



# School Scuttle

Educational issues affecting military kids from  
Camp Lejeune - New River - Cherry Point

May 2010

*This Month's Theme is:*

## Transitions

### Helping Your Child Deal with Change

Here are some ways you can help your child prepare for and handle change:

- **Do what you can to be available during times of transition and change.**

For example, if your child has a hard time at the beginning or end of the school year, try to be more available during these times. Do what you can to simplify your family life so that you can focus on your child's needs.

- **Talk about the change.** Talk about what will happen and what the change will mean for all of you. For example, if you will be moving to a new installation, talk about how hard that is, how fun it is, and what to expect. Answer as many of your child's questions as you can, such as how long the move will take, how far your new home is from school, and what you know about the school and town.

- **Acknowledge your child's worries and fears.**

Allow your child to feel angry, sad, and confused during times of change. These feelings are normal and your child needs to be allowed to express them. Acknowledge your child's feelings and respond sympathetically. You might say, "Yes, saying goodbye to a friend is really hard. That makes me feel sad, too." Be sure to let your child know that you take his concerns seriously. For example, you can say, "Are you worried about going to a new school? I used to worry about that when I was your age, too," or "I know you miss your old friends from last year. It's hard when things change."

- **Maintain family routines.**

Knowing what to expect helps your child feel grounded and secure, especially during times of transition. Maintain family routines around bedtime, TV, and family meals as much as possible.



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- ***Try to keep other changes in your child's life to a minimum during times of transition.***

For example, if you are going through a big change at home, this is not the time to send your child to a new camp or new after-school program.

- ***Make sure your child eats well, gets plenty of exercise, and gets enough sleep.***

The healthier and better rested a child feels, the easier it is to withstand everyday stress and to handle change. The American Academy of Pediatrics recommends that children get 9 to 11 hours of sleep each night.

- ***Encourage your child to write about worries in a journal.***

- ***Show your child the positive ways that you handle change.***

Talk about how you feel during times of change and about what you do to cope. For example, let your child see the lists you make to help you stay organized and focused.

- ***Have a positive attitude.***

If you are confident about an upcoming change, your child will be positive, too.

*Adapted from Helping Your Child Deal with Change*

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## **From the Bulletin Board...**



### **IS YOUR SPOUSE DEPLOYED OR INJURED?**

**Did you know you qualify for 16 hours per month of free childcare? Call 1-800-424-2246 for more information.**

### **WEB RESOURCES OF THE MONTH**

Google: Military Youth on the Move

Whether you are a military kid who is moving for the first time, or one that has moved a zillion times, this website has something for you. Not only does it cover topics that will help you deal with the difficult time of moving, saying goodbye, and starting over in a new place, but it's also a great site to check out when you've got questions about regular kid stuff like getting help with your homework, opening a bank account, or learning how to eat right.

## ASK AN EXPERT

Do you have a question for Ask the Expert? Email your question to any school liaison using the addresses on the last page. We would love to hear from you!

## SPECIAL EDUCATION

Does your child have an Individualized Education Plan (IEP) and receiving Special Education? The Exceptional Family Member Program (EFMP) can assist you with navigating through the system. Our Case Specialists are available to provide support during IEP meetings and to provide you with information on Special Education. For further detail please call 910-451-4394.



## Mark Your Calendar!

MAY	EVENT	LOCATION
7	EFMP MEET AND GREET – 11:30 -12:30 p.m.	Russell Family Service Center Camp Lejeune
7	LINKS FOR KIDS – 6:00-7:30 p.m.	Midway Park Chapel Annex Camp Lejeune
10	CHILDREN'S BOOK WEEK CELEBRATION 4:00-5:00 p.m.	Harriet B. Smith Library Camp Lejeune
13	BEING YOUR CHILD'S BEST AND MOST EFFECTIVE ADVOCATE 11:00-1:00 p.m.	Harriet B. Smith Library Camp Lejeune
13	THE THREE C'S OF COMMUNICATION 11:30-1:00 p.m.	Commander Springle Bldg. Russell Family Service Center Camp Lejeune
14	LINKS FOR KIDS with Special Needs call 449-4676 for more information	New River Air Station – Chapel Annex
21-23	MAYNIA CARNIVAL - Friday, Saturday, Sunday	WPT HILL Field Camp Lejeune
21-23	CHERRY POINT AIR SHOW Friday, Saturday, Sunday	Cherry Point Air Field
21	LINKS FOR TWEENS - 6:00-7:30 p.m.	Midway Park Chapel Annex Camp Lejeune
25	SPECIAL SKILLS FOR SPECIAL FAMILIES- 12:00-1:30 p.m.	Russell Family Service Center Camp Lejeune
27	POSTIVE CHANGE OF SCHOOLS PCS CLASS FOR PARENTS 6:30-8:00 p.m. Call 449-9915 for more information	Camp Lejeune - Russell Family Services Building auditorium

## **COUNSELOR'S CORNER**

Did you know that Lejeune High School has counselors available during the summer to help parents with school schedule and transcript questions? Call the high school for dates and times. 451-2451

Onslow County High School Counselors also work throughout the summer. Contact your child's school if you have questions regarding scheduling, transcripts or transitions.

## **SCHOOL LIAISONS TRANSITION TOO!**

We would like to say sad farewell and hearty congratulations to Courtney Buzzard, the New River School Liaison, who will be a new LINKS Trainer at New River. Carrie Bryant, a 1<sup>st</sup> grade teacher at Southwest Elementary School will be joining the USMC School Liaison Team beginning in June. Welcome Carrie!

**CONTACT US:** We'd love to hear from you!

Camp Lejeune: Julie Fulton, Bldg. 1 Office 137, 449-9915, [Julie.fulton@usmc.mil](mailto:Julie.fulton@usmc.mil)  
[www.mccsLejeune.com/schools](http://www.mccsLejeune.com/schools)

Cherry Point Air Station: Donna Bagley, 252-466-4196, [Donna.bagley@usmc.mil](mailto:Donna.bagley@usmc.mil)  
[www.cherrypoint.usmc.mil/school](http://www.cherrypoint.usmc.mil/school)

New River Air Station: [www.newriver.usmc-mccs.org/MCFTB.htm#school](http://www.newriver.usmc-mccs.org/MCFTB.htm#school)