



U.S. Army Child, Youth & School Services

Child, Youth, and School Services

Child Development Center

February is a very busy month and we want to keep you informed of all of the upcoming events in addition to days the Child Development Center will be closed.

PARENTS please make sure you have received "Notification for Civilian Sponsors Utilizing Department of Defense Subsidized Child Development Programs During Tax Year 2011." Be sure to stop at the front desk if you have not received this form.

Also, as of January our requirements for Leave/

Vacation Fees have changed and we will be going through a transitional period to meet the new standards. In the past, we gave credits based on the calendar year; we have now received guidance that we must give credits based on the child's registration year. In addition, this year, Families will have an option of selecting the 2 or 4 week Leave/Vacation Plan. Families who choose the 4-week Leave/Vacation fee Plan will pay a higher monthly fee than families who

choose the 2-week plan since their fees are annualized to include Leave/Vacation.

- February 14th, Valentine's Day and also Picture Day
- February 17th is our annual Training Day and the Child Development Center will be closed, it will be the parent's responsibility to find alternative care for this day.
- February 20th is President's Day and the Child Development Center will be closed.



Happy Valentine's Day

School Age Services

Happy February :) During the month of February, School Age children will be creating their very own Guinness Book of World Records! We will be participating in a number of athletic, academic, intellectual, and teamwork challenges. At the end of the month, School Age children

will be making a scrapbook to display our record holders in the hallway. Let's see if we can beat last year's winners! Students will have no school February 21-24. during this mid-winter break, we will be welcoming back some of our returning friends along with making lots of fun winter crafts

and taking field trips. We will also be celebrating Valentine's Day and wishing Arianna a Happy Birthday on February 12th.



U.S. Army Detroit Arsenal

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Health Tip of the Month: Healthy Ways to Grill Fish

- ☺ Brush the fish lightly with oil or spray with nonstick cooking spray
- ☺ Place fish near the edge of the grill, away from the hottest part of the fire
- ☺ Start checking for color and doneness after a few minutes, once the fish starts to release some of its juices
- ☺ Flip it over when you see light grill marks forming.

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Youth Sports & Fitness



February is Heart Awareness Month. CYSS will be offering a variety of activities to help promote heart health. CYSS programs will be offering activities such as Xbox 360 Zumba, Wii Yoga, Jump Rope Contest, Healthy Habits, pick up sports and tag. Over 125 kids will get their hearts pumping to help promote fitness and healthy choices this month. We will also be starting a Fitness Club (Running/Walking Club) in which families or individual kids can sign up to participate in heart healthy activities each month.

Our goal is to participate in a 5k in April and May. Come join us for this training adventure.

With cardiovascular fitness in mind, our youth basketball season is in full gear. Our bittyball leaguers, ages 3-5, have been practicing teamwork, sportsmanship and dribbling. The focus for our older divisions has also been teamwork, sportsmanship, passing and defense. We will also be offering two basketball tournament teams in April-June for those who would

like to continue their basketball season. Our tournament teams will travel to other locations to play outside teams. This is a great opportunity for youth to experience playing in a more competitive setting. YSF will also offer iHoops Skills Challenge February 13 & 14 at Washington Academy from 5:30-7:00p.m. The iHoops Challenge includes a contest for dribbling, passing, shooting and agility for time/score. All participants will receive a participation certificate. All winners for each age division and gender will receive prizes.

Middle School & Teen

MST has had a busy January with it being our month of service. We volunteered at Habitat for Humanity in light of MLK day. The teens helped to finish a house by cleaning and painting in the basement. Are leadership club paved the way making Hero Packs for operation military child and they also

made activity packs for children recovering in Children's hospital. Are Outdoor Adventure Club met working on putting together their survival kit and they had a weekend winter hike.

We will continue to stay busy in the upcoming

weeks, we have planned more community service and it is also time for our annual ski trip! Lots of fun and excitement in the MST program



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Mission

Our mission is to provide a seamless delivery of quality care and services for eligible children and youth, 6 weeks through 18 years of age, that enhance readiness and well being of the workforce and their families by reducing conflicts between parental responsibilities and their on the job mission requirements.



www.detroitarsenalfmwr.com/family/index.htm



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Upcoming Events

- Youth Soccer Registration
March 1-31.
Ages 3-18 yrs.
League @ Selfridge Soccer Fields
- Mini Saturday Sports Camps-
Ages 5-7 9:00a-10:00a @ DTA CDC.
Ages 8-12 10:00a-12:00p @ DTA CDC
(Jan 21-Mar24)
- CYSS Youth Ski Trip- February 24-26 @ Boyne Highlands. 5th grade & up
Family Ski Trip @ Mt. Brighton on March 3.

Recipe of the Month

Grilled Halibut

Ingredients:

1 clove garlic, minced
6 tablespoons olive oil
1 teaspoon dried basil
1 teaspoon salt
1 teaspoon ground black pepper
1 tablespoon fresh lemon juice
1 tablespoon chopped fresh parsley
2 (6 ounce) fillets halibut

Directions:

-In a stainless steel or glass bowl, combine garlic, olive oil, basil, salt, pepper, lemon juice, and parsley.

-Place the halibut filets in a shallow glass dish or a reseal able plastic bag, and pour the marinade over the fish. Cover or seal and place in the refrigerator for 1 hour, turning occasionally.

-Preheat an outdoor grill for high heat and lightly oil grate. Set grate 4 inches from the heat.

-Remove halibut filets from marinade and drain off the excess. Grill filets 5 minutes per side or until fish is done when easily flaked with a fork.