

**CYSS**

SUMMER

**2018  
Newsletter**



# Military & Family Life Consultants

**Military Family Life  
Counselors (MFLCs)**  
are mental health  
specialist who provide  
*confidential*, short-term,  
non-medical counseling  
to Military Families.  
MFLCs



Deployment • Relocation  
Adjustment • Reintegration  
Concerns • Loss or Grief •  
Parenting Challenges  
• Financial Management •  
Relationship Issues  
• Workplace Stress

Through the MFLC program, Military Service Members and their Families have the opportunity to talk to a professional, determine solutions to various problems, and **develop an action plan** to improve the situation.

To access MFLC services please call:  
**(718) 757-9408**

## CYSS PROGRAMS & STAFF

**CYSS  
Coordinator  
718-630-4475**

**Central  
Registration  
718-630-4812**

**SLO/Outreach  
718-630-4805**

**Child  
Development  
Center  
718-630-4079**

**School Age and  
Middle School  
Teen Programs  
718-630-4518**

**SKIES  
718-630-4479**

**KOS  
718-630-4805**

**Training and  
Curriculum  
718-630-4079**

**Youth Sports  
718-630-4518**



## New Youth Welcome! Meet A Youth Sponsor



**Every 3<sup>rd</sup> Friday  
at 4:00 p.m.**

**Held at the SAS/Youth  
Center  
Bldg. 412 Sterling Drive**

**Call the Youth Center to  
Reserve Your Seat!  
(718) 630-4123**

# **Check out some of the programs available at Fort Hamilton CYSS**

**Full day childcare**

**Part Day Pre-School**

**Hourly Care**

**Strong Beginnings**

**Financial Readiness for Teens**

**Transitions Workshops**

**Before and After School Programs**

**Hourly Care**

**Out of School Camp**

**Summer Camp**

**Technology Lab**

**Power Hour**

**Start Smart**

**Health Rocks**

**4-H**

**Boys and Girls Club of America**

**Money Matters**

**Smart Girls**

**Youth Technology Lab**

**Power Hour**

**Career Launch**

**Job Ready**

**Health Rocks**

**Youth of the Year**

**Keystone Club**

**Passport to Manhood**

**Street Smart**

**Youth Council**

**Leadership and Life Skills Workshop**

**Adult Babysitting/ First Aid and CPR**

**Family Fun Night**

**Basketball**

**Soccer**

**Flag Football**

**Volleyball**

**Baseball/Softball**

**Swimming**

**Pee Wee Soccer**

**Tennis**

**Track & Field**

**Guitar Lesson**

**Piano Lessons**

**Martial Arts**

**Art**

**Teen CYSS Sitter/ First Aid and CPR**

**Financial Aid for College**

**Home Alone Classes**

# NYC Beaches

Amidst all the skyscrapers, it can be easy to forget that Manhattan is an island and New York City is surrounded by water, which means there are a number of options for beach-going. This list includes beaches that are located within New York City, as well as nearby. Access to all New York City beaches is free. Swimming is only permitted when a lifeguard is on duty, from Memorial Day Weekend through Labor Day from 10 a.m. - 6 p.m.

## Coney Island-Brooklyn

Home to the famous Mermaid Parade (every June) this beach is a "must-see." The Original Nathan's hotdog stand is located just off the boardwalk. There are also freak shows and carnival rides nearby when you get tired of relaxing in the sand. Beach Address: Surf Ave at Atlantic Shore, Brooklyn NY (718)946-1350. Lifeguard hours: Mon-Sun 10am-6pm from Memorial Day – Labor Day  
Nearest Subway: B, D, F, N, R at Stillwell Ave-Coney Island; D, F at W 8th St

## Brighton Beach - Brooklyn

Brighton Beach offers visitors a spacious beach with a boardwalk, just a short distance from the more hectic Coney Island Beach & Boardwalk. Brightonwater Ave. Brooklyn NY 718-946-1350  
Lifeguard hours: Mon-Sun 10am-6pm from Memorial Day – Labor Day  
Nearest Subway: B or Q to Brighton Beach

## Manhattan Beach - Brooklyn

Beach Address: On Atlantic Ocean, Oriental Blvd., from Ocean Avenue to Mackenzie Street, Brooklyn NY 718-946-1373. Bus Directions: B1 from Brighton. Subway Directions: Q to Sheepshead Bay Road. B49 to Cheapside to Oriental and Hastings Street.

## Great Kills Park – Staten Island

Great Kills Park in Staten Island is home to four beaches: New Dorp Beach; Cedar Grove Beach; Oakwood Beach; and Fox Beach. Beach Address: Ebbitts Street and Cedar Grove Avenue, Staten Island NY 718-351-6970. Lifeguard hours: Mon-Sun 10am-6pm from Memorial Day – Labor day  
Bus Directions: S76, S86 to Oakwood Beach to Ebbitts Street and Cedar Grove Avenue.

## Wolfe's Pond Beach – Staten Island

Located in Wolfe's Pond Park, visitors to this Staten Island Beach will enjoy the option to explore the nearby wildlife preserve and pen space of the park as well as the beach.

Beach Address: Raritan Bay and Prince's Bay, Holton to Cornelia Avenues in Staten Island NY

Beach Phone: 718-984-8266. Lifeguard Hours: Mon-Sun 10 am-6 pm. Beach Directions: Bus: #78 to Tottenville to Cornelia/Highland Blvd and walk up Cornelia Subway: Staten Island Transit to the Hugenot Avenue stop and walk down toward Highland Boulevard. Parking Lot: Free

## Franklin D. Roosevelt Boardwalk and Beach - Staten Island

The Franklin D. Roosevelt Boardwalk and Beach spans 2.5 miles in the South Beach and Midland Beach neighborhoods of Staten Island.

## Rockaway Beach and Boardwalk-Queens

While parts of the beach are still recovering from Hurricane Sandy, Rockaway Beach is still one of the best beach destinations. New York City's only surfing beach, with two separate stretches for surfing, as well as a boardwalk. Beach Address: Atlantic Ocean, from Beach 1st St., Far Rockaway, to Beach 149th St., Neponsit  
Beach Phone: 718-318-4000  
Subway to Beach: A train to Broad Channel  
Ferry to Beach: New York Beach Ferry

## Jacob Riis Park-Queens

This beach is among the cleaner NYC area beaches and has a topless / clothing-optional area. Facilities are somewhat limited, though there are attended bathrooms and some vending available.

## Orchard Beach and Promenade – The Bronx

Beach Address: Located in Pelham Bay Park in the Bronx, Orchard Beach and Long Island Sound, Bronx, NY

Beach Phone: 718-885-3273

Bus Directions: Bx12 & Bx5 go to Orchard Beach in the summer. In the Winter, take the Bx29 to the City Island Circle and walk to the beach.

Subway Directions: Take the 6 line to its last stop, Pelham Bay Park and take the bus.



# Summer Camp Registration

## begins June 1, 2018

*Active Duty military or eligible DoD civilian personnel*

can register their children for this year's summer camp by going to the Central Enrollment Office.

Children already in Kindergarten through 5<sup>th</sup> Grade have the opportunity to enroll and attend School Age Services camp on a weekly basis for a fee.

Youth in 6<sup>th</sup> grade through 12<sup>th</sup> grade can enroll and attend the MST summer camp for **FREE!**

For more information come to the Central Enrollment office at 412 Sterling drive or

call (718)630-4518

**REGISTER EARLY- Spaces are limited!**



# Summer Safety Guide & Preparedness for Children

When summer arrives and school lets out, most children enjoy outdoor activities—swimming, biking, camping, and more. It's a time when injuries ranging from playground falls and sunburns to accidents at the pool and the beach are more likely to occur. These tips for parents and caregivers are designed to help keep children safe and healthy during the summer months.



## Summer Safety Tips for Children

- **Maintain constant supervision** of children in and around **any** water environment—pool, stream, lake, tub, toilet, bucket of water—no matter what skills your child has acquired and no matter how shallow the water.
- **Have children wear** only U.S. Coast Guard approved life vests, also known as personal flotation devices (PFDs), on boats, docks and around deep or swift water.
- **Make sure** children always wear a helmet when riding a bicycle or scooter, or are rollerblading or skateboarding.
- **Protect children** from excessive sun exposure, especially when the sun is strongest, from 10 a.m. to 4 p.m.
- **Use sunscreen** with a Sun Protection Factor (SPF) of 15 or higher. Apply a thick layer all over your child's body. Reapply every few hours.
- **Always supervise** children when they use play equipment.
- **Always keep** children away from lawn mowers in use. Never allow a child to ride on a mower.
- **Have children wear** shoes and light-colored clothing to minimize the risk of bee and insect stings.
- **Use insect repellent sparingly** on older children and never on infants.
- **Teach children never to eat or pick** any plant without checking with an adult.
- **Call** your nearest Poison Control Center, or if you feel the condition is serious, dial 911 immediately, if you suspect a child has been poisoned by a plant. In New York State, Poison Control is 1-800-222-1222.
- **Always keep children away** from barbecues, bonfires and lighter fluid.
- **Strap children** in a properly-fitting seat belt, car seat or booster seat when traveling by car or airplane.



# CYSS Child Development Center



Center Director  
218 Marshall Drive  
Ages 6 weeks to 5 years

The CDC provides full day, hourly (on a space-available basis), and part day Strong Beginnings Programming (kindergarten readiness) developmental care for children. Our primary goal is to provide care and opportunities, which will help each child become the most successful and happy individual he or she can be.

The Center provides security and warmth, and a range of developmental opportunities and activities. These include group play, individual attention to each child's strengths and needs, and activities designed to promote physical, social, emotional and intellectual development.



## School Age Services Program

**Youth Center**  
**412 Sterling Drive**

**Did you know that school aged children enrolled in CYSS are eligible for 4 free hours of Open- Rec at the School Age Program.**

**Open- Rec is scheduled for the 1st and 3<sup>rd</sup> Friday of each month**

**During the school year**

**from 4-6 pm**

**Call SAS for more info**

**718-630-4518**

**During the school year**

**Homework Power Hour 3:30- 4:30**

**Mon- Thursday**

**Youth Sponsorship classes are offered Quarterly**

**If interested please call 718-630-4805**



# CYSS FAB

## Family Advisory Board



❖CYSS encourages the involvement of parents through the Family Advisory Council. The council meets quarterly to review and discuss CYSS services, Parent Participation and then makes recommendations for improving services. FAB helps to facilitate parent education and involvement opportunities and participates in DoD certification and national accreditation processes for CYSS. All parents/guardians whose children attend any CYSS program are considered to be members of the Family Advisory Council (FAB) and are encouraged to attend all meetings. An announcement will be posted in your child's program prior to each meeting and will identify the time and location. FAB meetings are also used for parent education events and workshops on topics that parents have expressed an interest in learning about. All education topics are requested by the PAC and will be announced prior to the meeting. Parents will also receive Parent Participation Points for attending the meetings/workshops that can be used towards CYSS Program discounts.

### **CYSS Parent Corner**

Parents check out the new School Information at the Youth Center 412 Sterling Drive 718-630-4875.

Topics include school requirements including medical, academic and special notices.

If you have information that you would like to have added to the CYSS Quarterly Newsletter please call CYSS Outreach *Lisa Sheehan at 718-630-4805*





## What is school readiness?

It is never too early to start providing the kinds of experiences that will help your child enter school ready to succeed. "School readiness" refers to the academic knowledge, independence, communication, and social skills children need to do well in school. Getting your child ready for school requires you to spend time reading, talking, and playing with your child.

### Academic readiness

Before entering kindergarten, children should have basic knowledge of themselves, their families, and the world around them. Through play and interactions with caring adults, children can come to school with many skills that teachers can build upon.

### To get your child academically ready for school, you should:

- Read to your child daily and talk about what you've read.
- Visit the library. Check out books and attend story times.
- Sing rhyming songs and do finger plays.
- Put your child's name on their clothing and toys to help him or her recognize their name in print.
- Encourage your child to write his or her name.
- Help your child learn basic colors by pointing and naming objects like "green trees," "red apples," or "blue coats."
- Give your child puzzles and games that require counting and problem solving.
- Let your child scribble, draw, write, and cut and paste.
- Sing the alphabet song with your child and provide letter magnets or other toys that will help him/her begin to recognize the letters of the alphabet.
- Take your child to the zoo, park, grocery store, post office, and pet shop. Talk about the sights and sounds of your day.
- Make time for your child to sing, dance, climb, jump, run, and ride tricycles or bikes.
- Choose child care that promotes learning with well planned, fun, and interesting activities.

### Social readiness

Social readiness is as important as academic readiness. Being able to get along with other children, follow directions, take turns, and say "good-bye" to parents are skills that kindergarten teachers hope to see from incoming children.

### To get your child socially ready for school, you should:

- Set rules and give consequences for breaking them.
- Have regular routines for mealtime and bedtime.
- Encourage your child to play with and talk to other children.
- Encourage your child to take turns and share with other children.
- Encourage your child to finish difficult or frustrating tasks once they have begun them.
- Encourage your child to consider the feelings of others.
- Model and discuss positive ways for your child to express his or her feelings.
- Discourage hitting, biting, screaming, and other negative behaviors.
- Kiss and hug your child several times a day.

### Independence

When children complete basic self-help tasks such as zipping their coats or tying their shoes, they feel a great sense of pride. Independence builds confidence and self esteem. In school, children will be expected to do many things on their own.

To make sure your child is independent in school, you should:

- Buy shoes and clothing that are easy for children to buckle, zip, and fasten on their own.
- Let your child get dressed and put on shoes by him or herself.
- Let your child do simple chores like setting the table at mealtimes or cleaning up toys after playing.
- Encourage independent toileting and hand washing.
- Let your child work independently on activities such as completing puzzles

### Communication skills

Listening and speaking are the first steps to reading and writing in the preschool years. Through conversations with parents, teachers, and friends, children learn about the people, places, and objects that they will later read and write about. It is through speaking that young children tell us what they know and understand about the world.

To make sure that your child can communicate his or her thoughts and feelings in school, you should:

- Have regular conversations with your child.
- Encourage your child to listen and respond to others when they speak.
- Answer your child's questions, even if the answer is "no."
- Help your child learn and use new words.
- Explore language through singing, rhyming, songs, and chants.
- Model the language you want your child to use.
- Write notes to your child.
- Help your child dictate letters to family and friends.



# STOP THE SUMMER BRAIN DRAIN!

BY ANN SVENSEN (FROM FAMILYEDUCATION.COM)

## Kids Lose One to Three Months of Learning

Did your child's brain shrink last summer? Probably not, but it may have shifted into reverse, according to a study by Dr. Harris Cooper, professor of psychology at the University of Missouri-Columbia. The study found that when students return to school after a long summer vacation, they've lost one to three months worth of learning.

## Kids Lose Most in Math

The decline is more detrimental for math than it is for reading. "All students lose math skills," says Cooper. It may be because community and home environments give kids more opportunities to practice reading than math. The study also found that income has an impact on how much a student loses or gains in reading. Middle-class children actually gained in reading over the summer, while lower-income students experienced losses. Cooper attributes this to the enrichment activities that many middle-class kids participate in over the summer, such as camp and trips.

## What You Can Do

Your kids don't have to spend the summer stuck in reverse. "Parents can help their kids retain educational skills," says Cooper. He suggests the following five tips to kick off a learning-filled summer.

1. Keep lots of books around and make regular trips to the library. Most libraries schedule special summer events for kids. Sign up your family!
2. Think about what your kids may be learning next year when you plan the family vacation. Talk with teachers to find out what they'll be covering in class. If it's a unit on the civil war for example, you may want to schedule a visit to Gettysburg. If it's geology, visit a national park.
3. Keep math in mind. Since kids lose more math skills than anything else over the summer, try to do some special planning to find math-related activities. For example, if you can't decide whether to sign your child up for "Shakespeare's Theater" or "Math Magic" at the local community center, go with the math.
4. Consider summer school or tutoring. Struggling kids can get a lot of different kinds of help from these programs. Summer school can also enrich and accelerate learning in areas where kids show a special interest.
5. Call the curriculum coordinator in your child's school district, visit the school board office, or contact the schools of education at local colleges and universities to find out what educational programs will be offered in your area over the summer.

**Remember to keep it fun! You don't want to sour your kids on learning during the summer break.**



# 4 REASONS YOUR TEEN SHOULD GET A SUMMER JOB

BY SARAH FERNANDEZ  
(FROM PARENTABLES.COM)

With the number of weeks left of school countable on your fingers, if you've got teens, they are likely filling out their schedules with summer concerts and road trips to the beach. Summer is a great opportunity to sit back and relax, but it's also a great time for teens to get a job, whether there is a financial necessity or not. Just to name a few fun teen summer jobs, they can spend their working hours this summer babysitting, scooping ice cream, mowing lawns, or lifeguarding, and there are many more. But no matter which job they choose, there are four wonderful benefits to insisting your teen get a summer job

## 1. Responsibility

While teens have responsibilities at school throughout the year, the responsibility of a summer job offers a new level of maturity. The inability to meet school responsibilities mostly affects the teen only, whereas job responsibilities not only affect their pay and their ability to keep a job but also the business owner, their co-workers, and the customers of the business.

## 2. Spending Money

Earning their own money will teach your teens the value of a dollar. Not only will they understand that it takes hard work for every dollar that lands in their pocket, but they'll be more wise in the way they spend those dollars, and they'll stop asking you for money to go to the movies or buy those new jeans they want which means you'll have more dollars in your own wallet this summer to put towards the things you want or to stash away for their college educations.

## 3. Learning New Skills

Summer jobs are a great way to learn new skills or to find the things in life that you don't want to do. Working for a landscaper may yield skills in gardening and stone wall building, while working at a bakery may reveal a passion for being in the kitchen. And waiting tables may uncover that they really don't want to work in the restaurant industry, but will ensure they always tip properly in the future. There are so many skills that can't be taught in the classroom and must be learned through real world experiences and the summer time is a great time to add these skills to your teen's repertoire.

## 4. Staying Out of Trouble

I don't have teenagers yet, but I know what I did when I was one, and a friend of mine who does have them always says, "Nothing good happens after 10 pm." I'm pretty sure the same goes for days on end of nothing to do. Bored teenagers always seem to find a way to get into at least a little bit of something that they don't need to. Structure is a great thing for kids (and let's face it adults too) of any age, and even if it's only two days a week or a few hours a day of something to do, it's a good thing to have structure somewhere in that three month vacation.

# CYSS Parent Education workshops

o you want to know how to:

- Apply for Financial Aid
- Recognize your child's developmental milestones
- Access your children's academic records online
- Learn how to navigate the local school system
- And much more



**These classes are open to all registered CYSS Families. If you're interested in taking any of CYSS Parent Education workshops or becoming a volunteer for**

**CYSS contact:**

**Lisa Sheehan at: 718-630-4805 or by email:**

**[lisa.m.sheehan12.naf@mail.mil](mailto:lisa.m.sheehan12.naf@mail.mil)**

## Parent Participation Program

### **PARENT PARTICIPATION HOW DOES IT WORK??**



**Parents sign a Memorandum of Understanding for participation in the program when they register their child with CYSS.**

**For designated activities, parents can earn Parent Participation Points. Each opportunity earns a specific number of points. Ten points per month can be used for a 10% discount on your child care expenses. Parents must complete the activity and have the parent participation point logged in by the programs designee and must use the forms required to request the discount at the time of payment to receive the discount.**

**Parent Participation Points may not be shared between families. The CYSS Central Registration Office will have available a Parent Participation brochure that lists many ways to earn points but Each program in CYSS will have additional opportunities. The CYSS Program Assistants may also have a list that needs to be done for the room that are not listed in the brochure. Activities not included on the list must be approved by Outreach Director PRIOR to being given to parents for points.**

**For more information call the Outreach Director at 718-630-4805**



**COME ONE, COME ALL  
FREE CLASSES BEING OFFERED**

**Do you know what to do in case of an emergency?**

**Learn First Aid and CPR**

**Call (718)630-4805 to Register**



**Adult Babysitting Class**

**Date: September 17 June 2018**

**Time: 10 a.m.**

**Place: 412 Sterling Drive**

**Teen 13-17**

**Babysitting Class**

**Date: 25 June 2018**

**Time:10a.m.**

**Place: 412 Sterling Drive**





Sign Up Today For SKIES Summer Music Classes  
718-630-4805

## SKIES PROGRAMS



Piano  
Play  
Guitar



## Learn Karate



# CYSS SPORTS

**Interested in staying active & being fit or just meeting new friends?**

Fort Hamilton CYSS and Saint Patrick's Sports Program have partnered to offer the following:

## Programs offered through Saint Patrick's

### Soccer:

Registration starts in May and ends in August  
Soccer season start date can be found @ <http://stpsports.org/>  
Grades: K thru 8<sup>th</sup>



### Volleyball:



Registration starts in August and ends in October  
Volleyball season start date can be found @ <http://stpsports.org/>  
Grades: See Website for Update

### Baseball/Softball:

Registration starts in January and ends in April  
Baseball/Softball season start date can be found @ <http://stpsports.org/>  
Grades: K thru 8<sup>th</sup>



### Basketball:



Registration starts in August and ends in November  
Basketball season start date can be found @ <http://stpsports.org/>  
Grades: K thru 12<sup>th</sup>

### Swimming:

Registration starts in June and ends in August  
Swimming season start date can be found @ <http://stpsports.org/>  
Grades: 2<sup>nd</sup> to 9<sup>th</sup>



For more information about CYSS Sports contact, @ (718)630-4805

**Volunteers are needed to support activities**

