



Picatinny School News

Child, Youth & School Services

Volume 2, Issue 1

September 2011

A Stress-Free Morning Routine for Back to School

Let's go! Let's go! Come on-you're going to miss the bus! I don't know where your favorite jeans are; it's not my responsibility. What do you mean you still have homework? Did you brush your teeth yet? Let's go! I'm leaving... NOW! If your mornings sound like this, it's not too late to turn that ship around. The key to having a stress free morning routine is to have a smooth bedtime routine. Remember, a routine is something that is followed regularly, standard procedures. Without the consistency you will have an uphill battle.

Here are some tips to a stress free morning routine:

- No yelling. Raising your voice, albeit frustrated, is only going to escalate matters.
- Early to bed, early to rise. That one is simple.

• Showers and baths should be taken at night. You think you'll have time in the morning, but you rarely do.

• Look over all homework for completeness before bed; don't assume it's finished.

• Before bed ensure lunches are made, backpack is packed and there are no surprise, "Oh I need xxx today!"

• Give singular instructions. Don't say, "I want you to finish your homework, eat breakfast, get dressed, comb your hair, brush your teeth and be in the car by 8:15am." To a child, that sounds like "blah blah blah blah blah." One instruction at a time works wonders.

• Provide instructions once. If you're doing this, stop: "Johnny, it's time to get dressed." Two minutes later, "Johnny, we're going to be late if you don't get dressed now." Two more minutes later, "Johnny, Mommy is

going to be late, now go get dressed." To a child that sounds like "Oh mom is good for asking about five more times before she really goes ballistic!" Repeated requests only send the message that Junior doesn't really have to do it now.

• Set consequences and stick to your guns. If you tell your child the car is leaving at 8:15am sharp, make it happen. Clearly you can't leave your child behind, so leaving without her isn't an option. Tell her you will be leaving whether she is ready or not. Sending a 10 year old to school with uncombed hair, pajamas and an empty belly might be just the catalyst for change.

You are the parent; you set the tone for the morning. Follow these steps for a routine to ensure 'joy will come in the morning!'

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Don't Forget!

Check out www.tutor.com/military for homework help! At Tutor.com, you get a professional online tutor whenever you need help. You work one-to-one with your tutor in our online classroom on your specific homework problem until it's done. This is a FREE service to military family members!



Is Your Child Ready to Baby-Sit?

Child, Youth and School Services will be offering the Red Cross Baby-Sitting Course for youth ages 11 to 15. The course will focus on:

- Care for children and infants.
- How to be a good leader and role model.
- How to make good decisions and solve problems that may arise while babysitting.

• How to keep the children they baby-sit and themselves safe.

• How to handle emergencies such as injuries, illnesses and household accidents.

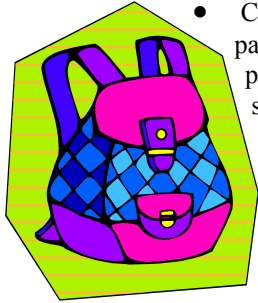
The training will also include CPR certification as well as valuable babysitting resources that participants may take home with them after the training concludes.

Training will take place on September 29th and 30th from 9am to 2pm in Building 3228 (Teen Center). Participants should plan to attend both days, and bring a sack lunch with them each day. The cost of training will be \$25 payable the first day of babysitting training. Space is limited to 10 people.

Pre-registration is required. Contact Kristy Milner at kristen.milner@us.army.mil.

Back to School Tips

Backpack Safety



- Choose a backpack with wide, padded shoulder straps and a padded back.
- Pack light. Organize the backpack to use all of its compartments. Pack heavier items closest to the center of the back. The backpack should never weigh more than 10 to 20 percent of the your child's body weight.

- Always use both shoulder straps. Slinging a backpack over one shoulder can strain muscles.
- Consider a rolling backpack. This type of backpack may be a good choice for students who must tote a heavy load. Remember that rolling backpacks still must be carried up stairs, and they may be difficult to roll in snow.

Traveling To and From School

- If your child's school bus has lap/shoulder seat belts, make sure your child uses one at all times when in the bus.

- Wait for the bus to stop before approaching it from the curb.
- Do not move around on the bus.
- Check to see that no other traffic is coming before crossing the street.
- Make sure to always remain in clear view of the bus driver.
- Children should always board and exit the bus at locations that provide safe access to the bus or to the school building.



Cures for Homework Headaches

Ah, back to school... and back to the same old homework battle. How can parents help with homework AND keep their sanity? Check out these tips:

My child has too much homework.

Help break assignments into manageable chunks. Ask the teacher how long homework should take. If it's taking your child longer, he may not understand the material.

My child claims to never have homework.

Check with the teacher to see whether he is assigning homework. Some do not. If your daughter says she completed her homework at school, review it to make sure it meets your standards. Encourage her to spend her homework time reading a book of her choice.

My child won't do her homework.

Let her know that school is her job and that you expect her to do her homework. Set aside a time and place for her to do it, and review her work. Enforce appropriate consequences if homework doesn't get done.

My child procrastinates.

Check your child's progress on long-term projects daily so he doesn't fall behind. Enforce a set time for homework so he can't put it off until late at night early in the morning. Some kids need more homework oversight than others, and a procrastinator often needs especially close monitoring.

My child is disorganized.

Help her find tools to get organized and

work with her on a system she can manage. Show her how you stay organized and remind her of the consequences of disorganization, such as losing an assignment.

My child is a perfectionist.

Set limits for time spent on homework. Praise her good work while letting her know you don't expect her to be perfect. Encourage interests in other things such as an activity, socializing, or just chilling out.

My child argues with me over homework.

Set a firm time and place for homework. Spell out clear consequences for not doing it. Then step back and let your child take responsibility for his learning. Review his work upon completion.

Starting Kindergarten: How to Prepare Your Child

Starting kindergarten is big step for children, and the anxiety they experience is perfectly normal. Nevertheless, there are ways you can make this transition easier for your child.

Discuss Kindergarten

In the weeks before school begins, discuss kindergarten with your child. Express enthusiasm and excitement at all she is going to learn. If you have any anxiety regarding the new experience do not share that with your child. Try to

evoke responses from your child to see how she may be feeling. Find books to read that show the main characters starting school

Try Time Away from You

Before your child starts school, you can gauge how he deals with separation anxiety with a trial run. Try leaving him with a relative or close family friend. See how your child reacts to being without you in a safe and supervised environment. Once you return make sure your child knows

that you will always be there for him in the afternoon.

Set Up Playdates

If you know a child who will attend the same school, or better yet be in the same class try setting up playdates. That way, when your child walks into class on the first day, she'll see some familiar faces— new friends!



What's Happening in the Schools?

Dennis B. O'Brien Elementary

September 6– First Day of School
September 9– Patriotism Day: Wear Red, White, and Blue
September 9– 9/11 Commemorative Ceremony 9:00am
September 15– PTA Meeting 7pm
September 21– Picture Day
September 22 – Back to School Night
September 23– Back to School Picnic
September 29 & 30– Rosh Hashanah (School Closed)

Copeland Middle School

September 6– First Day of School
September 12– PTA Meeting 7pm
September 13– 6th Grade Back to School Night 7pm
September 15– 7th and 8th Grades Back to School Night 7pm
September 29 & 30– Rosh Hashanah (School Closed)



Morris Knolls High School

September 6– First Day of School
September 8 & 9– Underclass Yearbook Pictures (Gym 1)
September 12 & 13– Senior Portrait Make-ups (Wrestling Gym)
September 16– Senior Class Meeting & Group Picture (Auditorium)
September 19-23– Spirit Week
September 20– Early Dismissal
September 21– Club Fair (Gym 1)
September 22– Class Office Elections
September 29 & 30– Rosh Hashanah (School Closed)

Bedtime Routines to Give Kids a Chance to Tell You About Their School Day

"Ok, it's time to start getting ready for bed. After your bath, brush your teeth and get your pajamas on. It's getting late."

If you have a bedtime routine, pat yourself on the back. Bedtime routines are so vital, especially for young children. Consider adding one more step to your bedtime routine. Give your kids a chance to tell you about their school day.

Remember that if your child is in school all day, your teacher is with your son or daughter for an average of 30 hours a week. That's almost the equivalent of a full work week. You've missed quite a bit of time with your child.

Make an effort to keep the communica-

tion free flowing. If you set good habits while your child is young, it'll be easier to talk about just anything as the years pass. Don't ask yes or no answers. You don't want to establish a nightly Q & A, but rather two-way communication.

Sometimes "tell me about your day" doesn't generate much conversation. You could begin with, "tell me five things that happened today; recess and lunch don't count." That is usually a great ice breaker. Kids learn real quickly that if you don't ask, they're not telling.

In addition to asking what was for lunch, ask who your child sat next to. Who did they play with at recess? What did that play during recess? Did anything funny

or embarrassing happen in school today?

Sometime it is difficult to keep track of the specials. By specials I mean: gym, music, art, computer lab, etc. Find out what is happening in those classes as well.

If you can get your child to tell you about someone who may have had a hard time in school it may serve as a great segue for a life lesson in difficulties and hurt feelings.

It really doesn't matter what you talk about; it's more important that you talk. Make talking about your kid's day a regular part of the bedtime routine, you'll be surprised what you learn!



Preparing Your Child for College

This is the time of year you begin wondering if you began early enough in preparing your child for college. The earlier the better: there are many things a parent can do to give students a good start.

Beginning in elementary and middle schools, encourage your child to focus on strong study habits, good grades, along with extracurricular activities and community service.

As early as the 9th and 10th grades help your child examine career possibilities.

Compare their talents and specific interests with career requirements. Start inquiring about college entrance requirements for the colleges of their choice. In 11th grade contact colleges for applications and information on scholarships, financial aid, and other funding sources. Found out what tests are required for admission, and register them for them.

Once your child enters 12th grade, you should be in the final



stages for preparation for college. Start requesting letters of recommendation from teachers, sending test scores, and mailing college applications.

Once a college choice is made, it is time to sit down and discuss the budget. Look at all known expenses such as tuition, books, housing, clothing, and transportation.

This is the start of a new and exciting stage of life for you and your child. By getting an early start you can feel confident of a bright future for your child.



U.S. Army Child, Youth
& School Services



The School Liaison Officer works in conjunction with the Child and Youth Services Division and the local school community to address educational issues involving military children. Through partnering with the local and military community, the School Liaison Officer acts as a communication link between the installation and the surrounding school districts.

For more information, contact your School Liaison Officer.

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The Lunchbox Dilemma

The school lunch box, it seems, perfectly illustrates the story of parenting: It's the story of diminishing control. We can fill those boxes and brown bags with all sorts of wonderful things, but there's no telling what the kids--as they jump on the bus and out of our orbit--will do with them. Still, we are the grown-ups, wiser than children. Our mission is to outsmart them, however deviously. It's for their own good.

LEARN WHAT YOUR CHILDREN LIKE TO EAT

Take them grocery shopping, a surprisingly fun and enlightening outing, and let them pick out a lunch box treat for the week. Browse with them through some kid-oriented cookbooks and let them try the recipes that appeal to them. Experiment together at home, but pack the sure thing.

MORE IS MORE

Parents usually have the greatest lunch box success when small amounts of a variety of foods are packed. A special lunch might include sesame chicken nuggets, a gem-size pumpkin or muffin with cream cheese, or a few slices of red pepper.

LET THEM HELP

Although they may not be able to prepare their own lunches, they can help with packing them up--peeling carrots, bagging chips, etc. One day they will be able to make their own selections--ones that everyone can live with.

Here are four fast school lunch ideas that will work for kids of all ages:

1. Bagel with vegetable 'confetti'
Spread a bagel, use your child's favorite flavor, with plain cream cheese. Then finely dice an array of sweet raw

veggies such as red peppers and carrots and sprinkle over the bagel half.



2. Most kids love California sushi rolls. The crab meat is sweet, the cucumber crunchy, and the avocado makes it creamy. You can roll the "crab meat," cucumber and avocado in a flour tortilla instead of the rice. Cut into pieces as you would a regular sushi roll and wrap.

3. You can use the same roll or wrap technique above with salmon or tuna salad. Tortilla wraps are fun and easy!

4. Sneak some veggies or fruit into their sandwich. Kids generally like the taste of sweet fruit or veggies, but they don't like the thought or look of them.