

ARMY NATIONAL GUARD CHILD & YOUTH SERVICES

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



A NEW YEAR, NEW OPPORTUNITIES - JANUARY 2021

For many, the start of a new year brings with it positive emotions like happiness and excitement, new commitments to oneself and others, and creates a starting point for pursuing new hobbies or interests. Within the ARNG CYS Program, the start of a new year means planning and conducting new events, connecting with youth, and promoting different engagement opportunities available to youth and families through the Program. While some local ARNG CYS programming remains consistent from one year to the next, there are always new programming opportunities being made available to military families.

VIRTUAL PROGRAMS: In response to the COVID-19 Pandemic, ARNG CYS Teams across the country began offering virtual engagement opportunities and programs. Virtual programs have included everything from doing craft projects and composing music, to developing positive leadership and resiliency skills. As we move into 2021, ARNG CYS Teams remain committed to providing youth with a wide variety of virtual programs, so be sure to connect with your local ARNG CYS Team to learn more!

LEADERSHIP DEVELOPMENT: Did you know each state and territory has a teen panel? Teen panels are made up of military youth from within the state/territory, who work to increase awareness of the unique challenges facing military and military-connected youth. Members of the teen panel are provided opportunities to participate in leadership development trainings, various service learning projects, and other skill development activities throughout the year.

POSITIVE CONNECTIONS: Aside from providing youth with programming opportunities, ARNG CYS also provides youth with positive and safe environments, where youth can build meaningful connections with their military peers and caring adults. A report by Roehlkepartain et al. (2017) noted that young people who are provided opportunities to build strong developmental relationships are more likely to possess increased social-emotional strengths and other indicators of well-being and resilience.

For those who have engaged with ARNG CYS in the past, we look forward to seeing you again in the New Year. If you have not connected with your local ARNG CYS Program yet, we encourage you to reach out to your ARNG CYS Team and consider attending any of our upcoming programs and events!

IN THIS ISSUE:

- Announcements
- Training Ops
- Program Feedback
- Writing Challenge
- Latest Trends



MOMC - LACYS

Do you want to stay up-to-date with the latest info? Be sure to [subscribe here on our website](#)

WRITING CHALLENGE

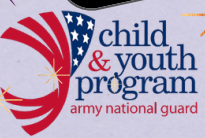
Look inside for details!!



CA CYS



Download "ARNG CYS"



WWW.ARNGCYS.COM

#GUARDFAMILIES

#ARNGCYS

youth WRITING CHALLENGE RECOGNITION

In late 2020, the ARNG CYS Program launched a Youth Writing Challenge initiative, with the goal of highlighting compositions written by ARNG Youth. Compositions submitted by youth are reviewed by those working within the ARNG CYS Program, with some being included in future ARNG CYS Monthly Newsletters or even uploaded to the ARNG CYS Website.

For the months of November and December, youth were encouraged to write and submit compositions about individuals they view as inspirational role models in their lives. As you can imagine, the compositions submitted were all very moving.



January's
Submissions are
Due by: JAN 22nd!

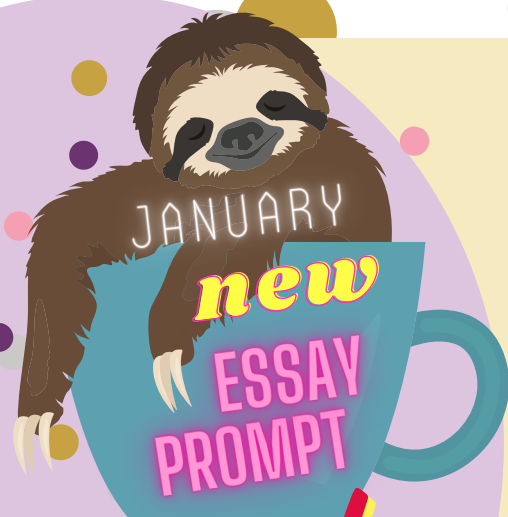
After review, the **composition submitted by Wes C., who is an Ohio National Guard Youth**, was selected for recognition. When asked about the individual he views as a role model in his life, Wes wrote the following:

"I am very lucky to have this man as not only my role model, but my dad as well. We are not blood-related, but he stepped up to be a father he didn't have to be. This man has many names: Dad, Levi, Lordship, El Padre (just to name a few, some just to be funny). My dad is a role model because he is teaching me how to be a man, handle my responsibilities, and set goals up so I can achieve them. He has protected us and fought for us. He encourages me to do my best at cross country, but also reassures me that when I have a bad race, not all will be bad and to focus on the next one. He pushes me to be a good student. My dad has taught me how to use a planner to manage my time and assignments. My dad has taught me how to be a good husband and father. He loves my mom so much and treats her with respect and love. Instead of getting mad and overreacting, he sits down with us and tells us why he or my mom is upset and how we can work it out. I know that someday, I will be a good employee, husband, and dad because of all he has taught me and shown me. I would not be the young man I am today without my dad by my side. My dad is my dad, no matter blood related or not or how we became a family."

Disclaimer: A small portion of this composition was removed for reasons related to OPSEC.

ARNG CYS would like to congratulate Wes on submitting such a well-written and inspiring composition! On behalf of the entire ARNG CYS Program, we thank Wes and his family for their service to our country!

If you have a youth interested in participating in the ARNG CYS Youth Writing Challenge, be sure to check out the ARNG CYS Website for the latest topics and information on submitting their composition. **We hope youth will consider participating in our ARNG CYS Youth Creative Writing Challenge initiative!!**



All writing compositions for this month must be completed and submitted by **Friday, January 22, 2021**, for consideration and review.

For all the details and how to submit your child's creative piece go to:

<https://arngcys.com/youth-writing-challenge>

"What new goals and or resolutions are you working on for 2021?"

ANNOUNCEMENTS

Check out the latest "Shakin' up the New Year" January Activity Packet developed by the L/CYPCs in CT, MA, ME, NV, NH, RI, & VT!



Ask your State ARNG CYS L/CYPC for a copy.

IN THE KNOW

Follow your local CYS social media accounts to see the weekly **In the Know (ITK)** posts, OR reach out to your CYS Program for a copy. #ARNGCYSITK



TEENS ON THE MOVE

Military children and teens across the country demonstrate each day how resilient and talented they are. Check out the latest Teens on The Move posts, like how Virginia is:

"Utilizing Teen Volunteers in a Virtual Camp":

"A select few of their most senior State Teen Panel members joined the Leadership Team on the live-streamed activity sessions to act as co-hosts. Here, with minimal coaching, they comfortably took the reins as MC's to the camp content and announcers to the virtual talent show and Olympics challenge. Finally, one of their teens assisted in curating all the photos of the week and producing our end-of-camp slide show. This was a task she requested to take on without prompting from Joe [VA LCYPC] or the other members of the team. They saw this level of excitement to participate from many of the youth who seemed eager to share in a meaningful camp experience."

Read more about this and to check the other posts at: <https://arngcys.com/teens-on-the-move>

TRAINING OPS

"Goal Setting for Students, Kids, & Teens"

(Incl. Worksheets & Templates) for: • A Look at Goal Setting in Education • How to Best Teach Goal Setting to students • Look at Goal Setting in Elementary and Middle School • Goal Setting for High School Students • Goal Setting for College Students • Recommended Books on the Topic • 4 Recommended Videos • A Take-Home Message • References <https://positivepsychology.com/goal-setting-students-kids/>

This does not indicate an endorsement of resources, programs and/or services by National Guard Bureau, DysTech, staff or contractors.



Virtual Guitar Lessons w/ Delaware LCYPC

TRENDS & DATA

ARNG CYS FY20 ANNUAL REPORT + Videos are now available at: <https://arngcys.com/fy20-annual-report>

Locate your state's full ANNUAL REPORT click on your state's flag at: <https://arngcys.com/my-local-cys-program>



Training and Programming... Through the utilization of local social media platforms, various online training platforms, activity packets, and available resources, staff succeeded in maintaining high-quality programming and support to Soldiers and their families, throughout the ongoing COVID-19 Pandemic. Virtual programming initiatives, like those implemented by ARNG CYS in FY20, ensured ARNG CYS services remained readily and easily accessible to Soldiers and their families.

In fact, **Did you know...** these virtual efforts allowed ARNG CYS staff to provide support to over 11,000 more youth in FY20 than in previous fiscal years?!

TRAINING HOURS: In-Person - 5,631.25 & VIRTUAL - 3,343.7
NUMBER OF EVENTS: In-Person - 1,310 & VIRTUAL - 1,288



We're an Awesome TEAM!

Well...at least we think we're "sloth-some" LOL

THANK YOU!



Connect with your local CYS team to learn how you can **VOLUNTEER!**

<https://arngcys.com/my-local-cys-program>



Wreaths Across America - Nebraska CYS

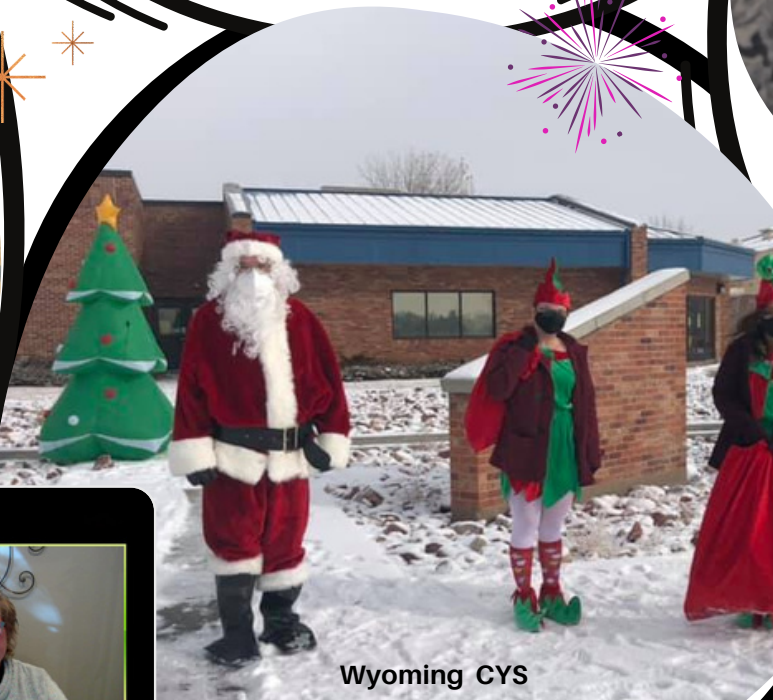
The state of **Nebraska** is working on virtual camp opportunities to make winter break a great success for our families! We are grateful to be able to have the Teen Council help with Wreaths Across America.



STEM project (Marshmallow Catapult) (North Carolina CYS)



Nevada CYS



Wyoming CYS



Nevada CYS



Oregon CYS

We'd love to hear from you!

Would you like to share how the CYS program has made an impact on you and your family? Let us know your response at:

www.surveymonkey.com/r/ShareYourCYSstory