

Winter MMXXII

Volume VII, Issue I

# THE FOXHOLE

Your Source For Alabama National Guard Child & Youth Services



# YOUTH COUNCIL



Congratulations on selection of our  
2021-2022 Youth Council Members

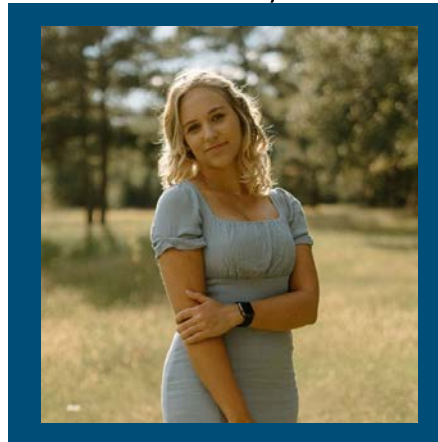
## 12th Grade



Melissa Collins



Nevaeh Hadley



Courtney Roberts



Jaiden Pennington

## 11th Grade



Katie Bray



Grace Calfee



Corinne Carson



Jackson Griggs



Alycia Haynes

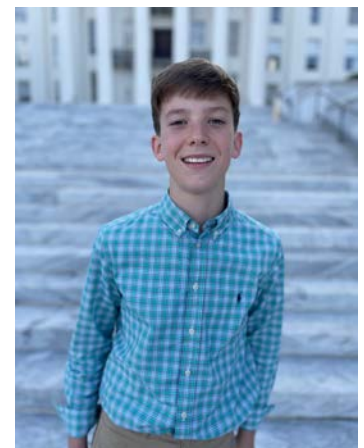


Mackenzie Huey

## 10th Grade



Joshua Betts



Samuel Spangler

## 9th Grade



Braxton Strickland



# JUNIOR YOUTH COUNCIL

Congratulations to our new  
2021-2022 Junior Youth Council Members

8th Grade



Callie Haynes

"This week I had the pleasure of spending time with my mom and Dad at the ATV park. ATV riding is simple but super fun activity my family and I enjoy together."

7th Grade



Ray Gibson

"My best part of the week was going to the basketball game."

6th Grade



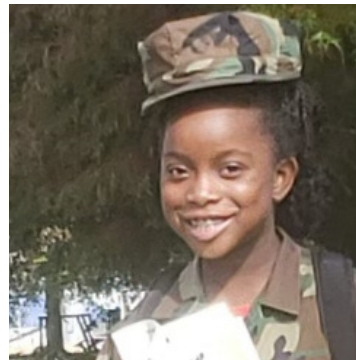
Jaydin Powers

"One thing good that happened to me this past week, was going to North Carolina to see snow during the snow storm last weekend. My family and I stayed in a yurt tent for a few days and had over eight inches of snow."



Noah Phillips

"One good thing that happened to me this week was that we moved to our new house that has a big back yard that my brother and I can play football in."



Zion Jenkins

"The best thing that happened to me this week is I got accepted to the Beta Club."



Hunting the good stuff and practicing gratitude is a big step towards growing to be a more resilient person. With that in mind, we asked our new Junior Youth Council members the following question: "What is something good that happened to you this week?"

.....  
Our new Junior Youth Council members met virtually in November. Two of our high school Youth Council members, Melissa Collins and Alycia Haynes, kicked off our meeting with ice breakers and games. We then discussed the power of a positive mindset and the influence that people and things (e.g. video games, social apps) can have on our mindset.



# ★ EVENTS AND RESOURCES ★

## Extracurricular Activity Grant



Our Military Kids recognizes the sacrifice of children of deployed National Guard, deployed Reserve, or post-9/11 combat-injured service members with extracurricular activity grants. These grants ease stress for military kids by paying for participation in sports, fine arts, & tutoring programs.

To receive an extracurricular activity grant, children of deployed or stateside activated National Guard members must be 3 years of age through 18 AND not yet a high school graduate. **For missions of 90-179 days, each child is eligible for ONE grant up to \$300. For missions of 180+ days, each child is eligible for TWO grants up to \$300 each for the same or different activities.** Visit [www.ourmilitarykids.org](http://www.ourmilitarykids.org) to apply.

## The Launch List

Join Alabama National Guard Child & Youth Services for our new Launch List Series for Teens where we discuss practical ways to prepare for life on their own.

This Quarterly Packet Series is for military-connected teens to discover and develop the mindset, skillset, and toolset they'll need to succeed. These packets, crafted from content by bestselling authors Jonathan and Erica Catherman, are geared for parents to support their teens in adding new life-skills to their toolboxes. The skills range from daily and weekly necessities, to skills for success in social settings, interviews, and managing money.

You only have to register once to quarterly receive an email with the Launch List packet. Register at <https://www.cognitofirms.com/ALNGYouth/LaunchListSeries>.



## Operation Purple Camp

Operation Purple® Camp offers military kids a free week of camp where they connect with other kids, just like them. Get ready for applications to open **February 15, 2022!** When your military child attends Operation Purple Camp, they'll enjoy a true summer camp experience, complete with arts and crafts and outdoor activities, like ropes courses, canoeing, swimming, archery, and climbing walls. Even if there isn't a camp location near you, they offer a camp at home option as well as a junior camp at home option (for 3-7 yr olds). Slots will go quickly so make sure to visit <https://loom.ly/rzNzhoE> on the 15th to apply!



# RESILIENCE

## Gratitude Practice

Expressing our gratitude is one of the simplest and most powerful things we can do to make others feel good AND to feel good ourselves. One study found that people who wrote gratitude letters still felt great after twelve weeks.

Work together as a family to write gratitude letters. Help your child(ren) to think of someone that they feel grateful for and encourage them to write and share a letter with this person. We can think of this as an opportunity to say all the good stuff that we usually don't say.

Help your kid(s) get started with these questions:

- ★ How do you feel when you think about this person?
- ★ What is one of your favorite stories about them?
- ★ What is one thing they have done for you that you feel grateful for?
- ★ What are some of the qualities you admire most about them?
- ★ What do you look forward to doing with or for them?

Encourage kids to actually give or mail the letters. Then ask them to think about other ways they can express their gratitude to the people in their life. Instruct them to notice how they feel when they express gratitude...it feels pretty great!

(Information adapted from Personal Excellence Foundation at <https://personalexcellence.org/> )

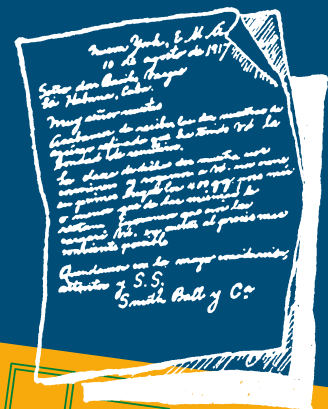


**Courtney Roberts**  
ALNG Youth Council Member

"Someone I'm grateful for is my mom. I'm grateful for her because she taught me in school from kindergarten through my sophomore year of high school. She has been there for my brother and I when my dad is away at work taking care of us and getting us to all our practices."



Expressing  
gratitude to  
others makes  
you feel great,  
too.





# CONTACT US

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Kate

## Find us on social media:



@ALNGYOUTH



@alnationalguardyouth



Families that have participated in CYS programs throughout this past year, we need your feedback.

<https://www.surveymonkey.com/r/Soldier-Parent22>

### Operation Purple® Camp

## PILLOWCASE DESIGN CONTEST

Winner's artwork  
will appear here!

And get a \$100 gift card!

YOUR DESIGN  
HERE

Must be 13-18 to Enter

Submit Your Design by February 25



## Pillowcase Design Contest

Military Kid Artist Alert! Do you have a budding artist at home? Now's their time to shine! Military kids ages 13-18 can submit their designs for the Summer 2022 Operation Purple Camp pillowcases that will be given to over 1,000 campers all across the country! Applications close Feb 25. Submit at

<https://loom.ly/Hgadte8>