



SCHOOL LIAISON LINK



Grand Forks AFB School Liaison Newsletter Volume 1, Issue 21, Jan 2013

"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



Rule Change for Military Interstate Compact

The Military Interstate Children's Compact Commission has enacted a rule change to Rule 3.102(b) defining: Kindergarten Enrollment. This rule was amended and made effective immediately at the 2012 MIC3 Annual Meeting in Charleston, SC effective November 16, 2012.

Rule: SEC. 3.102 Application for transfer of student records and enrollment

(b) *Kindergarten and First grade entrance age* — Students shall be allowed to continue their enrollment at grade level in the receiving state commensurate with their grade level (including kindergarten) from a LEA (local education agency) in the sending state at the time of transition, regardless of age. A student that has satisfactorily completed the prerequisite grade level in the local education agency in the sending state shall be eligible for enrollment in the next highest grade level in the receiving state, regardless of age. A student transferring after the start of the school year in the receiving state shall enter the school in the receiving state on their validated level from an accredited school in the sending state.

Revised rule is as follows:

(b) *Kindergarten and First grade entrance age* – Students shall be allowed to continue their enrollment at grade level in the receiving state commensurate with their grade level (including kindergarten) from a LEA (local education agency) in the sending state at the time of transition, regardless of age. **In the case of a Kindergarten student, the student must have been enrolled and attended class in the sending state in order to assure continued attendance in Kindergarten in the receiving state.** A student that has satisfactorily completed the prerequisite grade level in the local education agency in the sending state shall be eligible for enrollment in the next highest grade level in the receiving state, regardless of age. A student transferring after the start of the school year in the receiving state shall enter the school in the receiving state on their validated level from an accredited school in the sending state.

See complete compact rules at: <http://www.mic3.net/documents/MIC3CommissionRules-Final-amendedNov2012.pdf>

SCHOOL LIAISON LINK con't



SCHOOL LIAISON LINK

Alex Wonder Kid CyberDetective

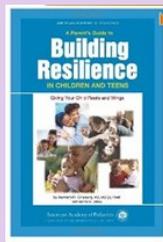


This new game introduced by WiredSafety.org is designed to help children safely navigate the Internet. Children follow the adventures of Alex Wonder as he helps children learn to identify the warning signs of cyberbullying and learn how to responsibly use the Internet.

“...The game teaches kids how to spot, avoid and address cyberbullying. So, they have to qualify as kid cyber detectives who help Alex, who works out of the janitor’s closet at the middle school, learn how to help other kids being cyber bullied,” explained Parry Aftab, Executive Director, WiredSafety, to [CNN in an interview](#).

To help children understand the basics of Internet safety, Alex Wonder teaches them three critical steps: 1. **Stop** - don’t answer back 2. **Block** - the personal message 3. **Tell** - a trusted adult. Read more at: <http://www.voxxi.com/alex-wonder-game-cyberbullying/#ixzz2Fhf97a6S>

To download the game go to: <http://www.stopcyberbullying.org/index2.html>



Grand Forks AFB Book Study

As parents, we want only success and happiness for our children. In life, we know that won’t always be their reality. Stressful situations and adversity will happen. Our job then is to teach our kids the skills they need or enhance the skills they already possess to help them feel confident that they can work through those tough times and come out on the other side stronger.

“A Parent’s Guide to Building Resilience in Children and Teens” authored by Dr. Kenneth R. Ginsburg will be the subject of a 7 week long study. The book study is open to any military family. Session will be held at the Airman & Family Readiness Center on Tuesday mornings starting Feb 5th. Concurring class dates are; Feb 12,19, 26 & Mar 5,12, & 19. We will meet from 11:00-12:00. Session participants will be given a free copy of this book to use. Space is limited to 15 people so call now! Child care possibilities still to be determined.

Please call Kelly Painter at 747-4484 to secure a spot in the class.

SCHOOL LIAISON LINK con't



Center for the Study of Traumatic Stress

Restoring a Sense of Safety in the Aftermath of a Disaster: Tips for Parents and Professionals

In the aftermath of a disaster, our children are exposed to environments and events that are well outside their normal experience. Many children, those living in close proximity to the event, and those who will learn about the event through television, social media, or newspaper coverage, will be affected and upset. Adults will have to attend to many responsibilities, including the responsibility on parents and professionals who interact with children to provide a sense of safety and communication around this event.

Communicate effectively with your children

A high profile event of this magnitude can result in confusion and distress among communities across the country. Distress can result in distortion about the facts of the event. Therefore, special attention should be given when communicating with children and adolescents.

- ☑ When speaking with your children, it is best to use communication that is factual, simple, clear and sensitively worded.
- ☑ Don't overwhelm young children with too much information. They might want to talk intermittently or might need concrete information to be repeated.
- ☑ Use language that is appropriate to your child's age.
- ☑ Young children sometimes exhibit "magical thinking" which might lead them to believe they are responsible for what happened.
- ☑ Children may have ideas or beliefs that are difficult to know unless you ask them.
- ☑ Adults can encourage children to talk, but should respect their wishes when they may not want to.
- ☑ Ensure that your children are not exposed to media reports about the event that are repetitive, confusing, or frightening.

How do You Keep Your Children Safe

Unfortunately, disasters, both natural and man-made, are likely to occur in the future. It is important to remember that despite our awareness, disasters occur rarely and do not occur to most communities. Remember that parents and professionals strive to keep our children, safe yet allow them the space they need to grow and develop. Use the following guidelines:

- ☑ Know your children's whereabouts, who they are with and when they are to return home
- ☑ Set clear and consistent curfews
- ☑ Have a clear method of communication in normal and emergency situations (e.g. cell phone)
- ☑ Educate them about places or situations that are more likely to put them in danger and teach them to avoid high risk exposures
- ☑ Monitor federal and local advice about risks that might surface
- ☑ Be vigilant about safety in your community
- ☑ Strive to keep open communication with children and adolescents

Excerpted from: www.ctsconline.org

SCHOOL LIAISON LINK con't



MilitaryOneSource.mil

The new **Military OneSource** website is here! The site has a brand new look, with redesigned features and user-friendly access to everything you need, 24/7. Find a wealth of information in the form of articles, social media channels like Facebook and Pinterest, spouse and leadership blogs, discussion boards, informative podcasts and webinars. Make this site your go to for everything you need to know as a member of the military community. Contact them at: <http://www.militaryonesource.mil/>



Talk About Curing Autism (TACA) - Table Talk

Monday, January 28th starting at 6:30 pm at Ruby Tuesday in Grand Forks will be the next "Table Talk" session open to all. You will receive a special gift from TACA. Volunteer Coordinators, Jalene and Janice, have many things in common with all autism parents. They like information, inspiration and most of all, hope. They've selected two of their favorite autism books. You will be the recipient of the first of these two books on January 28th. "A Child's Journey Out of Autism" by LeeAnne Whiffen. After an introduction by Jalene, you will be excited to start reading and be a part of the discussion at the February TACA Table Talk. Not a reader? No problem! You are still encouraged to attend and add to the discussion.

As usual, all parents, professionals and caregivers are welcome to attend. There will be appetizers for everyone along with lots of support served up TACA style.

To have a seat ready and waiting for you, please RSVP for this TACA event. <http://www.tacanow.org/nd-taca-table-talk-rsvp/>

SCHOOL LIAISON LINK con't



EFMP NEWS



Contents of this page provided by: Sharon Swanson
Airman & Family Readiness Center, 575 Holzapple Street Bldg. 207
Phone - (701)747-6434 Email: sharon.swanson@us.af.mil

Autism Screening Clinic

Altru Health System will hold Rehab Autism Screening Clinics throughout 2013 and is focused on early identification and intervention of autism in children ages one through twelve. The next clinic will be held Wednesday, January 23rd and Feb. 13th, at Altru Rehabilitation Center. Parents who have concerns regarding a child's development have access to the autism screening clinic at no cost. Early detection contributes to more effective treatment while decreasing the likelihood of developmental problems later in life.

Altru's Rehab Autism Screening Clinic will feature a multi-disciplinary team of a pediatrician, physical and occupational therapists, speech language pathologists and social workers working together all in one day. This will eliminate the need for parents to attend multiple appointments on different days.

For more information about Altru's Rehab Autism Screening Clinic, or to schedule an appointment, contact Tiffani Peterson at 701.780.2481 or Diane Gunderson at 701.780.1540.

Support Groups

Exceptional Family Member Program Family Support (EFMP-FS) is the family & community support component provided by Airman & Family Readiness Centers (A&FRC's). One way GFAFB provides support and enhances the quality of life for Grand Forks families is through support groups, which currently there are two.

- ◆ Sibling Support Group (SSG): This support group is for siblings of brothers and sisters with special needs. The group meets at the Airman & Family Readiness Center Tuesdays from 1700-1800. The meeting dates for January are as follows; 8, 15, 22, and 29
- ◆ Teen Night Out (TNO): TNO is a collaborative effort of area service providers and agencies with the purpose of giving middle and high school age students (age 13-21) with learning difficulties and/or physical disabilities a safe environment in which they can meet other teens and experience different recreational activities. Activities are planned with input from students. The January TNO event will be swimming at the South Seas Water Park at Canad Inn, featuring swimming, water park activities and free pizza. Bring your swimsuit and join the fun! To receive the special rate of \$6.00 per person, registration is required. To register, contact Joan Karpenko via email at or joan.karpenko@pathfinder-nd.org