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On & Off POST

The Fort Bragg Teen Newsletter



Profile

Army School Liaison Services
Connecting Families, Schools & Communities

Fort Bragg School Liaison Services
braggschoolliaison@conus.army.mil
910-432-1008

4th Floor, Room 420
Soldier Support Center

Threatened or Bullied?
Call Confidentially to Report
396-CARE

Youth Volunteer PROGRAM
4 3 2 - 1 0 0 8

YOUTH SPONSOR PROGRAM
New? Get a Sponsor! Here? Be a Sponsor! **432-1008**

JOB SHADOWING OPPORTUNITIES
432-1008
For More Information

FORT BRAGG MWR
www.fortbraggmwr.com
For more information on other events, programs and activities.

News Blog

Operation: Hearts Apart

What is Operation: Hearts Apart?
Operation: Hearts Apart is a new service provided by Child and Youth Services for youth and teens with deployed parents.



Did you know that you can get 2 **FREE** sports registrations per school year (based on space availability)? You can also get 8 weeks **FREE** instructional classes per school year through the Tolson Youth Activities Center instructional class program. There's also Throw Down Saturdays for teens (lock-ins, food, movies, swimming, games and more). A schedule of Throw Down Saturdays can be found in the Events section of this newsletter.

For more information, please call 910-396-8110. These programs require a proof of deployment and CYS membership at the time of registration.

Coping With Homework Horrors

Do you have a hard time staying motivated to do homework? Use these tips to help complete assignments with a minimum of tears.

Set Aside a Regular Time and Location for Study. Give homework its own special time and place.

Take It Step by Step. You may get overwhelmed by the amount of homework you have to do. Calmly figure out what needs to be done and how much time it will take, and then create a plan. Break each assignment down into manageable steps.

[more...](#) →

News Blog

Use a Quiet, Well-Lit Environment. It's best to do homework in a room that has good lighting and is relatively quiet. This reduces distractions and helps to maintain concentration.



Allow Time for Some After-School Fun.

You need to take a break from academics. A healthy balance between work and free time will not only contribute to better performance, but will also help you develop valuable time-management skills.



Hoke County Youth Action Council

The teens at Heritage Village in Hoke County now have new opportunities available to them!

The newly developed Youth Action Council is helping create activities and events for Military connected teens to participate in, and they are off to a running start!

According to the Youth Action Council coordinator, Ms. Emily C. Grimes, "These teens are active and they have a strong commitment to developing the teen scene in Heritage Village."

One of the first events the teens are planning is a dance. They also stressed the need for new nets on the basketball hoops.

The Youth Action Council is a committee of youth and representatives from various youth serving agencies who voice the needs and concerns of youth and work toward enhancing their educational, physical, social/emotional and recreational opportunities.

To become involved or for more information about the Youth Action Council in Hoke County or Fort Bragg, please contact Ms. Emily C. Grimes at 910-432-1008 or e-mail braggschoolliaison@conus.army.mil

Events

Throw Down Saturdays For Teens

December 1, 2007

Fire Antz Game, transportation and snack provided. Must be an ID card holder. Call 396-KIDS for more information and reservations.

Private Swimming Lessons 2007-2008 School Year

This program is for current swimmers in Blowfish to Fitness Levels. These are 25 minute lessons, \$13 per individual lesson. For more information, contact Tolson Youth Activities Center at 396-KIDS.

December Basketball Camp

December 7/8

CYS membership is required. Registration is currently ongoing. Provided by the Methodist College Head Basketball Coach. For more information, contact 396-9123/9017 or 907-5833/

Choice School Fair

January 24, 2008

Learn more about choice schools in Cumberland County. This provides you with the option of choosing your high school or attending a high school best suited for your career goals! For more information, call Fort Bragg School Liaison Services at 910-432-1008.

Rebus Puzzles



Answers Below

Get Up and Go; Too Little Too Late; Deep In Thought; Safety In Numbers; H2O; Summary