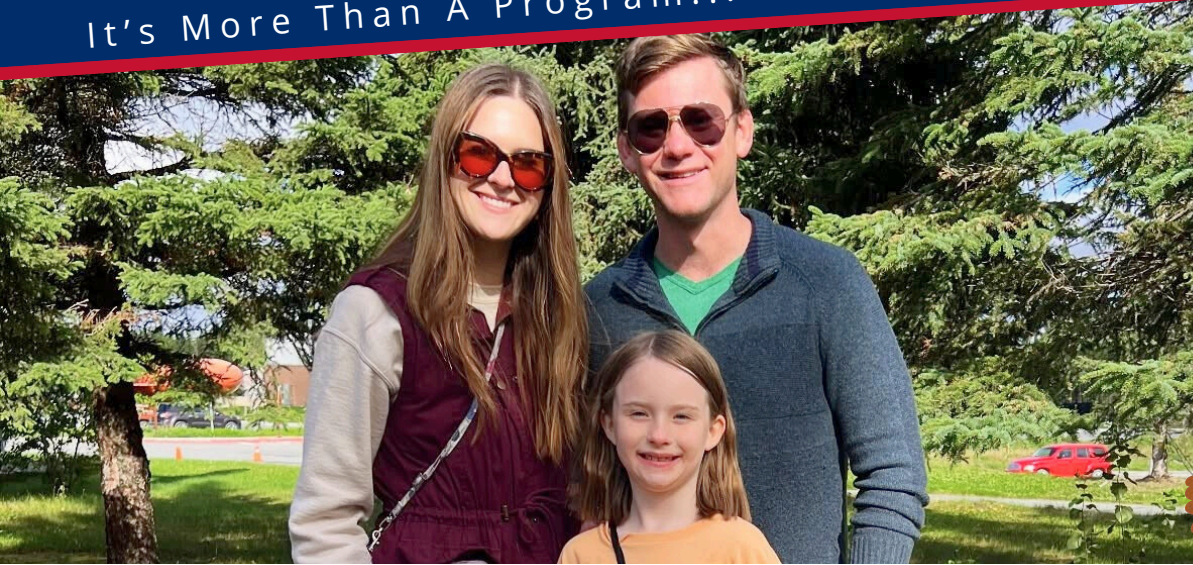


ARMY NATIONAL GUARD CHILD & YOUTH SERVICES

It's More Than A Program...It's A Promise!

NEWS LETTER



IN THIS ISSUE:

- Military Family Appreciation Month
- Region 10 Update
- GTP Spotlight
- A Season of Gratitude
- Resource of the Month
- Honoring Veterans



CELEBRATING MILITARY FAMILY APPRECIATION MONTH

Every November, we honor the heart of the National Guard, our military families. Guard families balance everyday life with the challenges of service, often managing long weekends apart, temporary duty assignments, and deployments, all while staying deeply rooted in their communities. Your strength and commitment make it possible for service members to remain ready whenever duty calls.

This month, we recognize the many ways National Guard families support one another, strengthen communities, and help the next generation grow into resilient leaders.

Recent Soldier Parent Survey results show the powerful impact of the Child and Youth Program in supporting Guard families:

- 92% agree the CYS program helps their child cope with military stressors.
- 70% say participation in CYS strengthens their family's overall view of the military.
- 93% believe the program gives their children opportunities to grow leadership and life skills.

These results remind us that when we support Guard youth and families, we strengthen the entire force.

To help communities and schools join in celebrating this month, we've created a Military Family Appreciation Month Educator Packet, available at <https://arngcys.com/resources-for-educators>. The packet includes classroom activities, discussion guides, and ideas to help students learn about the service and sacrifice of National Guard families.

To every Guard family, thank you for your resilience, your service, and your support. You are a vital part of the National Guard mission every single day.



WWW.ARNGCYS.COM

#GUARDFAMILIES

#ARNGCYS



REGION 10 SYMPOSIUM: I'M POSSIBLE!

In July, Oregon proudly hosted the annual Region 10 Youth Symposium, inspired by the FY25 theme—a quote from Ted Lasso: “You say impossible, but all I hear is I’m possible.” Teens from Idaho, Alaska, and Washington joined Oregon youth for a week filled with learning, adventure, and laughter.

The learning began with state presentations where participants shared program highlights and successes from across the region. They explored leadership lessons in “Leading the Lasso Way,” a session centered on growth through mistakes, building relationships, and active listening. Teens also collaborated on a regional S.W.O.T. analysis and created goals for FY26. To conclude, participants strengthened their public speaking skills by presenting a brief to Oregon leadership, summarizing their key takeaways from the week.

The adventure continued with a guided tour of Nike Headquarters in Beaverton, Oregon, led by a member of Nike’s Military Veterans United Network. Teens learned that Nike’s founder once served in the Oregon National Guard and discovered how innovation and teamwork shape the company’s success. They also took on a high/low ropes challenge course, where they encouraged each other to climb, leap, and trust their teams. The experience wrapped up with a scenic hike at Multnomah Falls and a beach cleanup and scavenger hunt at Cannon Beach—famous for its appearances in *Twilight* and *The Goonies*.

The laughter was nonstop, especially during two crowd-favorite events: a Glow Silent Disco sponsored by a local community partner and an epic Lip Sync Battle—where Team Alaska claimed the win in style!

Voices from Region 10

“R10 was truly an experience to remember. It was very special to share the experience of being a military child with everyone, and it provided a sense of connection and understanding between us all. Through the activities I gained many new skills like resilience, public speaking, grit, and confidence.”

– Victoria E., Oregon Teen Panel

“The incredible teamwork and bonding with other driven, like-minded teens drove home the message of this program to me. To be able to give that same feeling to youth all around Alaska is a wonderful opportunity.”

– Will R., Alaska Teen Council

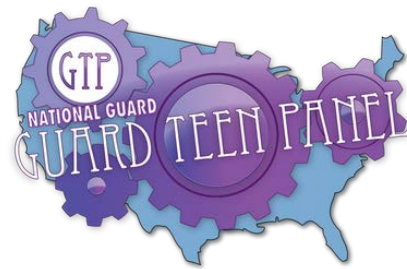
“It was really reassuring to meet other people who are going through the same experiences and who were also so dedicated to making positive change.”

– Clayton B., Idaho Teen Council



GUARD TEEN PANEL

SPOTLIGHT



LESSONS, LEADERSHIP, AND LASTING FRIENDSHIPS

By Lucy Toe, Region 4 Guard Teen Panel Delegate

This year, I had the honor of representing Region 4 as the Guard Teen Panel Delegate at our Youth Symposium in Georgia, held February 20–23. From the first night gathered around a campfire making s'mores, it was easy to connect with other teens who share the experience of being part of a National Guard family. We laughed, swapped stories, and built a sense of trust that carried through the rest of the week.

During the symposium, we talked about the challenges and strengths of being military-connected youth and shared ideas about how our state programs support National Guard kids. We also completed a PT challenge led by sergeants that tested our strength and teamwork with kettlebells, sled pushes, and weightlifting. It was tough but rewarding and showed how capable we all are when we work together.

One of my favorite parts of the week was the “Preparing for Adulthood” session, where we discussed communication, goal setting, and decision-making—skills that will help us in school, careers, and life. We also enjoyed hands-on activities like horseback riding and archery, which helped us build confidence and celebrate what we could accomplish.

The week ended with a glow-in-the-dark painting party filled with music, laughter, and a few happy tears as we said goodbye. Even though we come from different states, we left feeling united as one Region 4 team.

Across the region, teens continue to make an impact in their own states. In Florida, youth gathered for Camp Cloverleaf, learning teamwork through kayaking, fishing, and outdoor adventures. In South Carolina, Teen Council members played a key role in planning and running events throughout the year. And in North Carolina, teens took part in the Teen Leadership Retreat, earning CPR, First Aid, and QPR certifications while learning about safe driving and financial readiness.

Representing Region 4 at the national level has been an incredible experience. The symposium reminded me how strong and resilient military youth are, and I'm proud to share their voices and experiences as part of the Guard Teen Panel.



HUNTING THE GOOD STUFF: A SEASON OF GRATITUDE

November is a time to pause, reflect, and give thanks. As we prepare to celebrate Thanksgiving and Military Family Appreciation Month, it is the perfect opportunity to “Hunt the Good Stuff,” one of the core resilience skills we teach through the Child and Youth Program.

“Hunt the Good Stuff” encourages us to look for the positive moments in our day, even when life feels busy or challenging. For National Guard families, this might mean finding gratitude in a call from a deployed loved one, a successful weekend drill, or a quiet family meal after a long week. These moments may seem small, but they build optimism, strengthen relationships, and remind us of what truly matters.

Here are a few ways you can practice gratitude together this month:

- **Start a Family Gratitude Jar:** Each day, write something good that happened and add it to the jar. Read them together on Thanksgiving or at the end of the month.
- **Share a Daily “Good Thing” at Dinner:** Encourage each family member to name one positive moment from their day.
- **Create a Thank You Wall:** Hang notes or drawings showing appreciation for people who have made a difference in your lives.
- **Send Gratitude to Others:** Write a short thank you message to a volunteer, teacher, or service member who supports your family or community.

Practicing gratitude helps build emotional resilience and a positive mindset, especially during times of stress or change.

If you would like to learn more about resilience programming or other opportunities available through the Child and Youth Program, connect with your local CYS Coordinator or visit <https://arngcys.com/my-local-cys-program> to find your state/territory contact information.

This Thanksgiving, take a moment to reflect on the good around you, the small wins, the big milestones, and the people who make a difference every day.





RESOURCE SPOTLIGHT

The Fisher House Foundation's Scholarships for Service program helps military families find education funding that matches their goals. By completing a short questionnaire, students receive a customized list of scholarships, fellowships, and grants designed specifically for military-connected students.

A key opportunity is the Scholarships for Military Children Program, which awards 500 scholarships valued at \$2,000 each for the 2026–2027 academic year.

The application window opens December 10, 2025, and closes February 11, 2026. .

For more information:
<https://www.fisherhouse.org/programs/scholarship-programs/>

Disclaimer: Sharing of resources in this newsletter does not constitute an endorsement by NGB, any contract vendor or the PM Team.

HONORING VETERANS

Each year on November 11, we pause to honor the men and women who have served in the United States Armed Forces. Veterans Day is a time to reflect on the courage, dedication, and sacrifice of those who have worn the uniform and protected our nation's freedoms.

For the National Guard community, this day holds special meaning. Many Guard members balance civilian careers, family life, and military service, answering the call whenever and wherever they are needed. Their commitment reminds us that service comes in many forms, and each one plays a vital role in keeping our country strong.

We are especially thankful for the veterans we work with every day and for those who volunteer their time and talents to the Child and Youth Program. Their continued service helps strengthen our mission and inspire the next generation of Guard youth.

This Veterans Day, we encourage everyone to take a moment to thank a veteran, share their story, or participate in a local ceremony. Small acts of appreciation help ensure their service is never forgotten.



DOWNLOAD OUR APP!



Search "ARNG CYP"