

Key Spouse Newsletter

IMPORTANT DAYS

First Day of School

- Okaloosa County:

10 Aug 17

- Santa Rosa County:

14 Aug

Upcoming Training

- 9 Aug Key Spouse Meeting, 1130-1230 & 1800-1900: 4 Lenses (Temperament Assessment)

- 16 Sep; Key Spouse Initial Training at the A&FRC (0830-1430)

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AUGUST 2017



HURRICANE SEASON

June-November

Two keys to weather safety are to prepare for the risks and to act on those preparations when alerted by emergency officials. Some highlights on how to prepare and take action are available below:

Gather Information: Know if you live in an evacuation area. Assess your risks and know your home's vulnerability to storm surge, flooding and wind and Keep a list of contact information for reference.

Plan & Take Action: Everyone needs to be prepared for the unexpected. Your friends and family may not be together when disaster strikes. How will you find each other? Will you know if your children or parents are safe? You may have to evacuate or be confined to your

home. What will you do if water, gas, electricity or phone services are shut off?

Supplies Kit: Put together a basic disaster supplies kit and consider storage locations for different situations. Help community members do the same.

Emergency Plans: Develop and document plans for your specific risks.

Evacuation: Review guidelines to allow for enough time to pack and inform friends and

family if you need to leave your home. Follow instructions issued by local officials. Leave immediately if ordered!

When waiting out a storm be careful, the danger may not be over yet...Be alert for tornadoes and the calm "eye" of the storm.

Recover: Wait until the area is declared safe before returning home. Also, remember that recovering from a disaster is usually a gradual process.

RESOURCES

<http://www.nws.noaa.gov/om/hurricane/index.shtml>

[Ready.gov Kids](#)

[American Red Cross](#)

<http://www.hurlburt.af.mil/About-Us/Hurricane/>

<https://www.facebook.com/HurlburtFieldOfficial>



Upcoming Events @ the A&FRC

- **Moms, Pops & Tots (0-2 yrs);** 1000-1100 @ the A&FRC: A playgroup for moms, pops and their tots ages 0-2. Meet other parents in the similar stages of life as you connect with others while the kiddos play!
- **Moms, Pops & Tots (2-4 yrs);** 1000-1100 @ the A&FRC: A playgroup for moms, pops and their tots ages 2-4. Meet other parents in the similar stages of life as you allow for socialization of the kids!
- **Resume Readiness;** August 2nd, 9:00 am-11:00 am @ A&FRC: Instructional class designed to assist transitioning members and their families in creating a job winning resume.
- **Spouse Employment Ready;** August 3rd 9:00 am-11:00 am @ A&FRC: Monthly "Adulthood" (Growing as an Adult) Class every 2nd Thursday.
- **Welcome Spouse;** August 9th, 9:00 am-2:30 pm @ AFRC: An orientation designed to welcome and provide new spouses with information and resources to help them adjust to the new community. Base Tour included.
- **Improving Communication;** August 10th, 1100 am -1230 pm @ A&FRC: Strengthen relationships by learning tools to help improve communication.
- **Plan My Move (Smooth Move);** 4th & 14th August 1300-1430 @ the A&FRC: Tips and tools for Airmen and their families PCS'ing CONUS or OCONUS. Active Duty Members MUST ATTEND if they have: (1) Less than 4 years of military service, (2) First time PCS, (3) First time overseas PCS, (4) First time Remote PCS.
- **Okaloosa Mentor Program Volunteer Training;** 18 Aug, 1300-1345 @ the AFRC: Training to become an Okaloosa School District mentor. After this 30 minute training, the Okaloosa District screens, fingerprints, and matches volunteer mentors with youth.
- **Federal Employment Workshop;** August 30th 9:00 am-11:00 am @ A&FRC: Information from CPO and info on how to write federal resumes and KSAs.

NOTE:

Classes are subject to change without notice. Please call the A&FRC at 884-5441 to verify time, location, and to register.

What's Your Plan?

WHEN: 17 Aug 2017
TIME: 1130 – 1230
WHERE: A&FRC

Introduction to retirement planning
 Estimate retirement needs
 Build personal savings & investment

Call 884-5441 to reserve a seat

 

Back-to-School BRIGADE



Friday, 4 August • 4-6pm • Youth Center
Sign up online @ <http://www.operationhomefront.org/event/list>



Community Events

FRIDAY, 11 AUGUST
4-7PM @ SOUNDSIDE MARINA

BEACH BASH



SUMMER FUN FOR ALL AGES!

- FREE FOOD & DRINK
- SAND ART
- BANANA BOAT RIDES
- XL KITES DEMO
- SPIKE BALL
- AQUA PARK
- PADDLEBOARDS
- KAYAKS

SIGN-UP FOR
GIVEAWAYS!

2-NIGHT
STAYCATIONS
&
GIFTCARDS!



FOLLOWING FUN FRIDAY
ADULTS ONLY
BONFIRE | 7-9PM
@ SOUNDSIDE MARINA
Adult Beverages Available
S'mores Provided
Music & Activities

Sponsored in part by:



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884-4252 | myhurlburt.com

School Resources....



By Tara Crooks

Back to school in many military homes can be a scary time -- apprehension, nerves, and fear.

Our children are sometimes faced with many more challenges than the typical child due to frequent changes of location.

If we're lucky, we can lessen the burden by moving during the summer or completing certain grades where a change in school would have been necessary even if we didn't PCS.

While I think my girls are amazingly resilient, I still see that concern they have for the unknowns and the changes that are brought on by every new school year.

Thankfully, I'm not on my own. Not only are there military families that surround me to help and support, but there are wonderful organizations out there that deal specifically with these issues and have some relief in sight for our military children.

This back to school season pay special attention to these organizations/resources here to support:

1. Military Child Education Coalition (MCEC) -- <http://www.militarychild.org> -- by far my favorite pick for help with military children during the school year. MCEC has resources from "The Call for the Arts" to "Tell Me A Story". I highly recommend you look into Parent to Parent in your local community as well as Student to Student -- two peer-based programs that are outstanding. If you have an education challenge, the folks at MCEC are always there to direct you to the resources you need to solve or cope with the issue at hand.

2. Blue Star Families, Books on Bases -- http://www.bluestarfam.org/Programs/Books_on_Bases -- Books on Bases is a program created by Blue Star Families in conjunction with Kids in Distressed Situations (K.I.D.S.) to positively impact the lives of military children through the power of reading. Each year, books are donated to military children, base libraries, Department of Defense schools, and military-impacted public schools.

3. Operation Homefront Back-to-School Brigade -- <http://www.operationhomefront.net> -- An amazing program to help military families in need. You can receive or donate backpacks, notebooks, notebook paper, pens, pencils, colored pencils, crayons, markers, calculators, glue, rulers, and other school supplies from your local chapter. Look for dates of this yearly event by searching for your local chapter online or via Facebook.

4. Our Military Kids -- <http://www.ourmilitarykids.org/> -- Our Military Kids provides grants to military member's children for participation in sports, fine arts, camps, and tutoring programs that nurture and sustain children while a parent is away in service to our country or recovering from injury.

5. Tutor.com -- <http://www.tutor.com/military> -- Funded by the Department of Defense MWR Library Program, Yellow Ribbon Reintegration Program and Navy General Library Program, Tutor.com offers free tutoring for military families. Get homework and studying help from a professional tutor any time you need it -- 24/7 on as many as 16 different subject matters. And they even have an app!

Balancing School with Extracurricular Activities

By Lynn Yoffee | Medically reviewed by Pat F. Bass III, MD, MPH

Are your kids overscheduled? Here's how to tell if they're taking on too many activities, and how you can help them find a good balance.

"Go outside and play!" That was the edict most parents used to issue to children just a few decades ago. But today's world isn't quite as safe, and so activities and play have become more formalized. Going to college is more common today, too, which means added pressure to do well in school as well as in activities outside of school. All of this adds up to more involvement in a slew of extracurricular activities. The challenge: Helping your kids maintain a healthy balance between school and the myriad of extracurricular activities they have on their plates.

"There's definitely less informal play these days," says George W. Shannon, MD, FAAFP, a family physician in Georgia who is on the board of directors of the American Academy of Family Physicians. "Good parents have concerns about kids in unsupervised environments. We've all heard horror stories about kids being snatched. I used to wake up and get on my bike at 6 in the morning and come back at dark. Today there are more structured activities. I'm glad because, in the absence of free-form play, there would be nothing for them to do."

There is also some parental pressure for kids to succeed. "You must make sure you don't put undue pressure on kids when it comes to extracurricular activities," Dr. Shannon says. "The kids will be stressed. When our plates are too full, we might be short-tempered; we feel rushed. I've seen some kids who are tremendous over-achievers. Some kids can handle it and others can't."

Finding the Right Balance: School and Extracurricular Activities

Here are some tips from the Children's Hospital of Philadelphia to help your children maintain a good balance between academics and activities:

- **Check in on time management.** Get together regularly with your children to make sure their involvement in extracurricular activities isn't negatively impacting their academics. Discuss scheduling and time management to be sure they are not overwhelmed.
- **Divide your attention equally.** Be sure that you spend as much time with your child going over schoolwork as you do in helping to prepare for a school play or practice for a ball game.
- **Don't push in the wrong direction.** Encourage your children to get involved in at least one club or activity of their choosing. If you push them into an extracurricular activity they don't like, they may wind up resenting the activity and possibly you.
- **Promote real-world activities.** Getting involved in a language club or the school newspaper makes learning a child's favorite subject, such as English or Spanish, even more enjoyable.
- **Encourage role models.** Kids need the friendship and inspiration found in the relationships with teachers, counselors, and coaches that develop during extracurricular activities.
- **Foster friendships.** Allow children to be involved with friends as part of these clubs to build lasting relationships.
- **Teach them about teamwork and competition.** Encourage an interest in sports or other activities that require tryouts and competition. Kids will learn the value of good teamwork and competition.
- **Talk about good sportsmanship and build strong self-esteem.** Being involved in extracurricular activities can sometimes mean losing or winning an event or competition. Help prepare your child for those ups and downs.