

# ARMY NATIONAL GUARD CHILD & YOUTH SERVICES

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

## NEWS LETTER

### March is: National Nutrition Month

Our junior heroes require proper nutrition to stay strong and focused. We can encourage children to:

1. **Explore Variety:** Encourage colorful fruits and veggies for diverse nutrients.
2. **Balance Meals:** Ensure each meal has protein, carbs, and healthy fats for sustained energy.
3. **Limit Sugary Treats:** Moderation with sweets prevents energy crashes and supports dental health.
4. **Stay Hydrated:** Remind them to drink water throughout the day, especially during activities.
5. **Kitchen Creativity:** Involve kids in meal prep to foster interest in healthy eating.

Additional information and resources on starting a healthy diet can also be found by visiting the following websites:

- U.S. Department of Agriculture: <https://www.nutrition.gov/topics/nutrition-age/teens/parents-caregivers-and-teachers> or <https://www.myplate.gov/life-stages/families>
- Kids Health: <https://kidshealth.org/en/parents/habits.html>

### April is: Month of The Military Child

**COMING  
SOON**

As we gear up for the **Month of the Military Child (MOMC)**, the Army National Guard Child & Youth Services Program (ARNG CYS) is excited to invite you to join us throughout April as we honor our military and military-connected youth. Across the country, ARNG CYS programs will host various events and virtual engagements, all under this year's **MOMC theme**,

**"National Guard Kids: Are out of this world."** Get ready to mark your calendars because **Purple Up Day falls on Friday, April 12, 2024**. Show your support by donning purple attire and sharing your snapshots on social media!

Make sure to stay in the loop with your local ARNG CYS Team for updates and details on programming in your area. You can find their contact information by visiting the My Local CYS Program page of the ARNG CYS Website (<https://arngcys.com/my-local-cys-program>). Let's come together next month to celebrate our junior heroes in style!

*Disclaimer: The sharing of various resources does not indicate an endorsement of/for these publications, their creators, or originating entities by the Government, contract vendor, or PM Team.*

### IN THIS ISSUE:

- Region 3 Updates
- Training Ops



DE CYS - Teen Council



LA CYS - Camp Pelican Pride

Do you want to stay up-to-date with the latest info?

Be sure to [subscribe here on our website](#)

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# SO MUCH TO SHARE AND SEE *from Region 3*



☎: (302) 943-0752

## Delaware

The Delaware National Guard Joint Support Family Program held an event for Guard family members to JUMP their way through the winter cold at Urban Air in New Castle. Fun was had by all.



☎: (804) 236-7866

## Virginia

On December 2, 2023, some of the Virginia National Guard State Teen Panel members joined the Salvation Army to help prepare Angel Tree and Silver Bell donations for distribution to approximately 5,000 recipients.



☎: (717) 861-6289

## Pennsylvania

The Pennsylvania National Guard Child and Youth Program had a family day at Reptileland on February 10th. Families were able to spend time with their loved ones and enjoy a day looking at and interacting with various animals such as sloths, birds, turtles, snakes, and frogs.



☎: (304) 561-6720

## West Virginia

Our West Virginia National Guard Child and Youth Program held two 4-H drill days in partnership with 4-H. The kids participated in various fun activities such as learning coding, seed planting, Master Resiliency Training (MRT) skills, and more. They also made Valentines for our "Valentines for Veterans" service project.



☎: (571) 246-7630

## Maryland

The Maryland National Guard Teen Mindfulness Event was a hit with our youth! We partnered with Divine Sense to provide youth with a safe space to practice mindfulness and beginner yoga techniques. We aimed to teach social and mental wellness, along with other yoga practices, to support your mind, body, and spirit on a daily basis.



☎: (202) 309-6285

## Washington D.C.

The Washington D.C. National Guard Family Program, along with The Child & Youth Program, held our annual Christmas event, where we provided our military families with a wealth of resources and gifts for their children. The event featured special appearances from Santa and the Grinch!







MCEC Parent workshops are available via webinar to support parents who are remote or not located near a major military installation. Webinars are presented live usually on Tuesdays and Wednesdays at Noon EST. <https://www.militarychild.org/webinars>

**\*\* Participants must register in advance for the live webinar presentation \*\***

- TUE 03/05 - Working with Your Installation School Liaison
- WED 03/06 - Baby Sign Language



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**

>> Looking for other trainings? Check out their **500+ recorded past webinar** training presentations on their You Tube channel:

<https://www.youtube.com/playlist?list=PLUzhGmwwwoHKO3pnHjmiWKJZxycWSqhVPB>

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

**More Ways to Celebrate This Month:**

**March 1: World Compliment Day**

- March 2: Dr. Seuss's Birthday & World Teen Mental Wellness
- March 3: National Anthem Day & World Wildlife Day
- March 4: National Pound Cake Day
- March 5: National Cheese Doodle Day
- March 6: National Dentist's Day
- March 7: National Cereal Day & Flapjack Day
- March 8: Solar Appreciation Day
- March 9: National Barbie Day

**March 10: Daylight Saving Time (second Sunday)**

- March 11: National Johnny Appleseed Day
- March 12: National Girl Scout Day & Working Moms Day
- March 13: K9 Veterans Day & Good Samaritan Day

**March 14: National Pi Day**

- March 15: World Sleep Day
- March 16: National Panda Day

**March 17: St. Patrick's Day**

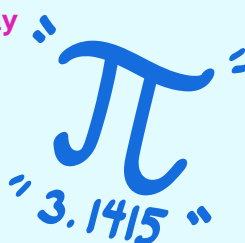
- March 18: National Sloppy Joe Day

**March 19: First Day of Spring & Let's Laugh Day**

- March 20: National Ravioli Day
- March 21: National Common Courtesy Day
- March 22: National Goof Off Day
- March 23: World Meteorological Day
- March 24: Chocolate Covered Raisins Day
- March 25: Pecan Day

**March 26: Science Appreciation Day**

- March 27: Manatee Appreciation Day
- March 28: National Black Forest Cake Day
- March 29: Mom and Pop Business Owners Day
- March 30: National Take a Walk in the Park Day
- March 31: Crayon Day



**FUN FACTS ABOUT LAUGHTER**

- **Gelotology is the study of laughing and its effects on the human body.**
- **Interacting with others is the primary catalyst for laughter**, not jokes
- Just 10 - 15 minutes of laughter daily can **burn up to 40 calories** (Vanderbilt University study)
- **Laughing improves immunity**, regulates blood sugar, and enhances sleep
- You're **30Xs more likely to laugh in the presence of others** than alone
- The pleasure sensors in the brain activated by laughter are similar to those activated **by eating chocolate.**
- Deep laughter brings more oxygen to the lungs than normal breathing
- A **6-year old** child laughs about **3Xs more than an adult**
- A person laughs about **13Xs** a day
- Heartfelt laughter relaxes muscles for about **45 minutes**, relieving tension and increasing blood flow
- **Laughing together creates a positive & enjoyable atmosphere**, fostering deeper connections and enhancing relationships.
- When you're in a light-hearted and joyful state, **your brain becomes more open to new ideas and perspectives**