

Every Child, Every Chance, Every Day

Impact Aid Surveys Mean Money for Public Schools, Military Children

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For most parents, putting a price tag on a quality education is almost as difficult as calculating the value of their children. During the fall of every school year, students bring home a Federal Impact Aid Survey form.

You, as a military family, or a civilian employee working on federal property, can make a significant positive impact on schools that depend on this federal aid each year, by simply filling out and returning the Federal Survey form. Parents of military children have the unique



opportunity to quantify -- in part-- the importance of their children's education by completing the **US Department of Education Federal Impact Aid Survey.**

Federal impact aid is critical to ensuring the appropriate level of funds make it to public school districts charged with educating military children.

The typical military family sends their children to multiple school districts throughout their careers, transferring their children from one school district to the next with varying levels of quality. While many children thrive in the constantly changing

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Educator's Exchange

How to Help Military Families as a Teacher or School Professional

Source: www.cfs.purdue.edu/mfri

A supportive school setting fosters a sense of belonging and provides a routine that helps students maintain daily schedules. This is especially true during the military deployment of a parent or loved one.

Teachers are in the best position to identify a military child's unique needs and circumstances. They provide a communication bridge with school counselors, child care providers and other caregivers in an effort to foster support and understanding. Any deviation from the child's normal behaviors may be an early indication of problems coping with the military-

induced separation. When these behaviors linger or worsen, professional support may be needed. There are resources available to help teachers feel more confident in addressing the behaviors presented in the classroom and increase understanding of the unique needs of military children.

If you are a classroom teacher:

- Identify tasks that students can assist with in order to increase their confidence and independence and to help children know they are making valuable contributions.
- Younger children typically require increased attention from parents and

school teachers during a parental deployment.

- Relationships with peers and social interactions will often take on increased value with adolescents.
- Listen to children's fears and concerns about deployment and war and use age appropriate responses.
- Use sensitivity when discussing current events in the classroom and

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WEB RESOURCES OF THE MONTH

THE ANTI DRUG <http://www.theantidrug.com/advice/teens-today/teens-and-technology/default.aspx>



"A dream doesn't become reality through magic; it takes sweat, determination and hard work." - Colin Powell

Teen Talk

10 Tips to healthy eating and physical activity for you

Source: www.fitness.gov

1. Start your day with breakfast.

Breakfast fills your "empty tank" to get you going after a long night without food. And it can help you do better in school. Easy to prepare breakfasts include cold cereal with fruit and low-fat milk, whole-wheat toast with peanut butter, yogurt with fruit, whole-grain waffles or even last night's pizza!

2. Get moving

It's easy to fit physical activities into your daily routine. Walk, bike or jog to see friends. Take a 10-minute activity break every hour while you read, do homework or watch TV. Climb stairs instead of taking an escalator or elevator. Try to do these things for a total of 30 minutes every day.

3. Snack smart

Snacks are a great way to refuel. Choose snacks from different food groups - a glass of low-fat milk and a few graham crackers, an apple or

celery sticks with peanut butter and raisins, or some dry cereal. If you eat smart at other meals, cookies, chips and candy are OK for occasional snacking.

4. Work up a sweat

Vigorous work-outs - when you're breathing hard and sweating help your heart pump better, give you more energy and help you look and feel best. Start with a warm-up that stretches your muscles. Include 20 minutes of aerobic activity, such as running, jogging, or dancing.

Follow-up with activities that help make you stronger such as push-ups or lifting weights. Then

cool-down with more stretching and deep breathing.

5. Balance your food choices - don't eat too much of any one thing

You don't have to give up foods like hamburgers, French fries and ice cream to eat healthy. You just have to be smart about how often and how much of them you eat. Your body needs nutrients like protein, carbohydrates, fat and many different vitamins and minerals such as vitamins C and A, iron and calcium from a variety of foods. Balancing food choices from the Food Guide Pyramid and checking out the Nutrition Facts Panel on food labels will help you get all these nutrients.

6. Get fit with friends or family

Being active is much more fun with friends or family. Encourage others to join you and plan one special physical activity event, like a bike ride or hiking, with a group each week.

7. Eat more grains, fruits and vegetables

These foods give you carbohydrates for energy, plus vitamins, minerals and fiber. Besides, they taste good! Try breads such as whole-wheat, bagels and pita. Spaghetti and oatmeal are also in the grain group. Bananas, strawberries and melons are some great tasting fruits. Try vegetables raw, on a sandwich or salad.

8. Join in physical activities at school

Whether you take a physical education class or do other physical activities at school, such as intramural sports, structures activities are a sure way to feel good, look good and stay physically fit.

9. Foods aren't good or bad

A healthy eating style is like a puzzle with many parts. Each part or food is different. Some foods may have more fat, sugar or salt while others may have more vitamins or fiber. There is a place for all these foods. What makes a diet good or bad is how foods fit together. Balancing your choices is important. Fit in a higher-fat food, like pepperoni pizza, at dinner by choosing lower-fat foods at other meals. And don't forget about moderation. If two pieces of pizza fill you up, you don't need a third.

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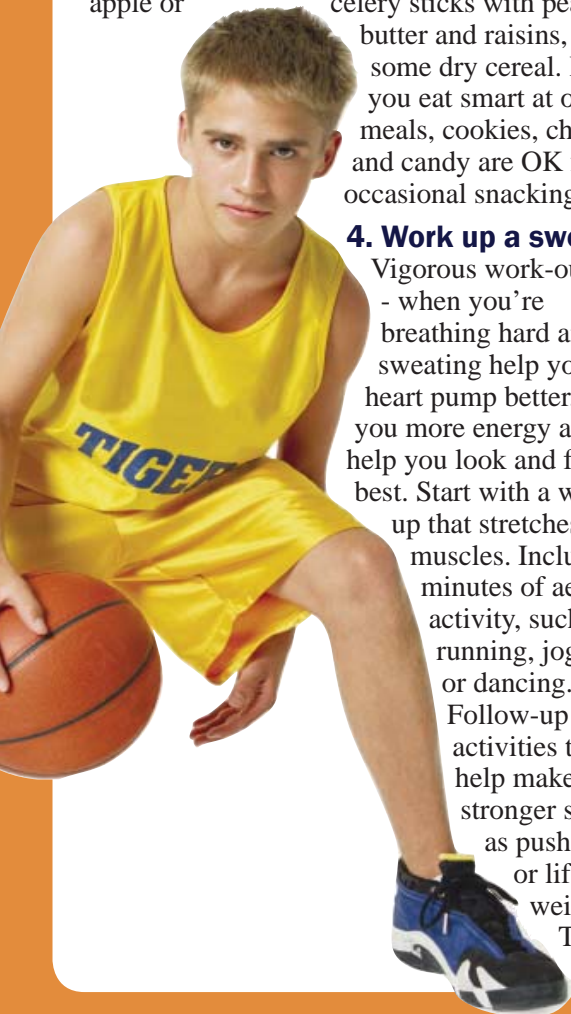
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10. Make healthy eating and physical activities fun!

Take advantage of physical activities you and your friends enjoy doing together and eat the foods you like. Be adventurous-try new sports, games and other activities as well as new foods. You'll grow stronger, play longer, and look and feel better! Set realistic goals - don't try changing too much at once.



SCHOOL LIAISON

The school liaison office helps to connect parents, schools, and the military by providing direct assistance to parents in all matters to do with K-12 schooling; school selection, enrollment, and resource referral; educating schools and districts on important issues affecting military children K-12; and keeping the installation, wing, and unit commanders informed on all issues affecting the local educational community. Please contact our office if you would like to be added to our volunteer or newsletter distribution lists or if you have ideas/input for future parent/community workshops or ideas for our newsletter.

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learning environments, it also can be frustrating and sometimes harmful to the academic career of a military child.

The departure and arrival of military children pose their share of challenges for the public school districts too. The number of students in each public school district plays a significant part in how funds are allocated throughout the district. Continued loss and gain of students can make ensuring the appropriate resource level for all schools a difficult task.

The constant flux within public school districts around the nation, coupled with the loss of property tax revenue due to the presence of tax-exempt federal property, prompted Congress in 1950 to provide financial assistance, or impact aid, to local education agencies (LEAs). The additional funds are meant to offset some of the expenditures due to the enrollment of federally connected children, such as military students.

Surveys are used to determine the total number of military-connected

students in the LEA. The anonymous information recovered from the survey is sent to the Department of Education to determine if the LEA meets the minimum requirements for receiving impact aid funding, which must be at least 400 students or three percent of the average daily attendance of the district. Failure to complete the survey means less money for the public school district, and consequently, fewer resources for military children.

The amount of money has decreased significantly over the last several years. In fact, since the early 1990s, Congress has appropriated a smaller amount of funds for Impact Aid. The decrease in funding makes completing the survey and sending it to the district more important than ever for our school districts during these tough economic times.

For more information about Federal Impact Aid contact your school liaisons or visit these web sites:

Department of Education Impact Aid:
www.ed.gov/about/offices/list/oese/

impactaid/index/html

Military Impacted Schools Association (MISA): www.NA.ORGmilitaryimpactedschoolsassociation.org

National Association of Federally Impacted Schools (NAFIS):
www.nafis.org

Additional Facts About Impact Aid

- LEAs may use the funds in accordance with local and state requirements, including the salaries of teachers, purchasing textbooks, computers and other equipment; after-school programs and remedial tutoring; advanced placement classes; and special enrichment programs.

- Children with a parent in the Reserve or the National Guard may be eligible to be claimed on the Impact Aid application if the parent is on active duty on the survey date as the result of a presidential order.

- Guard and Reserve applicants must have documentation of the parents' status, either a copy of the orders for the individual service member or a service component certification for the unit with the names of individuals.

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Educators Exchange

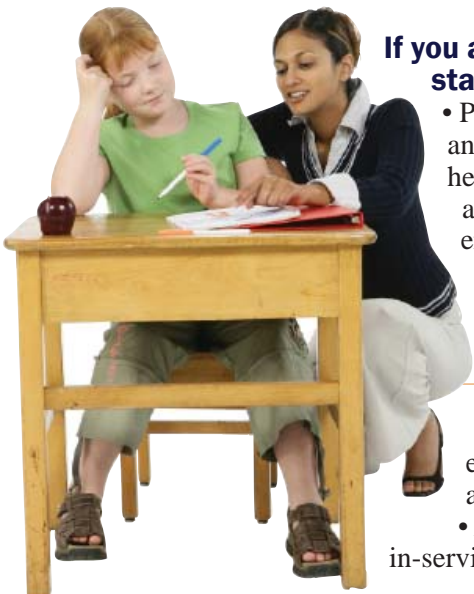
during lesson plans. Negative or critical comments about current conflicts can have a significant impact on military children in your classroom.

If you are school support staff:

- Provide reassurance and comfort when helping students address inappropriate emotions and behaviors.
- Provide coping skills to assist students in identifying emotions and expressing feelings appropriately.
- Allow time for in-service opportunities to

educate staff about deployment issues and the effects on children's learning and engagement in the classroom.

- Maintain open communication with the child's caregiver, whether it is apparent or extended family member.
- Encourage involvement in extracurricular activities.



For More Information

Educators Guide to the Military Child during Deployment
www.ed.gov/about/offices/list/os/homefront/homefront.pdf

Military Child Education Coalition Publications
www.militarychild.org/publications

Helping Children Cope with the Challenges of War and Terrorism
www.7-dippity.com/other/op_hcc.html

Helping Children Cope When a Loved One is on Military Deployment
journal.naeyc.org/btj/200701/pdf/BTJAllen.pdf

American Academy of Pediatrics
www.aap.org/sections/uniformedservices/deployment

John Hopkins Bloomberg School of Public Health Military Child Initiative
www.jhsph.edu/mci

The Grab Bag

Why Join the PTA

Source: www.pta.org

What is PTA? Why join PTA? The number one reason to join the Parent Teacher Association is to benefit your child.

In doing so, you also help your school. But there are many more PTA advantages:

Get Connected. There's no better way to know what's happening in your school.

Discover Great Resources. The PTA offers a variety of programs designed for parents as well as students.

Tap into a Network. PTA functions are opportunities to meet other parents and teachers, building rapport and discussing issues that are on your mind. You can share ideas, concerns, and experiences.

Watch Yourself Grow. By volunteering with your PTA, you put your skills and hobbies to use for a noble cause—your child and all children in the community. Speak Up. PTA can be a way for you to more effectively suggest change at your child's school.

Witness Improvement. By getting involved at your child's school you'll be part of the solution, helping make positive changes. Local PTAs play an important role in fundraising to provide building improvements, curriculum-based programs, and social events.

Be a Role Model. By becoming a PTA member, you'll be demonstrating to your child the importance you place on education.

Northside ISD and North East ISD Rank Among Top 100 in the Nation

Northside ISD and North East ISD again placed among the best of the best in the Annual Best Public High Schools In America. *Newsweek* magazine



ranked the Communications Arts High School 18th in the nation in its annual report. Jay, Clark, Warren, O'Connor, and Marshall high schools also made the list of "Best High Schools 2010" ranking at No. 256, No. 697, No. 1,328, No. 1,395, and No. 1,532 respectively. Seven North East ISD high schools have been ranked among America's best high schools in *Newsweek* magazine. International School of the Americas (ISA) was number 81, Johnson was 189, Churchill came in at 339, Reagan was listed as 382, Roosevelt was 837, MacArthur ranked at 1,103 and Madison at 1,303. The magazine ranks high schools by taking the total number of Advanced Placement, International Baccalaureate, or Cambridge tests given in 2009 and dividing that by the number of graduating seniors. The list ranks the top six percent of public schools in the United States, just over 1,600 campuses.

Congratulations to the students and teachers of Lackland and Randolph ISD

who continue to demonstrate academic excellence in the classroom. Both districts have been named "Exemplary" school districts by the Texas Education Agency, the only two public school districts in Bexar County to achieve this honor for the 2009-2010 school year.

Lackland Youth Programs Offers Homeschool Classes

Want a great way to get your child involved with other homeschool children as they participate together in academics and electives? Youth Programs has teamed up with the School Liaison Office to provide quality, affordable classes to Homeschool families. We've made it convenient to you to facilitate carpooling and time management by arranging class schedules to accommodate a range of academic levels and classes at one location. These classes are not part of a formal school, however, they are offered by individual instructors to support the homeschooling community. Beginning September, these classes meet once a week on Tuesdays and are age appropriate. Classes to be held this session are Physical Education (PE), and the first session of the Art Studio Series. Contact Youth Programs at 671-2388 for more information.



The United Through Reading® Military Program

helps ease the stress of separation for military families by having deployed parents read children's

books aloud via DVD for their child to watch at home. This powerful program is available to all deploying military units and at select USO locations. It provides parents a chance to make powerful and lasting connections with their children and parent from afar.

Scholarship Hunt

Freshman & Sophomores

My Recipe-My Heritage Scholarship Essay Contest: This contest aims at exploring the place culinary traditions hold in one's cultural or ethnic identity. Its purpose is to increase the awareness of culinary history as a vital aspect of cultural studies, as well as a means of preserving and perpetuating ethnic traditions and values. Applications are accepted year round for scholarships up to \$1,500. (<http://www.fastrecipes.com/scholarship2010/>)

Juniors & Seniors

Coca-Cola Scholarship: The popular beverage company offers scholarships ranging from \$10,000 to 20,000 over four years. The dead line to apply is October 31. (<https://www.coca-colascholars.org/cokeWeb/index.jsp>)

Awards for Young Artists: Multiple awards are available to students in the performing, literary and visual arts. Awards are open to high school seniors and other 17 and 18 year old artists. Scholarship amounts vary. Deadline to apply is October 1, 2010. (Application Location: <http://yarts.bluecadet.com/how-register#verify>)

