names starting with R-Z: Bring Fruit or Dessert

Reservations required: Call 530-634-2863

When RSVPing, let us know

- What dish you will be bringing
- Number of family members
- Indicate child/children gender

*Aptitude
Habilitation's
Social Skills
Group*

*Will be Coming back
in January 2014.
Stay tuned for more
details*

Information

Where: TBA (On Beale AFB)

Who: Clients and one sibling above the age of three. Age group: 4 to 10

Certain amount of spots available for non-Aptitude clients. Karen Cassel will be the point of contact for this program.

What: Key social skills taught through play