



ARMY NATIONAL GUARD CHILD & YOUTH SERVICES

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

NEWS LETTER



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JOIN THE GUARD TEEN PANEL: APPLICATIONS NOW OPEN!

We are excited to announce that applications are now open for the next group of teens to join the National Guard Teen Panel (GTP). This is an incredible opportunity for teens to represent their peers, make a difference, and develop leadership skills at the national level. The GTP is looking for Army and Air National Guard dependents who are passionate about making an impact.

If you're in 9th–11th grade (as of Fall 2024), actively involved in your local State Teen Panel (STP), and have strong oral and written communication skills, we encourage you to apply! This panel will give you the chance to represent your region and advocate for National Guard teens across the country.

As a panel member, you'll commit to a 2-year term of service, participating in bi-monthly conference calls and webinars, and attending in-person meetings. You'll also need to stay actively involved in your home state's Child and Youth Program, complete quarterly state report sheets, and be comfortable with independent travel.

Applications are open for Regions 1, 2, 4, 6, 7, and 9. The application window is open now, through October 25, 2024, so don't miss your chance to be part of this dynamic group of young leaders!

For more information on how to apply, please contact your local CYS team. Take the first step toward becoming a voice for National Guard teens across the nation!



TOP 5

BENEFITS OF YOUTH DEVELOPMENT PROGRAMS

- Foster youth social and emotional development
- Reduce engagement in high-risk behaviors
- Increase positive connections with peers & adults
- Instill skills for increased academic success
- Provide safe, supportive environments for learning & development

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REGION 10 UPDATE

Across Alaska, Oregon, Washington, and Idaho, our Child and Youth Programs have been busy creating unforgettable experiences for military youth. From space-themed camps and engineering challenges, to fall festivals and resilience-building activities, each state has found unique ways to engage and inspire young participants. These programs are not only fun but also foster life skills, confidence, and strong support networks within the military community. Let's take a closer look at the amazing events that brought our Region 10 families together this year!

Idaho: In June, the Idaho National Guard Child & Youth Program held a memorable Yellow Ribbon Day Camp themed around 'Everyday Heroes.' The day featured activities such as exploring an ammo trailer, a financial readiness course, and an exciting tour of Idaho State Police patrol cars and a fire truck from the 124th Fighter Wing Fire Department. Campers also enjoyed a bottle rocket activity led by Starbase and a resiliency lesson inspired by Inside Out. The event coincided with the grand opening of the Gowen Field Childcare Center, including a ribbon-cutting ceremony. The day was filled with fun, hands-on experiences, with one camper calling it "the best day ever!"

Oregon: This summer, the Oregon Child and Youth Program hosted a busy and memorable "Camp on the Moon" Day Camp at four locations across Oregon. The space-themed camp featured activities like learning about the solar system, building constellations, and measuring planetary distances using toilet paper. Campers enjoyed a mobile planetarium from the Oregon Museum of Science and Industry, while the Red Cross taught resiliency skills. STEAM activities included making galaxy necklaces, learning about moon phases with Oreos, tasting astronaut food, and crafting space suncatchers. The highlight of the day was building and launching model rockets!

Washington: The WANGY summer camps were a huge success, with over 70 volunteers and junior counselors supporting more than 125 kids across both East and West Camps. The camps provided a safe and supportive environment for youth to learn new skills, build friendships, and have fun. Activities like archery and a high ropes course helped campers step outside their comfort zones, boosting self-confidence and social skills. The camps emphasized Real-Time Resilience, teaching kids to challenge themselves and develop a support network within the Air and Army National Guard.

Alaska: Alaska kicked off fall with the largest Child and Youth Program (CYP) event of 2024: the first annual AK ARNG CYP Fall Festival. Over 300 participants gathered at the JBER armory, despite the rain, for a day of community connection with 15 military and local partners and nearly 50 volunteers. Highlights included pumpkin-chunkin trebuchets built by AK ARNG Engineers, fire department demonstrations, and VR goggles for a virtual flight experience. Families enjoyed activities like building scarecrows, pumpkin-painting, and horse and carriage rides. The newly elected Youth Council helped throughout the event, which received local news coverage. Feedback was overwhelmingly positive, with excitement for next year's festival.



IDAHO



OREGON



WASHINGTON



ALASKA





FALL
 AUTUMN
 LEAVES
 HARVEST
 PUMPKIN
 HALLOWEEN
 THANKSGIVING
 FOOTBALL

SWEATER
 APPLE CIDER
 SCHOOL
 ACORN
 ORANGE
 YELLOW
 BROWN

S	P	O	R	B	S	Y	L	E	A	V	E	S	U	A
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Y	A	C	K	P	S	C	H	O	O	L	A	P	O	P

OCTOBER IS NATIONAL EAT BETTER, EAT TOGETHER MONTH!

Meals shared with loved ones tend to be more nutritious. Children and teens who eat with others are more likely to choose fruits, vegetables, and whole grains, and less likely to snack on unhealthy foods. Beyond the health benefits, sharing meals provides a wonderful opportunity to reconnect. Whether it's with parents, guardians, friends, or other close companions, sitting down to eat together can improve communication, support better performance in school, and reduce behavior issues. When was the last time you sat down for a shared meal? If you can't remember, October is the perfect time to start making it a priority! Try these tips to help make shared meals a regular part of your routine.

Tips for Making Family Meals Happen:

- **Schedule Family Meals:** Take a look at the calendar and find a time when everyone can be present. Identify any obstacles that may prevent family meals and see if there are ways to work around them. Even if it's only once a week, making family meals a habit is a great start. You can gradually increase to 2-3 times a week. Remember, family meals aren't just for dinner—breakfast or lunch counts too!
- **Prepare Meals Ahead of Time:** Plan ahead by making a shopping list and setting aside time to grocery shop so you have everything you need for the week. This can be a great way to help youth practice their planning and organizational skills, as well as learning how to set a budget and stay within it. Try meal prepping on the weekend, and when you have extra time, cook double portions to freeze for busy days.
- **Involve the Kids:** Make family meals fun by getting the kids involved. Celebrate National Eat Better, Eat Together Month by assigning tasks based on their age. Younger kids can set the table or fold napkins, while older kids can help with washing produce, mixing, or stirring. You can even let teens take charge and play chef, while parents act as their helpers in the kitchen.

During meals, focus on keeping the conversation positive and enjoyable. Ask your kids about their day, share stories, and give everyone a chance to speak. You could also discuss ideas for future family meals and favorite dishes to include. If you haven't had a family meal in a while, use this October to start a new tradition of eating together and eating better.

For more information on National Eat Better Together Month and some recipes to try out: [CLICK HERE](#)

GUARD TEEN VOICES

CONTRIBUTED BY: LILY JOHNSON
REGION 5, GUARD TEEN PANEL DELEGATE

October is observed as National Bullying Prevention Month and is a time to raise awareness about bullying. This month helps to encourage schools, communities, and individuals to take action against bullying by advocating, educating, and fostering a culture of respect and kindness. Throughout October, I urge everyone to find ways to support this initiative. **I support National Bullying Prevention Month by wearing Orange on the third Wednesday of October.** This day is celebrated as Unity Day, and people are encouraged to wear orange clothing to symbolize solidarity against bullying. The goal is to inspire people to stand together and take action against the culture of bullying.



RESOURCE SPOTLIGHT

- Free educational support for all students in military and DoD families. K-12 through College
- 24/7 on-demand assistance from subject matter experts, available from any internet-connected device.
- Tutors are background-checked, and no personal information is shared.

Available at no cost to U.S. Military and DoD personnel and their dependents.

For More Information:

<https://military.tutor.com/home>

FIRE PREVENTION WEEK OCTOBER 6-12, 2024

DID YOU KNOW?

- In a fire, mere seconds can mean the difference between a safe escape and a tragedy. Fire safety education isn't just for school children—teenagers, adults, and the elderly are also at risk. That's why it's crucial for every member of our community to take time during Fire Prevention Week to ensure they know how to stay safe in the event of a fire.
- According to the National Fire Protection Association (NFPA), smoke alarms reduce the risk of dying in a home fire by more than half (54 percent). However, roughly three out of five fire deaths happen in homes with either no smoke alarms or no working smoke alarms. This year, we actively support the 2024 Fire Prevention Week theme: "Smoke alarms: Make them work for you!"
- Working smoke alarms can make a life-saving difference in a home fire, giving people the critical time needed to escape safely. To keep your family safe, follow these key smoke alarm safety tips and guidelines:
 - **Install** smoke alarms in every bedroom, outside each sleeping area (such as a hallway), and on every level of the home, including the basement.
 - **Ensure** smoke alarms meet the needs of all family members, including those with sensory or physical disabilities.
 - **Test** smoke alarms at least once a month by pushing the test button.
 - **Replace** all smoke alarms when they are 10 years old.
- Fire safety is everyone's responsibility. Take a few moments this October to ensure your smoke alarms are working properly—it could save a life.
- Stay safe and be prepared!

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