



EXCEPTIONAL FAMILY MEMBER PROGRAM

SUMMER BLOG....

Help your kids make the most of their break from school at a summer camp in Killeen, TX. Summer camps give kids the opportunity to build friendships, discover new interests and learn new skills. It's a great way to keep kids active which is why we have created comprehensive directories to help caregivers find all kinds of summer camps in Killeen. From overnight summer camps, to sports camps to summer camp programs. You're sure to find the perfect Killeen summer camp at www.GetKidsInAction.org.

Free Tutoring for Students in Military Families

Military students get help with homework, studying, projects and papers. Whatever you're working on—from algebra homework to studying for a chemistry test to writing an essay for English Class—Tutor.com can help. Military students can also get a tutor to help prepare for standardized tests, Advanced Placement classes, and college essays. Available for Active Duty, Wounded Warrior National Guard Reserve, and Army Civilians and their Families.

- Homework Help
- Online Tutoring
- College Support
- All Core Subjects, All Skill Levels
- Term/Essay Writing
- Tutoring for Grades K-12 and College Intro

www.tutor.com/military

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SUMMER BLOG continued....

Backyard Water Park

You can quickly create your own water park in your backyard for an afternoon of fun. If your child's tolerance is low for water play, sit them on your lawn (if they are sensitive to grass, put them on a shower curtain or towel for more comfort) and use your finger and a hose to create a variety of sprays for your child to experience. For more active children, you can have a variety of "water rides" including a small splash pool, garden sprinkler to run through, water table, beach ball sprinkler and Geyser Blast Sprinkler, and let's not forget about the water balloon toss.

Mall Meandering

Need to escape the heat? Take advantage of someone else's air conditioning by walking the mall on hot days. Malls are cool and not too crowded on the weekdays. It is a good way to keep your child moving and active as you go back and forth in a controlled environment, with less worries about the children darting in front of traffic. Stores like Brookstone and Apple offer interactive displays, and a chance for you to take a brief break. A quick game on an iPad or a rest in a massage chair can add a breather to your trip.

Firehouse Visit

Call your local fire department and ask if you can stop by with your children for a quick visit to see the fire trucks and meet the firemen. This is a great way to break up your day, learn about fire safety and introduce your child to rescue workers (especially if your child wanders.) Firemen are often good with children and will spend time talking to your child about what to do in an emergency.

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SUMMER BLOG continued....

Kids eat FREE this Summer

Even though the school year ended... Hunger hasn't!

COPPERAS COVE INDEPENDENT SCHOOL DISTRICT SUMMER FEEDING PROGRAM

Locations:

Fairview Miss Jewell Elementary (Jewell Cafeteria)

1002 Veterans Avenue

Breakfast: 7:00-8:15 **Lunch:** 10:45-12:30

Monday-Friday

June 9-August 7, 2015 (closed June 29-July 3)

June 10-August 7, 2015 (closed June 29-July 3)

Armed Services YMCA

Copperas Cove (City Park)

1204 Avenue B, Building D

Breakfast: 8:00-9:00 **Lunch:** 11:30-12:30

Armed Services YMCA Robertson Ave Location

501 Clara Drive

Lunch Only: 11:30-12:30

Copperas Cove Junior High

702 Sunny Avenue

Breakfast: 7:00-8:15 **Lunch:** 10:45-12:30

June 9-July 10, 2015 (closed June 30-July 3)

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COPPERAS COVE INDEPENDENT SCHOOL DISTRICT SUMMER FEEDING PROGRAM - CONTINUED

Copperas Cove High School, 400 S. 25th Street

Breakfast: 7:00-7:30 **Lunch:** 11:00-1:00

June 9-July 10, 2015 (closed June 30-July 3)

New Adults/Parents - If you would like to eat. **Breakfast:** \$ 2.50 **Lunch:** \$ 3.50

Check out: www.ccisd.com. Child Nutrition Department for summer menus and more!! **Times and dates subject to change due to low participation.**

KILLEEN INDEPENDENT SCHOOL DISTRICT SUMMER FEEDING PROGRAM

A Summer Meal Program is available FREE to all children ages 1-18
(proof of age may be requested).

First Session - June 8-June 25, 2015 (All locations below.)

Monday-Thursday

Breakfast: 7:55-8:40 **Lunch:** 11:00-12:50

School Locations:

Brookhaven Elementary, 3221 Hilliard Avenue, Killeen

Cavazos Elementary, 1200 N. 10th Street, Nolanville

East Ward Elementary, 1608 E. Rancier Avenue, Killeen

Fowler Elementary, 4910 Katy Creek Lane, Killeen

Ira Cross Elementary, 1910 Herndon Drive, Killeen

Reeces Creek Elementary, 400 W. Stan Schlueter Loop, Killeen

Sugar Loaf Elementary, 1517 Barbara Lane, Killeen

Venable Village Elementary, 60160 Venable Road, Fort Hood

Willow Springs Elementary, 2501 W. Stan Schlueter Loop, Killeen

Trimmier Elementary, 4400 Success Drive, Killeen (**Breakfast:** 7:45-8:40)

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KILLEEN INDEPENDENT SCHOOL DISTRICT SUMMER FEEDING PROGRAM – CONTINUED

Second Session - June 9-June 24, 2015 (All locations below.)

Monday-Thursday

Breakfast: 7:00-7:40 **Lunch:** 11:00-12:50

School Locations:

Eastern Hills Middle School, 300 Indian Trail, Harker Heights

Manor Middle School, 1700 S. WS Young Drive, Killeen

Nolan Middle School, 505 E. Jasper Drive, Killeen

Gateway Middle School, 1307 Gowen Drive, Killeen

Summer meals are available through August 14, 2015 at selected sites. For more information, please contact Killeen ISD School Nutrition at 254-336-0775 or website at www.killeenisd.org.

Child, Youth & School Services

You may use your Total Army Strong Benefits, if eligible, for Swimming Lessons!
Call and Find Out!

Log onto CYS Services Online:

<https://webtrac.mwr.army.mil/webtrac/hoodcyms.html>

or call SKIES Unlimited at 254-287-4592

In accordance with DoD/DA Fee Policy requirements, refunds will not be granted for SKIES Unlimited classes with the exception of PCS or Family emergency prior to the date of the class.

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Smarty Cakes

These nutritious pancakes will give your child the energy he or she needs to focus and learn. Try making them together! (Makes about 4-6 inch pancakes or 8 3-inch pancakes.)

Ingredients:

1 cup whole-wheat flour	2 large eggs
½ cup quick-cooking oats	1 ½ cups fat-free milk
2 teaspoon baking powder	1 tablespoon vegetable oil
1 teaspoon sugar	2 cups mixed berries (fresh or thawed)
¼ cup pecans, chopped	

Directions:

Combine flour, oats, baking powder, sugar, pecans in a large bowl. Mix eggs, milk and vegetable oil in a separate bowl. Add egg mixture to the dry ingredients, and stir just until combined. Pour the mixture (about ½ cup per large pancake, ¼ cup per small pancake) into a nonstick frying pan over medium heat. Cook until bubbles form on the top, then flip. Continue cooking until both sides are evenly browned. Top with berries and enjoy!

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