

Army Reserve Child, Youth & School Services

October 2015



CYSS CONNECTIONS

Monthly Highlights:

Red Ribbon (Drug Free) Week

October 23-31

Columbus Day - October 12

United Nations Day - October 24

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What Parents Should Know About Common Core

Common Core State Standards (CCSS) are academic standards for K-12 students in English and math that were recently implemented in schools nation wide. These standards focus on problem-solving and critical thinking skills – a necessity for college and future careers. However, Common Core is still getting a lot of attention in the media, and some parents are concerned with what it means for their student's education.

Why were common core standards created?

Until now, each state had its own academic standards. Research showed that students were not consistently graduating with the information and skills which would prepare them for college or a career. The National Governors Association and the Council of Chief State School Officers worked with a group of educators to create new standards that would better prepare students for their future. These new standards became Common Core State Standards.

Are CCSS being implemented in my state?

The Common Core State Standards are being implemented in all states except Alaska, Nebraska, Texas and Virginia. Minnesota is adopting the literacy standards only.

What has changed in my student's classes?

Students will be doing more group and collaborative work. They will have to demonstrate knowledge in different ways. For example, math students will not only solve a problem, but they will also need to explain how they solved the problem. Teachers will be working with students to apply what they learn to real life situations. Teachers are encouraged to act more as guides and facilitators rather than lecturers.

What can I do to help my child?

If your school maintains a website, there is a good chance your child's curriculum will be outlined for you. In some districts teachers maintain their own page and share what the class is doing each week.

Engage your child in conversation about what they are doing in the classroom. Instead of what did you do today – start off with "I see you are doing a group project in math this week. What role do you have on the team?" Find ways to show how what they learn at school applies to real world events.

(continued on next page)



This information has been provided by Army Reserve Child, Youth & School Services. For more information on resources and programs, please visit:

www.ARFP.org/CYSS

Fort Family Outreach & Support Center assistance is available 24/7 at 866-345-8248 or visit: www.ARFP.org

CYSS Mission: To support readiness and quality of life by reducing the conflict between military mission requirements and parental responsibilities



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Some children have been back in the classroom for a couple of months now. Have you started to feel frustrated while helping your children with their math homework? Do your kids spend more time explaining to you what they are doing, instead of you helping them? With the introduction of Common Core State Standards, it may feel like you have to learn math all over again. Children may be feeling this too, especially middle and high school students who are switching over to a new curriculum to meet these new standards.



Understanding a few simple goals can aid parents and kids through this continual transition:

- **Depth over Breadth**—In general, the Common Core is designed to focus on a clear set of math skills and concepts in a narrower number of subjects. The standards are designed to help kids be “fluent” in math, to really understand what numbers mean to make good decisions. Is it better to buy 4 of something that are 50% off; or 6 of something that are 30% off? Teachers will be addressing both the “conceptual understanding of numbers” and “procedural skills.” The short explanation of this is that math instruction will be designed to encourage real understanding rather than rote memorization.
- **Real World Learning** – Tell your teen that you are trying to figure out how much ice cream to order for the graduation party. There are 60 people; they want 2 scoops; each scoop is half a cup and the ice cream comes in three-gallon containers. How many tubs do you need? Guess what your teen will be doing? That’s right. Solving for X. And that’s what Common Core math is all about – applying math skills to real-world problems. Have your child help with these type of problems when you are out shopping, planning parties, doing yard work (how much mulch do we need for the garden?), and they’ll see how math works in the world – and why it’s important to master it to help them with everyday situations.
- **Linking Learning Grade to Grade** – The standards were created to build on each other not just through the school year but grade to grade. So if your fourth grader is learning how to

multiply a fraction by a whole number, she’ll expand on that in middle school when she learns to multiply a fraction by another fraction.

Army Reserve Child, Youth & School Services leverage child/youth military, community and national resources to help meet the needs of AR Families where they reside. CYSS National Community Partners such as [Tutor.com](http://www.tutor.com) and Khan Academy support Families and students with subject matter that is specific and up to date with Common Core. These services are FREE to AR Families and have the added convenience of allowing students to meet with their tutor anytime, from any computer.



CYSS supports the academic success of our AR Families through Youth Enrichment Programs throughout the country. Youth Enrichment Programs frequently have a focus in STEM (Science, Technology, Engineering & Mathematics) which promotes the critical thinking emphasized in Common Core.

CYSS specialists are advocates for our AR Families in all education matters who help students transition to new school districts, educate school administrators on the particular needs of AR students, provide information on college preparation and scholarships, as well as any other education related needs a Family may encounter. Check the “What’s Happening in Your Neck of the Woods” page and the [arfp.org](http://www.arfp.org) website for upcoming activities.

**No matter where your Family is,
Army Reserve Child, Youth & School
Services is there to help!**

Compiled from www.tutor.com, <http://blog.tutor.com/2013/09/parents-common-core/>, and <http://blog.tutor.com/2014/05/common-core-math/>.



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Tutor.com for U.S. Military Families

Many Army Reserve Families are not aware of Tutor.com and the great resource it is to our children and youth. The service is currently available at *no charge* to all grades K-12 dependent children of part-time/inactive (TPU) Army Reserve personnel and full-time/active (AGR) and deployed Army Reserve personnel. Tutor.com for U.S. Military Families is funded by the Department of Defense (DoD) MWR Library Program, Yellow Ribbon Reintegration Program, and Navy General Library Program. The program allows eligible students to connect to a live tutor online at any time for one-to-one help with homework, studying, test prep, proofreading, and more.

10 THINGS PARENTS SHOULD KNOW ABOUT TUTOR.COM FOR U.S. MILITARY FAMILIES

tutor.com/military



Tutor.com for U.S. Military Families is funded by the Department of Defense MWR Library Program and the Navy General Library Program.

Get Tutor.com for your mobile device at www.tutor.com/mobile



Tutor.com Mobile is available to those with an active Tutor.com account. Eligible U.S. Military Families may sign up for a FREE account by visiting www.tutor.com/military.

1

Safe, Anonymous Learning Environment

Every tutoring session is anonymous and takes place in a secure online classroom. No personal information is ever shared between the tutor and the student.

2

Personalized On-Demand Student Support

Every Tutor.com session is one-to-one between the tutor and student. Your students get help with their own specific questions or assignments—right when they need it.

3

Students Love It

We get thousands of comments every day from students who tell us they “absolutely love Tutor.com” and the boost it gives their grades, confidence and interest in schoolwork.

4

Accessible From Anywhere

Wherever your students have online access—at home, at school and anywhere in between—they can connect to a tutor using any internet-enabled computer or mobile device.

5

All Subjects, All Skill Levels

Students can get help in 40+ math, science, social studies, English and world language subjects, including algebra, statistics, biology, essay writing, Spanish, German and French. Tutors can also help students prepare for the SAT, ACT or other standardized tests.

6

Expert Tutors You Can Trust

All of our tutors—almost 3,000 of them—complete a rigorous application and qualification process that includes an extensive third-party background check.

7

Builds Confident Learners

Students of all skill levels—from elementary to honors—can get help from a tutor. In fact, 86% of students are more likely to take an AP course if they have on-demand access to Tutor.com.

8

Extends The Learning Day

When students are struggling with homework after school, on the weekends and at midnight, our tutors are available to help any time, any day.

9

Help Is Free For Eligible Military Families

The Department of Defense funds access to Tutor.com at no cost for eligible military families worldwide. (Approx. \$40/hr. civilian cost.)

10

It's Quick And Easy To Get Help

Students in military families create an account at tutor.com/military. After logging in, a student selects a subject and asks a question to start working with an expert tutor in just a couple of minutes.

“I love tutor.com! It's a great way to learn, especially if you have challenging classes! My dad is often deployed and doesn't have time to help me out with my calculus, but tutor.com always helps me! It improves grades and helps students to think logically!”

– 12th Grade Army Student

“I love this website. It really helps me with my work and I feel better knowing that if I'm having problems I can come here - no matter what time - and get the help I need. Thank you!!”

– 11th Grade Air Force Student

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Operation Homefront

Operation Homefront is a national nonprofit organization whose mission is to provide emergency financial and other assistance to the Families of service members and Wounded Warriors.

The target population is American military personnel and/or their Families who have unmet needs due to financial hardship, death, injury, or physical or mental detriment as a result of service since 9/11. These may include active duty, Reserve, National Guard and veteran service members.



Operation Homefront assists military Families during difficult financial times by providing food assistance, auto and home repair, vision care, travel and transportation, moving assistance, essential home items, and financial assistance.

Emergency financial assistance grants are for documented needs and only applications for/from those who meet the eligibility criteria will be considered.

Apply for assistance at mafa.operationhomefront.net/MafaQualify.aspx.

Questions about the application or qualifying for assistance should be directed to 877-264-3968.

Operation Homefront also hosts an annual gala in support of military Families that recognizes an extraordinary military child. Established in 2009, the Military Child of the Year® Award is presented to outstanding military children who demonstrate resiliency, leadership and achievement.

Military Child of the Year® Award recipients are the young heroes of their grade, school, town, or city. This award recognizes military children who have demonstrated themselves as exceptional citizens while facing the challenges of military Family life.

Recipients representing each service branch are recognized at a Washington DC Gala celebration in April each year. In addition to the trip to our nation's capital, recipients are awarded a laptop computer and a \$10,000 award.

Nominations for the 2016 Military Child of the Year® Award will be opening in early October and will be accepted through 11:45 pm CST on December 11, 2015.

Anyone can nominate a military youth, and semi-finalists are chosen based on their nomination package.

Recipients are selected by a panel of judges. Nominees must be a legal military dependent with status confirmed by Military ID or DEERS enrollment form. Nominees must also be between the ages of 8 and 18 at the time of nomination.



Children of Army Reserve members ARE eligible to apply for the award and should apply under their corresponding service branch (Army). Army Reserve youth must meet all eligibility requirements including evidence of their status as a military dependent.

For more information or to nominate a military child, visit:

militarychildoftheyear.org/Nominee/Nomination

The average Military Child of the Year® Award Nominee*:

- Experienced at least one parent deploy for 18 months or more.
- Volunteered with service groups an average of 75 hours during the year.
- 17% have a sibling in the Exceptional Family Member Program.
- Maintained above average grades, often with honors.
- Excelled in sports, theatre and/or music.
- Held leadership positions in school and community groups.
- Has moved five times or more.

**2011 nominee average*

Compiled from <http://www.operationhomefront.net/howwehelp> and <http://www.militarychildoftheyear.org/>



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Command/unit updates



613th MP CO Yellow Ribbon Event

Through the Yellow Ribbon Reintegration Program (YRRP), Army Reserve Soldiers and their loved ones have access to programs, resources, referrals, and services to minimize stress on Families during all phases of deployment. The YRRP consists of a series of events at key stages in the deployment cycle such as: Phase 1: pre-deployment; Phase 2: during deployment (just for Families); Phase 3: demobilization; and Phase 4: post-deployment. Commanders and leaders play a critical role in assuring that Reserve Service members and their Families attend these specially tailored programs where they can access information on health care, education/training opportunities, financial, and legal benefits.

Child, Youth & School Services (CYSS) recently supported the Yellow Ribbon Event-Phase 4, in San Juan, Puerto Rico, for Soldiers and Family members of the 613th MP CO. CYSS provided a briefing of services to the adults. Through an information table, specialists were also able to meet one-on-one with Soldiers and Families to discuss specific CYSS events and resources. Teens at the event, ranging from 13 to 17 years old, engaged in Teen Resiliency Training (TRT). The intent of this program is to provide Army Families with a common language around resilience and performance skills that can facilitate discussion about day-to-day challenges. Army life can be tough, and this curriculum provides valuable intellectual thinking skills to Army Families in managing adversity and challenges. Attendees received four units adapted from the Army's Comprehensive Soldier and Family Fitness (CSF2) Program. Unit 1: Resilience Overview; Unit 2: Hunt the Good Stuff; Unit 3: Goal Setting; and Unit 4: ATC (Activating Event, Thought, Consequences). Army Reserve Family Programs CYSS has embraced this opportunity by offering training to our Army teens as an essential tool to prepare them to deal with the challenges associated with life as an Army Reserve dependent.

Other youth development activities focused on team building, communication, and money matters. Teens in attendance were glad to have the experience of making new friends and learning skills that will help them make better decisions. One teen stated, "It is the truth, I really needed this class." Teens acknowledged that they learned how self-regulation can help them meet their goals. They also expressed how practicing optimism, taught in the Hunt the Good Stuff exercise, will help them get through difficult decisions and mistakes.



Teens breaking down a personal experience to discuss how resiliency could be applied.



Teen explains to be resilient takes rebuilding your foundation several times.



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Command/unit updates



This MWR event, offered by Ft. Buchanan, is open to all DOD ID card holders.

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Community Events OCTOBER 2015

Please note that events listed in this newsletter, with the exception of AR CYSS events, are not endorsed by the Army Reserve and are provided only for community awareness.

What's Happening in Your Neck of the Woods...

Name of Event	City	State	Dates	Age Group	POC/Website
Webinar: College Readiness & Financial Aid Workshop	Online	All	3-Oct	Teens & Parents	Valerie Morgan, CYSS Contractor: Odyssey Marketing Group 504-558-5603 valerie.m.morgan5.ctr@mail.mil
Creative Workshop: Rain Sticks	San Juan	PR	3-Oct	7 years and up	Museo de San Juan museodesanjuan@sanjuancapital.com http://on.fb.me/1v7z2Zi
Webinar: Social Media Best Practices	Online	All	10-Oct	All Ages	Tyler Mitchell, CYSS Contractor: Odyssey Marketing Group 317-377-2173 tyler.g.mitchell.ctr@mail.mil
Creative Workshop: Rubber Stamps	San Juan	PR	10-Oct	10 years and up	Museo de San Juan museodesanjuan@sanjuancapital.com http://on.fb.me/1v7z2Zi
Art Restoration Workshop	Ponce	PR	16-Oct	All Ages	Ms. Marissa Ramos http://www.museoarteponce.org
Creative Workshop: Paper Baskets	San Juan	PR	24-Oct	7 years and up	Museo de San Juan museodesanjuan@sanjuancapital.com http://on.fb.me/1v7z2Zi

**YOU MAY ALSO BE INTERESTED IN CHECKING THE FOLLOWING LINKS
REGULARLY FOR EVENTS IN YOUR AREA:**

CYSS Events: www.arfp.org/cyssstatecamps.php

4-H: www.4-h.org

YMCA: www.ymca.net/



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Resources and Web Links

For Deployed, AGR, Wounded, Ill, Injured or Fallen Soldiers



Army Fee Assistance is provided by General Services Administration (GSA,) working with those who serve in the military find and afford child care that suits their unique needs. Through the fee assistance program, Families are eligible to receive monthly fee assistance to help offset the cost of child care in their communities.

Visit: http://financeweb.gsa.gov/childcare_portal

Army Respite Care will provide the Family between 8 to 16 hours of hourly child care each month for each of the eligible children. Parents can use this time to run errands, attend appointments, or just take some well-deserved time out for themselves. The Army recognizes the challenges and extraordinary stress the parents and their Families may be experiencing, and wants to help support them in meeting their unique child care needs. Eligibility: Deployed; Temporary Change of Station; Unaccompanied Permanent Change of Station; Temporary Duty; Wounded, Ill or Injured Status; Survivors of Fallen Warriors.



Our Military Kids provides grants for K-12 youth dependents of overseas deployed National Guard and Reserve personnel or severely injured Service Members. Visit: www.ourmilitarykids.org/

For Various Duty Statuses



Army Reserve Family Programs provides programs, training, services, resources, youth programming and camping opportunities to Army Reserve Families. Visit: www.arfp.org/



Military OneSource provides an online library, web resources, and non-medical counseling to military Families. Visit: www.militaryonesource.mil/



Military Kids Connect (MKC) is an online community of military children (ages 6-17 yr. olds) that provides access to age-appropriate resources to support children from pre-deployment, through a parent's or caregiver's return. Visit: <http://militarykidsconnect.t2.health.mil>



Zero to Three has information and resources for parents of infants and toddlers. A new phone app, Babies on the Home Front, provides Military and veteran parents with strategies for enhancing everyday moments with their child. Visit: <http://zerotothree.org/>



Military Child Education Coalition Military (MCEC) is a non-profit organization focusing on academic and school-related needs of military-connected youth. Visit: www.militarychild.org



National Military Family Association has programs that provide military Families with camps, Family retreats, and healing adventures during deployment, reintegration, and coming together after an injury. Visit: <http://www.militaryfamily.org/>



America's Tooth Fairy has several signature programs engaging caring dental professionals in providing donated services and oral health education and supporting initiatives that expand access to care for children in need. Visit: www.ncohf.org/



Give an Hour is dedicated to meeting the mental health needs of Troops and Families, provides counseling to individuals, couples and Families, and children (on-line request for assistance). Visit: www.giveanhour.org



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The mission of Army Reserve Child, Youth & School Services is to support readiness and quality of life by reducing the conflict between military mission requirements and parental responsibilities.



Family Programs Director

Elsa Cortes
1st Mission Support Command
Family Programs Center
353-A, Wilson Rd.
Fort Buchanan, PR 00934
Phone: 787-707-4082
Email: elsa.f.cortes.civ@mail.mil

Contact **Ms. Cortes** for assistance with:

- Family Support Services
- Family Programs Training
- Family Readiness



Youth Services Specialist (YSS)

Janeska Barrientos
Contractor: Odyssey Marketing Group
1st MSC, 166th RSG
353-A, Wilson Rd.
Fort Buchanan, PR 00934
Phone: 787-707-4079
Email: janeska.m.barrientos.ctr@mail.mil

Contact **Mrs. Barrientos** for assistance with:

- Command/Unit Support
- Educational Events and Activities
- Scholarship Information
- College Prep
- Academic/Tutoring Resources
- School Support Services



Youth Services Specialist (YSS)

Barbara Rodriguez
Contractor: Odyssey Marketing Group
1st MSC, 210th RSG
Cliff Road Bldg. 807, #126
Ramey USAR Center, Aguadilla, PR 00604
Phone: 787-233-5191
Email: barbara.i.rodriguez.ctr@mail.mil

Contact **Mrs. Rodriguez** for assistance with:

- Command/Unit Support
- Weekend Events and Activities
- Child Care Resources
- Youth Programming
- Teen Council



Stay connected with 1st Mission Support Command!



www.facebook.com/1stmsc

If you are not part of 1st MSC or do not reside in Puerto Rico, contact one of the CYSS staff members above and we will connect you with the YSS or SSS in your area.



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