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NAVAL SUBMARINE BASE KINGS BAY

Education Station

VOLUME 6, ISSUE 12

DECEMBER, 2023

Superintendent's Military "Listening Tour"



Voices Over Vision **LISTENING TOUR**



DR. TRACOLYA GREEN

Superintendent

MWR Triplex
December 4th @ 6:00 p.m.

"Unity is strength. When there is teamwork and collaboration, wonderful things can be achieved."

-Mattie Stepanek

Happy Holidays!

National Influenza Vaccination Week (NIVW)!



Established in 2005 by the CDC, National Influenza Vaccination Week is intended to highlight the continuing need to vaccinate for influenza through the holiday season and beyond. This year, NIVW is being observed **December 4— 8, 2023**. Influenza causes mild to severe illness, and even death. Every season, thousands of Americans are hospitalized and die from influenza. Last season, nationwide hundreds of pediatric deaths from influenza were reported to CDC. The influenza vaccine is the best way to prevent influenza and protect yourself and your loved ones from getting sick. As long as influenza is circulating, the CDC recommends that everyone over the age of 6 months gets vaccinated each season, especially those at high risk for complications. Even if you have gotten influenza already this season, you can still benefit from the vaccine. Since the vaccine contains multiple strains of the influenza virus, it can protect you from a strain that you didn't get. With influenza activity increasing, and holiday gatherings coming up, now is a great time to get your influenza vaccine. **Find a place to get vaccinated at [vaccinefinder.org](https://www.vaccinefinder.org).**

Season of Lights

The winter holidays are special for many families but not always for the same reason. We are blessed to live in a country where cultural and faith diversity is celebrated! For **Christians** this is the time to celebrate the birth of Jesus Christ. Advent candles are lit for four weeks in anticipation of His birth. **Jewish** families recall defeating the Syrians and reviving the Temple of Jerusalem by lighting the menorah each night, playing dreidel games, and eating gelt. Many **African American** families will enjoy the cultural celebration of Kwanzaa (from a Swahili phrase for “first fruits”) by seeking to promote community health by remembering the seven principles of *Nguzo Saba* including unity, self-determination, and faith. Whatever your faith or cultural traditions, celebrate them with pride. Fill each moment with family and friends with love, joy, and laughter!



Helping Children Cope with Holiday Stress

Not all students look forward to the holiday season. For many, this time off brings a lot of stress and anxiety. Students may exhibit more frequent or new behaviors this time of year. Some may act out verbally or physically. There may be others who become more distant during the holidays or just do not engage with family as they have done in the past. Many students struggle during unstructured times. There are ways that parents and guardians can prepare students and help them to be more successful prior to the holiday break. Here are some ways to help reduce anxiety for children during the holidays:

Lay Out the Plan — Set Time Aside for Conversation

Before the holidays begin, try to spend some extra time each day with chatting with your children about the plans for the holiday. Give them an opportunity to have some input into what they think the holidays should include. Giving them some control over holiday planning could lessen any stress associated with the unknown. Remember, there is a Military and Family Life Counselor at your Camden County school who might be able to help them navigate holidays stressors, especially if there is a PCS in the near future.

Simplify Routines

The holiday season can be busy for military families. There are gifts to make or purchase, holiday parties to attend, and travel to arrange. Try to not overbook yourself or your family. It's okay to make the holidays fun, but try not to overextend yourself. When parents become stressed children will become stressed, too. Children sometimes struggle during the holidays because of a lack of structure. Believe it or not, maintaining routines can help your children feel safe and less anxious.

Allow Time for Exercise

Exercise is proven to make us feel better. Parents might be looking forward to sleeping in and taking a nap in the recliner, but children need an outlet for their energy. Even if you do not have a lot of time to spare, parents should squeeze in some 1-3 minute brain breaks. Quick activities such as jumping jacks, stretching, or simple breathing techniques to help children refocus and get their heart rate up a little bit. Parents, if you start implementing an exercise plan a few weeks before the holiday break, you can teach children healthy ways to manage stress and this might lead to more desired behaviors at home and at school.

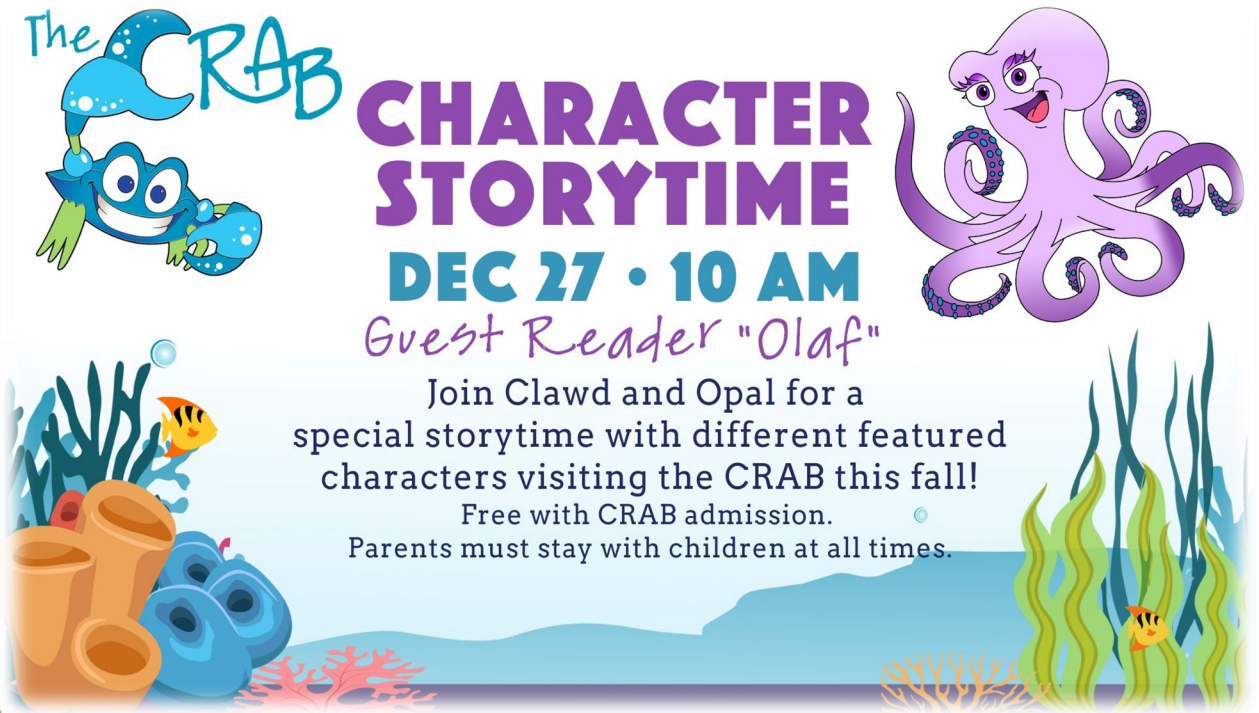
Happy holidays don't just happen. This is especially true for military families who may be balancing the demands of time and location. Creating a holiday experience that is relaxing and fun for most (if not all) takes forethought and planning! Start now to talk with family members about holiday plans, let everyone share their thoughts, and make this a season to remember.

If the holidays become overwhelming, you can get help from base chaplains (912-573-4501), Fleet and Family Support Center counselors (912-573-4512), your school-based Military and Family Life Counselors, or other mental health professionals.

Avoiding



HOLIDAY STRESS



Teen Holiday Lock-in

Teens, do you think there is nothing to do this Winter Break? Well, you might be surprised to find that the Kings Bay Teen Program is planning a very special social event for teens ages 13 — 18 (still in high school).

The Kings Bay Teen Program is hosting a Holiday Lock-in at the Kings Bay Youth Center from **Friday, December 8th at 6:00 pm — Saturday, December 9th at 8:00 am**. There will be fun games, great food, a gingerbread house competition, and holiday prizes! Later, teens will head to St. Augustine to view the **Night of Lights** by trolley. Selected as one of the 10 best holiday lighting displays in the world, the **Night of Lights** offers spectacular views of the nation's oldest city. Don't miss the fun and excitement of this holiday event!

Hanging out with friends, delicious food, games, AND a trip to St. Augustine for only \$30? What a phenomenal deal! All participating teens must be registered with the Kings Bay Teen Program. There is limited seating so **register early** for the Teen Holiday Lock-in! For more detailed information visit www.facebook.com/kbteens or call Teen Program Lead Maria Beaulieu at (912) 573-2380. Look to see your face in the place.

Winter Break - School Dismissal (2023) & Return Dates (2024)

County Name	Dismissal Date	Teacher Work/Planning Days	Students' Return Date
Brantley	December 15th <i>(early release)</i>	January 2nd and 3rd	January 4th
Camden	December 15th	January 2nd and 3rd	January 4th
Charlton	December 21st <i>(early release)</i>	January 8th and 9th	January 10th
Glynn	December 18th	January 2nd	January 3rd
Nassau (FL)	December 20th <i>(early release)</i>	January 8th	January 9th

History Behind St. Nick

Santa Claus, legendary figure who is the traditional patron of Christmas in the United States and other countries, is based on traditions associated with Saint Nicholas, a 4th-century Christian saint. St. Nicholas, also called Nicholas of Bari or Nicholas of Myra, (flourished 4th century; Western feast day December 6; Eastern feast day December 19), was one of the most popular minor saints commemorated in the Eastern and Western churches. He is one of the patron saints of children and of sailors.

The Dutch are credited with transporting the legend of Saint Nicholas (*Sinterklaas*) to New Amsterdam (now New York City), along with the custom of giving gifts and sweets to children on his feast day, December 6. *Sinterklaas* was adopted by the country's English-speaking majority under the name Santa Claus, and his legend of a kindly old man was united with old Nordic folktales of one who punished naughty children and rewarded good children with presents.

The current depiction of Santa Claus is based on images drawn by cartoonist Thomas Nast for Harper's Weekly beginning in 1863. Nast's Santa owed much to the description given in the poem "***A Visit from St. Nicholas***" (also known as "***'Twas the Night Before Christmas***"), first published in 1823. The image was further defined in 1931 by illustrator Haddon Sundblum. Sundblum's Santa was a portly white-bearded gentleman dressed in a red suit with a black belt and white fur trim, black boots, and a soft red cap.



Santa Claus is said to live at the North Pole with his wife, where he spends the year making toys with the help of his elves. There he receives letters from children asking for Christmas gifts. On Christmas Eve he loads his sleigh with toys and flies around the world, drawn by eight reindeer, stopping at each child's house; he slides down the chimney and leaves the gifts, refreshing himself with the milk and cookies left for him by the household's children. Do you believe? Hmmm!?! Be careful how you answer!

This article was adapted from www.britannica.com.

St. Marys Middle School Thanksgiving Dinner

Many schools in Camden County hosted a special meal for Thanksgiving. Some schools even opened their doors to guests. As you might imagine, food service staff were overwhelmed by the guests responses and needed help to serve hundreds more than they do from day-to-day. Such was the case for St. Marys Middle School! They put in a call for help and volunteers from Naval Submarine Base Kings Bay answered! Volunteers worked along side food service personnel to serve the many guest visiting the school for the holiday meal. As the old saying goes, "Many hands make for light work!" The school, students, faculty, staff and family member all appreciated the volunteers willingness to step in and serve. Great work, SUBASE volunteers!



Volunteers from Naval Submarine Base Kings Bay step in to 'dish up' a delicious Thanksgiving meal to students and family members at St. Marys Middle School.



Naval Submarine Base Kings Bay Chapel

Christmas Eve

CANDLELIGHT SERVICE

Your family is invited to celebrate the season in song and fellowship!

Catholic Mass — December 24th at 0845 and Vigil Mass at 1630

Christmas Mass — December 25th at 0845

Protestant Candlelight Service — December 24th at 1800

For information call (912) 573-4501

Holiday Happenings

Letters to Santa

NOV 28-DEC 11

DROP YOUR SANTA

LETTER IN THE

SPECIAL MAILBOX*

OUTSIDE THE CRAB

ADD A RETURN ADDRESS &

THE JOLLY OLE ELF WILL

SEND A NOTE BACK!

*POSTAGE IS NOT REQUIRED

‘Tis the Season...to PCS!

The holiday season, or semester break, is the second busiest “PCS” seasons for the military family. If you are one of those families preparing to relocate, remember the School Liaison is the K-12 educational expert available to assist you in gathering information about schools around the world. Through a global network across the branches of service, School Liaisons can access school information and services long before a PCS begins. By calling the School Liaison, military parents can avoid pitfalls and timing mistakes that can occur when moving from one duty station to another. Here are a few tips to make this PCS just a bit easier for your family:

- **Written Notification** - As soon as you receive orders, notify your child’s school (classroom teacher and administrator) in writing and provide an anticipated withdrawal date. If possible, provide the name of the new school your child will be attending to facilitate records transfer.
- **Request copies of records** – In the written notification recommended above, include a request for copies of the student’s records. As an active duty military family, you can hand carry these records to the receiving school for registration purposes. Allow at least ten business days for this request to be processed.
- **Create a PCS folder for each child** - In the folder, place items such as birth certificates, Social Security cards, and school records (report cards, standardized test results, etc). **DO NOT PACK THIS FOLDER!** Be sure to set this folder aside in a safe place so that you have it available upon arrival at your next duty station. If you have a child who is gifted or receiving special education services, it is important that ALL educational documents such evaluations and IEPs be kept in a separate file. The Special Care Organization Record (SCOR) available at www.militaryhomefront.dod.mil is a great organizational tool.
- **Research schools** - Parents should investigate the schools **BEFORE** choosing a place to live! This is especially **critical for high school students** who may be impacted by changing graduation requirements, scheduling differences, availability and/or eligibility for extra-curricular activities. Ask the School Liaison for help!
- **Find Transition Programs** – There are a host of programs designed to help your child(ren) make new friends and have a smooth transition to the new school’s community. Youth Sponsorship services offered by Child and Youth Programs (CYP), Anchored4Life, and the Boys and Girls Clubs of America are both excellent ways for your military child to make important community and social connections prior to and immediately after arrival.



“Call the School Liaison before you move on!”

Write the Kings Bay School Liaison at
clainetta.t.jefferson.naf@us.navy.mil
or call (912) 573-8986.

MOVING IS HARD — AMBASSADORS HELP!

Since 2012, the Connections Clubs at Naval Submarine Base Kings Bay has been training student Ambassadors from Camden County Schools to support military students experiencing transition — new to local schools or PCS-ing away from the area. On Saturday, November 4th Ambassador candidates from Mary Lee Clark and Sugarmill Elementary Schools learned the importance of helping military students feel emotionally and socially safe in their new school setting. The students were taught to identify different types of feelings through the **“Image the Emoji”** module. As part of this peer-to-peer program, Ambassador candidates identify school programs in which new students can participate and draw maps of their school to help new students become familiar with the school campus. Finally, the school Ambassador teams develop an Action Plan to promote Connections Clubs, like wearing club tee shirts on “Friendship Fridays” (*first Friday of each month*) or hosting “Welcome Aboard” events for new students. At the end of the five-hour training, the newly-trained Ambassadors receive their Connections Club tee shirts, lanyards, drawstring bags, and Certificates of Recognition. It’s a great day of fun and sharing! Congratulations to all the new Connections Club Ambassadors!

Youth Sponsorship



Connections Club Training!

The Kings Bay School Liaison Clainetta Jefferson and Jaya Murray, former Ambassador and CYP staff member, facilitate the Connections Club training for two elementary schools.



"KINGSBAY Connections Club"

Saving Money Over the Holidays



With inflation reaching new heights, everything just cost more. It's inevitable! Your spending will go up during the holidays. Between travel costs, holiday gifts and a hearty increase in hot chocolate consumption, your debit and credit cards will get more use during the holidays than any other time of the year.

The key is to recognize this shift in spending and plan for it. That way you can spend guiltlessly for your visit home for the holidays but avoid the shock of unloading all your gifts at the checkout line.

STEP 1: Check your priorities

Like all money matters, it starts with your values. Pick a day to check in with yourself, your spouse or your children about what make the holidays special. There are no right or wrong answers here. As with most financial strategies, it's about knowing yourself. Make sure your spending reflects your values.

STEP 2: Create a budget

Be realistic here for what you can afford after necessities (rent, utilities, food, car payment, etc.) and for what you want your holiday to look like. Avoid comparing with what other people seem to be spending. If you have a monthly budget for all expenses (including entertainment, eating out, etc.) see if you have a large enough surplus to use for holiday spending. If you don't have enough, investigate ways to cut back. Find ways to stretch the money you have by sharing the cost of gifts with others, buying used items, shopping sales, or giving your best DIY effort.

STEP 3: Track your spending

A budget is only useful when you use it. Whenever you spend money on something for the holidays, don't forget to track it! If you know you won't be able to track everything, take out cash for each of your categories of spending (gifts, experiences, travel and charity) and put each in an envelope. Only spend from that envelope, so when the money is gone, it's gone.

STEP 4: Make and use a list

Buying last-minute additions to presents is so tempting, but it will destroy your budget. Stick to your list, and when you have someone covered, cross them off. Remember, a great present shouldn't be proof of how much you love or know someone, it is just an expression of your gratitude for them in your life! Saying no to a spontaneous trip to the winter carnival or turning down an opportunity to give money seems coldhearted. If you find yourself in these situations, consider how you may be able to make some tradeoffs.

STEP 5: Start saving for NEXT year!

Don't let your money-smart habits end when the holidays do! You can start preparing for next year now by putting away a little bit each month. Decide if you want to increase your spending on any category for next year. Ask your financial institution to automatically deposit 1/12 of that amount into a special savings every month. Before you know it, you'll have all you need to make the holidays a special time of gift-giving every year.

This article was adapted from www.northstarfinancial.com.



Breakfast with Veterans

Camden Middle School was recognized by the Georgia Department of Education as a 2023 Military Flagship School for offering outstanding support to military students and their parents. Well, the school counselor and members of the Connections Club, with support from the Military and Family Life Counselor, showed just why they received this honor! The Connections Club hosted a special breakfast for military students and their parents as part of its Veterans Day celebration. With donations from local businesses, the club offered a host of pastries, juice and coffee to over 100 service members and their children. What a great way to serve “those who serve” and kick-off the Veterans Day weekend!





Life Long Learning at Kings Bay starts with YOU.

December Schedule

Join Life, Health and Leisure classes for a
chance to WIN BIG PRIZES each quarter.

These classes are designed for active duty military,
their family members and veterans with IDs.

For details, call FFSC at 912-573-4513

LIFE SKILLS

Mind, Body, Mental Fitness: Connection
Mon, Dec 4 • 12:00-2:00pm • FFSC

Getting Real About Deployment
Mon, Dec 4 • 3:00-4:30pm • FFSC

TAP TOO
Wed, Dec 6 • 9:00am-12:00pm • FFSC

Singles Returning to Homeport
Fri, Dec 8 • 3:30-5:00pm • FFSC

CONUS Smooth Move
Sat, Dec 9 • 10:00am-12:00pm • FFSC

Personal Resilience Workshop
Tues, Dec 12 • 10:00am-12:00pm • Chapel

Acing the Interview
Tues, Dec 12 • 10:00am-11:30am • FFSC

Budgeting for Baby
Tues, Dec 12 • 10:00am-11:30pm • NMCRS

Kings Bay Express
Wed, Dec 13 • 10:00am-12:00pm • FFSC

SAFETALK
Thurs, Dec 14 • 8:00-11:00am • Chapel

ECHO Training (Skillbridge Intro)
Thurs, Dec 14 • 1:00-3:30pm • FFSC

Military Spouse Employment Bootcamp
Tues, Dec 19 • 9:00-12:00pm • FFSC



For additional
details on event
schedules and class
descriptions, please
scan the QR code.

HEALTH & WELLNESS

Group X classes are free for active duty, retirees, reservists, authorized family members and DoD employees. Civilian contractors/authorized guest must pay \$5 entry fee. This includes Fitness Complex use and all Group X classes for the day.

MONDAY
COMMAND PT || 0600-0800
SPIN || 0915-1000
FUNCTIONAL FITNESS (NOFFS) || 1115-1200

TUESDAY
COMMAND PT || 0600-0800
SPIN || 1115-1200
FUNCTION & FLOW || 1630-1715
ZUMBA || 1830-1930

WEDNESDAY
COMMAND PT || 0600-0800
FUNCTIONAL FITNESS (NOFFS) || 1115-1200/1630-1715

THURSDAY
COMMAND PT || 0600-0800
NOFFS WORKSHOP (ACL/CFL) || 0630-0830
SPIN || 1115-1200
FUNCTION & FLOW || 1630-1715
ZUMBA || 1830-1930

FRIDAY
COMMAND PT || 0600-0800
FUNCTION & FLOW || 0900-0945
FUNCTIONAL FITNESS (NOFFS) 1115-1200

LEISURE SKILLS

Learn to Golf at Trident Lakes Golf Club
Tuesdays • 9:00am & 4:00pm • Women's Clinics
Thursdays • 3:00pm & 4:00pm • Men's Clinics

Camden Art League in St Marys
Wednesdays • 1000
Free for Retired & Active Duty Military
Reserve a spot, 912-464-7600

BE A BETTER ME IN 2023

Kringle COMES TO THE CRAB

SAT, DEC 9
5-8 PM

TRAINS | HOLIDAY CHARACTERS | MRS. CLAUS' BAKE SHOP
FESTIVAL OF TREES | FOOD TRUCKS | SANTA'S TOY SHOP

PHOTOS WITH YOUR CHILD AND ST. NICK!
TREE FARM PROVIDED BY TREES FOR TROOPS

Thank you Sponsors



MWR Holiday Happenings

HOLIDAY *Cocoa Stroll*

SUNDAY, DEC 10
INSIDE THE CRAB
FREE ENTRY • 1-3 PM

Enjoy a casual stroll through Kringle's
Festival of Trees inside The CRAB.

Enjoy a cocoa bar & treats.

*The CRAB will re-open on Mon, Dec 18
for regular hours & activities.





Child and Youth Programs



Child and Youth Education Services

Clainetta T. Jefferson

School Liaison Officer

650 USS Wahoo, Bldg. 0166

Kings Bay, Georgia 31547

E-mail: Clainetta.t.jefferson.naf@us.navy.mil

Website: www.navymwrkingsbay.com



Resources Galore

Camden County School System

www.camden.k12.ga.us

Georgia Department of Education

www.gadoe.org

Florida Department of Education

www.fldoe.org

Military OneSource

www.militaryonesource.org

Military Child Education Coalition (MCEC)

www.militarychild.org

Transition Information

www.militaryk12partners.dodea.edu

Military Kids Connect (Great for teens!)

<http://militarykidsconnect.dcoe.mil>

Tutor.com

www.tutor.com

