

The Importance of Setting a Sleep Schedule

Children look to their parents for guidance on healthy habits. Sleep should be no exception. For both adults and children, a regular sleep schedule helps the body know when it's time to sleep and wake up. A sleep schedule helps prevent fatigue, exhaustion, and daytime drowsiness.

Children and adolescents whose parents set a bedtime schedule are [more likely to get sufficient sleep](#)². These students likely have earlier bedtimes than [their peers without parent-set bedtimes](#)³. Students with parent-set bedtimes also experience less fatigue during the day and less difficulty staying awake during the day.

How Much Sleep Does Your Child Need?

The [amount of sleep needed](#) varies depending on your child's age, activity levels, and individual needs. The National Sleep Foundation suggests [the following guidelines](#)⁴:

- Preschoolers (ages 3-5) require 10-13 hours of sleep
- School-age children (ages 6-13) require 9-11 hours of sleep
- Teenagers (ages 14-17) require 8-10 hours of sleep

A Centers for Disease Control (CDC) study found that most [American children and teenagers don't sleep enough](#)⁵. Nearly 6 in 10 middle schoolers and at least 7 in 10 high schoolers don't sleep enough on school nights. Of the high school students surveyed, almost two-thirds sleep less than eight hours nightly.

Adhering to sleep schedules with parental support can help students achieve the sleep needed to help them perform their best.



UNITED STATES ARMY
CHILD & YOUTH SERVICES

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School Support Services

A Driving Force for Student Success

General Description

School Liaison Officers : Serve as the primary point of contact for school-related matters. Represent, inform, and assist Commands. Assist military families with school issues. Coordinate with local school systems. Forge partnerships between the military and schools

The goals are to:

- » *Identify* barriers to academic success and develop solutions;
- » *Promote* parental involvement and educate local communities and schools regarding the needs of military children;
- » *Develop* and coordinate partnerships in education; and
- » *Provide* parents with the tools they need to overcome obstacles to education that stem from the military lifestyle.

The School Liaison Officers will:

- » Serves as the primary point of contact for school-related matters.
- » Represents, informs, and assists Command.
- » Assists military families with school issues.
- » Coordinates with local school systems.
- » Forges partnerships between the military and schools.



School Support Services

A Driving Force for Student Success

[#KnowYourSLO#GetConnected](#)
[#MakingMovesMemorable](#) [#ArmyMWRcares](#) [#CYS](#)

School Liaison Officer

School Liaison Officers (SLOs) are important contacts for PCSing Families. They can answer questions, assist with transition issues, and connect you with your next SLO. Touch base before you move!

<https://www.facebook.com/109279240085/posts/10158773966935086/?d=n>

<https://twitter.com/FamilyMWR/status/1280169642493968386?s=20>

Youth Sponsorship Program

Changing schools can be tough. Youth sponsors make it easier. There are students in your child's new school who can welcome them—even before your move!

<https://www.facebook.com/109279240085/posts/10158774010460086/?d=n>

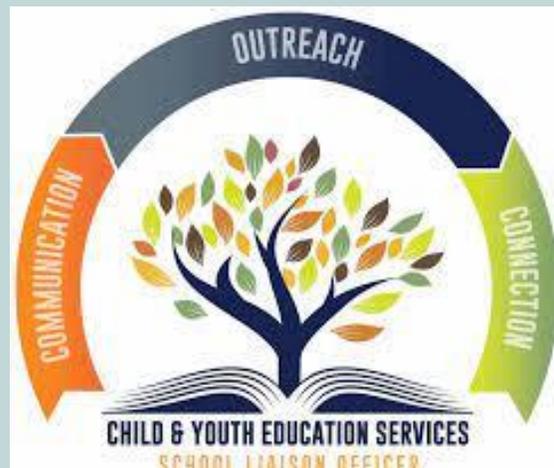
<https://twitter.com/FamilyMWR/status/1280199836931895296?s=20>

SLO Directory

https://www.dodea.edu/Partnership/upload/armyslo_january2021.pdf

Army School Support Services

www.armymwr.com/School-support



RESOURCES

John O. Arnn Elementary School



DoDEA Comprehensive Preschool: The Sure Start Program

The DoDEA Sure Start Program is accepting applications for the full-day comprehensive, research-based preschool that implements best practices to educate and meet the needs of eligible four-year-olds and their enlisted or civilian equivalent families.

Sure Start is a four-tiered service delivery model that includes an educational component, health and nutrition component, social service component and a parent involvement component.

To learn more, please scan the QR code to visit our website for the program overview:



or copy the url into your browser:
<https://www.dodea.edu/Curriculum/Preschool/index.cfm>

E-mail:
dodea.early-childhood@hq.dodea.edu

School Information:

John O. Arnn Elementary School
Phone: 046-407-6112
DSN Phone: 315-262-6112

Email your application to juria.nakajima@pac.dodea.edu

CAMP ZAMA, JAPAN



John O. Arnn Elementary School

SURE START

APPLY FOR THE 2021-2022 SCHOOL YEAR



Sure Start is a high quality, developmentally appropriate preschool program. It provides health and nutrition, social, and parent involvement services as well.*

- Children must be 4 years old by September 1, 2021
- Sponsors **E1-E4, GS1-GS4 or NAF1-NAF2**, rank equivalent; **First Priority**.
- E5, GS5 or NAF2, rank equivalent; **Second Priority**.
- E6-E7, GS5-GS6 or NAF3-4, rank equivalent; **Third Priority**.
- E8-E9, GS6GS8, or NAF4, rank equivalent **Fourth Priority**.

Additional indicators are also considered by the selection team.

*Parents are required to fulfill 30 volunteer hours per parent during the school year.

FOUR YEAR OLD PRESCHOOL PROGRAM

<https://tinyurl.com/yd6avsw8>

Email your completed application to Cassandra.cheeks@dodea.edu
juria.nakajima@pac.dodea.edu



MAIN OFFICE DSN: 263-3181
 WEBSITE: [HTTPS://WWW.DODEA.EDU/ZAMAAMERICANMHS/](https://www.dodea.edu/zamaamericanmhs/)
 FACEBOOK: [HTTPS://WWW.FACEBOOK.COM/ZAMA.AMERICAN.MHS/](https://www.facebook.com/zama.american.mhs/)

School Advisory Council (SAC) SY 21-22

Who we are

The SAC is made up of people just like you! We are a committee of parents, teachers, and other stakeholders who care about our school.

What we do

Our purpose is to advise the principal and installation commander on policies and programs within their purview; foster communication among administrators, military leaders, parents, and students; and provide a coordinated process to address and resolve issues.

Zama MHS

SAC Committee SY 21-22

Chairperson
Lucinda Ward ★

Co-Chair
Alec Carter ★

Secretary
Denise Pemberton

Teacher Rep.
Erin Moore

Parent Rep.
Teresa Brodsky

MIDDLE HIGH SCHOOL
Home of the Trojan





MPHS VS ZMHS

**KICKOFF AT 1730
FOLLOWED BY AFTER PARTY AT CAMP ZAMA
BOWLING CENTER!!!**



Child & Youth Services

Using **MilitaryChildCare.com**, you can find comprehensive information on child care programs worldwide, conduct a customized search for the care you need, and submit a request for care at any time and from any location. Follow these four steps!

- STEP 1 CREATE ACCOUNT**
1 Go to **MilitaryChildCare.com** to create an account containing information about your family, or to login using an existing username and password.
- STEP 2 SEARCH and REQUEST CARE**
2 Search the system for the child care options that best fit your needs and submit your requests for care.
- STEP 3 MANAGE MY REQUESTS**
3 You can manage your requests for care from anywhere in the world.
- STEP 4 UPDATE MY PROFILE**
4 Keep your *My Profile* page up-to-date with important information.

It's that easy!

To get started, visit MilitaryChildCare.com
 For questions/support, call: **855.696.2934**

Child Development Center	School Age Care	"Sports & SKIES Only users"	Registration Requirement
✓	✓		A copy of your Orders to verify program eligibility & Social Security Number of sponsor
✓	✓	✓	Mailing address & Home/Work/Cell Phone Number
✓	✓	✓	Email address
✓	✓	✓	Two (2) Emergency Designees other than the parents or guardian of the child
✓			Current immunization record for age 6 wks– Kindergarten
✓	✓		Flu Vaccination is required per ACIP guidelines for all children attending CDC Programs (Ages 6 mths– Kinder) and Home-Schooled or off post children
✓		✓	Health Assessment or physical completed within the last year due within 30 days of registration. (Due for Sports before first practice)
✓	✓	✓	All children with special needs, medical conditions, allergies, or illness must meet with the Community Health Nurse and Special Needs Assessment Placement Board before starting any CYS programs
✓			Most recent LES or Pay Statement for both sponsor and spouse
✓			For Single/Dual Military– A Family Care Plan is required within 30 days of registration
✓			Birth Certificate, Passport or any legal document which indicates child's birth date

ZMHS Homecoming Dance 09OCT2021



Additional Information

Contact:
Hannah Maza
Director, Teen Center
Camp Zama, Japan
BLDG 744
263-4500

CONTACT:
PCS
BLDG 102
263-4125
And they can help you register for YC and SAC

Hosted by CZYC!!!



School Age Center (SAC) 1st-5th Gr.

•SY Hours of Operation:
Mon-Fri 0530-0800 &1430-1800
Tues 0530-0800 &1330-1800

CALL PCS TODAY TO SIGN UP YOUR CHILD FOR A GREAT AFTERSCHOOL PROGRAM!

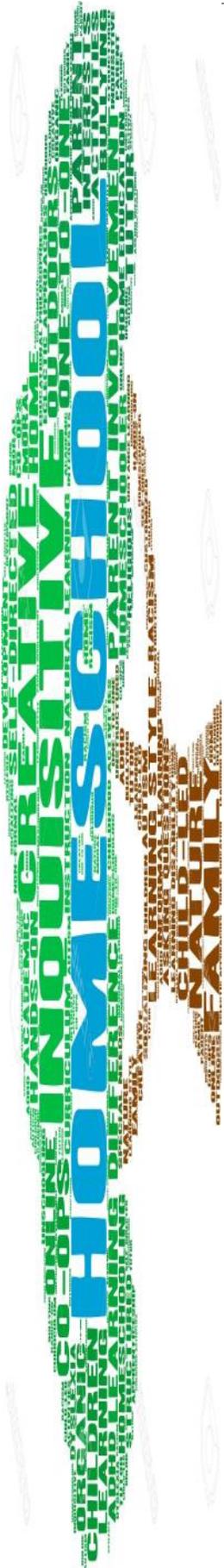
REASONS AND MOTIVATIONS FOR HOME EDUCATING

Most parents and youth decide to homeschool for more than one reason. The most common reasons given for homeschooling are the following:

- customize or individualize the curriculum and learning environment for each child,
- accomplish more academically than in schools,
- use pedagogical approaches other than those typical in institutional schools,
- enhance family relationships between children and parents and among siblings,
- provide guided and reasoned social interactions with youthful peers and adults,
- provide a safer environment for children and youth, because of physical violence, drugs and alcohol, psychological abuse, racism, and improper and unhealthy sexuality associated with institutional schools, and
- as an alternative education approach when public or private institutional schools are closed due to acute health situations such as related to disease (e.g., Covid-19, Coronavirus)

SOCIAL, EMOTIONAL, AND PSYCHOLOGICAL DEVELOPMENT (SOCIALIZATION)

- Research facts on homeschooling show that the home-educated are doing well, typically above average, on measures of social, emotional, and psychological development. Research measures include peer interaction, self-concept, leadership skills, family cohesion, participation in community service, and self-esteem.
- 87% of peer-reviewed studies on social, emotional, and psychological development show homeschool students perform statistically significantly better than those in conventional schools (Ray, 2017).
- Homeschool students are regularly engaged in social and educational activities outside their homes and with people other than their nuclear-family members. They are commonly involved in activities such as field trips, scouting, 4-H, political drives, church ministry, sports teams, and community volunteer work.
- Adults who were home educated are more politically tolerant than the public schooled in the limited research done so far.





MEDDAC-Japan will kick-off the
2021-2022 Flu Campaign!
This is how & when you can get your flu vaccine:

**FLU
SEASON
AHEAD**

18, 19, and 20 October
Camp Zama Community Center-BALLROOM
0800-1500
ONLY Active Duty/Emergency Essential Personnel

02 October
Camp Zama Community Center-BALLROOM
0800-1500
All Beneficiaries

09 October
School Age Center (SAC) on STA
0800-1500
All Beneficiaries

Please note, that non-TRICARE beneficiaries will be charged for this service.

Valid Military or DoD identification required for all dates/locations

For more information, please call DSN (315) 263-4028, 263-5050 or 263-8496.



Camp Zama, Japan



Child & Youth Services



PART-DAY CARE

- Ages for Children in the Part-Day Preschool Program are 3-5 years old.
- Children in Strong Beginnings must be 4 years old by September 1, 2021 and eligible for the 2022-2023 Arnn Elementary School Kindergarten class to enroll.



SY 2021-22
Part-Day Program Schedule:

Part-Day Preschool (Zama / SHA CDC)
Monday - Friday 8:30-11:30 a.m.

SHA CDC Part-Day Strong Beginnings
Monday - Friday 8:30-11:30 a.m.





OCTOBER 2021

01-NO SCHOOL (AES/ZMHS)
 08-NO SCHOOL (AES/ZMHS)
 08-ZMHS HOMECOMING GAME
 09-ZMHS HOMECOMING DANCE AT CZYC
 11-NO SCHOOL (AES/ZMHS) COLUMBUS DAY
 16-FALL FESTIVAL AT DEWEY PARK 1500-2100
 22-NO SCHOOL (AES/ZMHS)
 28-29-PARENT CONFERENCE FOR AES-NO SCHOOL

NOVEMBER 2021

11-NO SCHOOL (AES/ZMHS) VETERANS DAY
 12-NO SCHOOL (AES/ZMHS)
 25-26-NO SCHOOL (AES/ZMHS) THANKSGIVING HOLIDAY
 03- Youth Sponsorship Training for CYPAs @ 1300 @ CZYC
 03- Youth Sponsorship Training for teens @ 1500 @ CZYC

**All meetings and trainings are contingent on Garrison posture. School calendar events are subject to change.*





- Girls Volleyball 3 Aug - 4 Sep 31 (Oct - 12 Dec) ages 9-15 \$45
- Flag Football 3 Aug - 4 Sep 31 (Oct - 12 Dec) ages 3-15 \$45
- Outdoor Cheer 3 Aug - 4 Sep 31 (Oct - 12 Dec) ages 5-15 \$45
- Start Smart Winter Camp 2 Nov - 27 Nov (23 Dec - 1 Feb) ages 3-6 \$25
- Dodge Ball 2 Nov - 27 Nov (21 Dec - 30 Jan) ages 7-15 \$45

Mr. Fuzzy the Fitness Dude Says, "Don't worry if you missed open registration! We probably still have a spot for you, just call PCS at 263-4125 to find out!"



WELCOME TO CAMP ZAMA

SCAN THE QR CODE FOR OUR INSTALLATION INFORMATION



Camp Zama School Support Services



Nicole Martinez
School Liaison Officer

US Army Garrison Japan
Directorate of Family & MWR
UNIT 45006 (IMJN-MW)
APO AP 96343-5006

Phone: 046-407-5441 (direct)
DSN: 315-263-5441
nicole.m.martinez2.naf@mail.

[HTTPS://
ZAMA.ARMYMWR.
COM/PROGRAMS/
SCHOOL-LIAISON](https://zama.armymwr.com/programs/school-liaison)

Camp Zama Overview



Installation Booklet



Parent Central Services



Arnn Elementary



Zama Middle High School



Military Child Care.com



Camp Zama Facebook



WELCOME TO CAMP ZAMA