



# NSASP SCHOOL LIAISON NEWS

MAY, 2019



Child and Youth Programs

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Indian Head: <https://www.navy.mwr.indianhead.com/programs/58728d96-2614-4a70-a734-80eb8e63f82d>

## Happy Mother's Day & Caregiver's Appreciation Day!!!

**Remember, Joint Base Andrews 2019 Air Expo May 10-12** featuring various STEM exhibits at JBA Hangar.

Interested more in learning about high demand careers in a growing field with a great salary? King George High School has **Open House for Trades, Industry and Apprenticeships** May 9 6-8 pm & Sat. May 18 10-12 pm. Contact 540-834-1096 or [btaylor@aermannna.edu](mailto:btaylor@aermannna.edu) for info.

**Dahlgren School STEM** night is open to the Community on May 9 from 4-6 pm. Various Military commands will show off their "toys" (technology) to the public. Come and see what Dahlgren STEM event is all about!!!

**WolfTrap's Early Childhood Artist** is coming for a week of residency at Dahlgren School's Prek/Kindergarten & Child Dev't Center's preschool classrooms 3-9 June, 2019. Parent Workshop is 8 June. Watch for updates and schedule.

**New Backpack Rules for Charles County Schools Middle & HS students.** Effective 4/24, students have to store their backpacks in their lockers during school days for safety reason. Students are allowed only a small- personal hand bag to carry around the school.

### Fresh Start Academy @ Charles County Schools

Public hearing on the proposed Fresh Start Academy, a highly structured, safe program for children in kindergarten through Grade 2 who persistently demonstrate behavior that impedes their ability to learn and creates a barrier to learning for all students, is on May 14, 6:30 Pm CCBOE School Board Office 5980 Radio Station Rd. La Plata. More info, visit <https://www.cdboe.com/index.php/fresh-start-academy>.

Congratulations  
2018-19  
Graduates!

## End of School Year TIPS for Parents

As the school year comes to a close, it's important to keep the focus on what's important and not be de-railed by kids getting anxious to get the summer started. Here are some suggestions to keep things less stressful:

1. Stick with the routine – Make sure kids finished with their best effort. After Spring break, kids tend to slow down knowing that school is ending soon. Even its still light outside, keep the bedtime routine consistent. Otherwise, you'll end with cranky students
2. Find the time to review report cards – Report cards give indications of what area your child needing assistance in finishing up the school year strong.
3. Ensure they keep up with the after-school activities such as doing homework. One parent stated, "Attention seems to drop as the temperature rises." This is true. Keep the energy going. Ensure homework time is still in schedule.
4. Analyze test scores –Ask these questions to have a successful school next year. Do the results reflect the strengths and weaknesses of your child's educational needs? What can you do about them for next school year? Is enhancement or tutor needed? Can the student benefit from summer programs?
5. Address stress – If the child is showing symptoms of end-of-year stress- not eating or sleeping well or being irritable- talk to the child about ways to handle the pressure of juggling too many balls while finishing up the school year.
6. Plan for summer care – Ensure child care is arranged for the little ones. If the child is of age to stay home, ensure expectations are discussed ahead of time.
7. Research for summer jobs for teens – Inactivity can lead to boredom. Keep teens trouble-free by keeping him /her busy.
8. Help manage changes – Prepare the child for the next grade level. If the student will experience a big school change such as from elementary to middle school and to high school, connecting with next year's teachers and students can help with anxieties. Re-assure student that you are always available for support and can talk to you about his feelings.
9. Teach how to say goodbye – Keep contact information of the children you want your child to connect with over the summer. Brainstorm with your child on other options aside from using social media on how to connect.
10. Plan something special to celebrate a successful end of the year!

**Are you PCS-ing In or Out? Do you have a school-age child who can benefit with a youth sponsor or who wants to be a sponsor? Please contact Dahlgren Youth Center at 540-653-8009 or Indian Head Youth Center at 301-743-5456 for more info.**