

Yes! I would like my child to be considered for the Operation Hero Program. Please complete the following and return to your child's school counselor by:

Fall Session: September 10th
Winter Session: January 10th

School _____

Child's Name _____

Grade _____ Teacher _____

Child's military service affiliation: _____

Has child participated in Op Hero previously? _____

Does the child have siblings who will also be considered? _____ If so please list names and grades:

Grades 1&2 typically meet Mon/Weds and grades 3-5 typically meet Tues/Thurs for 2.5 hours after school. Will your child be available during these hours? _____

Why do you wish for your child to participate in Operation Hero?

This information is for placement purposes only and does not guarantee your child's enrollment in Operation Hero. Those selected will be contacted and given required forms that must be completed by the date specified before the child is considered enrolled.

Parent/Guardian Signature Date

Other ASYMCA Services:

Child Care

- Preschool for Ages 2-5
- Before & After School Care
-Locations in Norfolk & Virginia Beach
- Summer Camp/Out of School Care
- Drop In Child Care

Military Housing Community Centers

- Mommy & Me Activities
- Child minding
- Fitness/Dance Class
- Bread Program



1465 Lakeside Rd
Virginia Beach, VA 23455

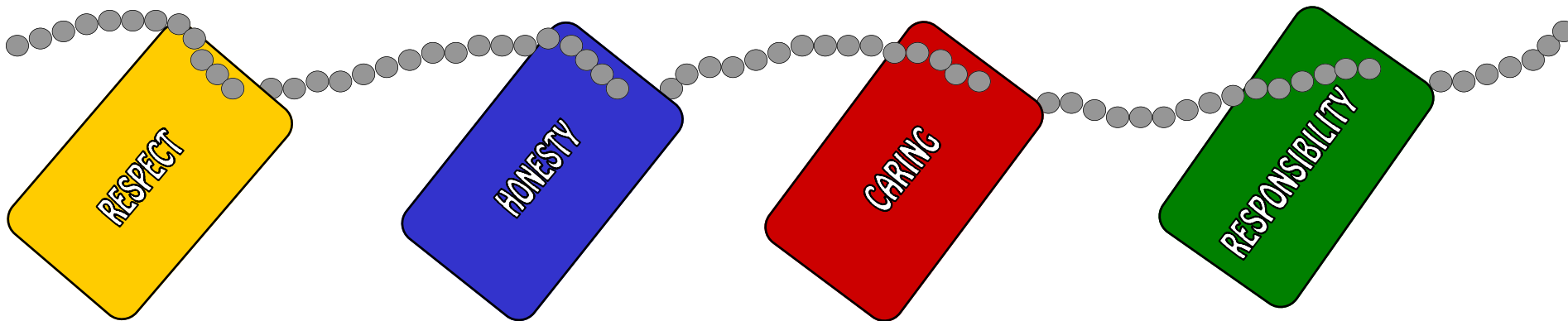
Phone: 757-363-1884

Fax: 757-363-1953

website: www.asymcahr.org

facebook: www.facebook.com/asymcahr

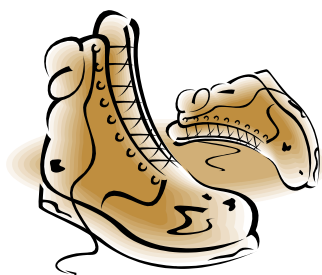




So what's Op Hero?

Operation Hero is an after school mentoring program for military children in grades 1-5 who are experiencing temporary setbacks due to the stress of the military lifestyle. Military children are exposed to unique stressors like frequent moves and parent deployments. In Op Hero, we work with children and teach them to deal with life stress in a healthy way. Other objectives:

- Improve self esteem and self confidence
- Develop healthy social skills
- Learn to communicate more effectively
- Learn how to work well with others
- Improve academic skills
- Understand who they are and why they are important
- Understand that they are not alone in the struggles faced by military families.



Our program has a bit of a “boot camp” theme and is based upon the ASYMCA’s core values.

RESPECT HONESTY CARING RESPONSIBILITY

Sessions

We run two, 13-week sessions of Op Hero in select schools each year. The fall session runs late Sept-Dec and the spring session runs late Jan-April. Groups meet twice a week for 2.5 hours, according to grade. Mon/Weds is typically 1st & 2nd, and Tues/Thurs is typically 3rd-5th.

What to expect...

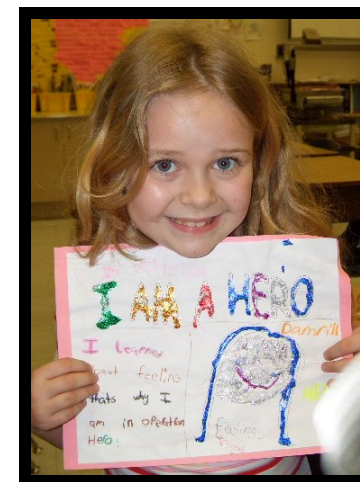
Students are dismissed from their classrooms directly to the Op Hero meeting area. We provide a snack and follow with a large group activity that allows the children to “unwind” and have some fun. There is also small group “circle time” daily where children are encouraged to share their thoughts and feelings on a given topic. We use a creative curriculum that employs unique ways to get children to express themselves.

We allot between 45-60 minutes each day for homework and will tutor children who need extra help. When children finish their homework, they are allowed to do other fun activities. Parents provide transportation home after the program ends.

Topics Covered

How We See Ourselves Family Friends
 Conflict Resolution and Anger Management
 Taking Responsibility Feelings Empathy
 Handling Teasing and Bullying Stress

I AM A HERO



In Op Hero, students learn what it means to be a **HERO** and discover that there is a hero inside each of them. Students earn their own set of “dog tags” when they complete the program.

What Op Hero is *NOT*

- An environment that is equipped to handle severe or long-term behavior problems. Children who have repetitive misbehavior incidents and do not show signs of improvement will be removed from the program.
- A homework club. Although we do spend between 45-60 minutes on homework each session, academic tutoring is not our only focus. Parents are still responsible for checking their child’s homework each night.