

Success Xpress

JOINT BASE SAN ANTONIO SCHOOL LIAISON NEWSLETTER

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Military Members Make Impact In Schools

Cindy Ybanez, Keith Toney, and Lori Phipps – Joint Base San Antonio School Liaisons

Destination: Tomorrow's Leaders (DTL) program provides the framework for positive relationships between Joint Base San Antonio (JBSA), the school community and the community at-large. These relationships allow students to make positive connections between the world of the military, school and their community.



DTL impacts 23 Independent School Districts, 25,000+ federally impacted youth and their civilian counterparts. Its components include Adopt-A-School/Classroom Program and a Mentoring program. It contributes resources and services to schools in order to nurture the intellectual, emotional, social, and physical growth of children in the San An-

tonio area, to increase public awareness of the Joint Base San Antonio's mission, and to foster good relations.

JBSA currently has squadrons that have adopted 15 schools throughout the San Antonio area. Valley Hi Elementary, Sun Valley Elementary and Lamar Elementary are a few schools that have been involved in the program since its inception in August. In an "Adopt-a-School" program individuals or groups generally work with a school to provide volunteers to support instruction in the classroom. It may be focused on a single classroom, a grade level, program within a school or it may be an entire school. Likewise, support may be furnished by a single individual, office, or a larger group.

The second part of the DTL program offers military members the opportunity to spend time with young people encouraging positive choices, promoting high self esteem, encouraging academic achievement and introducing new hobbies and experiences as mentors. Mentors and youth develop their relationship at the child's school, when the mentor visits each week to talk, play games, and assist with school-



work. A mentor can play many roles including coach, teacher, advocate, friend, cheerleader and opener of doors. JBSA currently has over 250 military members mentoring in the DTL program.

"We currently have a waiting list of schools that want to utilize both programs" states Cindy Ybanez, Fort Sam Houston School Liaison. The demand for the program once it hit the streets became overwhelming and the School Liaison Offices are getting requests daily for mentors and classrooms to be adopted.

If you are interested in participating in either facet of the program, please contact your local School Liaison office for more details. – *when just being yourself can change the future!*

Overscheduled and Overwhelmed-Tips for Parents

Source: www.militaryonesource.com

At this time of year, a busy family schedule can easily turn into an overloaded one. A pace that felt comfortable may begin to seem unmanageable if your work pressures increase, when school meetings start to appear on the calendar, when a child takes up a time-consuming new activity, or if a relative gets sick and needs extra attention.

A good way to avoid feeling overwhelmed is to build downtime for everybody into your schedule. As you take on new responsibilities, make sure you have time — individually and as a family — for relaxing activities that will leave you feeling refreshed and ready for the next challenge. Here are some tips for keeping the pace of your lives under control.



“Don't tell people how to do things, tell them what to do and let them surprise you with their results.”

George S. Patton

✦ **Review your priorities.** Some activities may be too important to your family to neglect, no matter how busy you are. Your non-negotiable might include attending religious services, getting regular exercise, or keeping in touch with grandparents. Talk with your children about why these activities matter to you, and set an example through your own participation in them. Tell children which daily activities come first — for example, homework is more important than spending extra time with friends or watching television. Knowing your priorities will make it easier to decide what you can give up in order to avoid feeling overwhelmed.

✦ **Remember that each of you needs time alone and with others.** Children may insist that they love spending all their free time with friends. But time alone enables them to relax and regroup emotionally. It also helps them learn to entertain themselves, an essential step toward the independence they will have in adulthood. If your child seems to need more private time, talk with her about how to build it into her schedule. For example, she might spend a half hour at home reading or listening to music before she dashes off to friends' home after school or on weekend evenings. Be sure the time alone is just that, not time spent on Facebook or texting friends on the cell phone.

✦ **Decide as a family on how you want to relax together.** You might like to take walks after dinner or create a family scrapbook, but children may prefer to make popcorn and rent a movie on the weekend. Talk with them about some of the inexpensive, lower-key activities all of you could share. Children who have a say in what would be fun may be more willing to spend relaxing time together instead of continually rushing to activities or spending countless hours with friends and ultimately leaving everyone feeling frazzled.

If, after trying these tips, you're still feeling overwhelmed, call Military One-Source at 1-800-342-9647 or visit www.MilitaryOneSource.com. Their consultants are available 24/7 with information and referrals on a wide range of issues.



Parents of School Age Children
Last day to complete your questionnaire is Feb 25th.
Log on to:
http://www.lacklandfss.com/airman_liaison.html



Scholarship Hunt

The Gen and Kelly Tanabe Scholarship is open to 9th -12th grade high school students who are legal U.S. residents. Students not currently in school must plan to enroll in a higher education program within 12 months.

Students may study any major and attend any college in the U.S. The award may be used for tuition, room and board, books or any related educational expense.

<http://www.gkscholarship.com/>

AFA Teens for Alzheimer’s Awareness College Scholarship provides an excellent opportunity for high school juniors and seniors (entering an accredited college or university within 12 months of the application deadline) to give thoughtful consideration to the impact Alzheimer’s disease has on their own lives and others in their family and community.

<http://www.afateens.org/>

The Bruce Lee Scholarship is available to graduating high school seniors who will be enrolling full-time in an accredited college or university next fall. To be eligible for this award, you must have a minimum 3.0 GPA and demonstrate strong character, the ability to persevere and prevail over adversity, community service involvement, and financial need. You must also be at least 16 years old at the time of application and be a U.S. citizen or permanent resident.

http://www.uspaacc.com/student/Bruce_Lee_Scholarship.htm

Every

Child

★

Every

Chance

★

Every

Day

Great Futures Start Here College Tour Photo Contest

Planning a college tour for your teens? Here’s an opportunity for you to enter to win one of five media centers for your Youth Program while visiting the campus. Through the Great Futures Start Here College Tour photo contest sponsored by Google, Youth Programs can simply send in a photo capturing their College Tour experience that also includes a Google logo, your logo, a landmark area/item on campus (i.e., school sign, school mascot, famous alumni stat-

ute, etc.) and the teen participants (of course). Contest deadline: April 30, 2011. The media center will be valued at \$7,000. It may include items such as laptops, digital cameras, TVs, video cameras and other cool stuff to make your teen center stand out! For additional details, please visit www.bgca.net



Web Resources

YOUiversityTV <http://www.youiversitytv.com/>

YOUiversityTV is your #1 stop during your college selection process. With over 2,000 exclusive college and career related videos, we are the experts here to help you find out what colleges and careers are really like!

Education.com <http://www.education.com/>

Education.com provides expert advice, features, columns, thousands of reference articles, and a community for parents of pre-school to high school students.

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Grab Bag News You Can Use

Read Across America Day

The JBSA School Liaison Offices will be branching out across San Antonio schools in celebration of Dr. Seuss and Read Across America Day on March 2. These events help to inspire reading in children throughout our schools and communities.

You're never too old, too wacky, too wild,
To pick up a book and read with a child.
You're never too busy, too cool, or too hot,
To pick up a book and share what you've got.
In schools and communities,
Let's gather around,
Let's pick up a book,
Let's pass it around.
There are kids all around you,
Kids who will need,
Someone to hug,
Someone to read.
Come join us March 2nd
Your own special way
And make this America's
Read to Kids Day.



Career Day Speakers Needed

We are starting to receive Schools requesting guest speakers for their upcoming Career Days! During career day, students have the opportunity to learn about exciting careers from people who actually work in those fields. This encourages students to begin thinking about what they might want to be when they grow up. An event like this, which educates students about future opportunities, can hook a student's mind and help motivate them to work hard toward a goal or career they are passionate about. This is a great opportunity to give back to the community and share your passion for the military! If you are interested in participating, please contact your local SLO for more details.

