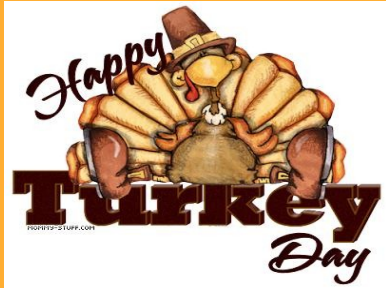


State Family  
Programs Office



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**NJ National Guard  
State Youth Coordinators  
~MPSC Contractors~**

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Check us out on Facebook at  
New Jersey National Guard  
Child & Youth Program

# NJ C . H . A . M . P .

## Children Having a Military Parent

November, 2011

### NG Child & Youth Program Volunteer Training

Do You:

- \*\* Enjoy volunteering?
- \*\* Love to make a difference in the lives of military children?
- \*\* Want to learn how you can support military families?

The NJ National Guard Child & Youth Program and NJ Operation: Military Kids are searching for caring adults and teens to train as Military Youth Programs Volunteers.

**Opportunities for Service:** Volunteers are needed throughout the year to facilitate educational activities for youth and promote available resources to military families. Events are held both on and off installations in various locations across the state.

**Volunteers are needed at (to name a few):**

- \*\* Family Days
- \*\* Month of the Military Child Celebrations
- \*\* Guard Teen Panel
- \*\* Camps
- \*\* Local community outreach programs

**Training Will Include:**

- \*\* Overview of the stages of deployment and its effects on military children
- \*\* Best practices for working with youth (ages 5 and up)
- \*\* Hands-on exploration of activities for all ages of youth
- \*\* Lesson plans focused on positive youth development

Volunteer Training being held for Adults & Teens (ages 13 and up)  
Saturday November 19, 2011 from 9:00am - 4:00pm  
Rutgers University—Douglass Campus Center  
100 George Street New Brunswick, NJ

**Space is limited! Register by November 15th  
Breakfast & lunch will be provided.**

Register online at: <http://www.surveymonkey.com/s/VolunteerTrainingNov19>

**Questions? Please Contact:** Nicole Morgan-Lewis at phone: 609-298-1196 or email: [nicole.l.morgan-lewis@us.army.mil](mailto:nicole.l.morgan-lewis@us.army.mil)

**\*\*\*This training is separate from FRG training. Volunteers will work directly with youth programs & military youth\*\*\***

## EXPANDED: [www.tutor.com/military](http://www.tutor.com/military)

I wanted to reach out and let you know how excited we are to announce that the Tutor.com eligibility has been expanded, as of October 3, 2011. Now ALL National Guard and Reserves members and their dependents can get access regardless of deployment status, thanks to funding from MWR Library program and Yellow Ribbon Reintegration Program!



Users from all services can get access at [www.tutor.com/military](http://www.tutor.com/military) by clicking their branch of service, then following the directions to create an account. As part of that process, they'll select their component, location, and status. Then every three months they'll be prompted to make updates to that information if it has changed, which will help us account for and report usage accurately as members move from location to location or from active to inactive status. But the greatest news is that it only takes a few clicks for learners of all ages to get the academic support they need, on demand, from anywhere they can get to an internet-connected computer. On previous occasions many have discussed how beneficial this type of expanded access would be to spread the word about the service to the members who need it...and now it's here!

## Holiday Cards for the White House

The First Lady is asking military children from around the globe for some personal contributions to the finishing touches on the White House decorations this holiday season. The request is for military children to submit 5x8" handmade holiday cards with words of appreciation for their military parents, as well as pictures and drawings. The White House will display as many of the cards as possible.

Participants are asked to send holiday cards to the following address along with information from where they are sending it by November 16, 2011:

Reservation 1  
Attn: Social Office  
PO Box 8070  
Washington DC, 20032



## Stress Free Kids

Stress Free Kids is offering free downloads and discounts to all families and professionals associated with our military. The books, CDs, and lesson plans help children, teens, and adults manage stress, anxiety, and anger while improving their self-esteem. Using research-based techniques for stress management, parenting expert, Lori Lite created unique stories that allow children to follow the characters along while learning a variety of relaxation techniques.



Teenagers and adults experience the same research-based techniques in a guided instructional format. Our turnkey curriculum includes music, stories, worksheets, and lessons making stress management teachable and fun.

These techniques include diaphragmatic breathing, visualizations, progressive muscular relaxation, and affirmations/positive statements. All of the titles are used and supported by doctors, psychologists, therapists, school counselors, social workers, youth workers, teachers, and parents to relax, de-stress, reduce anger, build self-esteem, and achieve proper sleep.

For more information visit the website at [www.StressFreeKids.com](http://www.StressFreeKids.com) or visit the military page at [www.stressfreekids.com/resources-2/supporting-our-troops-and-military-families](http://www.stressfreekids.com/resources-2/supporting-our-troops-and-military-families)

## www.Headee.com

The Headee Project is based in Maine and is now supporting our military families by offering a discount of 50% off per headee, per household. This Headee idea is similar to the Operation: Huggee Miss You Dolls where you can send a picture of your deployed loved one's face and the company will stuff a soft head for you to have.

For more information, please check out [www.headee.com](http://www.headee.com)

Headee (noun)

1. A 3 dimensional life size head of you or a loved one's face.
2. A soft stuffed visual reminder of a friend or family member.



## NJ Interdistrict Public School Choice

(taken from <http://www.nj.gov/education/choice/>)

The Interdistrict School Choice Program was signed into law by Governor Christie on Sept 10, 2010 and will commence with the 2011-12 school year with the exception of the transportation provisions that take effect immediately for those districts currently participating in the pilot program. The program is designed to increase educational opportunities for students and their families by providing students with the option of attending a public school outside their district of residence without cost to their parents.

The Interdistrict School Choice Program enables students to choose to go to a school outside their district of residence if the selected school is participating in the choice program. Transportation of up to 20 miles will be provided to a student going to a choice school if the student meets the eligibility requirements of state law and the transportation will cost no more than \$884. If the cost of the transportation will exceed that amount, the parent will be given the opportunity to pay the additional amount, or may choose to receive \$884 as aid in lieu of transportation. If the school is outside of the 20-mile radius, transportation will be the responsibility of the student/parents/guardians. Information on choice school transportation, the definition of eligibility for transportation and procedures for applying for transportation services can be found at <http://www.state.nj.us/education/finance/transportation/procedures/>.

District participation in the program is optional. The decision to participate in the program by a school district is made by the local board of education. The district would then send an application to the NJ Department of Education for final processing and approval.

The choice school sets the number of openings per grade level. If there are more students requesting admission to the school than there are available openings, the school will choose the students by lottery.

Any school-age student who is a resident of New Jersey is eligible to take advantage of this program. For more comprehensive details on this new law, you may want to review it at [The Interdistrict Public School Choice Act of 2010](http://www.state.nj.us/education/choice/law.htm) at <http://www.state.nj.us/education/choice/law.htm>

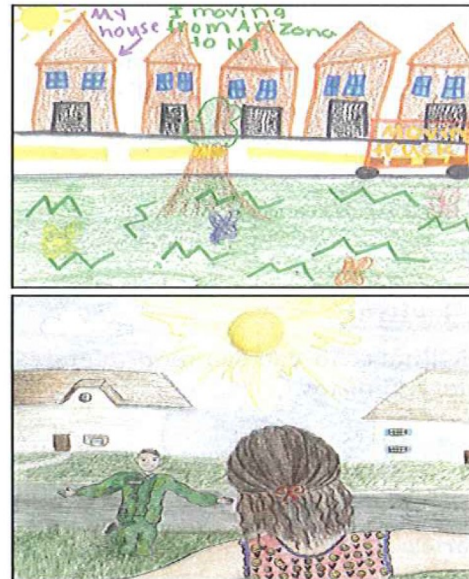
The department has listed the participating schools for the 2012-2013 school year on our Web site under the link for "Approved Choice Districts." The link for this site can be found in the yellow right-hand column labeled "Approved Choice Districts."

If you have further questions, please contact us at: [www.state.nj.us/education/parents/contact.htm](http://www.state.nj.us/education/parents/contact.htm) or email at [pschoice@doe.us.nj.us](mailto:pschoice@doe.us.nj.us)

The *Notice of Intent to Participate* in the Interdistrict Public School Choice Program must be received by the Sending District by  
**NOVEMBER 1, 2011**

## NJ Operation: Military Kids Annual Poster Contest

November is Month of the Military Family and NJ OMK is celebrating with our annual poster contest. OMK is looking for poster designs from New Jersey youth in grades K-13. Winning designs will be displayed in various locations across the state and at national events for the upcoming year. Judges will examine entries for creativity, a clear message and a feeling of gratitude for the sacrifices made by the children of military personnel. Submissions will be accepted November 1, 2011 until January 27, 2012. To learn more about the OMK Poster Contest rules and receive an entry form, please visit [www.operationmilitarykids.org](http://www.operationmilitarykids.org) Pictured to the right are two winners from last year's contest.



## Grants for Children of Fallen

Our Military Kids is a non-profit organization that provides grants to children of deployed and severely wounded service members. The grants are used to provide enrichment activities intended to help children cope with the deployment or injury of a parent. They recently received a donation from the employees of Alion Science & Technology to test-pilot an expansion which will temporarily provide availability of our grant program to children of fallen service members.

They are rolling out this pilot program with modest initial start-up funds. The test-pilot will allow to provide approximately **155** grants to children of service members killed in action while serving overseas in **2010 and 2011**. Also, they have expanded availability to include **Service Members killed CONUS while on mobilization orders for training missions**.

The application process is very simple. The child's caregiver must complete the one-page grant application (one application for every child) and attach the following documentation:

**\*\*A copy of the form DD 1300 (Report of Casualty Statement) OR a copy of the Certificate of Death; \*\*A form of ID for each child identifying them as a military dependent; \*\*A brochure or registration form showing fee information from the organization providing the activity**

Because our funding is limited, the availability of this program will be restricted to the children of fallen service members who lost their lives while serving overseas in support of OEF/OND or who died while on CONUS orders for training missions in the calendar years of 2010 and 2011. For more information, [check out www.ourmilitarykids.org](http://www.ourmilitarykids.org)