MIND-BODY Mental Fitness

The Mind-Body Mental Fitness Program is designed to help Sailors and their families better understand how to cope with stressors that are present in the military lifestyle.

Learn tools to manage stress and enhance the mind, body, spirit and social domains in your life.

11:30 a.m.-12:30 p.m. | Red Cross classroom, Capodichino
Take the series or any individual class.

Tuesday, July 2

Stress Resiliency

Learn how stress affects the four domains of resilience (mind, body, spirit and social).

Tuesday, July 16

Living Core Values

Learn how to identify, align and define your values and connect them to your personal and professional environment.

Tuesday, July 30

Problem Solving

Discover the basic steps for effective problem solving and how it can be used at work and home.

Tuesday, July 9

Mindfulness and Meditation

Learn about the three attitudes of mindfulness; curiosity, non-judgement and acceptance.

Tuesday, July 23

Flexibility

Learn how to understand your thoughts, emotions, behaviors and how they interact with each other.

Tuesday, Aug. 6

Connection

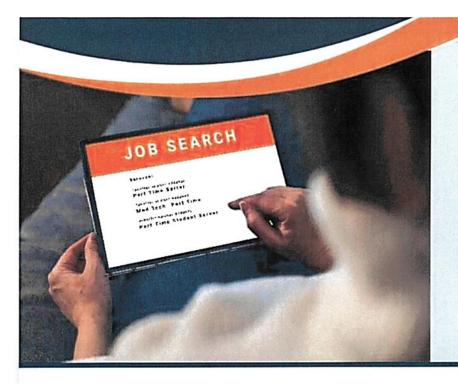
Learn how connection and communication help you manage stress and develop resiliency.











FAMILY EMPLOYMENT PROGRAM WORKSHOPS JULY & AUGUST 2024

ALL CLASSES TAKE PLACE AT FFSC SUPPORT SITE UNLESS OTHERWISE STATED

JULY

- Career Assessment | 1 July | 1300-1500
- D Job Search Strategies (Virtual) | 11 July | 0900-1100
- Effective Resume Writing @ Capo | 17 July | 1000-1300
- D USAJobs 101 (Virtual) | 23 July | 1100-1400
- D 10 Steps to Federal Employment (Virtual) | July 24 | 1300-1500
- Acing the Interview @ Capo | July 25 | 1300-1500

AUGUST

- Career Assessment | 1 August | 0900-1100
- D Job Search Strategies (Virtual) | 7 August | 1100-1300
- Effective Resume Writing | 14 August | 1000-1300
- USAJobs 101 (Virtual) | 15 August | 1200-1500
- Navy Spouses in Transition (Virtual) | August 21 | 1000-1130
- Acing the Interview | August 22 | 1200-1400

REGISTER NOW



EMAIL NSANaplesFFSC@us.navy.mil CALL 081-811-6372 OR DSN 629-6372





Naples Middle High School

2024 - 2025 Academic Calendar

Updated 10 June 2024

Calendar is Subject to Change

School Hours: 0800-1440; Every Wednesday Early Release at 1340



August 2024

- 12 Teacher Report Day
- 13 14 CCRS Training
- 14 New Student Orientation @1600 Gym
- 19 First Day of School

1st Quarter / 1st Semester Begins

24 SAT Testing

September 2024

- * National Hispanic Heritage Month
- 2 No School: Labor Day
- 5 Back to School Night/Open House 1700
- 14 ACT Testing
- 23 Early Release 11:00 CSI Training
- 27 Early Release 11:00 Req Training

October 2024

- 5 SAT Testing
- 5 Homecoming
- 10 No School: CCRS Training
- 11 No School: School Holiday
- 14 No School: Columbus Day
- 16 Unity Day (Wear Orange)
- 17 PSAT
- 24 1st Quarter Ends
- 25 No School: Teacher Workday
- 28 2nd Quarter Begins

November 2024

- * National Native American Heritage Month
- 1 No School: Parent Teacher Conference
- 11 No School: Veteran's Day
- 27 29 No School: Fall Break

December 2024

- 7 SAT Testing
- 14 ACT Testing
- 16 No School: CCRS Training
- 12/23 1/3 No School: Winter Recess

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January 2025

- 10 16 Semester 1 Exams
- 16 2nd Quarter / 1st Semester Ends
- 17 No School: Teacher Workday
- 20 No School: MLK Day
- 21 3rd Quarter / 2nd Sem. Begins
- 21 Early Release 11:00 CSI Training

February 2025

- * Black History Month
- 14 No School: School Holiday
- 17 No School: President's Day
- 18 No School: CCRS Training

March 2025

- * Women's History Month
- 13 Early Release 11:00 CSI Training
- 14 Pi Day
- 26 3rd Quarter Ends
- 27 No School: Teacher Workday
- 3/28-4/4 No School: Spring Recess

April 2025

- * Month of the Military Child
- 5 SAT Testing
- 7 4th Quarter Begins
- 11 No School: CCRS Training
- 22 Earth Day

May 2025

- * Asian American Pacific Islander Heritage Month
- 3 SAT Testing
- 5 16 AP Testing
- 10 Prom
- 20 Early Release 11:00 CSI Training
- 22 29 Senior Exams
- 23 No School: School Holiday
- 26 No School: Memorial Day
- 29 Senior Grades Due
- 30 Mandatory Senior Check-Out

- * Lesbian, Gay, Bisexual, Transgender, Queer Pride Month
- 4 Mandatory Graduation Rehearsal
- 5 Graduation
- 10 4th Quarter / 2nd Sem. Ends
- 10 Early Release 11:00 Last Day for Students
- 11 No School: Teacher Workday

Main Office

0700 - 1530 / Monday - Friday DSN: 324 306 0253 COMM: +39 044 410 60253



Is your family part of the Exceptional Family Member Program (EFMP)?

Do you have questions about the PCS process?

Are you wondering where to begin to plan your move?

Join us for that information and more!



Moving with an Exceptional Family Member July 2, 2024 1000-1100





Call or email us to register

Phone: 081.811.6372, DSN 629.6372

Email: EFMPNaples@us.navy.mil



Protect Yourself From Skin Cancer:

- Stay out of the sun as much as possible.
- 2. Use Sunscreen with SPF 15 or higher.
- Check your skin regularly for changes.

Call for Volunteers: CYP Youth Sports Seeks Dedicated Coaches

he success of Youth Sports depends on volunteers. Our children -- ages 3 to 18 -- need volunteer coaches to help them play the ames, learn skills and have fun. You don't have to be a parent, just someone who wants to be a part of the team helping children xplore the world of sports.

loaches are needed for the following age groups of children:

- -4 (Start Smart)
- -6 years
- -8 years
- -10 years
- 1-12 years
- 3-18 years

loaches must be at least 18 and a U.S. citizen.

or more information on the process of becoming a coach please visit: https://www.navymwrnaples.com/child-youth/volunteer-

Pick Up Your Trash Bag Kit Today!

Housing is delighted to provide three complimentary kits of trash bags per apartment. These eco-friendly essentials are available for pickup TODAY at family housing in building 2074.

After this initial allocation, additional kits are available for a convenient purchase of 2 euros each.



Coming soon - you can pick them up from dispensing machines at the Community Center.

Let's all do our part to make a positive impact together – sort, dispose, and contribute to a cleaner, more sustainable Support Site living environment!

Final Thoughts.....

our comfort and satisfaction are a top priority for us. If you require any further assistance or have dditional concerns, feel free to scan our QR code or contact our dedicated trouble desk (to submit ervice requests): DSN: 629-4285/4286; COMM: 081-811-4285/4286 or our Building Managers:



Naples Elementary School 2024 - 2025 CALENDAR

13-14 CCRS Training (No School) 19 First Day of School

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April 2025

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24 25 Black History Month

14 School Holiday (No School) 17 President's Day (No School) 18 CCRS Training (No School)

Women's History Month

26 End Quarter 3

13 Half Day Release - 1100 (CSI)

27 Teacher Workday (No School)

28-31 Begin Spring Recess (No School)

National Hispanic Heritage Month

02 Labor Day (No School) 03 First Day of School for UPK

12 Open House - 4:30-5:30

23 Half Day Release - 1100 (CSI)

27 Half Day Release - 1100

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10 CCRS Training (No School)

- 11 School Holiday (No School)
- 14 Columbus Day (No School)
- 16 Unity Day (Wear Orange)
- 24 End Quarter 1
- 25 Teacher Workday (No School)
- 28 Quarter 2 Begins

31 Perent Teacher Cenference (No School)

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Month of the Military Child

01-04 Continue Spring Recess 07 Begin 4th Quarter 11 CCRS Training (No School)

* National Native American Heritage Month

1 Parent Teacher Conference (No School) 11 Veterans Day (No School) 27-29 Fall Break (No School)

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Asian American Pacific Islander Heritage Month

20 Half Day Release - 1100 (CSI) 23 School Holiday (No School) 26 Memorial Day (No School)

16 CCRS Training (No School) 23-31 Winter Break (No School)

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Lesbian, Gay, Bisexual, Transgender, Queer Pride Month 10 Quarter 4 Ends

10 Last day for Students (11:00 Release) 11 Teacher Workday (No School)

01-03 Winter Break (No School)

06 Students Return

16 End Quarter 2

17 Teacher Workday (No School)

20 MLK Day (No School)

21 Quarter 3 Begins

21 Half Day Release - 1100 (CSI)

January 2025								
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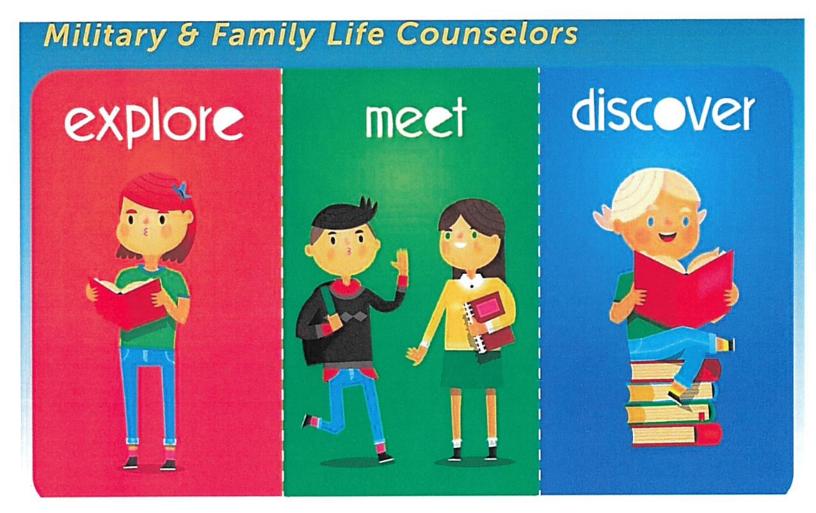
Contact Information Phone: +39 0444 106 0232

DSN Phone: 3243060232

CHECK US OUT AT

https://www.dodea.edu/NaplesES/ https://www.facebook.com/NaplesES/





Explore ...

How the Naples Military & Family Life Counseling program provides confidential, non-medical counseling, consultation and outreach to students and families.

Meet ...

The elementary, middle/high school and CDC/SAC/Teen Center counselors.

Discover ...

Ways that MFLCs provide support for separation stress, relocation adjustment, bullying, anger management, coping skills and life skills.

Friday, Aug. 23 7:45-8:45 a.m. DoDEA Front Sidewalk Support Site

Cornetti, cocoa and coffee will be provided.

SAT/ACT TEST DATES SY 2024-2025

SAT

AUG 24 - Register by AUG 9
OCT 5 - Register by SEP 20
DEC 7 - Register by NOV 22
MAY 3 - Register by APR 18

ACT

SEP 14 - Register by AUG 16 DEC 14 - Register by NOV 15 APR 5 - Register by MAR 7





DAILY TOURS

JULY 4TH THURSDAY

SORRENTO, PRAIANO AND EMERALD GROTTO

ADULT €75; CHILD €65

JULY 5TH FRIDAY
WINE TASTING AT THE SUNSET
ADULT €45

A DAY AT THE BEACH IN GAETA ADULT €38; CHILD €35

JULY 7TH SUNDAY
WWF NATIONAL PARK OF PERSANO AND CAVES
ADULT €55; CHILD €45

THE ISLAND OF PROCIDA ADULT €79; CHILD €77

ZOOMARINE ADULT €59; CHILD €55

SCHEDULE

ENCHANTING RAVELLO

ADULT €45; CHILD €40

JULY 21ST SUNDAY
POSITANO AND AMALFI BY BOAT
ADULT €72; CHILD €68

JULY 27TH SATURDAY
WINE TASTING AND COOKING CLASS
AT PORTO DI MOLA
ADULT €60; CHILD €54

THE SASSI OF MATERA
ADULT €55; CHILD €49

EXTENDED TOURS

TRIESTE AND SLOVENIA

SEPT 14TH-15TH
CALABRIAN CHILI PEPPER FESTIVAL
OCT 31ST-NOV 4TH
HALLOWEEN IN TRANSYLVANIA

CHECK DETAILED ITINERARY & MORE TRIPS ON OUR WEBSITE

For reservations and details, please visit: www.sg-tours.com

Register to Ride fore 14 Aug 2024

arco DeLuca ancesca Vavuso dregus Thompson ples.sbo@dodea.edu mm: 0444-106-0250

AUL students (new and returning) must register t Student Transportation Office **OPEN ALL SUMMER** for more information essigned to a bus stop. and to Register: Contact your

Registrations received after 14 Aug will be processed after the first week of school.



your roadmap to

Naples Middle High School

New Student Registration

Get Ready
 Gather your documents



- » Proof of sponsor's overseas status (orders, employment status or billing letter)
- » Proof of relationship to sponsor
- » Proof of age (birth certificate or passport)
- » Immunization record and other pertinent medical information
- » Emergency contact information
- » Previous school records (official or unofficial)
- » Copy of IEP or 504 plan, if applicable

Note: Families paying tuition should complete review of information before registration.

Register
 Preregistration begins online



- » Create a DoDEA Online Registration for Students (DORS) account at https://dodeasis.myfollett.com/aspen/logon.do. Register on a computer or laptop. The Website does not work well on phones and tablets.
- » Upload supporting documents and information.
- » Notify school registrar at Michela.Pellecchia.LN@dodea.edu of online completion.
- » Wait for an academic counselor to review records and send a parent meeting invitation.

Transportation
 Ask questions and make an appointment



+39 044-471-6832 / DSN 646-6832 or +39 044-471-6833 / DSN 646-6833 Naples.SBO@dodea.edu.

» School Transportation Office at

• Student Meal Program

Online instructions for SY 23-24

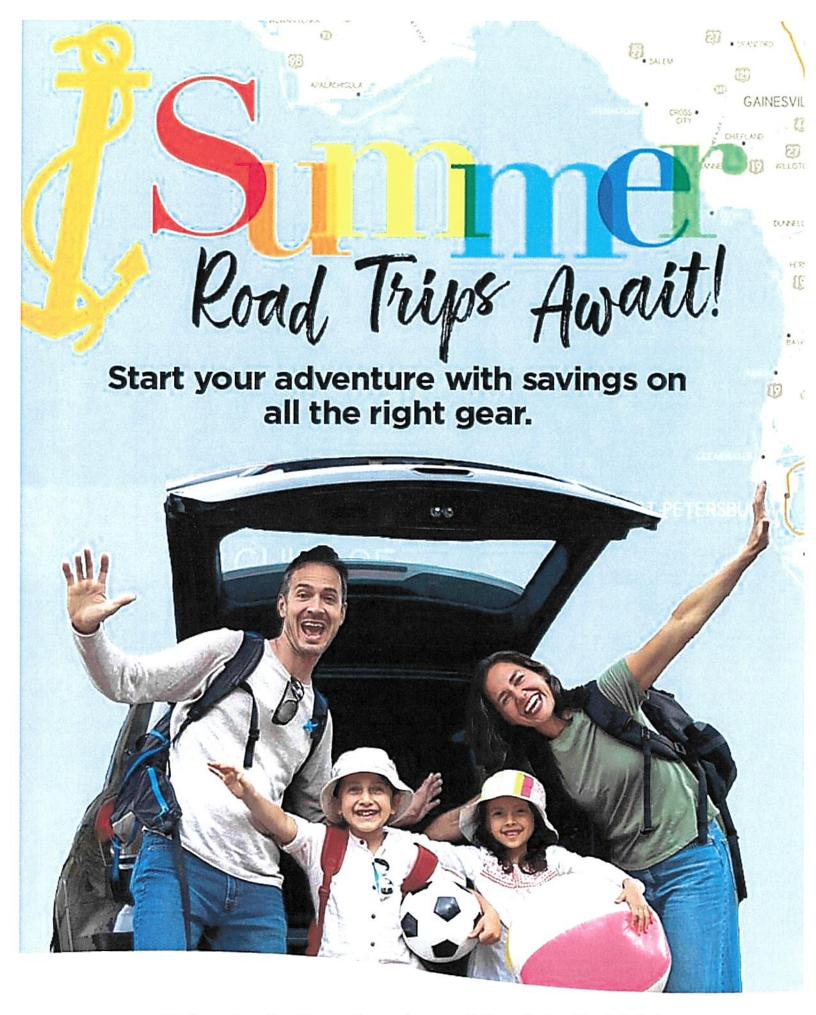


- » To apply for free or reduced-priced student meals, visit https://linqconnect.com.
- » Incoming families should reapply for the school meal program as previous location qualifications may be different.
- » For questions about the school meal program, call NEX Customer Service at +39 081-811-4717 / DSN 629-4717.
- » Allergies? See the school nurse.
- » Wildcat News: https://sites.google.com/student.dodea. edu/wildcat-news
- » Student links: https://sites.google.com/a/student.dodea. edu/naples-middle-high-school1/home
- » Parent links: https://sites.google.com/a/student.dodea. edu/naples-middle-high-school1/parent-links
- » Facebook: https://facebook.com/DoDEA.NaplesMHS/
- » PTSA: https://facebook.com/groups/NaplesMiddle High SchoolPTSA
- » School Liaison Web page: https://navymwrnaples.com/ child-youth/school-liaison

Communication
 Get the latest
 information







Sale starts Sunday June 23 - July 6, 2024



IULY CLASSES

Classes are held at the Fleet and Family Support Center, Bldg. 2072, Support Site, unless otherwise stated.

△ AREA ORIENTATION

Area Orientation (mandatory for newcomers) July 10-12, July 17-19 or July 31-Aug. 2 Wednesday, Noon-4:30 p.m. Thursday, 8 a.m.-4:30 p.m. Reel Times 2 Cinema, Support Site Cultural Assimilation trips to downtown Naples Friday, July 12, July 19 and Aug. 2 (ages 12 years and older) 8 a.m.-2:30 p.m. Monday, July 29 (all ages) | 8 a.m.-2 p.m.

INTERCULTURAL RELATIONS

Intermediate Italian Tuesday, July 9 and 16 10:30 a.m.-Noon Aversa Shoe alley trip Thursday, July 18 | 9:30 a.m.-2 p.m.

Basic Italian at lunch Capodichino Tuesday, July 23 | 11 a.m.-12:30 p.m. Advanced Italian Tuesday, July 30 | 10:30 a.m.-Noon

Intermediate Italian at lunch Capodichino Tuesday, July 30 | 11 a.m.-12:30 p.m.

♥ LIFE SKILLS

Mind-Body Mental Fitness: Stress Resiliency Capodichino Tuesday, July 2 | 11:30 a.m.-12:30 p.m.

Mind-Body Mental Fitness: Mindfulness and Meditation Capodichino Tuesday, July 9 | 11:30 a.m.-12:30 p.m.

Anger Management* Wednesday, July 10 | 3-4 p.m.

Mind-Body Mental Fitness: Living Core Values Capodichino Tuesday, July 16 | 11:30 a.m.-12:30 p.m Mind-Body Mental Fitness: Flexibility Capodichino

Tuesday, July 23 | 11:30 a.m.-12:30 p.m.

Time Management and Goal Setting Wednesday, July 24 | 10-11:30 a.m.

Mind-Body Mental Fitness: Problem Solving Capodichino Tuesday, July 30 | 11:30 a.m.-12:30 p.m.

FAMILY EMPLOYMENT PROGRAM

Career Assessment Monday, July 1 | 1-3 p.m.

Job Search Strategies* Thursday, July 11 | 9-11 a.m.

Effective Resume Writing Capodichino Wednesday, July 17 | 10 a.m.-1 p.m.

USAJobs 101* Tuesday, July 23 | 11 a.m.-2 p.m.

Ten Steps to Federal Employment* Wednesday, July 24 | Noon-3 p.m.

Acing the Interview Capodichino Thursday, July 25 11 a.m.-1 p.m.



(\$) PERSONAL FINANCE MANAGEMENT

Million Dollar Sailor Wednesday and Thursday July 10 and 11 | 8a.m.-4p.m.

Command Financial Specialists Forum* Wednesday, July 17 | 1-2 p.m.

Command Financial Specialists Refresher* Tuesday, July 23 | 8a.m.-4p.m.

Understanding Your Military Pay* Wednesday, July 24 | 11:30 a.m.-1 p.m.

Developing Your Spending Plan* Thursday, July 25 | 11:30 a.m.-12:30 p.m.

How to Survive the Holidays Financially Tuesday, July 30 | 9-11 a.m.

Vacation Planning Wednesday, July 31 | 9-11 a.m.

RELOCATION

Sponsorship Training Thursday, July 25 | 9 a.m.-Noon Reel Times 2 Cinema, Support Site

☆ TRANSITION ASSISTANCE PROGRAM

TAP: Managing Your Education Monday and Tuesday July 8 and 9 | 8 a.m.-4 p.m.

Preparing for Capstone Capodichino Thursday, July 11 | 11 a.m.-1 p.m.

Pre-Separation Workshop Monday-Wednesday July 15-17 | 8a.m.-4p.m.

Department of Labor **Employment Workshop** Thursday and Friday July 18and 19 or July 25 and 26 | 8a.m.-4p.m.

Pre-Retirement Workshop Monday-Wednesday July 22-24 | 8a.m.-4p.m.

Capstone Event Wednesday, July 31 | 1-4 p.m.

Virtual Classes *

EXCEPTIONAL FAMILY MEMBER PROGRAM

PCS/Moving with an Exceptional Family Member Tuesday, July 2 | 10-11 a.m.

Command POC Training* Tuesday, July 9 | 11:30 a.m.-Noon

Healthy Caregiving for Families with Special Needs Thursday, July 11 | 11 a.m.-Noon

Family Connections: Family Support Network Tuesday, July 16 | 2-3:30 p.m.

Resource Meeting* Tuesday, July 30 | 11 a.m.-Noon



M FAMILY READINESS

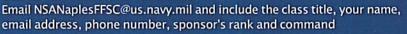
Ombudsman Assembly Meeting Tuesday, July 16 | 5:30-6:30 p.m. Reel Times 2 Cinema, Support Site

American Red Cross Volunteer Orientation Tuesday, July 30 | 11 a.m.-Noon



To register for a class:

Call 081-811-6372 | DSN 629-6372





Teen Social Emotional Learning Group

Friday, June 14

Fleet Recreation Center | 3-4 p.m.

Friday, July 19

Olde Mill Inn | 3-4 p.m.

Being a teen is more complex than ever. Students in grades 6-12 have an opportunity to interact with peers in a safe and fun environment.

Military and Family Life counselors lead the group to discuss topics such as:

- Identifying feelings
- Resiliency
- Problem solving
- Conflict resolution
- Self esteem
- Managing anger and aggression
- Separation from parents
- Coping with deployment and reunification
- Transition and moving
- Sibling and parental relationships
- Time management
- Divorce

Reservations are not required. If you have questions, email the NSA Naples School Liaison at NaplesSLP@us.navy.mil or call 081-811-6549 / DSN 629-6549.









Youth
Social Emotional
Learning Group

Friday, June 14

Fleet Recreation Center | 1-2 p.m.

Friday, July 19

Olde Mill Inn | 1-2 p.m.

Being a kid is more complex than ever. Students in grades K-6 have an opportunity to interact with peers in a safe and fun environment.

Military and Family Life counselors lead the group to discuss topics such as:

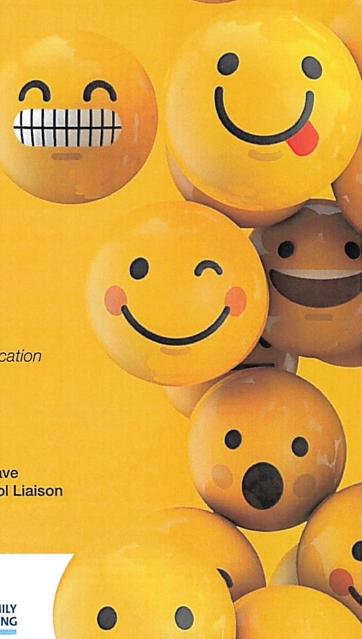
- Identifying feelings
- Resiliency
- Problem solving
- Conflict resolution
- Self esteem
- Managing anger and aggression
- Separation from parents
- Coping with deployment and reunification
- Transition and moving
- Sibling and parental relationships
- Time management
- Divorce

Reservations are not required. If you have questions, email the NSA Naples School Liaison at NaplesSLP@us.navy.mil or call 081-811-6549 / DSN 629-6549.









Social Skills Play Group

Life can be overwhelming.

This is an opportunity for children ages 3-5 years old to interact with peers in a safe and fun environment.

Friday, June 14

11 a.m.-Noon Fleet Recreation Center

Friday, July 19

11 a.m.-Noon Olde Mill Inn

Military and Family Life Counselors lead the group in discussions and topics to include:

- Separation from parents
- Deployment and reunions
- Transitions
- Social skills
- Peer relationships
- Communication skills
- Emotional regulations
- Siblings and parent relationships

The group will use tools such as:

- Music
- Stories
- Coloring pages
- Providing safe spaces
- Arts and crafts

- Age-appropriate activities
- Classroom observations
- One-on-one meetings with parents

Reservations are not required.

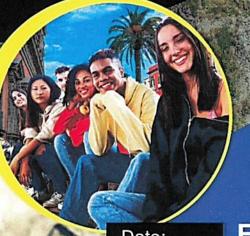








TRIP Are you new to Naples and 12-18 years old?



Join us!

Date:

Time:

Location:

Friday, July 19 9 a.m.-8 p.m. Capri and Anacapri

\$10

Details:

- Trips depart and return to the Support Site Teen Center.
- For youth ages 12-18 years (rising 7th graders to recent high school graduates) who are registered with NSA Naples Teen Center.
- Bring cash or debit/credit card for lunch, dinner, snacks and souvenirs. Recommended €60.

Register by July 10

What guarantees your spot?

- CYP Teen Center registration
- · Field trip permission form
- Debit/credit card payment at the School Age Care front desk, Bldg. 2072

Scan here for CYP Teen Center registration packet.





For more information, email the School Liaison at NaplesSLP@us.navy.mil.