



NSASP SCHOOL LIAISON NEWS

SUMMER, 2018

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(Appointments available at NSF Dahlgren and NSF Indian Head)

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Website: Dahlgren: <https://www.navymwrdahlgren.com/programs/c210a366-4c35-4e44-9a21-05447b96d4ff>

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



Always assume each and every person wants to do a better job and grow. -Steve Farrar

Things to remember...

2018 Back to School Event at Dahlgren's Joy Park Aug. 8 at 11-2 pm. Come for fun activities and receive some limited school supplies. First come, First serve!

Are you an EFMP family? One stop specialized resources, options and consultations are now available at Military One Source
<https://www.militaryonesource.mil/2018-efmp-roc-toolkit>

Cal Ripken Baseball Camp Aug. 12-16 for 10 to 14 years old boys, limited space. If interested, contact the School Liaison Office at 540-653-2070.

Registering your child for school?

Check the school requirements at:

Charles County:

<http://www.ccboe.com/ss/how-to-register/>

King George:

<http://www.kgcs.k12.va.us/student-family-home/entrance-information>

Dahlgren School:

<https://www.dodea.edu/Dahlgren/registration.cfm>

Is someone in your military family getting ready to take the **SAT** or **ACT**? eKnowledge donates **free SAT and ACT Test Prep Programs** that are worth \$350 to military families. Visit www.eknowledge.com/MIL

Awareness to Components of Children's Resiliency

All children have abilities & strengths that can help them cope with everyday life events. As adults, we can help develop children's resiliency by paying attention to those strengths and building on them. Here are the 7 essential components, all interrelated ingredients of **Resiliency**:

1. **Competence** – The ability to handle situations effectively.
2. **Confidence** – The solid belief in one's own abilities.
3. **Connection** – Close ties to family, friends, school & community give children a sense of security & values that prevent them from seeking destructive alternatives to love & attention.
4. **Character** – A fundamental sense of right & wrong that helps children make wise choices, contribute to the world & become stable adults.
5. **Contribution** – When children realize that the world is a better place because they are in it, they will take actions & make choices that improve the world. They will also develop a sense of purpose to carry them through future challenges.
6. **Coping** – Children who learn to cope effectively with stress are better prepared to overcome life's challenges.
7. **Control** – When children realize that they can control their decisions and actions, they are more likely to know that they have what it takes to bounce back.

Being aware of these components, assist adults in raising resilient children.

SOME SUMMER FREEBIES FOR MILITARY-CONNECTED FAMILIES

Blue Star Families Museum - For the last nine years the Blue Star Museums program has connected military families & guests with free museums & parks visits. Blue Star Museums is a collaboration among the National Endowment for the Arts, Blue Star Families, the DoD, & museums across America. Each summer since 2010, Blue Star Museums have offered free admission to the nation's active-duty military personnel and their families, including National Guard and Reserve, from Memorial Day weekend through Labor Day. Select from the list of states for museums that are participating in the Blue Star Museums 2018 summer season using the link <https://www.arts.gov/national/blue-star-museums>.

Waves of Honor - Free entrance to amusement parks. Sign-up at <https://wavesofhonor.com/>

MWR Facilities (Visit Dahlgren <https://www.navymwrdahlgren.com/> and Indian Head <https://www.navymwrindianhead.com/>) for various summer events.

- Library's Summer Reading Programs & Free bowling June 18. Signup www.navylibrarydahlgren.org and get a free T-shirt while supplies last
- Movie Theater – Free summer movies at the base theater
- Aquatic Center- Open swim and Dive-in Night Movies at the base pools

National Parks -When you & your family are looking for something to do, majority of national parks don't have an entrance fee, but for those that do, fees are waived on designated **free entrance days**.

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.