



Special "Back to School" Edition



SCHOOL LIAISON's BITS

Aug. 2025

DID YOU KNOW...

[Back to School Bash for NSF Dahlgren](#) is on Aug. 7 from 4 to 5:30 pm has joined with MWR's Back to School Bingo being held at the library. [NSF Indian Head](#) is on Aug. 14 from 3-6.

For Back to School info including list of school supplies and open houses, please visit your local school's link at [Charles County](#), [King George County](#) and [Dahlgren School](#).

Tax Free Holiday for VA is Aug. 1-3, and MD is Aug. 10-16. 2025.

2025-26 KGCS starts Aug. 13, Dahlgren School starts Aug. 18 and CCPS starts Aug. 25.

[Expanded Eligibility Program](#) for active military living off-base stationed at Dahlgren base can attend Dahlgren School is still going on. Follow the link for info.

Clearing House for Military Family Readiness has [School Resources to Support Military-Connected students](#), which links school personnel and families with evidence-informed resources to support military connected students..

Under Public Law 117-263, homeschool students may participate in JROTC programs at local public high schools. This ensures military-connected homeschool students have access to leadership training, service opportunities, and military career pathways—supporting readiness and recruitment. If a student is denied access, contact your School Liaison for help navigating and resolving the issue.

[VA DOE](#) and [MD State Dept. of Education](#) have Parent Resource page on their district and state websites. These resources help with academic success, school partnerships, school report cards and links to educational apps and homework help.

[Tutor.com](#) helps with proofreading college application essays.

Ways to Help Student with Anxiety Calm Back-to-School Nerves

No matter the age, back-to-school nerves are inevitable. Strategies such as adopting a back-to-school routine, attending a school orientation, and preparing a student's backpack with the required school supplies are known to calm a student's nerves. However, a student with anxiety might need more encouragement to attend and stay in school.

Ignoring the problem at hand could lead to a slippery slope of chronic absenteeism if not addressed appropriately. Consider implementing these suggested return-to-school tactics to prepare students with anxiety.

1. Schedule tours with school staff – Most school administrators work throughout the summer; their availability allows students and families to tour the school building to explore and be familiarize with the spaces the students will be spending time. Visit the school several times before school starts to help the child feels comfortable with new surrounding.
2. Take care of the basics. Have a consistent routine to help child get enough sleep, eating regular meals and has daily exercise.
3. Listen to your child's concerns. Look for a better opportunity to talk to your child. To some kids, "casual" method of talking feels less intense. For others, a private time with undivided attention feels better. Provide empathy of how they feel. Develop a coping plan.
4. Encourage to redirect attention away from worries but towards the positives such as the fun aspects of being with friends, teachers and learning new things.
5. Model a more confident and calm behavior when talking to the anxious child. Be positive communicating about school. Don't show any sign of your own anxiety.
6. Communicate with school staff of your child's fears and anxieties.
7. Praise and reward your child for a brave behavior with fun activities.

Before school starts, ask the student to help shop for school outfits, supplies and plan for school snacks and/or lunch. Focusing on preparing a routine, creating a welcoming environment and providing emotional support will help an anxious child before school starts.

Teach the child coping strategies to help manage their anxiety through relaxing techniques such as breathing exercises, meditation, mindfulness and visualization. Encourage self-expression and positive self-talk. Help child build positive classroom relationships amongst peers. Encourage physical activity and time in nature.

If your child's anxiety didn't go away and interferes with school. It may be time to get support from mental health professional. Figuring out why your child is struggling and providing the support they need, can ease up both yours and your student's anxiety. **HAVE A GREAT SCHOOL YEAR!!!**



HELPFUL RESOURCES TO SUPPORT LEARNING

[Charles County Public Schools Virtual Academy](#) – CCPS offers online high school courses using a virtual learning approach.

[DODEA Virtual High School](#) – provides online asynchronous courses with synchronous support by full-time DODEA certified teachers. A program to supplement classroom instruction when courses are needed due to student transition issues, student course schedule conflicts or unavailability of a course at the DODEA school.

[Military Interstate Compact](#) - deals with the challenges of military children and their frequent relocations. It allows for uniform treatment as military children transfer between school districts in member states. It addresses key issues such as eligibility, enrollment, placement and graduation.

[Tutor.com/military](#) – a free live, online tutor for active military families and extended to DOD civilians servicing K-12 and college students.

[Dod MWR Libraries](#) – online resources for free e-books, audio books and peer-reviewed articles. Authorized patrons can access test study guides and practice exams online and through a mobile app, including ACT, SAT, writing, mathematics, AP subject exams and more. Visit your local installation library for assistance.

[Military One Source Education Consultant](#) - looks into education options for the student, referrals to education services that best meet the child's needs and makes connections to a wide variety of resources. They can answer your questions and provide information about services and benefits.

[Khan Academy](#) – A non-profit organization, has tutor for learners and teachers powered by GPT-4, Khanmigo. Khan Academy has test preps, exercises, videos and articles for students in every grade level in all subjects. It explains step-by-step procedure solving a problem. Parents and teachers can also use the teacher tools to monitor progress and assign specific work.

[Penn State Better Kid Care](#) – offers short videos on Kindergarten Readiness topics.

[Today's Parent Guides](#) TODAY Parenting Guides in partnerships with Chan and Zuckerberg Initiative provide benchmarks and tips for your child's academic, physical and social emotional growth.

[Virginia Department of Education](#) has myriads of resources to explore in support of your child's academic journey.

[Department of Defense Education Activity \(DODEA\)](#) is committed in providing transparency and accountability to parents, guardians and sponsors by providing specific rights noted on their page that links to the relevant DoDEA policy.

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"The only person who is educated is the one who learned how to learn and change." *Albert Einstein*

ARE YOU TRANSITIONING IN OR OUT OF NSF INDIAN HEAD OR NSF DAHLGREN?
Contact the School Liaison for sponsors and receive a Welcome/Goodbye kit!!!

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540-653-8009

NSASP School Liaison
Office: (540) 653-2070
Cell: 540-413-7287
Email: NSASP_SL@us.navy.mil

Indian Head My Generation
Youth Center 301-743-5456



HAVE A SUCCESSFUL and PRODUCTIVE 2025-26 SCHOOL YEAR!