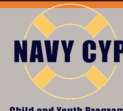




SCHOOL LIAISON PROGRAM NEWS



There is an APP for that...

Enhance your military life with the following apps this New Year

1. **My Navy Family App**—MyNavy Family mobile application is the Navy's first tool developed for Navy spouses and Sailors' families that combines authoritative information from about two dozen websites into a single, convenient application.
2. The **My Military OneSource mobile app** is an easy way to get the personalized information & support you need to live your best MilLife — anytime, anywhere. Service members, military family members & survivors can download the app to receive personalized support, advanced search capabilities & access to "must know" information on military life & benefits.

Health & Wellness app to assist alleviate negative effects of this current conditions are:

Breathe2Relax

Trains you on the "belly breathing" technique that has proven benefits for your overall mental health. Use the app's breathing exercises to learn and practice on your own or as part of a stress management program supervised by your health care provider.

Positive Activity Jackpot

Helps users who may be overwhelmed by depression find nearby enjoyable activities. Can't decide? Let the app's jackpot function make the choice.

LifeArmor

Touch-screen technology allows the user to browse information on 17 topics, including sleep, depression, relationship issues and post-traumatic stress.

Virtual Hope Box

Contains simple tools to help users with coping, relaxation, distraction and positive thinking using personalized audio, video, pictures, games, mindfulness exercises, activity planning, inspirational quotes and coping statements.

Parenting2Go

Helps veterans and service members reconnect with their children and provides convenient tools to strengthen parenting skills. The app addresses challenges that come with parenting children of all ages and backgrounds.

Sesame Street's Breathe, Think, Do and Big Moving Adventure

Laugh and learn as you help a Sesame Street monster friend calm down and solve everyday challenges. This app helps your child learn Sesame's Breathe, Think, Do strategy for problem solving. Using the Big Moving Adventure app your young child can create his own Muppet friend and he through the moving process.

Provider Resilience

Offers self-assessment and stress reduction tools along with a dashboard to track your daily resilience rating.

Moving Forward

Provides on-the-go tools and teaches problem solving skills to overcome obstacles and deal with stress. The app is designed for veterans and service members, but is useful for anyone with stressful problems.

COVID Coach The COVID Coach app was created for everyone, including veterans and service members, to support self-care and overall mental health during the COVID-19 pandemic.

Did you know?

...Majority of schools around the country are currently in virtual instructions but status can change by the second semester.

Please **check your local education agency's websites** for current updated info.

...The head of the U.S. Department of Education's statistical wing has officially **postponed the 2021 administration of the Nation's Report Card** due to surging COVID-19 rates across the country, meaning it could be until the following year before it administers its next reading and math exams and releases the results.

...**Jan. 4, 2021** application for Naval Academy admission opens. Visit www.usna.edu/admissions/Programs/index.php

...Charles County Public Schools (CCPS) partners with Special Olympics Maryland to provide the **Young Athletes At-Home Program (YAP)**, introducing children ages 2 to 7 to basic sports skills like running, kicking and throwing. The program is typically offered to children in special populations but this year, CCPS is offering the virtual program to all young children and their families who want to improve gross motor movement and skill development. The skills are instrumental to early childhood physical development.

...Department of Ed has help tools for **Student Loan Forgiveness?**

...The **2021 Virtual Parent Camps** ([ParentCamp](#)) is a hybrid "unconference" for parents by parents to come together and discuss what is best for kids. Bring your family, school, and community together to discuss different topics selected by parents on Wednesday, Jan. 13 and Wednesday, Jan. 27 at 8 p.m. ET/5 p.m. PT for the virtual ParentCamp experience. Free registration, future dates, and resources are available on the ParentCamp webpage.

HAPPY HOLIDAYS! HAVE A SAFE AND HEALTHY 2021!

"Let's forget the baggages of the past and make a new beginning." S. Sharif

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