

VOLUME 9
ISSUE NO. 1
January 2018

yourCYS

USAG Wiesbaden Child & Youth Services

this issue

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Parent Central Services hours of operation

Monday	0800-1600
Tuesday	0800-1600
Wednesday	0800-1600
Thursday	1300-1800
Friday	0800-1600

Please remember that Parent Central Services is closed on Thursday mornings for training, but is open until 1800 on Thursdays to accommodate those who cannot stop by during the duty day. Walk-ins and appointments are available. To schedule an appointment, please call 0611-143-548-9356.



From the Child & Youth Services Staff

Dear Parents,

As we close out one year and embark upon another, we take this moment to say "Thank You" to all of the families of USAG Wiesbaden. The Child & Youth Services community experienced a number of changes over the last year. We have greatly appreciated your support through them all. We have enjoyed working with your children and youth this year, watching them grow through participation in our activities, and the many interactions with our staff from day to day. Our children are the reason we continue to work so hard each day to ensure we have quality programs to offer the patrons of our community.

As we continue to grow and progress, we are looking forward to facing all that the new year will bring. We are looking forward to growing with you! We begin the year with implementation of the new fee policy. The Army Child & Youth Services Fee Policy will be implemented on 1 February 2018 for the 2017–2018 School Year as required by the Department of Defense (DoD). Please be mindful of information being disseminated through email, at your child's facility, and during your next visit to Parent Central Services as we prepare for this change.

We are also looking forward to continued improvements to automation processes and technology components within our programs. Efforts are constantly being made across all service areas to ensure that programs available within CYS are equipping our youth with the skills that are being demanded of this generation. We appreciate your patience as we take the steps required to better serve you.

All CYS programs will be closed for the Martin Luther King, Jr. Day holiday, Monday, 15 January 2018.

From all the staff of USAG Wiesbaden Child & Youth Services, "Happy New Year"!

Best Regards,
The USAG Wiesbaden Child & Youth Services Team



Parent Participation

Parent Participation Points-Please remember that you can receive Parent Participation Points by participating in your child's program. Parent Participation Points can then be redeemed for a 10% fee reduction on one month's fee for one child. There are many ways to participate and earn points such as by completing a Program Evaluation, attending a Parent Education session or PAB meeting, assisting with a Special Event, and participating in classroom activities.

Parent Advisory Board Meeting

The goal of the Parent Advisory Board (PAB) is to provide a forum which will allow patrons an opportunity to meet and share ideas with each other, the CYS Services Program Directors, and the Garrison Commander. Topics are geared towards providing the best possible ways to involve parents in the programs, and how parents' involvement can complement Wiesbaden CYS Services programs.

The next PAB meeting will be held 17 February 2018 from 1200-1245 in the FMWR conference room in Hainberg Housing building 7790 .

The subject for our Parent Education Class is "Helping Children Manage Anger". We hope you can join us!

Parent Central Services

Happy New Year to all of our wonderful Families in the USAG Wiesbaden community! As we begin the new year, we would like to remind our Parents that current registration is necessary for participation in all CYS activities including Sports, SKIESUnlimited Instructional classes, Youth Center trips and Hourly Care, even if your child does not regularly attend CYS Services programs.

Registration must be updated annually to be considered current. If you have any questions regarding registration requirements for your family, or if you would like to begin a new enrollment for your child, please come by! The Parent Central Services (PCS) Office is located in building 1213 on Clay Kaserne.

School Liaison Officer

We're halfway done! Friday, 26 January marks the end of the first half of the school year.

Are you resolved to improve grades for 2018? Try these proven tips!

- **Get to Bed!** Recent surveys show many grade-school and teenage students get less than the eight to ten hours of sleep they need. Rest well so that you are able to remain alert each day.
- **Eat Breakfast!** Fuel your body and brain with the nourishment they need so that you are more able to focus on learning.
- **Get Involved!** This one is for parents! One of the best indicators of student success is parental involvement in school. From homework to Parent Teacher Organizations, your involvement demonstrates to students that school is important.
- **Try Tutor.com!** This is a great resource for students! Eligibility includes Active Duty, Active National Guard and Active Reserves Military Families. Tutor.com is a free 24X7, 365 resource. Registration is simple and takes less than five minutes. Over 90% of users find the assistance helpful.

For more school tips, visit

<http://www.militarychild.org/>

<https://wiesbaden.armymwr.com/programs/school-liaison-officer-slo>

Important Dates to Remember

- | | |
|--------|--|
| 3 Jan | School Resumes |
| 15 Jan | Martin Luther King, Jr. Day <i>(No School)</i> |
| 25 Jan | End of 2nd Quarter / 1st Semester |
| 26 Jan | Teacher Workday <i>(No School)</i> |
| 2 Feb | Professional Development <i>(No School)</i> |
| 5 Feb | Teacher Workday <i>(No School)</i> |

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Director: Peter Witmer
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Hainerberg SAC Building 7894

Director: Katherine Vahrenkamp
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katherine.d.vahrenkamp.naf@mail.mil

A new year brings new adventures and new challenges here at Hainerberg School Age Center. Staff are preparing for this year's round of inspections by our higher headquarters command, and we are constantly working to improve ourselves with training in the classroom and online. We are working hard for our families, taking the necessary steps to make ours and all USAG Wiesbaden CYS facilities even better.

One challenge that our parents are facing is construction in front of our building. We ask parents to remain mindful of traffic conditions during winter months. Should there be delays in pick-ups or drop-offs due to heavy traffic, please inform the center as soon as possible.

The snow is falling, but this is not a reason to stay indoors! Please make sure children are dressed appropriately for outdoor play during the cold winter months.

We also ask Parents to keep in mind that Hainerberg School Age Center will be closed Monday, 15 January in observance of the Martin Luther King, Jr. holiday.

Hainerberg CDC, Bldg. 7885

Director: Patricia Floyd
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Welcome to a "Sparkling" 2018! We hope that all our Families and Friends had a wonderful and safe holiday! We are working hard to prepare for reaccreditation inspections, which are sure to be underway by spring of the new year. We ask you to take a moment to encourage our Staff as they prepare to do their very best during this time.

This month, we will experiment with water and colors. We'll explore new smells, like nutmeg cinnamon, and peppermint, and we'll make our first snack of the New Year. Toddler and Pre-school rooms will begin building self-help skills, learning to say, "Look! I can do it all by myself!" Special guest, Mr. Jack March, will read a book for story time, and we will all boogie together at our "Humpty Dumpty Dance".

All activities are prepared for children who attend Full-time care at Hainerberg CDC 7885. Parents you are always welcome to join us as time permits!

Clay Kaserne CDC, Bldg. 1501

Director: Zacha Toledo-Couvertier
DSN: 548-9370
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zacha.n.toledo-couvertier.naf@mail.mil

At 1501 CDC, we have no room for the winter-time blues! Let's get bundled up and go outside for some fun in the snow! Hopefully the weather will allow for a more flurries, but we are always prepared for the weather to change, and we are always in the mood to have a great time with our kids!

We start 2018 by learning to make Gingerbread people, and by sharing the story of how one got away! We'll also unravel the mystery of dinosaur extinction and why those great, big giants no longer grace planet Earth. We will learn about hibernation and why some animals need to sleep through winter. Then, we take time to continue practicing our manners — "please", "thank you", "excuse me", and more!

Please check out our event calendar in the lobby. We would love to see you for a visit and for your participation in our learning process!

Clay Kaserne CDC & SAC Bldg. 1502

Director: Arnita Camp-Harrison
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Clay Kaserne CDC and SAC Programs are happy to wish our families a very joyous 2018! We hope you each had a wonderful, restful holiday with your family and friends. As we begin the month of January, the winter snow season is heavily upon us. To ensure children are prepared each day, please ensure we have at least two extra changes of clothing including pants, shirts, and socks. Classrooms will continue to go outside for up to 30 minutes for 25-34 degree temperatures, and up to 15 minutes for temperatures below 25 degrees. Keeping this in mind, please clothe children in warm boots, coats, hats and gloves!

We ended the year with quite a few special winter activities, including sock snowmen, and reindeer cookies, decorating the building, and other holiday treats in cooking club. This January, we will take a moment to learn about Dr. Martin Luther King, Jr. and his contributions to our nation's history. Mr. Dale will host badminton and parachute games in the SAC gym. Ms. Marcell will take on Power Hour as the Homework Lab Tech. Mr. Billy will lead large group fitness activities starting every Thursday afternoon this month. Please note that all CYS facilities are closed Monday, 15 January in observance of the Martin Luther King, Jr. holiday.

In and around the Clay Kaserne Teen Center



Director: Aaron Chapuis
DSN: 548-9341
CIV: 0611-143-548-9341
aaron.m.chpauis.naf@mail.mil

Hainerberg Youth Center, Bldg. 7884

Asst. Director: Michael Lattimore
DSN: 548-9325
CIV: 0611-143-548-325
michael.b.lattimore.naf@mail.mil

Clay Kaserne Youth Center, Bldg. 1215

“Happy New Year” from your Clay Kaserne and Hainerberg Wiesbaden Teen Centers! The new year is time for pursuing new adventures and new beginnings! If you survived the barrage of festive fireworks unscathed, then you’re certainly up for entertaining even more excitement with Youth Services!

Saturday, 6 January, Clay Teen Center is open for your youth to draw, sing, dance, play ping-pong, pool, videogames, and more!

Come join us the following Saturday, 13 January, for a Wiesbaden City Tour, completely free for new families, and a great value for current families within our community. The tour takes is your window into the history, intrigue, and hidden secrets of our host city.

On Saturday, 20 January, we head to the stadium for a deeply discounted professional German soccer league game. Don’t miss out on this uniquely European experience! Come out and see our local Wiesbaden Wehen “football” team play. The whole family can join, provided one CYS registered teen accompanies the family group. Tickets are only \$10!

Finally, on 27 January, we close out the month with a professional women’s volleyball game at a cost of only \$15 per person. The local VC-Wiesbaden 5th-ranked Bundesliga women’s team plays the 4th ranked USC Munster team in one of the most exciting match-ups of the season. Come cheer them on! You may even learn a thing or two while you’re there! Budding volleyball players and families that like bumps, spikes, sets, and digs are encouraged to sign up and for this opportunity.

Contact us at DSN 548-9341, CIV 0611-143-58-48-9341. Stop by building 7884 just across from the WEC to get involved or to get more information today!



Volunteers Wanted!

Don't Forget that Spring Sports Season is right around the corner!!!

Spring Sports enrollment will run 29 January-23 March 2018. We will offer individual and team sports programs for children and youth who are 3-18 years of age. Please note that age requirements vary per sport. Activities include: baseball, softball, soccer, archery, golf, tennis, archery and the **NEW** Star Trek Running Club!!!!

CYS Sports & Fitness is always looking for volunteer coaches!

If you would like to assist our Sports Program, you should know multiple volunteer opportunities are available during each season! Whether you prefer summer, fall, winter, or spring, there is a place for you, and your assistance will be greatly appreciated! Interested volunteers should stop by the CYS Sports and Fitness office located in building 1213 on Clay Kaserne to pick up a coach's packet, or contact the CYSFP Main Office at DSN 548-9363, CIV 0611-143-548-9363.

CYS Sports & Fitness is Always Looking for Sports Officials!

If you are interested in becoming a Sports Official, be sure to contact us today! Interested officials can provide volunteer or paid services during fall, winter, and spring seasons. For more information on contract requirements and the application process, please contact the CYS Sports and Fitness Office at DSN 548-9363, CIV 0611-143-548-9363.



Youth Sports and Fitness

Director: John English
DSN: 548-9363
CIV: 0611-143-548-9363
john.c.english.naf@mail.mil

USAG Wiesbaden Sports Program would like to thank everyone in the community for making 2017 a fit, fun and safe 2017. Thanks for a very entertaining and rewarding season that each of us in the USAG Wiesbaden community can be extremely proud of! We now invite everyone to join us in our continued quest to provide quality sports & fitness options for the youth of our Wiesbaden community during the 2018 year.

We start the year running with the winter sports season. Practices and games resume Tuesday, 2 January for youth participating in basketball, cheer, dodgeball & wrestling. Below are key dates of our activities.

- | | |
|---------------------|--|
| 02 January 2018 | Practice Resumes for all Winter Sports and Age Groups
<i>Preschool, Pee Wee, Minor Basketball/Cheerleaders, Wrestling and Dodgeball</i> |
| 06 January 2018 | Begin Junior Basketball games
<i>Final Game on or about 18 March 2018</i> |
| 19 January 2018 | Pee Wee & Minor Basketball Games
<i>Games every Friday with the final game on or about 9 March 2018</i> |
| 20 January 2018 | Bantam Basketball Games
<i>Games every Saturday with the final game on or about 11 March 2018</i> |
| 27 Jan – 9 Mar 2018 | Spring Sports Registration On-going
<i>T-Ball/Baseball/Softball, Archery, Golf, Tennis, Track & Field, "Star Trek Running Club"</i> |
| 30 January 2018 | Washington Redskins Cheer Clinic
Free for all youth who would like to participate |
| 10 February 2018 | Wrestling Tournament Season Begins
<i>Final meet held in Stuttgart on 10 March 2018</i> |
| 10-11 March 2018 | IMCOM-E Junior Boys & Junior Girls Basketball Tournament(s)
<i>Tournament(s) to be held in the Kaiserslautern community</i> |
| 17 March 2018 | IMCOM-E CYS Cheer Showcase
<i>Event to be held here in Wiesbaden</i> |

Winter season start dates will vary per sport and age group. Please note that all practice start dates are subject to change.

For more information, or to enroll, please contact Parent Central Services at DSN 548-9356, CIV 0611-143-548-9356; or contact the CYS Sports and Fitness Office at DSN 548-9363, CIV 0611-143-548-9363.

Introducing the "Star Trek Running Club"

CYS Sports is excited to present a great new program called the "Star Trek Running Club". This new club will be offered to youth ages 8 and up. Points and rank will be awarded to participating youth for the number of miles they log as a result of "trekking" the frontiers of our Wiesbaden Community. Please contact the CYS Sports Office for more information on how to enroll.



Family Child Care

Director: Deborah Jackson

DSN: 548-9302

CIV: 0611-143-548-9302

deborah.k.jackson4.naf@mail.mil

Love working with children? Interested in a home-based career that is portable throughout your family's military career? Become an FCC Provider. Spouses interested in becoming a Family Child Care Provider must be 18 years of age, have a High School Diploma, speak English, and love working with children. Applications may be picked up at the Family Child Care Office. Before an applicant is accepted into the Family Child Care Program and becomes a provisionally certified provider, the whole family is interviewed in the home and they, as well as any family members over 12 years of age, must have their background clearances completed. The applicant then completes a week-long training program. After becoming provisionally certified and opening a home, the home is visited on a regular basis by the FCC Director, Fire Inspector, Safety Inspector, Health Inspector, and a CYS Services Trainer.

If you are interested, please stop by the FCC Office, Hainerberg Bldg. 7790, to pick up a packet.

Nurse's Corner

Health Nurse: Whitney Schindewolf
DSN: 548-9358
CIV: 0611-143-548-9358
whitney.t.schindewolf.naf@mail.mil

Winter Safety

Winter season is officially here. This means, snow, ice, wind and cold temperatures are to be expected. While winter can be a fun and adventurous season for children, it can also be dangerous. Below are some safety tips from the American Academy of Pediatrics.

Winter Dress Code

- Dress infants and children warmly for outdoor activities. Several thin layers will keep them dry and warm. The rule of thumb for young children is to dress them in one more layer of clothing than an adult would wear in the same conditions. Don't forget warm boots, gloves or mittens, and a hat. Choose boots that are large enough to comfortably accommodate two pairs of socks. Remember to bring these items to your child's program to keep them warm during outdoor play in the cold, snowy weather!
- When riding in a car, babies and children should wear thin, snug layers rather than thick, bulky coats or snowsuits. It is better to use sleep clothing like one-piece sleepers or wearable blankets.
- Blankets, quilts, pillows, bumpers, sheepskins and other loose bedding should be kept out of an infant's sleeping environment because they are associated with suffocation deaths and may contribute to Sudden Infant Death Syndrome (SIDS). If a blanket must be used to keep a sleeping infant warm, it should be thin and tucked under the crib mattress, reaching only as far as the baby's chest, so the infant's face is less likely to become covered by bedding materials.

Winter Health

- If your child suffers from winter nosebleeds, try using a cold air humidifier in the child's room at night. Saline nose drops or petrolatum may help keep nasal tissues moist. If bleeding is severe or recurrent, consult your pediatrician.
- Many pediatricians feel that bathing two or three times a week is enough for an infant's first year. More frequent baths may dry out the skin, especially during the winter.
- Cold weather does not cause colds or flu. However, the viruses that cause colds and flu tend to be more common in the winter. While children are in school and in closer proximity to one another, it is important that children wash hands frequently. Parents are encouraged to teach children to sneeze or cough into the bend of the elbow, which may also help reduce the spread of colds and flu. Children 6 months of age and older should also receive the flu vaccine. Around 80% of all influenza illness generally occurs in the months of January, February, and March, so it is not too late to receive the vaccine!
- Be sure to set reasonable limits on outdoor play to prevent hypothermia and frostbite. Make sure kids have a place to go warm up when they get cold. When weather is severe, have children come inside periodically to warm up.

Staff Appreciation

We are just taking a minute to let you know that the following Staff members received praise in ICE Comment Cards in December.

Clay Kaserne CDC 1501
Mia Degirmenci

Clay Kaserne CDC 1502
Brandon Brown
Rhonda Boggess
Melissa Crawford
Serena Colson
Leslie Kimble
Elijah Lawson
Ivette Manley
Ramon Rogelio

Hainerberg CDC 7885
Eric Corona
Patricia Floyd
Jack March
Kevin Miller
Victor Norwood
Alicia Osakwe
Jela Owens
Alonzo Veal

Hainerberg SAC 7894
Corey Lewis

Hainerberg Youth Center 7884
Monika Frisby
Michele Mastin

Parent Central Services
Breyanne Broughton
Yulia Floray
Karen Sarul
Shauna Sauer

Sports and Fitness
Edwin Bonilla
Eric Hammonds
Ronnie Pineda
Justin Vatcher

SKIESUnlimited

Director: Steven Hall
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The Importance of After School Activities

Whether or not you think you may be raising the next Picasso or David Beckham, there's no doubting the benefits of after school clubs.

While finances may not permit your little ones being involved in a different activity every night of the week, there's no doubt that a couple of well-chosen clubs can be of great value in giving your child greater insight into areas a school's curriculum doesn't cover. From ballet to basketball, and from art to archery, there's an afterschool activity out there for every child. The best thing about them is that they're brilliant for all sorts of reasons - not just learning a new skill.

For a start, afterschool clubs give youth the chance to let off steam outside of the classroom. When you consider that in many countries around the world, kids don't even start school until 6 or 7 years old, a full day in the classroom for youngsters can be a "big ask". That's why an alternative to textbook learning can be hugely rewarding.

So, why are clubs so important?

- Team sports like football, rugby, and netball are not only a fantastic way to keep kids active. They also help youth learn teamwork concepts. Youth can begin to appreciate what's good for the "whole team", and learn to work well with others in any setting rather than thinking only of themselves.
- Competitive sports are great for learning difficult life lessons, such as being a gracious winner and loser, but for team-building clubs with a less competitive edge, you might consider Brownies and Scouts.
- Learning a musical instrument is ideal for discovering the art of practice, patience and persistence.
- Drama clubs are perfect for those who are a bit shy. It's the perfect environment for finding your voice by singing and acting alongside others.
- Ballet and dance are well-suited for children to learn discipline and self-expression.

The list is endless! There are clubs for almost anything you can imagine. Archery, chess, horse riding, computer clubs, film-making and even circus skills are all proving popular alongside the more traditional arts and crafts, swimming, tennis and kung fu.

New skills, team work and confidence building aside — the most important thing to think about when deciding which club to choose is the fun factor! Rest assured, there is plenty fun to go 'round in your SKIESUnlimited Program!

To find out which activities are being offered in your garrison, contact Parent Central Services (PCS) by calling DSN 548-9356, CIV 0611-143-548-9356.

Visit CYS Services Online!

For more information regarding any CYS Services' program, registration information, and/or upcoming events, please visit us online at <http://wiesbaden.armymwr.com>.

To enroll for activities, make/change/cancel hourly care reservations, make a payment, or reprint a receipt, please visit <https://webtrac.mwr.army.mil/webtrac/wiesbadencyms.html>.

CYS Services is on Facebook! You can find us under Wiesbaden CYSS (Government Organization), <http://www.facebook.com/WiesbadenCYSS>. 'Like' us today!