

September 2009

Educational E-News

School Liaison Newsletter



7 School Year Sanity Savers

taken from Womansday.com

We all know students need notebooks, pencils, erasers and glue sticks but there are a few other items that should be on hand in your household for a smooth school year.

- 1) Electric Pencil Sharpener: no more excuses for sharpening a pencil.
- 2) A change purse or wallet: kids will know where to find the lunch money at all times.
- 3) Comfortable backpack: they have to wear it – so make sure it fits.
- 4) Desk: kids need a place of their own to do homework.
- 5) Permanent Marker: great for labeling everything from lunch bags to gym shorts.
- 6) Lunch bag with a water bottle holder attached: This way, the bottle always fits in the bag.
- and 7) Alarm Clock: No more sleeping late!

Important Dates:

LABOR DAY
September 7th
No School -
Return on the
8th.

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/>

Backpack 101

taken from Womansday.com

Lighten the load to head off aches and pains.

-  Chose a sturdy but lightweight backpack with wide padded shoulder straps, padded back, waist strap and side pockets.
-  Load heavier items at the bottom and closer to the center of the pack. A full pack should not be more than 20% of the child's weight.
-  Use both of the shoulder straps and fasten the waist strap for added support. Teach kids to lift their pack properly: using their legs to lift the load.
-  Be alert to your child's complaints of back, neck or shoulder pains, or tingling or numbness in the arms.



Parenting Tip: How to Handle the “I HATE SCHOOL” Complaints

(Taken from www.womansday.com)

“My teacher is mean!”

Nail down the specifics.

Even if you suspect the teacher just had a bad day, it is still smart for you to find out why the child is upset. Ask, “What does your teacher do that bothers you?” and then empathize with them and show that you do understand.

Help them do their part.

Explain how it is okay for them to feel how they are, but that does not give them permission to act anyway they want too. Encourage the student to participate in class, ask good questions and show that they are trying. The teacher will see how hard they are working.



“No one wants to be friends.”

Understand the Hurt.

Social problems at school are sometimes the hardest and most difficult to overcome. Don’t blow it off. Instead, acknowledge the child’s emotions. Lend an ear and be empathic.

Be Proactive.

Your child cannot make someone like them, but they can nurture the relationship by inviting potential friends over for an after-school play date, or by signing up for activities that other peers are participating in. By staying involved, they will connect with other children with like interests.

Teach a “WOW” skill.

Learning how to juggle, play guitar or do ballet will boost confidence and make your child more intriguing to their classmates.

“I hate school!”

Give Them Space.

When your child yells that they hate school, it is disconcerting. Before you react, let them calm down with some quiet time of their own. Let them have a snack, watch TV and decompress. Later, approach the subject calmly and asks if they will explain so you can understand why they feel that way too.

Fix What You Can.

Help pinpoint specific problems, so they can think of their own solutions (like dropping an elective to ease a too-packed schedule). Focus on the positives too. Ask they do enjoy about school and built on that. Sure – math is boring but PE is fabulous!

“Do what you have, with what you have, where you are.”

- Theodore Roosevelt



Riding the School Bus ????

Did you know that riding a school bus is a privilege, and not a right? Many people think that since a free public education is granted to every American, that the ride there is protected as well. Not so. School Districts chose to provide that service to help children who might not otherwise be able to get to the school building. Since it is a privilege, it can be lost. Poor student behavior on the bus can be a major safety concern for the driver. PLEASE take a few minutes to talk with your child about proper bus behavior. Keeping hands, feet, and objects to oneself and staying seated are the keys to a safe and convenient ride.

10 Steps to a Great Lunch

Whether you pack or buy your lunch, follow these guidelines:

- ❖ **Choose fruits and vegetables.** Fruits and vegetables are like hitting the jackpot when it comes to nutrition.
- ❖ **Know the facts about fat.** Kids need some fat in their diets to stay healthy.
- ❖ **Let whole grains reign.** “Grains” include breads, cereals, rice and pasta.
- ❖ **Slurp sensibly.** It’s not just what you eat – drinks count too!
- ❖ **Balance your lunch.** Include grains, fruits, vegetables, meat/protein, and some dairy foods.
- ❖ **Steer clear of packaged snacks.** It’s okay to have some occasional – but they should not be your lunch all the time.
- ❖ **Mix it up.** Keep your taste buds from getting bored – try new things.
- ❖ **Quit the clean plate club.** If you feel full, it’s OK to stop eating.
- ❖ **Use your manners.** Chew with your mouth closed, don’t talk and eat at the same time, use your utensils – BE POLITE!



Don't drink milk and laugh at the same time! Or else you could have milk coming out of your nose – and what a mess that would be!

Essential Back-to-School Medical Checkups

Send your kids back to class healthy by making sure to schedule these important checkups.

- ❖ Head –to-Toe Physical Examinations
- ❖ Flu Vaccine (kids under 10 getting it for the first time need 2 doses, at least 4 weeks apart)
- ❖ Review of Prior Vaccinations (plus booster for tetanus and diphtheria (Tdap) if 5 years have passed, meningococcal conjugate vaccine (MCV4) human papillomavirus vaccine (HPV) for girls, 3 doses over 6 months)
- ❖ Ear, Nose and Throat (ENT) Exam
- ❖ Dental Exam and Cleaning



COLLEGE PREPARATION TIMELINE

by Jennifer Dibble, SL MCAS Yuma, Arizona

9th Grade- START THINKING

- Follow a rigorous program of study.
- Get involved in school or community based extracurricular activities that interest you or enable you to explore career interests. Consider working or volunteering.
- Start planning for college and thinking about career interests.



10th Grade- STAY ON TRACK

- Continue to follow a rigorous program of study.
- Meet with your School Counselor to discuss colleges and their requirements and make sure you are on the right track.
- Consider taking a practice Preliminary SAT (PSAT), or the PLAN exam also known as the Pre-ACT.

11th Grade- RESEARCH & PLAN

Fall

- Take the Preliminary SAT/National Merit Scholarship Qualifying Test (PSAT/NMSQT). You must take the test in 11th grade to qualify for scholarships and programs associated with the National Merit Program.
- Talk with your family and prioritize what factors are important to each of you as you search for a college. Consider location, cost, size, selectivity, campus life, academic programs, class size, safety, career placement, internships, foreign study, financial aid and scholarship possibilities.
 - Make an appointment with your School Counselor to discuss your plans or to get help if you are stuck.
 - Talk with your teachers. They are a valuable resource. They all had to make these choices at one point themselves.
 - Obtain information about the colleges that interest you. Contact the admissions office of those schools that interest you to request a catalog, application and scholarship/financial aid information. Find out when Open Houses and Visitation Days are scheduled.
 - For more information about scholarships and federal student aid opportunities, visit www.FederalStudentAid.ed.gov.

Spring

- Register for and take exams for college admissions. Many colleges accept the SAT I and or SAT II: Subject Test(www.collegeboard.com), while others accept the ACT(www.act.org). Check with the colleges you are interested in to see what tests they require.

Summer entering 12th grade- VISIT

- Narrow down your list of colleges you are interested in attending.
- Visit all of the campuses of the colleges you are considering. This is your opportunity to learn as much as you can about the academic and social life. Come prepared with a list of questions that reflect your concerns. Go to www.collegetours.com.

12th Grade- DECIDE & APPLY**Fall**

- Consider retaking the SAT & ACT if you think you can improve your score.
- Register to take the SAT II: Subject Tests. Some colleges you are applying to require you to do so. Check with the college you are applying to for details. Most colleges do not require this.
- Talk to your School Counselor by early fall if you are interested in a Military Academy Appointment or the ROTC.
- Obtain college applications as soon as possible. Check with your Guidance Counselors for some applications, it is your responsibility however to secure applications.
- Read and follow application instructions carefully. Pay close attention to directions and deadline dates. Stay organized. Allow yourself enough time. Plan ahead.
- Ask your Guidance Counselor for application submission details. They may want you to submit it to the counselor directly.
- Register with the NCAA Clearinghouse (ncaaclearinghouse.com) if you plan to compete in a Division I or Division II sport. Make your counselor aware that you plan on doing this.
- Fine-tune your resume making sure to include your activities, accomplishments, honors and goals. Include this in your college application.
- Write a thoughtful and interesting essay that reflects what is special about you. Let your individuality shine through. Some but not all colleges require a college essay.
- Ask teachers/advisors/coaches for letters of recommendations for college application. Give them at least 2-3 weeks to complete.
- Make arrangements for an interview, audition or portfolio review if is required. Be aware of deadlines dates.
- Meet with college representatives.
- Determine which financial aid forms (FAFSA, CSS Profile) the individual colleges require. Both can be completed online. Colleges provide their institutional form

Winter

- Encourage your parents to complete income tax forms early so you can fill out your federal student aid application.
- Jan. 1 complete and submit your Free Application for Federal Student Aid (www.FAFSA.ed.gov), along with any other financial aid applications your school of choice may require.
- Complete scholarship applications

**Spring**

- Visit colleges that have invited you to enroll.
- Review your college acceptances and compare financial packages.
- When you decide which school you want to attend, notify that school of your commitment and submit any required financial deposit. Many schools require notification and deposit by May 1.

SL 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)



REMEMBER:
NO SCHOOL – LABOR DAY
September 7, 2009



Transitioning a Special Needs Student Checklist

Before you leave your current duty station:

1. Contact your local special education counselor/director and request assistance as to what should be done before the transition to the new school. Write or contact the special education director for the state that you are going to and request local policies.
2. Schedule an Annual, Review, and Dismissal meeting to discuss the progress your child has made since your last Individualized Education Program (IEP) review. Ask for written suggestions that may help your child and the staff at the new school.
3. Request a copy of your child's complete educational record to include a copy of the latest IEP. Hand carry all records, samples of your child's work, and other information related to your child's education.
4. Contact your local Marine Corps *Exceptional Family Member Program* ([link to MCCS EFMP website](#)) Coordinator. They can assist you with identifying resources at your new duty station.

EFMP Contact Information:

MCAGCC Twentynine Palms & MWTC Bridgeport:

<http://www.mccs29palms.com/pages/mFamServices/EFMP/EFMP.html>

Phone: 760-830-7740

MCAS Yuma:

<http://www.yuma.usmc-mccs.org/Webmodel/MFS/EFMP/efmp.html>

Phone: 760-269-2425

