



**Volume 1, Issue 8
SLO NEWS**

Understanding CCRS

During this school year many parents have noticed several days set aside for teacher training. This training has been labeled as CCRS training on the school calendars. However, there is an unwavering question that is lingering...what is CCRS?

CCRS is an acronym that stands for College and Career Ready Standards. These standards have been implemented into numerous curriculum studies resulting in a change in summative assessments to measure student mastery of the content standards taught. The assessment's window has been earmarked to be conducted March 29 – May 28, 2021 for elementary, middle and high school.

Contrary to a normal "Teacher Work Day", CCRS training day consists of specific training objectives teachers participate in with their specific teams. CCRS training is a combination of team building, encouragement, and learning. Training is about 4 times a year for each subject matter; English Language Arts, Math, Science, Health & Physical Education, Fine Arts and Career & Technical Education. The trainings are mostly asynchronous with assistance with facilitation from the Instructional System Specialists. Teachers also follow up with job embedded training through their district focus collaboration groups during CCRS training days.

Dedicating a separate day outside of a normal teacher work day for CCRS training is imperative to the individual development of each educator that can be beneficial to each child in the long run.

Farewell Camp Zama SLO

After working over 20 years in CYS, Lucinda Ward ended her CYS career while working as the School Liaison Officer at Camp Zama. As of December 6, 2020, Lucinda Ward has entered the Army Community Service (ACS) world and has stepped out of the Child and Youth Services (CYS) realm. According to Ms. Ward, it has been an honor to serve the

Camp Zama community as the SLO. Ms. Ward's appreciation spans from the warm welcome from the community to the awesome outreach opportunities provided by leadership.

For all SLO needs, please contact Mr. Jared Barrick at 263-5701.

12/15/2020

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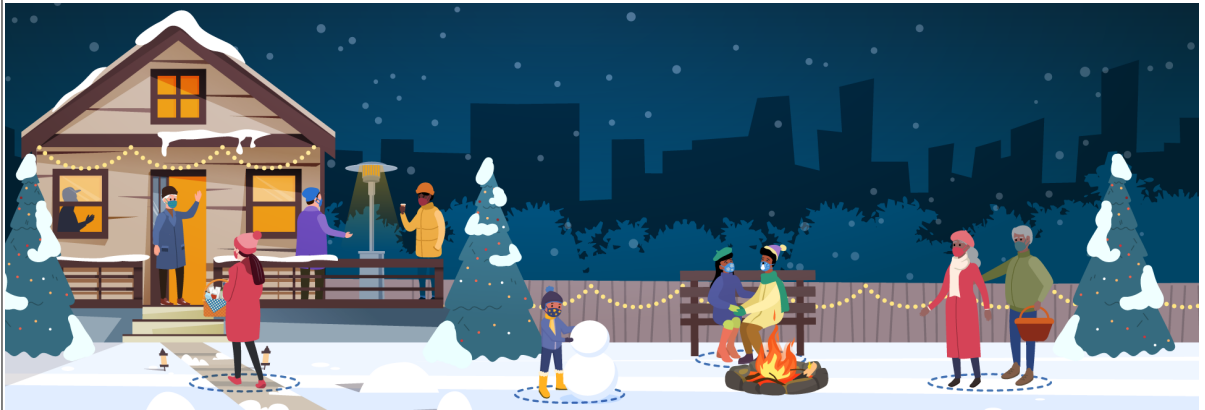
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This article was retrieve from a link off the DoDEA site.
<https://www.dodea.edu/ArnnES/index.cfm>

A Word From CDC on Winter Holiday Safety



Travel may increase your chance of spreading and getting COVID-19. CDC continues to recommend postponing travel and staying home, as this is the best way to protect yourself and others this year.

If you do decide to travel, be sure to take these steps during your trip to protect yourself and others from COVID-19:

- Check all travel restrictions before you go.
- Check CDC's Domestic Travel Guidance and consider testing before and after you travel.
- Get your flu shot before you travel.
- Always wear a mask in public settings, when using public transportation, and when around people who you don't live with.
- Wear your mask correctly over your nose and mouth, secure it under your chin, and make sure it fits snugly against the sides of your face.
- Stay at least 6 feet apart from anyone who does not live with you.

- Wash your hands often or use hand sanitizer with at least 60% alcohol.
- Avoid touching your mask, eyes, nose, and mouth.
- Bring extra supplies, such as masks and hand sanitizer.
- If driving, pack your food and limit stops.
- Know when to delay your travel.
- Wear a mask!
- Stay at least 6 feet away from others who do not live with you.
- Avoid crowded, poorly ventilated indoor spaces.
- Wash your hands.
- Get a flu shot as soon as possible.

The safest way to celebrate

winter holidays is to celebrate at home with the people you live with. Here are some ideas for celebrating the winter holidays safely.

- Host a virtual celebration with friends and family
- Gather virtually for a gift exchange or activity
- Decorate for the season
- Throw a virtual dance party
- Enjoy the winter weather, if you live somewhere with snow
- Volunteer and help others in need
- Attend a religious ceremony
- If your holiday traditions usually involve visiting Santa Claus, check local opportunities and know requirements for visiting safely.

Centers of Disease Control. 2020. Winter Holidays. Retrieved from <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays/winter.html>.



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Use your free access to on-demand tutoring to give your study routine a helpful boost! Experts are available to help you prep for exams and work with you to practice before your tests!

John O. Arnn Elementary School

Meet the New Arnn Elementary School PTO President



BIG NEWS ARNN FAMILY....You will have a new PTO President joining the current board starting next week. Let's give a warm Knights welcome to **Jennifer Marie DeMonaco** who just moved here from Louisiana with her husband and two children. She will be replacing me as I move back to the states on Wednesday. Being your PTO President for the last year and a half has been one of my greatest joys from my time in Japan. Thank you all for the beautiful memories and I can't wait to see what Jennifer and the rest of our board do this year. They are an awesome group!!!!
-Amanda Bryan 💙💚

HOLIDAY SPIRIT WEEK

December 14th-18th

Monday: Holiday Cheer

Wear your Santa hat, reindeer antlers, elf hat, Christmas headband, or beanie

Tuesday: Winter is Coming!

Wear your favorite sweater or holiday t-shirt

Wednesday: Merry & Bright

Wear as much Red & Green as possible

Thursday: Spirit Socks

Show off your Holiday socks

Friday: Silent Night

Wear your comfy Pajamas

Please send any pictures to
arnnyearbookphotos@gmail.com

The class with the most participation will win a prize from Arnn PTO!

CAMP ZAMA, JAPAN





What's New in STUCO

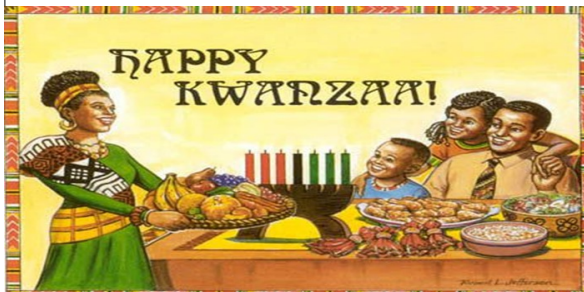
What's New:

The Executive Student Council board now posts meeting minutes on its Instagram page every time the board meets in an effort to increase transparency. In addition, the Executive Student Council proposed a revision to the Zama Middle High School dress code that aimed to make the dress code more gender neutral and minimize the singling out of one gender over another. This revision was proposed at the School Advisory Council (SAC) meeting in December for voting.

Current Plans:

- **Winter Week Hallway Decoration Competition:** From December 9th to December 15th, seminars will decorate their doors to represent any winter holiday around the world. The winning seminar will receive a gift card goody bag.
- **School Merchandise Shop / School Thrift Store:** The Executive Student Council has discussed plans to open up a sort of "thrift store" at the school, where school merchandise could be sold.

ZMHS African American Culture Club (AACC)



Zama Middle High School's African American Culture Club (AACC) is sharing the holiday celebration Kwanza with students and teachers this December. The newly founded club is looking to raise awareness at school and in the community about African American culture and traditions. This year the club will display the 7 principles of Kwanza and share a principal each day. The name Kwanzaa is derived from the phrase "matunda ya kwanza" which means "first fruits" in Swahili. The founder Dr. Dr. Maulana Karenga set the seven principles of Kwanzaa in 1966. Kwanza is a week-long celebration held in the United States that honors African American heritage and is celebrated from December 26 to January 1st and consists of gift giving and huge feast.

Umoja - Means unity in Swahili.

Kujichagulia - Self determination, defining,

naming, creating and speaking for oneself.

Ujima - "collective work and responsibility," refers to uplifting your community.

Ujamaa - Cooperative economics. Similar to ujima, this principle refers to uplifting your community economically. "

Nia - means purpose.

Kuumba - Means creativity. We always do as much as we can, in the way we can, in order to leave our community more beautiful and beneficial than we inherited it.

Imani - Means faith. We believe with all our hearts in our people, our parents, our teachers, our leaders, and the righteousness and victory of our struggle.

To learn more you can visit the website: <https://www.history.com/topics/holidays/kwanzaa-history>

-is-military-family-appreciation-month/





DECOMPRESS YOUR STRESS: MINDFULNESS



Mind Full, or Mindful?



What is Mindfulness?

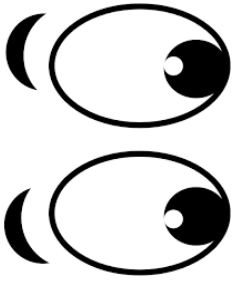
Mindfulness is a moment-to-moment awareness created by tuning into the avenues that lead a person to focus on the present moment. These avenues include focusing on the breath, the soundscape, and bodily sensations. Mindfulness is practiced with a kind, gentle approach towards one's thoughts and feelings – meaning one views their current thoughts and feelings through a nonjudgmental lens. Mindfulness can be practiced through guided and non-guided meditations, as well as in-motion throughout daily life.

Follow the outline below to lead your own guided meditation in 15-20 minutes:

- Start in a comfortable position, seated or laying down, with all limbs uncrossed to encourage proper circulation
- Start with eyes open and a normal rhythm of breath. As your attention settles on your breath, notice the breath become slower, deeper, and even more rhythmic.
- After three steady breaths, let your eyes close softly, and continue to focus on the sensations of your breath – the coolness of the air in your nasal cavity, the rise and fall of the belly as you inhale and exhale.
- When the mind begins to wander, simply acknowledge that it has, and gently guide it back to your breath.
- After a few minutes, direct your attention to the soundscape around you – what can you hear? With a sense of curiosity, do your best just to listen rather than label the sounds you hear.
- After a few minutes, direct your attention to the sensations of your body. Notice its contact points with the ground and itself. Notice the weight of your body distributed throughout those contact points.
- Finally, release the mind to go wherever it pleases. Simply follow it. Retrace its steps, and after three slow, deep breaths, bring your attention back to rejoin the room.

**Join Mara for weekly Self
Care tips every Sunday on FB
@ USAG Japan Army Community Service**





A Look Ahead

December 2020

- 4- No School DoDEA- Teacher CCRS Training
- 4- Accelerated Withdrawal Begins
- 5- SAT
- 7- PSAT (8-9)
- 12- ACT
- 17- ZMHS PTO Meeting @ 1900
- 21-31- Winter Recess

January 2021

- 1- No School DoDEA- New Year's Day
- 15- No School DoDEA- Teacher Work Day
- 18- No School DoDEA- Martin Luther King, Jr. Day
- 21- Installation Advisory Committee Meeting via MS Teams @ 1530
- 21- ZMHS PTO Meeting @ 1900

February 2021

African American History Month

- 6- ACT
- 10- No School DoDEA- Teacher CCRS Training
- 15- No School DoDEA- President's Day
- 18- ZMHS PTO Meeting @ 1900

March 2021

- 12- No School Arnn Elementary- Teacher Work Day
- 13- SAT
- 18- ZMHS PTO Meeting @ 1900
- 25- No School DoDEA- Teacher Work Day
- 25- Installation Advisory Committee Meeting via MS Teams @ 1530
- 26-April 2- No School DoDEA- Spring Recess

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

School Support Services

A Driving Force for Student Success

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!



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<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_january2020.pdf

Army School Support Services

www.armymwr.com/School-support

#KnowYourSLO#GetConnected

#MakingMovesMemorable #ArmyMWRcares #CYS





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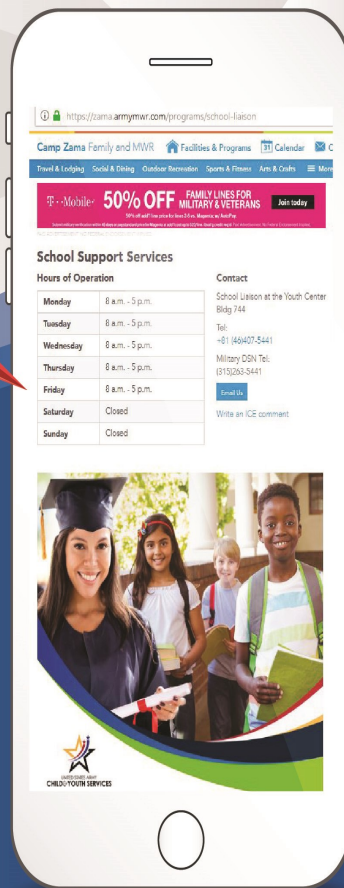
[HTTPS://
ZAMA.ARMYMWR.
COM/PROGRAMS/
SCHOOL-LIAISON](https://ZAMA.ARMYMWR.COM/PROGRAMS/SCHOOL-LIAISON)

WELCOME TO CAMP ZAMA

SCAN THE QR CODE FOR OUR
INSTALLATION INFORMATION



**Camp Zama
School
Support
Services**



**Camp Zama
Overview**



**Installation
Booklet**



**Parent Central
Services**



**Arnn
Elementary**



**Zama Middle
High School**



**Military Child
Care.com**



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