

CYS SERVICES NEWSLETTER FORT BELVOIR

SEPTEMBER 2011

ISSUE 9, VERSION 1



U.S. Army Child, Youth & School Services

MIDDLE SCHOOL & TEEN PROGRAMS

FAMILY CHILD CARE

SCHOOL AGE CARE

CENTER BASED CHILD CARE

COMMUNITY BASED PROGRAMS

YOUTH SPORTS & FITNESS

SCHOOL SUPPORT SERVICES

SKIES PROGRAMS

YOUTH SPORTS & FITNESS

A current Sports Physical (which must be updated annually) and Birth Certificate are required to register for all sports programs, except for the Start Smart Programs, which require current immunization records.

For Sports information call: (703) 805-1257/9139

For Registration information call: (703) 806-0791

Flag Football

Enrollment Dates: Aug 1st- Sept 16th

Ages: 5-14 years

Cost: \$55

Season Runs: Sept-Nov

Wrestling

Enrollment Dates: Aug 29th—Nov 11th

Ages: 5-15 years

Cost: \$60

Season Runs: Nov-Mar

House Basketball

Enrollment Dates: Oct 3rd—Nov 30th

Ages: 5 – 15 years

Cost: \$55

Classes Runs: Jan-Apr

Select Basketball

Tryouts: TBA (October)

Ages: 9 – 18 years

Cost: \$85

Classes Runs: Dec-Mar

Cheer Basketball

Enrollment Dates: Oct 3rd—Nov 30th

Ages: 5 – 15 years

Cost: \$55

Classes Runs: Jan-Apr

Start Smart Basketball*

Enrollment Dates: Nov 14th—Dec 23rd

Ages: 3 – 5 years

Cost: \$20

Classes Runs: Jan-Feb

Start Smart Sport Development*

Enrollment Dates: Nov 14th—Dec 23rd

Ages: 3 – 5 years

Cost: \$20

Classes Runs: Jan-Feb

*Smart Start classes are designed to teach the basic motor skills necessary to participate in organized sports while working one-on-one with a parent .

Swim for Your Health & Run for Your Health

Sign-up procedures

All participants must register at Parent Central Services. It is FREE!!! (703) 806-0791

Eligibility:

Active Duty Personnel Children (17 years & under); Retirees Children (17 years & under);
DOD Civilians Children (17 years & under)

Purpose

To promote physical fitness and wellness for the Fort Belvoir Community Children.
For Rules/Procedures: Please Contact the Youth Sports Health & Fitness Director (703) 805-9138



adventure



art



life



fit

the edge

September
2011

free!

Mondays—Life EDGE!

Cosmetology

Can you braid? Wonder how to help your friends with that perfect up-do?

Tuesdays—Fit EDGE!

Racquetball

Come out and learn to play!

Wednesdays—Life EDGE!

Bowling

Not just a typical day on the lanes...this is your chance to learn from a Pro!

Thursdays—Adventure EDGE!

Paddle Boarding

Enjoy the beauty of Tompkins Basin and get some exercise too!

Fridays—Life EDGE!

I'm Alone

For youth who are new to staying home alone after school. Learn how to be there responsibly!

Programs take place between 3:30 and 5:30 p.m. and are open to youth in grades 6-12th that are registered with CYS Services. Transportation is provided from the Youth Center (bus departs at 3:15 p.m.). Youth may join the program at the location. No fees are required to participate.

enrollment

If your youth is already registered with CYS Services they can be enrolled into the activity over the phone at 703.806.0791 or online at <https://webtrac.mwr.army.mil/webtrac/belvoircyms.html>



information

703.805.1906 ~ www.belvoirmwr.com



YOUTH CENTER ACTIVITIES

SEPTEMBER

Friday September 2th

Triple Play Obstacle Course
Day 1 - 1430-1530
Watercolor painting -1530-1630
Twister 1700-1800

Saturday September 3th

Triple play Obstacle Course
Day 2 – 1430-1530
Foam Art- 1530-1730
Dominoes- 1300-1400

Thursday September 8th

Hired! Workshop:
Exploring jobs/Duties/Salaries
1600-1700

Friday September 9th

Triple Play Obstacle Course
Day 3- 1430-1530
Friendship Bracelets 1530-1700
Mancala- 1730-1830

Saturday September 10th

Ball Tag- 1430-1530
Glitter Painting -1530-1600
Tie Dye-1630-1730

Thursday September 15th

Hired! Workshop:
Exploring Cool Career Websites
1600-1700

Friday September 16th

Dance – 1800-2200
Relay games-1430-1530
Model Magic Sculpting- 1530-1630

Saturday September 17th

Dodge ball – 1530-1630
Mosaic – 1600-1730
Scrabble – 1800-1900

Friday September 23rd

Minute To Win It- 1430-1530
Around the World – 1600-1730
Grimp- 1800-1900

Saturday September 24th

Indoor Soccer- 1500-1600
Tissue Paper Flowers- 530-1730
Dance Revolution- 1730-1830

Thursday September 29th

Hired! Workshop: Application
Forms: Getting a Positive
Response 1600-1700

Friday September 30th

Knockout -1530-1630
Stained glass-1630-1730
Pictionary-1330-1500

OCTOBER

Saturday October 1st

Basketball 1430-1530
Pool Tournaments 1500-1600
Ultimate Frisbee 1900-2100

For more information on these activities and more, please contact the
Youth Center at (703)805-4515.

HIRED! APPRENTICESHIP PROGRAM

A workforce preparation and apprenticeship program designed to meet the employment and career-exploration needs of CYSS teens 15-18 years of age.

Hired! Apprentices commit to working (15) fifteen hours per week with employers on the installation while concurrently participating in workforce preparation/career exploration workshops over a (12)twelve week term. Terms occur during Winter, Spring, Summer and Fall. Youth must complete the necessary application process and meet all prerequisites to be eligible for the program. For additional information contact Wendy O'Sullivan, Hired! Program Coordinator, 703.805.4515 or visit the Fort Belvoir Youth Center.

Hired! Workshops

Held on Thursday's from 4pm-5pm covering Workforce-Preparation (resumes, applications, job searching, interviewing) and Post-Secondary Education Exploration (interest inventories; exploring jobs; college/scholarships)

PARENT'S NIGHT OUT & KID'S NIGHT OUT

South Post Child Development Center offers Saturday evening childcare on the second Saturday of each month for children ages 6 weeks to 5 years. Tickets are \$20.00 per child, this does include a light meal. *No Money will be taken at the door.* Children must be registered with CYS Services. For more information call 703-806-4344. *There will be no refunds.*

Kid's Night Out for grades K-6th will be held at Markham School Age Center on the second Saturday of each month. Tickets are \$20.00 per child, this does include a light meal. *No Money will be taken at the door.* All Kid's Nights out Party-Goers must be registered with CYS Services. For more information call 703-805-9100. *There will be no refunds.*

DATES:

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September 10th, 2011, 1700-2200

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Reservations must be made by September 9th at 1730.

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October 8th, 2011, 1700-2200

October 8th, 2011, 1700-2200

Reservations must be made by October 7th at 1730.

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November 12th, 2011, 1700-2200

November 12th, 2011, 1700-2200

Reservations must be made by November 10th at 1730.

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CHILD, YOUTH & SCHOOL SERVICES IN YOUR NEIGHBORHOOD

Staff from CYS Services will provide enrichment activities at the housing community centers. All events are free and take place between 1000-1200. Children and youth must be accompanied by an adult.

For more information please call 805-1906.

August—Dreaming of the Beach

Thurs. Aug. 4th @ Fairfax CC

Tues. Aug. 9th @ Woodlawn

Wed. Aug 10th @ Lewis Village

Tues. Aug 16th @ Vernondale

Wed. Aug 17th @ Dogue Creek

Fri. Aug 19th @ G. Washington

September—Back to School

Wed. Sep. 7th @ Fairfax CC

Fri. Sep. 9th @ Woodlawn

Tues. Sep 13th @ Lewis Village

Thurs. Sep 15th @ Vernondale

Thurs. Sep 22nd @ G. Washington

FAMILY COMPUTER TIME @ SCHOOL AGE SERVICES

Markham School Age Center invites you and your family to come use their computer lab.

The lead teacher of the computer lab will be present for any questions.

The lab will be open on the 2nd & 4th Saturday of every month from 0930-1330.

For more information please contact the Markham SAS at (703)805-9100.



Family Computer Time!

Free

SKIES *Unlimited*

Schools of Knowledge, Inspiration, Exploration & Skills

Preschool Ballet/Jazz—Session 1

Ages: 3-5 years old

Cost: \$45 per month

Dates: Oct. 4 – May 19, 2012

Day: Tuesday

Time: 1300-1345

Location: SKIES Room @ School Age Center

Preschool Ballet/Tap –Session 1

Ages: 3-5 years old

Cost: \$45 per month

Dates: Oct. 6 – May 19, 2012

Day: Thursday

Time: 1000-1045

Location: Youth Center Dance Room

Preschool Ballet/Jazz—Session 2

Ages: 3-5 years old

Cost: \$45 per month

Dates: Oct. 4 – May 19, 2012

Day: Tuesday

Time: 1345-1430

Location: SKIES Room @ School Age Center

Preschool Ballet/Tap –Session 2

Ages: 3-5 years old

Cost: \$45 per month

Dates: Oct. 6 – May 19, 2012

Day: Thursday

Time: 1045-1130

Location: Youth Center Dance Room

Preschool Ballet/Jazz—Session 3

Ages: 3-5 years old

Cost: \$45 per month

Dates: Oct. 6 – May 19, 2012

Day: Thursday

Time: 1300-1345

Location: SKIES Room @ School Age Center

Preschool Ballet/Tap –Session 3

Ages: 3-5 years old

Cost: \$45 per month

Dates: Oct. 1 – May 19, 2012

Day: Saturday

Time: 0930-1015

Location: Youth Center Dance Room

Preschool Ballet/Jazz—Session 4

Ages: 3-5 years old

Cost: \$45 per month

Dates: Oct. 6 – May 19, 2012

Day: Thursday

Time: 1345-1430

Location: SKIES Room @ School Age Center

Preschool Ballet/Tap –Session 4

Ages: 3-5 years old

Cost: \$45 per month

Dates: Oct. 1 – May 19, 2012

Day: Saturday

Time: 1015-1100

Location: Youth Center Dance Room

SKIES *Unlimited*

Schools of Knowledge, Inspiration, Exploration & Skills

Kinder Ballet/Jazz

Ages: 5-6 years old

Cost: \$55 per month

Dates: Oct. 3 – May 19, 2011

Day: Monday

Time: 1530-1630

Location: SKIES Room @ School Age Center

School Age Jazz/Dance Team

Ages: 9-12 years old

Cost: \$55 per month

Dates: Oct. 5 – May 19, 2011

Day: Wednesday

Time: 1900-2000

Location: SKIES Room @ School Age Center

Kinder Ballet/Tap

Ages: 5-6 years old

Cost: \$55 per month

Dates: Oct. 1 – May 19, 2011

Day: Saturday

Time: 1100-1200

Location: SKIES Room @ School Age Center

Kinder Jazz/Hip Hop

Ages: 5-6 years old

Cost: \$55 per month

Dates: Oct. 5 – May 19, 2011

Day: Wednesday

Time: 1700-1800

Location: SKIES Room @ School Age Center

Beginning School Age Jazz

Ages: 6-8 years old

Cost: \$55 per month

Dates: Oct. 3 – May 19, 2011

Day: Monday

Time: 1630-1730

Location: SKIES Room @ School Age Center



Beginning School Age Tap

Ages: 6-12 years old

Cost: \$45 per month

Dates: Oct. 1 – May 19, 2011

Day: Saturday

Time: 1200-1245

Location: Youth Center Dance Room

Beginning School Age Ballet

Ages: 6-8 years old

Cost: \$55 per month

Dates: Oct. 5 – May 19, 2011

Day: Wednesday

Time: 1800-1900

Location: SKIES Room @ School Age Center

SKIES *Unlimited*

Schools of Knowledge, Inspiration, Exploration & Skills



Kindermusik

Ages: 18-36 months old

16 week session

Cost: \$210 total due:

\$50 material fee due to instructor &

\$40 per month to CYSS

Dates: Oct. 6 – Feb. 09, 2012

Day: Thursday

Time: 1000-1045

Location: SKIES Room @ School Age Center

Kindermusik

Ages: 24-35 months old

8 week session

Cost: \$100 to include material fee

Dates: Oct. 4 – Nov. 29, 2012

Day: Tuesday

Time: 0930-1015

Location: North Post CDC



Kindermusik

Ages: 3 – 4 years old

8 week session

Cost: \$100 to include material fee

Dates: Oct. 4 – Nov. 29, 2012

Day: Tuesday @ Time: 1030-1115

Location: North Post CDC

SKIES *Unlimited*

Individual Instructors/Contractors Needed

Looking for qualified and caring instructors/contractors to provide classes for students ages Pre-school through High School Seniors. We are currently seeking new instructors/contractors to teach Dance (Ballet, Jazz, Tap & Hip Hop), Art (Anime drawing), Fitness (Yoga, Pilates, Kickboxing, Step aerobics and Zumba), Tumbling, Cooking, Guitar, Drums, Sports clinics to include the following sports: soccer, basketball, football, volleyball, wrestling, track and field. Spanish language, Horseback riding lessons, Group trail rides, Children's Theater to include workshops and productions, Photography, Driver's education, SAT Prep and Tutoring in all subjects.

Individuals must be able to conduct classes week nights and Saturdays.

If you are interested please contact:

NER NAF Contracting Officer, Ms. Debbie Ewald at Debbie.ewald@us.army.mil

Please provide the following information: NAME, PHONE NUMBER, ADDRESS, EMAIL ADDRESS & INSTRUCTOR TYPE

SKIES *Unlimited*

Schools of Knowledge, Inspiration, Exploration & Skills

Martial Arts!

Karate

Ages: 6-18 years
 Cost: \$55 per month
 Days: Mondays and Thursdays
 Times: Beginners: 1830-1930
 Advanced Belts 1930-2030
 Location: School Age Center Gym

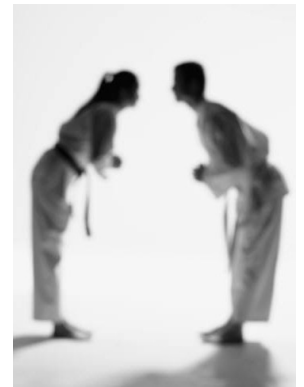
Lil Dragons Karate

Ages: 3-5 years
 Cost: \$40 per month
 Day: Saturday
 Times: 1000, 1045, 1130 or 1215
 Location: SKIES Room @ School Age Center



Taekwondo

Ages: 6-18 years
 Cost: \$55 per month
 Days: Tuesdays and Thursdays
 Times: Beginners: 1815-1915
 Advanced Belts 1915-2015
 Saturday Sparring: 1000-1200 – all belts welcome
 Location: Youth Center



Piano Lessons

Instructor: Matthias Wandler
 Ages: 6 - 18 years old
 Cost: \$100 per month
 Dates: Jan. 3 – May 21, 2011
 Day: Monday — Times: 1500-1900
 Day: Thursday — Times: 1600-1900
 1/2 hour session 4 times per month
 Location: Community Center

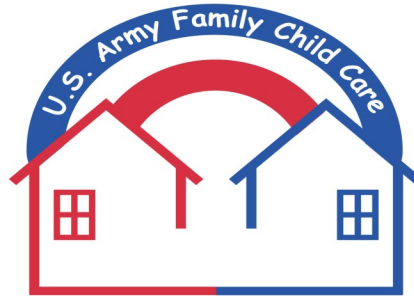
While we strive to have up-to-date information in our Newsletter, please be aware that all classes, activities, sports and other programs listed in the Newsletter are subject to change.

Please call 703-806-0791 with any questions or visit our website at www.belvoirmwr.com/cys for more information.

FAMILY CHILD CARE... YOUR CHILD'S HOME AWAY FROM HOME!

FCC homes serve children 4 weeks to 12 years of age in a homelike environment that allows siblings to be in care together. Parent fees are based on total family income and follow DoD fee guidance as in other Ft. Belvoir CYSS programs. The Fort Belvoir Family Child Care (FCC) program offers a variety of flexible care options that meet regular and mission-related child care needs to include full day, hourly, before/after school, extended care (overnight and weekend), special needs, and on and off-post care. Off-post care is offered in the counties of Fairfax, Prince William (Woodbridge, Manassas, Dumfries) and Stafford. Homes off-post must comply with AR608-10, to include ratios, training requirements, and USDA nutritional guidelines.

Only the best qualified applicants are selected to become certified providers. FCC applicants must complete a screening process before certification. They attend 40 hours orienta-



Your child's "home away from home"

tion training, including child abuse, CPR and First Aid, medications/communicable diseases, business practices, nutrition and developmentally appropriate practices. Background clearances are performed on applicants, spouses, and children 12

years of age and older. An in-home family interview is conducted by the FCC Director. The homes are inspected by fire, health, and safety officials to ensure all operational requirements are met. After certification, providers receive on-going training, technical support, and unannounced inspections by the FCC Director, Training and Curriculum Specialist, and other proponents.

Training and educational opportunities can lead to a Child Development Associate (CDA) or Home Accreditation by the National Association for Family Child Care (NAFCC). If you are interested in becoming an FCC Provider, new provider training classes are offered on a regular basis. For information about the FCC Program please call 703-805-9137/ 9134/ 9112.

School Support Services

The School Liaison Officer is available to assist military Families with transitions to the local schools. Child, Youth and School Services encourages parents to utilize these services as we are dedicated to maintaining a positive and productive relationship between our Families and the schools that serve them.

Mary Jo Chapman
School Liaison
(703)805-9119

Maryjo.chapman@us.army.mil

Fairfax County Public Schools Serving Fort Belvoir:

Fort Belvoir Elementary School

<http://www.fcps.edu/FtBelvoirES/>

Woodlawn Elementary School

<http://www.fcps.edu/WoodlawnES>

Whitman Middle School

<http://www.fcps.edu/WhitmanMS/>

Mount Vernon High School

<http://www.fcps.edu/MtVernonHS/>

Surrounding County Websites

Prince William County: www.PWCS.edu
Stafford County: www.stafford.schoolfusion.us/

PARENT INVOLVEMENT

THE WIN PROGRAM:

Why I'm Needed (WIN)

This is a special program enabling parents to earn up to a 10% discount on a program activity or monthly fees at the CDC or SAC. Parents perform essential tasks for their program or activity and earn a specific number of credits for their participation. Once 10 points are reached, the coupon to the right can then be re-

deemed as a 10% discount off of your child's monthly tuition.

PARENT ADVISORY COMMITTEE (PAC)

Parents are also encouraged to participate in the their program's advisory committees consisting of interested, volunteer parents. These groups meet regularly to discuss ways to increase quality care options or issues of common

concern involving children and youth. Participation in any CYS Services PAC can also earn you credits in the WIN program! Check with your program's front desk staff for more information on the WIN program and about the next PAC meeting.

The form is titled "WIN Points" and includes a bar chart with 10 numbered slots. To the right of the chart, there are fields for "Child's Name" and "Class". Below the chart is the U.S. Army Child, Youth & School Services logo. At the bottom, there is a note: "(To be valid, Coupon must contain manager's initials and date. Activity must be recorded in WIN registry)".

ICE

The Interactive Customer Evaluation (ICE) system is a web-based tool that collects feedback on services provided by various organizations throughout the Department of Defense (DoD). The ICE system allows customers to submit online comment cards to rate the service providers they have encountered at military installations and related facilities around the world. It is designed to improve customer service by allowing managers to monitor the satisfaction levels of ser-

vices provided through reports and customer comments. ICE provides the following benefits:

- *Allows DoD customers to quickly and easily provide feedback to service provider managers
- *Gives leadership timely data on service quality
- *Allows managers to benchmark the performance of their service providers against other DoD organizations.
- *Encourages communication across organizations by comparing best practices to increase performance results.
- *Saves money

VISIT the link below and Let CYSS know how well our programs are serving your family:
http://ice.disa.mil/index.cfm?fa=service_provider_list&site_id=336&service_category_id=6

*Watch here for updates on your suggestions in future editions of the CYSS Newsletter



DID YOU KNOW?

YOU MAY CONTACT THE CYSS WELCOME CENTER @ 703-806-0791 TO MAKE A REGISTRATION APPOINTMENT.

FORT BELVOIR

ELIGIBILITY REQUIREMENTS FOR CYS SERVICES PROGRAMS

Open to current DOD Personnel- active duty, retirees (Sports & Youth Activities) and DOD civilians. Fort Belvoir CYS Services fees are on a sliding scale based on income. Multiple child discounts and 2 weeks vacation credit per year are also given. Note: retirees are only eligible for our sports and SKIES Unlimited programs.

Please call (703)806-0791 for more information.

We're on the Web!

<https://webtrac.mwr.army.mil/webtrac/belvoircyms.html>

Web-Trac is here!!

All Child, Youth & School Services payments can now be made online. By logging into the new Web-Trac site, you can view your current billing and make payments on your account. If you have not received your User Name and Password please contact.

BelvoirCYSS_WEBMASTER@conus.army.mil

Registration

Registration is required to participate in all CYS Services programs and activities.

Registration is FREE!

To help facilitate the registration process, please bring with you the following information:

- 3 local emergency contacts (*other than parents*)
- Shot records
- Physical (*we can give you 30 days to bring this in*)
- LES/pay stubs (*only needed for childcare*)
- Cash, Check, or Visa/MasterCard for program fees

For Sports programs the following is also required:

- Birth certificate
- Sports physical

To make an appointment or for more information on our programs and upcoming events please contact Parent Central Services at (703) 806-0791.

HELP WANTED

Reasons to become a substitute "Teacher" for CYS Services:

- Good Pay
- Get experience
- CYS Services is a great place to work
- No teaching experience needed
- Have a positive impact in the lives of children
- Flexible work hours
- Call (703)704-3032 for more information

SPORTS VOLUNTEERS NEEDED

CYS Services Youth Sports program is looking for volunteers to help as Sports Coaches, Assistant Coaches, as well as general volunteers that could assist with concessions, time clock, score keeping, etc. Please call the Youth Sports Office for more details at (703)805-9138/9139/1257.

VOLUNTEERS NEEDED

Child, Youth & School Services is looking for volunteers to help educate our children by reading to them and encouraging interest in various activities such as cooking, sewing, woodworking, photography, painting etc. If you have an interest or hobby that you would like to share with our youth, please call Parent Central Services for details at 703-805-9117