

October 2009

Educational E-News

School Liaison Newsletter



Parent – Teacher Conference Questions

(taken from WomansDay.com)

- ❖ Does my child meet the appropriate proficiency for reading, math skills and classroom behavior for his/her grade?
- ❖ What can I do to help my child do better in school?
- ❖ What are the class rules for completing homework, turning in assignments and being prepared in class?
- ❖ If my child is struggling with a particular subject, how can material?
- ❖ What is the best way for you and me to communicate so I am aware of any missing homework, disciplinary problems, etc.



FEDERAL IMPACT AID CARDS

It's that time of year again! Please take the time to fill out the Federal Survey Cards that your child's school district will be distributing soon. These cards provide vital information for the Federal Government. The forms are kept confidential and the information will not be shared for any purpose other than the intended purpose. **The school district is sent additional funding based on the information provided on these forms. This additional funding allows the school district to provide valuable resources to the schools that may not otherwise be provided.** Please be sure to fill these out and return to the school as soon as you can. Your help is greatly appreciated!

Important Dates:

COLUMBUS DAY
October 12th
No School - Return
on the 13th.

Local SL installation calendars:

MCAGCC 29Palms:

www.29palms.usmc.mil/visit/schoolliaison

MCAS Yuma:

<http://www.yuma.usmc->

mccs.org/Webmodel/MFS/School_Liaison/Schoolliaison.html

MWTC Bridgeport:

<http://www.mwtc.usmc.mil/school-liaison/>

10 Things Parents Need to Know About Swine Flu

Taken from www.education.com

You've probably heard a lot about swine flu: how contagious it is, how it's expected to be bigger than ever this flu season, how it's been renamed "H1N1". On June 11, 2009, the World Health Organization (WHO) declared it a worldwide pandemic, and ever since, parents have been bracing for the impact.

While there's no need for panic, every parent should take H1N1 seriously. Here are ten things all parents need to know and do to prepare for this new flu:

1. **Focus on the Obvious:** "Everything you need to know to keep your family safe, you learned in kindergarten," says Dr. Maurice A. Ramirez. "Wash your hands. Take a nap - get plenty of rest. Keep your hands to yourself - don't share food or utensils, don't handle other people's food or let them handle yours. Sneeze or cough into your elbow."
2. **Teach Kids that Five Feet is the Magic Number:** Teach your kids to keep their distance from anyone who is coughing, sneezing, or sniffing, no matter how rude it may seem.
3. **Wipe Down Surfaces Regularly:** Wipe down the surfaces your family touches the most: the handle of the refrigerator, the handrail of the stairs, and the kitchen and bathroom counters, for example.
4. **Be Prepared to Take Time Off:** The US Centers for Disease Control (CDC) says that kids can be contagious for as long as 10 days, but typically are most contagious from the day before they get sick to 5-7 days afterward. They caution parents to keep kids home for 7 days, and at least 24 hours once their fever is gone. Before the flu strikes your family, have a plan as to who will look after a sick child.
5. **Understand that Quarantine May be Necessary:** H1N1 is highly contagious. If possible, have only one adult visit and care for the sick child.
6. **Consider the H1N1 Vaccine: A vaccine for H1N1 is in the works. According to the CDC, it may be available as early as October.**
7. **Invest in a Can of Lysol:** Coughing, sneezing, and talking causes tiny droplets to fall to the ground by gravity. You can combat some of these germs with a can of Lysol with a high alcohol content. Spray it in the center of the room, in a circular motion. That's a good weapon against something, like flu, that primarily spreads through the air.
8. **Keep Tabs on Your Child's Friends:** Check with a friend's parent before a play date to make sure no one in the household is sick, and to keep your child away from any family with cold symptoms.
9. **Avoid Public Transportation:** If at all possible, the CDC recommends skipping the school bus and public transit during the heart of H1N1 season.
10. **Get the Facts Straight:** Although H1N1 is also known as swine flu, it cannot be transmitted by eating pork or spending time on a farm. It is also not transmitted through pool water. The main way H1N1 spreads is through person-to-person contact— usually by being near someone who is sick and is coughing, sneezing, or talking.

You may be tired of hearing the old standard: wash hands regularly. But the truth is, "80% of all infectious diseases are transmitted by direct or indirect contact," Tierno says, and "hands are the most important thing related to contact." It may not be new and exciting advice, but it's essential. Teach kids to wash their hands regularly with warm water, for 15-20 seconds. If water is not available, they can use alcohol-based disposable hand wipes or gel sanitizers. Teach them to avoid touching their eyes, nose, and mouth, since germs spread this way.

Red Flags for H1N1:

If your child becomes sick with flu-like symptoms and experiences any of the following CDC warning signs, seek emergency medical care immediately:

- * Fast breathing or trouble breathing
- * Severe or persistent vomiting
- * Being so irritable that the child does not want to be held
- * Flu-like symptoms improve but then return with fever and worse cough
- * Bluish or gray skin color
- * Not waking up or not interacting

Tips on Advocating For Your Child at School

1. Be sure you know the whole story, including your child's version and what the teacher really said or did.
2. Have your child try to take care of the situation with your support and guidance.
3. If you do have to get involved, always tell your child what you're going to do ahead of time, and ask if it's okay.
4. Don't argue with the teacher in front of your child. Set up a meeting to talk about the issue.
5. Don't blame someone. Instead, offer help and explain the problem and your thoughts on possible solutions.
6. Remember, you know your child better than the teacher. You should feel that the teacher is listening to you.
7. Always go to the teacher first, but if you can't come to an agreement, ask the principal to help the two of you resolve the situation.

Source: Elissa Cross, child psychologist in Cresskill, NJ



My First Halloween Word Search

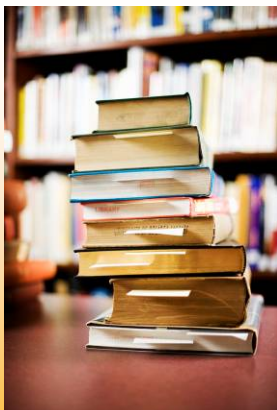


w	g	g	n	p	z	n	n
q	h	b	a	t	f	y	k
m	o	o	n	w	e	b	y
p	s	p	i	d	e	r	n
g	t	o	w	l	c	o	i
s	p	o	o	k	a	o	g
b	l	a	c	k	t	m	h
q	p	w	i	t	c	h	t



bat	night
black	owl
broom	spider
cat	spook
ghost	web
moon	witch

ESL-RESOURCES.COM



TIP of the DAY

Teach your child a few time-management tips. Procrastination on homework assignments can be a major source of stress for both school-aged children and their parents. A great suggestion is to get your child a big wall or desk calendar and have them write the due dates for reports, papers, and projects on it. Have this located somewhere where both the parent and the child are able to see the dates. Help the child "chunk" out of the big projects in obtainable goals. Share how to accomplish a big task sometimes requires several smaller goals. This makes the large task seem less daunting and much more achievable.

Expected lifetime earnings

Professional degree	\$4.4 million
Doctoral degree	\$3.4 million
Master's degree	\$2.5 million
Bachelor's degree	\$2.1 million
Associate's degree	\$1.6 million
Some college	\$1.5 million
High school graduate	\$1.2 million
Non-high school graduate	\$1 million

Source: U.S. Census Bureau

Why Go to College?

Whether you are uncertain about going to college or you just need some reassurance you're on the right track, here are a few reasons to go to college:

- **Every bit of education you get after high school increases the chances you'll earn good pay.** Most college graduates earn a lot more money during their working years than people who stop their education at high school.
- **The more education you get the more likely it is you will always have a job.** According to one estimate, by the year 2028 there will be 19 million more jobs for educated workers than there are qualified people to fill them.
- **Continuing education after high school is much more important for your generation than it was for your parents' generation.** Today most good jobs require more than a high school diploma. Businesses want to hire people who know how to think and solve problems.
- Education beyond high school gives you a lot of other benefits, including **meeting new people, taking part in new opportunities to explore your interests, and experiencing success.**

Questions to Ask on a Campus Visit

- What activities and services are available to help students get settled (academically and socially) during their first year?
- How big are the classes?
- Where do most freshmen live?
- (Ask students) Are you able to register for the classes you want?
- What is the total cost of attending the college?
- What types of financial aid does the college offer and how do I apply?
- Are all freshmen assigned to an academic advisor?
- What activities are available for students?
- Who teaches the courses for first-year students?
- How successful are the college's graduates in finding jobs?
- What services (such as transportation and shopping) are available locally?
- What is there to do on weekends? Do most students stay or leave campus on weekends?



Top 10 College Application Mistakes

Senior year is hectic, but don't let it affect the quality of your college applications. Take your time, pay attention to detail and plan ahead so you can meet the deadlines.

Following are some of the top responses from counselors and admissions staff who shared the most common mistakes on college applications.

1. **Misspellings and grammatical errors**—This is a big pet peeve of admissions people. If you misspell on something as important as the application, it shows that either you don't care or you are not good at spelling. Some students even misspell their intended major. Proofread for grammatical errors, too.
2. **Applying online, but the application isn't submitted**—If you apply online, you should receive confirmation that the college or university received it. Confirmation could be an email message, a Web page response or a credit card receipt. Follow through and make sure that your application has been received.
3. **Forgotten signatures**—Make sure you sign and date the form. Often students overlook that part of the form if it's on the back. Check that all spaces are completed.
4. **Not reading carefully**—For example, if the form asks what County you live in, don't misread it as Country and write United States.
5. **Listing extracurricular activities that aren't**—Those that make the list include sports, the arts, formal organizations and volunteer work. Talking on the phone and hanging out with friends don't make the cut. Make sure your activity information is accurate. Colleges may check with your high school.
6. **Not telling your school counselor where you've applying to, and ask him or her to review your high school transcript before sending it to colleges**. Sometimes transcripts have errors.
7. **Writing illegibly**—First impressions count, so take your time and use your best handwriting. It will make a better impression.
8. **Using an email address that friends might laugh about, but colleges won't**—Select a professional email address. Keep your fun address for friends, but select an address using your name for college admissions.
9. **Not checking your email regularly**—If you've given an email address, the college will use it. You don't want to miss out on anything because you didn't read your email.
10. **Letting Mom or Dad fill out your application**—Admissions people know if your parents help, whether you have two different styles of handwriting or your admissions essay sounds more like a 45-year-old than a 17-year-old. It's fine to get advice, but do the work yourself.

SCHOOL LIAISON CONTACT INFO:

- ❖ MCAGCC Twentynine Palms
Website: <http://www.29palms.usmc.mil/visit/schoolliaison/>
Phone: 760.830.1574
- ❖ MCAS Yuma
Web site: http://www.yuma.usmc-mccs.org/Webmodel/MFS/School_Liaison/Schoolliaison.html
Phone: 928.269.5373
- ❖ MWTC Bridgeport
Web site: <http://www.mwtc.usmc.mil/school-liaison/>
Phone: 760.932.1521 (MWTC Bridgeport)/
760.784.4548 (Coleville)



13 Halloween Safety Tips By: Jesse Campigotto

Remember getting all dressed in [your costume to go trick-or-treating](#)? Pure spooky joy. To keep it fun, everyone needs to stay safe. Here are 13 helpful tips to make sure your kids have a healthy and happy Halloween.

- **Have adult supervision.** Accompany your kids if you don't think they're old enough to trick-or-treat on their own.
- **There is safety in numbers.** If they're old enough to trick-or-treat without an adult, tell your kids to stay in a group.
- **Map out your plan.** Designate a route before your kids begin trick-or-treating, and make sure they stick to it.
- **Take the long way 'round.** Have your kids trick-or-treat in areas where there are a lot of people around. They should also avoid taking short-cuts through alleys and parking lots.
- **Try tick-or-treat-friendly homes.** Ensure your kids only visit houses with lights on. And, you might also suggest the houses they visit have some sort of Halloween decoration on the porch.
- **Stay outside.** Make sure your kids don't go inside someone's house. They can get their candy from the porch.
- **Remain visible.** Dress your kids in a bright costume so others can see them. If their costume is dark, have your kids wear reflective strips or carry a glow stick or flashlight.
- **Remember, shorter = safer.** Goes without saying but just in case you forget, ensure your kids' costumes aren't so long that they can trip over them.
- **Don't cover the face.** Instead of masks, have your kids wear make-up so they can see better.
- **Quality-check treats.** Check your kids' candy before they eat it. Throw out any candy that is not in its original wrapper or looks like it has been tampered with.
- **Say "no" to strangers.** Tell your kids to never accept a ride or go anywhere with a stranger.
- **Obey the law.** Encourage your kids to follow all the regular rules for walking around. That includes looking both ways before crossing, obeying all traffic laws and using cross walks and crossing lights where available.
- **Have a great time!** Finally, make sure your kids have tons of fun and get lots and lots of candy.



Have a Safe and
Happy Halloween!!

