



## Family Support Services OF NORTH FLORIDA INC.

# Surf camps lets kids catch a wave

Surfing isn't exactly the thing that most foster or adopted children get to do often—especially if they don't live at the beach.

But in June, 35 youth got to catch more than one wave on a surfboard, thanks to Rick Terry, a Florida Department of Children and Families employee and his son, Daniel, who's the east coast marketing manager for Volcum Clothing Co. at the beach, who, along with Electric Sunglasses, sponsored the event.

The second annual Surf Camp was held off South 16th Avenue in Jacksonville Beach. Surfer friends of Daniel Terry, some professional, helped the teens with using the surfboard. Some got the hang of it; some did not—riding the waves, even

if it meant just laying on their surfboards.

Lyllian Blackshear, who lives on the Northside, said this was her second time surfing. She went to the camp last year. She was able to stand on her surfboard and catch more than one wave.

"I'm getting better," she said. "But it's not as easy as it looks."

Christine Grodell, 13, and her brother, Nathan, 12, of the Southside, were successful also. This was their first time surfing.

"While they've never done this before, they're game for trying new things," said their mother, Patrice Grodell. "Because of that, I try new things too. I never went



Second-time surfer, Lyllian Blackshear, (above) went to the camp last year. This year, she caught more than one wave!

camping before—but I do now."

Family Support Services of North Florida provided a pizza lunch.



### FSS board of directors signs contract

The FSS board of directors approved and signed the agency's five-year contract with the Florida Department of Children and Families as lead agency for child protective services in Duval and Nassau counties. DCF cited FSS's superior performance and its number one state performance rating as the reason why the state renewed FSS's contract and did not put it out for competitive bid.

### Free summer camp for boys

The True North Summer Academy for 7th and 10 grade boys will be held Monday through Friday from 8 a.m. to 3 p.m. from July 7 – Aug 1 at the FCCJ North Campus, 4501 Capper Road, Jacksonville, FL 32218. Free camperships are available. Parent and Student Orientation night is at 6 p.m. Monday, June 30. The four-week camp is for young men entering 7th grade at Northwestern and Jean Ribault middle schools and entering 10th grade at Ribault and Raines high schools. Call the FCCJ North campus for more information.

### Share a haircut

Hair Cuttery will again this summer offer "Share A Haircut," where its stores partners with local social service agencies to provide back-to-school haircuts to children in need in the community. Bring your child

to any Hair Cuttery salon from Aug. 1-15 and for every haircut for a child 18 or younger receives, a free haircut will be donated to a disadvantaged child in the community. Last year, between 200 and 300 foster children received free haircuts.

### Free computer lessons

Free computer lessons for foster parents and 16-17-year-olds will be scheduled in July. Please call Debbie Campbell at 521-5628 to get into the classes. Basic computer training, resume writing, and job and collect applications will be taught at FCCJ. Nassau and Duval County foster parents and teens can sign up.

### Parent associations meet

The Northeast Florida Foster and Adoptive Parent Assn. will meet at 6:30 p.m. Monday, July 14, at the Northwest Branch Library on Edgewood Ave.

The Nassau County Foster and Adoptive Parent Assn. will meet at 6:30 p.m. Thursday, July 17, at the North Florida Baptist Association building, 921 U.S. 17 North in Yulee. Candidates for Nassau County School Board and Sheriff will be there to answer questions before the business meeting.

There will not be a July meeting of the Great Jacksonville Foster and Adoptive Parent Association.

### DCF sponsors art contest

The Florida Department of Children and Families is sponsoring a “My Superhero” drawing contest for children and youth in foster care as part of the 2008 Dependency Summit Aug. 27-29.

The contest kicked off June 15 and ends on Aug. 8. All entries must be postmarked by Aug. 8. The contest will have a grand prize of a digital camera, and art supplies for four 1st place, four 2nd place and four 3rd place winners broken down by age groups – 4-6, 7-9, 10-13, and 14-18. Winning drawings will be announced Aug. 27. Case managers will receive and distribute the prizes for the contestants.

Send drawings to the Department of Children and Families, Office of Family Safety, Attn.: Drawing Contest, 1317 Wildwood Blvd., Tallahassee, FL 32399.

### Art camp

The Jacksonville Boys Home was the site of an Art Camp for foster children from Nassau and Duval Counties. Each morning for a week in June, children learned about drawing with pastels, and poster paints. Instructor Kathryn White said she was impressed about how much the children already knew about art. Chastity Guinn and her brother David Sikes worked hard on their projects.



## House Safety – scalding from hot water

The leading cause of deaths and injuries to children at home are accidents and scalding from hot water is one of the most dangerous.

Did you know that water at 150 degrees can cause burns in two seconds, while water at 120 degrees takes 10 minutes to cause the same burns.

Recent research indicates that up to 5,000 children are scalded each year, most often in bathtubs, children under 5 are at increased risk of kitchen injury from scalding liquids. Tragedies like this can be avoided by turning down the thermostat of your water heater, thus reducing the temperature of the water inside to 120 degrees.

Family Support Services would like to take this opportunity to thank Nassau County for their commitment and support of our foster children in the community.

**EFFECTIVE July 1, 2008**  
our Nassau office telephone number will change to **904-225-KIDS (5437)**

Jim Adams, CEO  
Family Support Services of North Florida  
Serving as Lead Agency for Foster Care and Adoption in Nassau and Duval Counties

**FSS**  
Family Support Services OF NORTH FLORIDA INC.  
SERVING DUVAL AND NASSAU COUNTIES

For more home safety tips, check out [www.FosterParentCollege.com](http://www.FosterParentCollege.com).

## All Things Behavioral...Routines

Summertime...and the livin' is easy—sometimes, for children, a little too easy. Television, video games, and piles of junk food are often the activities of choice.

Routines will keep your children busy and build good habits. Help your children by taking a few minutes to work in a summertime routine. Here's how:

- Schedule snack time.
- Schedule and limit screen time. To improve the chances of a smooth transition from screen to other activities, let snacks follow screen time.
- Plan reading times. Nothing like a good story to stretch the imagination.
- Plan regular activities, including activities outside and inside. Encourage fun tasks, hobbies, and even learning experiences or experiments.
- Schedule a few “surprise” activities—a sudden trip to the library, a trip to the water, or even a long stroll through a park.
- If chores are part of the routine—and why not? Then plan for fun activities (screen time, for example) to follow the completion of chores.

Proper motivation does wonders for the work habit.

The Behavior Analysis Services Program helps caregivers to teach children to talk about emotions and choose better behavior.

Got a question? Email me at [davelee@ufl.edu](mailto:davelee@ufl.edu)  
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