

Parent Advisory Committee (PAC) Newsletter

August 2010
Volume 1, Issue 3



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PAC Committee:

MSgt Sarah Smith, Chairperson
TSgt Stephanie Ives, Co-Chair

Back To School:

Tips for Parents

It happens every year - and every year it seems to catch us by surprise.

Though your children may want to pretend that summer will never end, you know that the return to the classroom grows closer with every passing day. And although no formula has yet been created to ensure a seamless transition between summer vacation and the start of school, the following five tips can help make back-to-school time a little easier.

Tip #1: Be Enthusiastic

To help calm your child's fears, do your best to project an attitude of confidence and enthusiasm:

* When he talks about problems he's had, discuss the ways that you worked together to find solutions to those crises, and let him know that you'll continue to do whatever you can to make his academic experience as enjoyable and productive as possible.

* If your child expresses concern about dealing with certain teachers or students, remind him about the friends he'll be able to spend time with and identify the teacher(s) with whom he has built a positive relationship.

* If your child begins to dwell on the frustrations he's had in the past, emphasize that this is a new year, a new beginning, and a new chance. And don't ever stop telling him how proud you are of him, and how confident you are that he'll be able to have his most successful year yet.

Tip #2: Be Realistic

It may be tempting to comfort your child by promising her that none of the frustrations she experienced in the past will rear their ugly heads again this year, but when this doesn't come to pass, you may be left with a child who is both disappointed in her circumstances and distrustful of the person (you) who pledged that she

wouldn't have to go through all of this again.

If your child has struggled with grades in the past, don't talk about this being a "straight A" year. Instead, help her identify small, measureable achievements that she can make, like studying for a certain amount of time every night or improving her attendance.

If she has had problems with certain students in the past, don't pretend that those kids won't bother her any more (because they probably will). Instead, tell her that you'll bring these concerns to her teacher's attention, and plan other ways in which she can either prevent conflicts or resolve them when they arise.

Encourage her to try new sports, clubs, or activities, but don't lead her to believe that she has to take a "starring role" in order to have a meaningful experience. Talk about the value of participation, and the benefits of working and playing alongside her peers.

Tip #3: Be Prepared

For many students, the most intimidating aspect of a new school year is the fear of the unknown. What if my teacher is mean? What if I can't make any friends? What happens if I can't find my classroom, or if I don't understand the lessons?

If your child will be attending a new school, arrange to take a quick tour of the building over the summer. Walking the halls and peering into the classrooms will familiarize your child with his new environment, and will take some of the fear out of the first day.

Set up a quick meeting with your child's teacher. Most teachers spend at least a few days before school setting up their classrooms and

preparing for the first day. Find out when your child's new teacher has a few minutes to spare, and stop by for a quick introduction.

Throughout the summer, strategize various problem-solving situations with your child. For example, discuss the best ways to respond if another student is being a bully, if he doesn't understand a lesson, or if he's having a problem with his teacher. Talking through potential problems before they occur can equip your child with the confidence he needs to overcome many of the more common obstacles that may come his way.

Tip #5: Be Consistent

When it comes to your child and school, don't forget that routines are your ally. From consistent bedtimes to a well-established homework zone, developing positive habits can help ease anxiety and promote appropriate behaviors:

A few weeks before school starts, make sure that your child starts going to bed and getting up at the same times he will during the school year. This will help his body clock adjust, will increase the odds that he'll be awake and aware during first period, and will lessen the likelihood that you'll have to fight to get him out of bed and out the door.

Establish a "homework zone" in a quiet, clutter-free, and well-lit area of your house (away from the television). Schedule certain hours for study time, and provide supervision and assistance as needed.

Once you've established rules and procedures, enforce them. For example, if your child doesn't have homework on a certain night, use the study time to review his lessons with him or read a book with him. If you expect your child to be in bed at a certain hour, don't schedule (or permit) any late-night activities.

<http://www.aspeneducation.com/articles/bac-k-to-school-tips-for-parents.htm>

Featured Staff Member



Pictured above is Jacqueline Wallace. You can find this beautiful and caring woman in room 1B (Preschool, 3-5 year olds) of the main CDC.

She has been married for 17 wonderful years to her husband, Bryon. Their family also includes two children, 18-year old Darius, and 11-year old JaQuira.

Jacqueline has taught at the Shaw CDC for the past 13 years and still enjoys every minute of it. She stated, "It is a long time in one place but I enjoy what I do and the people that I work with!"

Jacqueline knew early on that she wanted to help teach and care for children. Her education began in nursing but she quickly became interested in working with children while stationed in Germany.

Her background is Early Childhood Education and working with special needs children. In addition, she also has her Child Development Associate Degree!

Her dreams of education in childcare are endless and she would like to attend school again and obtain her Nursing degree as well.

The next time you see Jacqueline at the main CDC, please stop to say hello or give her a quick smile!!!



The Skelton Family



Pictured above is the Skelton Family. John, Renea, Kelcie (6 ½) and Chloe (3).

Kelcie is about to attend 2nd grade at Pocalla Springs and Chloe attends the main CDC.

Dad, John, is a TSgt in the Wing Safety Office and is currently deployed. Mom, Renea, is a 2Lt that works in the Installation Personnel Readiness (IPR) office in 20 FSS. Shaw AFB is their third duty station. Previously, they were stationed at Offutt AFB, NE and Randolph AFB, TX. They PCS'd to Shaw AFB in early November of last year.

Family hobbies include sight-seeing, swimming, and visiting family members.

When asked what the best aspect of the Child Development Program, Renea stated, "Safety. I do not have to worry if my children are in good hands when away at work." She continued to say, "The staff is fantastic and I enjoy taking the time to see how they are doing."

When asked if she could improve one aspect of the CDP, she stated, "I wish there were more parent participation in the PAC meetings. The PAC meetings are a great opportunity to voice concerns and find out upcoming events that your child will be participating in. We are always looking for feedback!"

The family is looking forward to their future plans. Once dad arrives back from deployment, the family plans to take a much-needed trip. Whether it is a trip to the beach or a visit to family members, it will be a fun-filled vacation full of memories and good times.

MFLC Bits

Building a Resiliency in Children: A Parent's Guide

Children have many challenges and difficult situations in life just as adults do.

Some children seem to have a natural resiliency in challenging situations while others do not.

Most any child can be taught to improve their resiliency.

Resilience is the capacity to rise above difficult circumstances; the ability to recover from setbacks; a quality of bouncing back.

Resilience is not invulnerability or being perfect.

Children face many challenges in life:

- Separation from parent during deployment
- Issues regarding return of the deployed parent
- Conflicts with parents and siblings
- Difficulties with friends
- Bullying
- School - grades, teachers, other children
- Loss of a loved one or pet

Increased responsibilities: chores, homework, extracurricular activities

Resilient children have:

- Positive self-esteem
- Relationships with caring adults
- Ability to care for others
- Effective problem solving skills
- An acceptance that change is part of life

Strengthening Bonds with Your Child

Strengthening bonds includes:

- Spending special time with them
- Listening to them - their feelings, problems, joys, ideas
- Giving them praise

Making connections includes maintaining close ties to family, friends, school, and community.

- Teach your child how to be a friend and make friends
- Build a strong family network which includes extended family members and friends
- Provide a sense of physical and emotional security at home

Teach your values to your child and help them clarify their own values. Get your child involved in volunteer work, teach empathy, and encourage them to help at home.

Teaching a sense of control includes:

- Helping your child see that change is part of life
- Teaching that not all circumstances are under their control
- Helping your child see that their actions can effect change

Learning coping skills builds confidence and competence.

Coping skills should include:

- Problem solving skills
- Relaxation skills
- Healthy nutrition
- Exercise
- Rest
- Changing destructive thinking

When giving feedback, start with the positive!

- Maintain a positive attitude yourself
- When they express distress about something, try to help them see something positive in the situation
- Help them understand in times of distress that things will get better

Tell them that everyone needs support from others at times. Help them understand that asking for help is a sign of strength. Let them know they can ask for help from you, a teacher, friend, other family member, coach or clergy. You can also tell them about times when you have sought support from others and how it helped.

Provide your children with accurate but age appropriate information. You can allow your children to help with duties in the home and take on additional chores if they are ready. You can also let them have a role in making plans for staying in touch with the deployed parent.

Teach your children that their military parent is serving our country. Try to always talk to your children about their feelings and yours.

Most any child can be taught to improve their resiliency. Strengthening bonds with parents is a good way to start building resiliency. You can help your child maintain connections with family and friends. Teach children coping skills, help them remain optimistic. During deployment, give them information and help them express feelings.

Airman & Family Readiness Avenue

Impact Aid is designed to directly compensate local school districts for: (1) local revenue lost due to the presence of federally owned, and therefore tax-exempt, property and (2) costs incurred due to "federally connected" students, such as the children of armed services personnel working at a nearby military base.

Please ensure the district is able to have available resources to educate our children. Please take the time to fill it out the Impact Aid forms when the school sends them home.

*John F. Kennedy
School Liaison Officer
Kennedy.John@shaw.af.mil
(803) 895-1358*

The Goal of the Airman and Family Readiness Center is to enhance quality of life and increase family well-being and readiness by providing programs and services available to all DoD customers and their families.

Please check their **Monthly Calendar** or **Information Portal** for exact dates and times of programs or call the AFRC!

http://www.20thservices.com/Shaw_AFRC.html



Cupcakes for School

There's no better way to ring in the school year than with an adorable school bus. The cake-like formation is an impressive presentation, while the individual cupcakes make for easy serving - perfect for classroom treats!

Ingredients

22 cupcakes of your choice
 2 cans (16oz each) vanilla frosting
 Yellow/black/red paste food coloring
 Chocolate wafers, miniature cream-filled chocolate sandwich cookies & vanilla wafers
 Other paste food coloring of your choice
 Coarse sugar

Directions

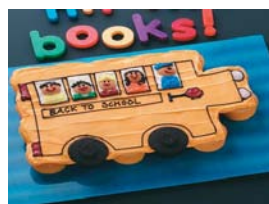
On a covered cake board, place a row of five cupcakes for top of bus. Arrange six cupcakes each in the second and third rows. Follow with a row of five cupcakes.

Tint 2-1/2 cups vanilla frosting yellow; carefully spread over cupcakes. Spread vanilla frosting over cupcakes as desired for windows. Place a chocolate wafer on each tire; attach a miniature sandwich cookie hubcap with frosting.

Tint a small amount of vanilla frosting black and a small amount red; set aside. Pipe outlines and desired details onto bus with black frosting.

Place a vanilla wafer in each window. Tint remaining frosting as desired. Pipe faces on vanilla wafers; pipe hair, hats and shirts as desired.

Spread red frosting onto cupcakes for stop sign and taillights. Fill in headlights with coarse sugar.



Upcoming Events

30-31 July: Pool and Movie Party

For deployed members, this Friday, July 30th, from 6-9pm there will be a pool party at the Woodland Pool. Immediately following, at 7pm, there will be a hot dog and hamburger dinner. 9:30pm will be an outdoor movie. On Saturday, July 31st, there will be a hot breakfast at 7:30am and from 9-11am the pool will be open for participants. For more information, please call Outdoor Recreation at 895-0449.

2-6 August: Part-Day Registration

Part-Day Preschool registration begins at 0900 and lasts until 1100.

2-6 August: National Dog Week

Share a picture of your pet and bring it into the CDC to share with others!

6 August: Give Parents a Break

Need a night to yourself? Parent's Night Out will be from 6:30pm to 10:30pm. Please call the main CDC for more information.

13 August: Back-to-School Pool Party

The Airman and Family Readiness Center will be hosting a Back-to-School Pool Party for the kids on 13 August, 6pm, at the Lakeside Pool (the pool behind the Community Center, across the street from the Bowling Alley). Please call 895-1252 to sign up. Free food will be provided.

18 August: PAC Meeting

Here is your opportunity to meet other parents as well as the staff members to find out what is happening! Another PAC meeting will be held on 18 August at 1200 in the Multi-Purpose room of the main CDC. For those that attend, a light lunch will be provided.

September: Silent Auction

Start collecting your household items that you would like to donate to PAC's Silent Auction! In September, you will receive a chance to place your items in an auction in order to give back to our caregiver's and staff! More information will soon come - start collecting!

How YOU Can Help!

The PAC meets every 3rd Wednesday of the month at 1200 in the Multi-Purpose room in the CDC. The Director's of each program is there to discuss upcoming events and parent concerns. Occasionally, we have guest speakers that give us great information to use as parents! We understand and recognize that everyone has busy work schedules and that you may not attend every meeting. We are asking that if you could, please stop by and see the great work that our wonderful programs are doing for our children. You can also meet other parents as well! Each meeting will provide you with a light lunch.



From the Editor...

This newsletter is mainly designed to keep parents and caregivers informed of upcoming events and other information that could be beneficial! If you have any suggestions on how to improve this newsletter or have news to broadcast, feel free to email pacnewsletter@20thfss.com or call 895-8262.

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CDC Director:

Yulanda Richardson

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Paula Currier

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Vacant

Annex Director/Assistant:

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