

# SCHOOL LIAISON LINK

Grand Forks AFB School Liaison Newsletter Volume 1, Issue 12, March 2012



"A happy person is not a person in a certain set of circumstances but rather a person with a certain set of attitudes."



*Everyone Matters*

## Deployment Stressors That May Affect Children & Teens

- Service members' conflict: service to family vs. service to country
- Communication gap with deployed parent
- Change in relationship with at home parent
- Role/Responsibility changes for child
- Lack of information
- Possibility of moving
- Unpredictable timelines
- Personal safety
- Special Needs student issues
- Media and community views on the war
- Unrealistic expectations for/from child
- Parent gone during significant events in child's life



## Signals of Deployment Stress In School

- Frequent absences or unwillingness to go to school
- Significant changes in grades
- Significant changes in participation
- Sudden or unusual school problems
- Odd complaints about teachers and or school
- Difficulty in concentrating
- Expressive violence via play or drawings
- School work avoidance
- Regressive behavior, especially in children with Special Needs
- Feelings of isolation: Child feels "different" from others in school

## School Board Openings

Currently there are two school board openings for the Grand Forks Air Force Base Board. In order to apply, you must be of voting age, reside on the base and be a US citizen. Applications can be obtained at either school on base or at the Airman & Family Readiness Center. Applications are due by 23 March 2012. The new terms for the two openings are for three years ending June 30, 2015. Come out and support your schools by getting involved with the school board! The next school board meeting is 20 March, 12:00 pm at Twining.

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## Family Fun at Emerado Public School

The Emerado Public School held its first ever Read Every Day (RED) event. The RED event took place on Friday, February 10th. Students, teachers and family members found a comfortable spot around the school and read from 2:15-2:45 p.m. The sixth grade students had a chance to show parents/guardians the Accelerated Reader program that is used after completing a book.



This comprehensive website is for parents! Lots of information for all age groups. Find information about homework help, parenting dilemmas, behavior & health, and much more.

Some features of this site are:

### Find a School

GreatSchools is the country's leading source of information on school performance. With listings of 200,000 public and private schools serving students from preschool through high school and more than 800,000 parent ratings and reviews, GreatSchools has become the go-to guide for parents aiming to make a smart school choice.

### Guide Your Child

GreatSchools has launched a groundbreaking new program called College Bound, an online approach to helping parents raise college-ready high school graduates. This resource is available in both English and Spanish.

You can access this site at [www.greatschools.org](http://www.greatschools.org)



## Khan Academy



The Khan Academy is an organization on a mission. They are a not-for-profit group with the goal of changing education for the better by providing a free world-class education to anyone anywhere.

All of the site's resources are available to anyone. It doesn't matter if you are a student, teacher, home-schooler, principal, or an adult returning to the classroom after 20 years. The Khan Academy's materials and resources are available to you completely free of charge. Students can make use of their extensive video library (over 3,000 videos), practice exercises, and assessments from any computer with access to the web. For more information go to [www.khanacademy.org](http://www.khanacademy.org). Let the learning begin!

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## YALSA 2012 Best Fiction for Young Adults

YALSA has announced its 2012 list of Best Fiction for Young Adults. This year's list of 112 books comprises a wide range of genres and styles, including contemporary realistic fiction, fantasy, horror, historical fiction, and novels in verse. YALSA has also announced its 2012 list of Popular Paperbacks for Young Adults, and YALSA's 2012 Quick Picks for Reluctant Young Adult Readers. The announcements were recently made at the Midwinter meeting of the American Library Association. Visit <http://www.ala.org/yalsa/bfya/2012> for the complete list.

Excerpted from North Dakota State Flickertale Newsletter: <http://1.usa.gov/yoOEkg>

## Ways to Stay Connected During Deployment Through Technology

With all the new technology in today's world, even though you are far away from each other, technology can bring you closer together. Here are some "real time" ways that parents and kids can stay connected.

- **Scriblink.com** - This is a shared whiteboard where parents and kids can do art together, figure out homework, and much more. It brings you the power of free hand expression with anyone, at anytime, anywhere in the world.
- **Vizit Me** - Digital photo frame - Send your photos from your camera phone or digital photo collection to Vizit and these special moments are instantly framed. [www.vizitme.com](http://www.vizitme.com)
- **Flickr Scrapbook** - Make an on line scrapbook and share with those you want to all around the world. [www.flickr.com](http://www.flickr.com)
- **Story Time Apps for iPhone/Ipad/IPod**—Nursery Rhymes with Story Time - You can read bedtime stories to your child over the internet. <http://blog.phoneslimited.co.uk/2011/03/19/nursery-rhymes-with-story-time-on-ipad-and-iphone-allows-busy-parents-quality-time-with-kids/>

## "Deployed" Play

"Deployed," a theatre workshop for youth ages 5-18\*, will begin on Saturday, Mar. 17th at the Fire Hall Theatre in Grand Forks. (It's preferable if children can read or can have help memorizing a script).



**The workshop will utilize a script created by 7th and 8th graders at Twining Middle School,** last year, about their perspectives on having a parent or parents deploy. The workshop will invite participants to add to the script and then perform the play in April for the public. This is a wonderful way to share the children's stories and honor the sacrifices that they and their families make for our country.

There is no cost involved, as the workshop has been funded by EcoLab. However, the workshop can only accommodate a maximum of 20 students. The 4-week workshop will run on Saturdays from 1-3 p.m. at the Fire Hall Theatre, 412 N 2nd Avenue, culminating in performance on April 13th and 14th.

For registration information contact: Kathy Coudle-King Executive Director Greater Grand Forks Community Theatre 701-746-0847 or email to [info@ggft.com](mailto:info@ggft.com)

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## *EFMP NEWS*



### **Siblings of Children with Special Needs Support Group**

**The Exceptional Family Member Program and School Liaison office are bringing the GFafb families a "Sibling Support Group" for children (K-12) that have Brothers or Sisters with Special Needs. Three UND social work students will facilitate the group. The Co-facilitator will be the Military & Family Life Consultant from Child & Youth Services. The first group meeting will be 15 March at the Airman & Family Readiness Center at 5:00 pm. For more information, please contact Mr. Mike Johnson at 747-6437 or Kelly Painter if interested.**

### **Meet the Sibling Support Group Facilitators**

**Tara Cutting** - Hi, my name is Tara. I was born and raised in Alaska. After I graduated high school, I went out to western New York for college and earned a bachelor's degree in psychology and a minor in biology. Then I moved back to Alaska and got a job at the joint Army and Air Force Base in Anchorage in the Family Advocacy Program. I worked there for two years, then decided to go back to school. I thought a career in Physical Therapy would be a good combination of my interests, and there's no Physical Therapy program in Alaska, so that's what brought me to North Dakota. I was halfway through the doctorate program here at UND, but because of medical issues last year, I can't return to the program. Still wanting to stay in a profession of helping people, I am now a social work student at UND with plans to earn my Master's degree.

**Alli Johnson** - Hi, I'm Alli Johnson and I will be one of the facilitators of this sibling support group. I am currently working towards my bachelors of social work at UND and will be graduating in August. I graduated last May with a bachelors in psychology. I am hoping to continue on and get my masters in social work next year. After finishing my schooling I am hoping to go into school social work, or at least something where I can work with children and families. I am from Grand Forks and have lived here my whole life. I currently work at a day care in town and love working with the children. I like spending my time with my family and friends and when the weather is nice going out to the lake. I am excited about this experience and working with these kids!

**Natalie Marcussen** - My name is Natalie Marcussen. I am a student at the University of North Dakota studying Social Work. This is my fifth year at UND and have received a Bachelor's degree in Criminal Justice. I am hoping to attend one more year to obtain my Master's degree in Social Work. I grew up in Ada, MN. My parents are divorced, so I come from a large blended family including: 2 biological brothers, 2 stepbrothers, 1 stepsister, and 2 half siblings. My father is an accountant in Ada and my mother is a Title I teacher in Chippewa Falls, Wisconsin. I enjoy reading and spending time with my family. My goal is to obtain my Master's degree in Social Work and hope to become an addiction counselor. I would also love to work with children and adolescents.

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