

Military Child Education Newsletter

Happy New Year!

Look What's Happenin'!

January

Read to Bodie, The Therapy Dog at the Base Library, 2nd & 4th Mondays of each month, from 4:00pm—5:00pm, call 634-2314 for more details..

Volunteers Needed at Rio Del Oro Elementary School, The Student Government needs your help for several fund raising activities (such as the Student Store and Popcorn Fridays). Contact Mrs. Schallmo if you're interested in volunteering at 749-0690 ext. 145 or eschallmo@plusd.org.

15 Jan—Winter Olympics High School Lock-In at Friday Night Live, 8pm—6am. Cost is \$10 for advanced tickets, \$12 at the door. Call 530-742-LIVE for more info.

17—20 Jan — Yellow Ribbon Week at Bear River School see website for more details, <http://bear.wheatlandisd.com/>

18 Jan- Beale's Theater Club presents Disney and Dinner, at the Community Center, from 5:00pm—7:00pm, tickets are \$4 adults, \$2 kids 3-11, Free for 2 & under, call 634-3140.

20 Jan—FFA Crab Feed Fund Raiser at Wheatland High School 5pm—8pm, cost \$25 per ticket (tickets must be purchased in advanced), call Mrs. Embree at the main office, 633-3100.

20 Jan — Career Day for Riverside Meadows School students.

20 Jan Kids Night Out—Winter Games, ages 5—8, 6:30pm—8:30pm, call the Youth Center for more details, 634-4953.

27 Jan—Tween Night Out—Sports Night, ages 9—12, 6:30pm—9:30pm, call the Youth Center for more details., 634-4953.

February

4 Feb—Renaissance Dinner at Wheatland High School, call 633-3100 for more details.

11 Feb — Give Parent's a Break and Parent's Day Out from 0900-1500. Contact CDC @ 634-4717 for reservations & info.

16 Feb —Hearts Apart Dinner, 4:30pm —6pm @ Contrails Inn for families of deployed service members. Call A&FRC @ 634-2863 to sign up. Come & join the fun!

For more events, check base & local websites such as:

www.bealefss.com

www.suttercounty.com

www.visitplacer.com

www.nevadacounty.com

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Airman and Family
Readiness Center
9FSS/FSFR

17800 13th St., Beale AFB, CA 95903

(530) 634-2863 * DSN 368-2863

* Fax: (530) 634-2087

www.bealeafrc.org



Headlines:

☺What's Going On
In the Community?

☺ Child Passenger
Safety Law Gets a
Boost

New Law: Kids Under 8 Must Use Car Booster Seats

On January 1, 2012 a new law began that makes changes to California's Child Passenger Safety Seat law. "This change will now require children to ride in either a car seat or booster seat until the age of eight, or until they reach a height of 4 feet 9 inches. This law also requires children who do not meet the age or height requirement to ride in the rear seat of a vehicle unless the vehicle has no back seats, the restraint system cannot be properly installed or the rear seats are already occupied by children under age eight. However, the law still maintains that a child may not ride in the front seat of a vehicle with an active passenger airbag if they are under one year of age, less than 20 pounds, or riding in a rear-facing child safety seat." (SB 929, Evans).

For more information on Child Passenger Safety visit:
<http://www.chp.ca.gov/community/safeseat.html> or
http://www.ots.ca.gov/Child_Passenger_Safety.asp



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Exceptional Family Member Program News!



UPCOMING EVENT:

Exceptional Family Member Support Group,
2nd and 4th Mondays

@ Youth Center @ 9:00-10:30am.

Free childcare provided

Educational and Support Group Formats

Come and find support to be your child's best
advocate!! RSVP to Sue Nichols @

susan.nichols.ctr@beale.af.mil

Next Support Group Meeting:

23 January 2012

Did You Know that Therapeutic Horsemanship is
available for those with special needs?

Natural Horsemanship lessons are available for
individuals, groups and families.

Warriors Soul, Inc. is a Tricare provider

Contact Dawn Batti @ Warriors Soul, Inc.

7801 Lakeview Lane, Lincoln CA 95648

916 - 645 - 2344

Email: Dawn@WarriorsSoul.org



Looking for a Playgroup?
Exceptional Family Member

Playgroups starting!!

Interested? Contact Sue
Nichols at 530-634-3292

Helpful Resources For Military Families With Special Needs

DOD Special Needs Parent Tool Kit

This toolkit includes important information to help parents navigate the maze of medical and special education services, community support, and benefits and entitlements. The real neat thing about the Special Needs Parent Toolkit is that it includes important facts, records, tools to use and sample letters. You can obtain a hard copy or CD of the toolkit from Military One Source at www.militaryonesource.com/specialneeds. (see the "health & relationship" tab and select "special needs").

Military OneSource (MOS) Specialty Consultants

A highly qualified team of Specialty Consultants who specialize in the lifestyle of military families with special needs. You can call 1-800-342-9647 to schedule an individualized, private and confidential consultation. The consultants can answer questions about family support, transitioning, post-secondary education, housing, moving, support for adults, and much more. Military OneSource consulting services can be especially helpful to Guard and Reserve families who don't live near an installation, or to members who are geographically isolated. For more information visit www.militaryonesource.com/specialneeds or Call 1-800-342-9647.



Beale AFB Youth Center Info Corner, 634-4953

Got A Child With Lots of Energy?

Try putting them in our martial arts classes:

TurtleTots-(Ages 3-4),
Tuesdays, 5:30pm—6:00pm

Dragon Kids—(Ages 5-6),
Tuesdays & Thursdays,
5:30—6:00pm

KuK-Sool-Won—(Ages 7-18),
Tuesday & Thursday,
6:00pm—7:00pm

COST: \$5 per class

Classes held at the OMNI .
Call 634-4953 for more info.

Or try putting them in our gymnastics classes:

Mommy & Me— 10:00-10:45am
or 1:45-2:30pm (Ages: Walking—
2yrs old, Parent Participation
Required).

**Tiny Tots Gymnastics &
Tumbling**, 11:00-11:45am or
12:00-12:45pm, (Ages 3-4)
Kinder Gymnastics & Tumbling
2:45-3:45pm (Ages 4-5)
Gymnastics & Tumbling
4:00-5:00pm (Ages 6-8),
5:15-6:15pm (Ages 9 yrs and up)

COST: \$8 per class
Classes held every Wed @ the Omni

Hours of Operation:

Office Hours Mondays—Fridays:
9:00am—5:00 pm

Open Recreation:

Monday-Friday
Ages: 9-12; 2:30pm—6:00pm
Ages: 13-18; 2:30pm—7:00pm

Saturdays:

3:00pm—11:00pm
Ages: 9-12; 3:00pm—7:00pm
Ages: 13-18; 3:00pm—11:00pm

School-Age Program

Monday—Friday
Before school—6:15am—8:15am
After school—2:15pm—5:30pm
Sundays & Holidays: CLOSED

2012 Board Meeting Schedules For Local School Districts



For more information, please see
school calendars on district
websites:

- * Wheatland School District
<http://www.wheatland.k12.ca.us>
- * Wheatland Union High School District
<http://www.wheatlandhigh.org>
- * Plumas Lake Unified School District
<http://www.plusd.org>
- * Western Placer Unified School District
[Lincoln]
<http://www.wpusd.k12.ca.us>
- * Marysville Joint Unified School District
<http://www.mjusd.k12.ca.us>
- * Yuba City Unified School District
<http://www.ycusd.k12.ca.us>
- * Nevada County School Districts
<http://www.nevco.k12.ca.us>

DISTRICT

Meeting Dates

Wheatland School District	11 & 19 January and 16 February
Wheatland Union High School District	10 January and 7 February
Marysville Joint Unified School District	10 & 24 January and 14 & 28 Feb
Plumas Lake School District	19 January and 16 February
Yuba City Unified School District	10 & 24 January and 14 & 28 Feb
East Nicolaus Joint Union High School Dist.	11 January and 1 February (change)
Western Placer Unified School District	10 & 24 January and 7 & 21 Feb
Rocklin Unified School District	18 January and 1 & 15 February
Roseville City Unified School District	12 January and 2 February
Roseville Joint Union High School District	10 & 24 January and 14 & 28 Feb
School Districts in Nevada County	
Dates Vary; [Check website: http://www.nevco.k12.ca.us/districts.cfm]	
Nevada Union High School District	11 & 25 January and 7 & 22 Feb
Grass Valley School District	10 January and 14 February

Parent Corner: What is Impact Aid?

Impact Aid: Each year, school districts send home various documents for parents to fill out and return to the school. One such form is the annual census form which is used by the school district to complete their application for Impact Aid funding.

The purpose of Impact Aid is to make up for the loss of property, sales and other taxes that would be received by the school district if military members paid property taxes or did not shop in the commissary or exchange. An incorrect assumption is often made that Impact Aid money must be spent on programs for military students. These monies go into the school district's general fund and may be used for any expenses the district

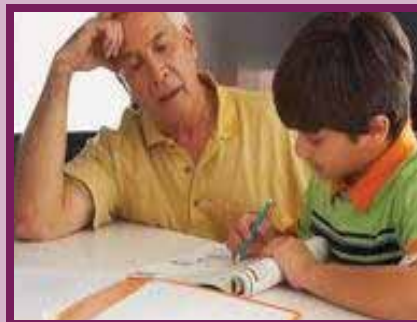
may have, including such categories as facilities, transportation or salaries. However, if parents do not return the annual forms to the school, then the districts will lose out on much needed funding. With all of the recent cuts to California's Education budget, these school districts rely on Impact Aid funds to help.

It is important that military families, as well as civilian families return the appropriate forms to the school by the date specified by their child's school. As the School Liaison Officer for Beale AFB, it is my job to assist the school districts in getting military families to return these forms promptly. For more information on Impact Aid, please visit the U.S. Depart-

ment of Education website at: <http://www2.ed.gov/about/offices/list/oes/impactaid/index.html>

OR

Contact your child's school to learn more about Impact Aid in your area.



Effective Ways To Pay For A College Education

Though the new and improved Post 9-11 GI Bill and its provision allows service members to transfer unused benefits to their children, many parents are still anxious about how to pay for college for their children and/or for themselves. Here are a few helpful tips that parents can use to better prepare them for paying the big bills that come with going to college, whether those bills are months or years away: **(this information is from Families Magazine—www.AmeriForce.net)**

Federal and State Aid—The key is to apply every year, even if you think you won't qualify. Just fill out and submit the Free Application for Federal Student Aid (FAFSA) on line at www.fafsa.ed.gov. The FAFSA is also required by all state and many school student assistance programs. Pay attention to deadlines for filing the FAFSA in your state.

Yellow Ribbon Program—This program allows service members and veterans to attend some of the most prominent universities without paying the high price tag. The participating school waives or offsets up to 50% of the costs above the set rate, and the VA will match the amount. See website: www.military.com/veterans-report/yellow-ribbon-program

Loans—If you find that you do not qualify for federal or state financial aid, a loan is always an alternative to paying for college. There are federal education loans and private ones and usually there is a low interest rate; parents or the student can apply.

529 Plans—Also known as the Qualified Tuition Programs (QTP) consists of 2 plan types (prepaid tuition and college savings plans). 529 plans are some of the most popular ways to save for a college education because both plans are free from federal income taxes. For more info, see website: www.401kid.com or www.savingforcollege.com or www.privatecollege529.com

Scholarship Money—There is over \$3 billion in private scholarship aid each year, but thousands of dollars of aid go unused every year because no one applied for it. So Apply, Apply, Apply! See websites such as www.fastweb.com

There are also scholarship & grants specific to military children and their families; for more information, visit the base Airman and Family Readiness Center or the Education Center.

What's The Big Deal About Bullying?

Bullying is a big deal, especially for the children, youth or teens that happen to be on the receiving end. Bullying is described as an aggressive behavior that involves an imbalance of power or strength and it is often repeated over time. Research shows that bullying can occur in rural, suburban, and urban communities and among children of every income level, race, and geographical region. Bullying can happen anywhere: face-to-face, by text message or on the web.

Many people believe that most bullying is physical, however, the most common type of bullying for both boys and girls is verbal bullying (i.e., name-calling, rumor-spreading). Bullying can also occur in another form such as social isolation (i.e., shunning or leaving a child out on purpose).

Some people may see bullying as just a matter of "kids being kids," but bullying can affect the mental well being, academic work, and physical health of children who are bullied. These children are more likely to have lower self-esteem, higher rates of depression, loneliness, anxiety and suicidal thoughts. Many are more likely to avoid attending school and therefore have higher school absenteeism rates.

Some people may believe that the bullied kids need to learn how to deal with bullying on their own. This statement does not take into account that some children have the confidence and skills to stop bullying when it happens, but many children do not. Our society does not expect victims of other types of abuse (e.g., child maltreatment or domestic abuse) to "deal with it on their own," then we should not expect this from victims of bullying. Adults, as well as other children who witness or observe bullying, have critical roles to play in helping to stop bullying. There is more information/topics on bullying such as Bully-Proofing Your Child, Warning Signs for Children Who Bully, Working with the School and Community to Get Help for Bullying, etc., are available on the Stop Bullying. Gov website at: <http://www.stopbullying.gov/>. Also, it is important to contact the school if you suspect bullying.

Parent Educational Survey Feedback Continues...

1 Feb 2012—Military Child Education Parent Survey link will be going out to parents via email. If you would like to take the survey and are not on the base email, please contact the SLO at 634-2863. The Survey will end on 15 Feb. 2012. Please ensure that only one parent per household completes the survey. Thank you for your support!

In each newsletter, we will address some of the parent educational needs and interest (which are taken from the Parent Survey results and/or feedback from parents and children throughout the year). Here is what you asked:

- * **I Would Like Information About Bullying** (see article above on this page)
- * **What is Impact Aid?** (see page 4 of this newsletter)
- * **How Can I Pay For College** (see page 4 of this newsletter)
- * **What Resources Are Available for Military Families With Special Needs** (page 2)

If you would like to see a particular educational topic in future newsletters, please contact School Liaison Officer (SLO), Annette Goodly at 634-2863.

Thank you for your help.



What did you and your child think about the long winter school break? Put your thoughts on the survey coming out on Feb 1, 2012.

