



Joint Base Lewis-McChord
Child, Youth & School Services



CYSS News You Can Use

Winter 2012
Parent Newsletter
JBLMmwr.com/CYS

New this quarter

FUN CLASSES AT SKIESUnlimited

Theatre classes are now offered at SKIESUnlimited year-round with two performances a year! All classes are taught by a professional actress with more than 20 years of experience. For more information, email JBLMcysSKIES@conus.army.mil. **Children's theatre** is held Tuesdays, 4–5 p.m., for ages 5–8. Learn the basics of acting through improvisation, vocal technique, props, games, movement and play.

Youth theatre is held Wednesdays, 4–5 p.m., for ages 9–18. Actors will work together creating scenes using improvisation and original scripts, exploring the art of acting through vocal techniques, props, games and movement.

More classes coming to McChord Field SKIESUnlimited is adding classes at McChord Field! For a schedule, visit JBLMmwr.com/cys and click on the WebTrac button.

QUALITY CHILD CARE AT JBLM

Grand reopening Beachwood CDC has reopened after a two-year renovation and now houses children from Clarkmoor CDC, which is undergoing renovation.



A Dec. 6 ribbon-cutting ceremony celebrated the grand reopening of Beachwood CDC. Mr. Harvey, DFMWR, and Col. Hasberry, Deputy Garrison Commander, officiated at the ceremony.

CYSS registration is easy!

Visit Parent Central Services — there are two locations to better serve you: Bldg. 2295 12th St. and Bitar Ave. at Lewis Main and McChord Field's new location, Bldg. 560 Lincoln Blvd. For registration requirements, visit JBLMmwr.com/cys or call 253-966-CYSS.

If you're already registered with CYSS, you can sign up for sports and more online! Just look for the WebTrac button.



Evening hourly childcare Clarkmoor Hourly Care Center is open Tuesdays until 9 p.m. and Fridays until 10 p.m. Make reservations up to four weeks in advance online through WebTrac at JBLMmwr.com/cys or by calling 253-966-CYSS.

Choosing CYSS for your Family JBLM CYSS offers convenient, quality and affordable child care, before- and after-school care and programs for middle school students and teens. Centers undergo tough accreditation processes to maintain high standards for our Families. Cascade School Age Center and the North Fort Youth Center received the highest scores possible from the Council on Accreditation — another excellent reason for choosing school age care at JBLM. If you'd like more information about childcare, school-age or middle school/teen programs, call 253-966-CYSS.

Parent corner

Get involved with your kids' teams as a coach or assistant, and earn sports fee credits for your household. To coach or assist, a background check and certification training is required. For details, call 253-967-2405 (Lewis) or 253-982-3432 (McChord Field).

Learning with Parent2Parent workshops at SKIESUnlimited, Bldg. 6398 Garcia Blvd. at Lewis Main

Learning styles Jan. 19, 4:30 p.m. Come learn more about learning styles and yourself!

Music Feb. 16, 4:30 p.m. Discover the benefits of music for your child's body, mind and character!

Academic Portfolios March 15, 4:30 p.m. Learn how to organize your child's papers and prepare a portfolio for transitions.

Classes and activities for youth of all ages!

INFANTS, TODDLERS AND PRESCHOOLERS

Have fun with your infant, toddler and preschooler at the **Raindrops and Rainbows Parent Child Play Center** at Lewis North (Bldg. 8197 American Lake Ave.).

- New Parent Support Program's **Infant Massage** classes are Feb. 7, 14, 21, 10–11:30 a.m. To register, call 253-967-7409
- Parent2Parent **Basic Sign Language** classes Jan. 18, Feb. 15 and March 21, 1:30–2 p.m.
- Parent2Parent **Group Activity/Story and Craft** Jan. 5, Feb. 2 and March 1, 10–11 a.m.
- **Story time** sessions with Book Patch Children's Library are Jan. 19, Feb. 16 and March 15, 9:45 a.m.
- **Story time and activities** with Pierce County Library are scheduled for Jan. 17, Feb. 21 and March 20, 10 a.m.
- Join the New Parent Support Program's **Playgroup** Fridays, 10–11:30 a.m.
- Join the Exceptional Family Member Program **Playgroup** for fun Jan. 25, Feb. 22 and March 28, 10 a.m.–noon.

A frequently asked question: "What activities can my 2-year-old child participate in?" Options include SKIESUnlimited activities such as Parent and Me Dancing (pictured), Wiggles and Giggles, Parent and Toddler Gymnastics and Flipz4Kids. Sign up online or at Parent Central (see page 1 for registration details).



MIDDLE SCHOOL & TEENS

Babysitting certification classes In just 10 hours, youth 12 and older can earn babysitting certification. Learn valuable information, including CPR at one of the following sessions: Jan. 13–14, Feb. 10–11, March 9–10 or April 13–14. Classes are Friday 4–9 p.m. and Saturday 9 a.m.–2 p.m. For more information, call the Teen Zone at 253-967-4441.

Student Success workshop The School Liaison Office, in collaboration with GEAR UP, will host a Student Success event for Clover Park School District's 9th and 10th grade students and parents Saturday, Feb. 25, 9 a.m.–1 p.m. at Lewis Main's Evergreen Elementary. Some of the workshops may include: avoiding homework hassles, bullying prevention, advocating for your student, healthy habits and more. For more information, call the School Liaison Office at 253-967-7195.

Free cardio training Youth ages 13–15 are invited to participate in the Youth Fitness Program. Establish a personal workout program with a CYSS trainer (parent/guardian must be present). Then youth can work out at a JBLM gym during established program times. Details: call 253-966-CYSS.

SPORTS FOR ALL AGES

Be the goalie in soccer, take up long-distance running and get active with other athletic options

Start your children young! Your 3- and 4-year-olds can play soccer, baseball or learn basic sports skills (Start Smart). Register for bumblebee soccer through Jan. 31 and for Lil' Batters Start Smart Baseball Feb. 7–March 30. Additionally, there's a Start Smart Sports Camp for kids 3–5; register March 1–30. **Check out these league sports and sports camps for your older children:**

- **Ages 5–15:** soccer, register by Jan. 31; spring baseball, register Feb. 7–March 30; spring soccer camp, register March 1–30
- **Ages 6–15:** track and field, register March 1–23; flag football camp, register March 1–30
- **Ages 8–15:** cross-country running, register Jan. 24–Feb. 13
- **Ages 9–15:** volleyball camp, register March 1–30
- **Special Olympics sports for age 8–18:** swimming or track and field, register Feb. 10–March 2

Deployment benefits and information

Take advantage of AFC deployment benefits Are you a Family member of a deployed Soldier or Airman? Is your Soldier on Rear Detachment Cadre? If so, you're eligible for AFC deployment benefits. Bring in a copy of the deployment orders or a Rear Detachment Cadre memorandum to Parent Central Services or your child's full- or part-day program front desk and you'll receive the appropriate benefits.

Is your Family preparing for R&R? Local school districts understand the hardship of being separated during a deployment, and many have formal policies in place allowing children to leave to reunite with their Servicemember parent on R&R leave. This doesn't include prior to or upon redeployment. Students are responsible for the work covered in class during their absences, and many schools give them a certain amount of days to turn in homework after returning to school. For details, call the School Liaison Office at 253-967-7195.

Stay in touch with JBLM Child, Youth & School Services

Visit JBLMmwr.com/cys for schedules, registration requirements, information about programs and services and more.



"Like" us on Facebook and get up-to-the-minute event information, plus access to giveaways, photos and more. Go to Facebook.com/JBLMFamilyMWR to become our fan today!

Plus, look for the monthly **CYSS News You Can Use** email in your inbox. Not receiving it? Call CYSS at 253-966-CYSS and update your email account. It's important — you'll receive registration reminders as well.