

**We've received
new orders!**

"I don't want to move!"

"I love it here!"

"I don't want to leave my friends!"

"I'll never make new friends!"

"I'm in the middle of a big project!"

**"How am I going to leave
right in the middle of school?"**

**"How can I say good-bye to my
best friends?"**

"Will I like my new school?"

This is what you are thinking, isn't it?

You're feeling angry, sad, frustrated, worried and nervous. These feelings are natural and experienced by all military children.

Talking with your parents or guardians about these questions can help you to process the move and understand your emotions. You can also reach out to your school counselor or the Military Family Life Counselor if your school has one.



For more information:

Regional School Liaison
nrnw.sl@us.navy.mil
360-396-4860
Serving Central Kitsap School District

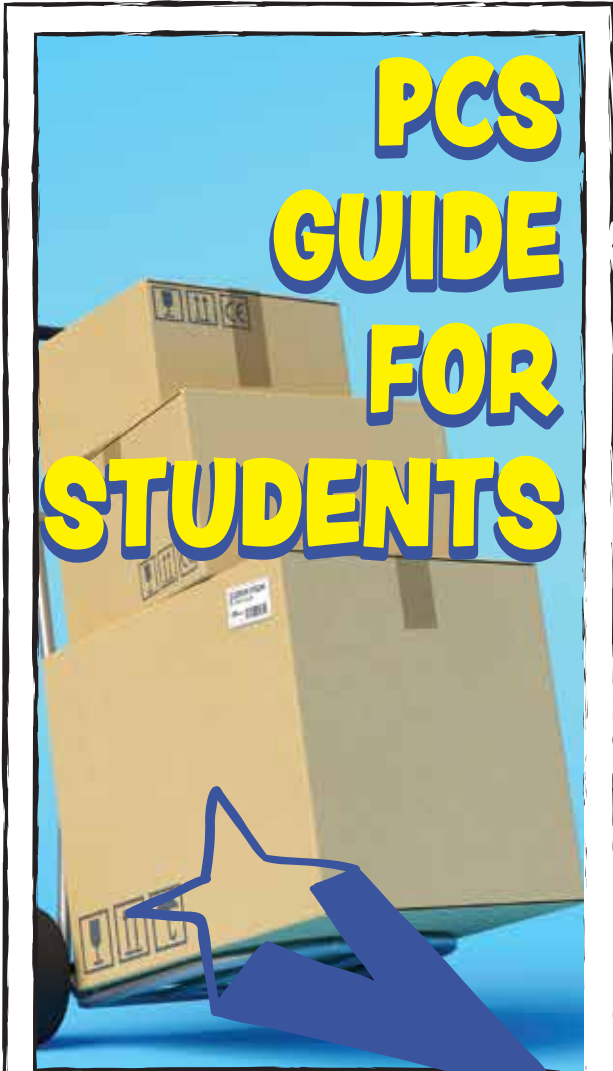
Naval Air Station Whidbey Island
naswi.sl@us.navy.mil
360-257-6863

Naval Base Kitsap
nbk.sl@us.navy.mil
360-340-2824

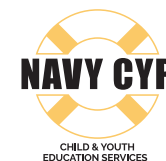
Naval Station Everett
nse.sl@us.navy.mil
425-304-3688



**Navy Region Northwest
School Liaison Program**



**How to make the
best of a Permanent
Change of Station**



Make it an adventure!



Not everyone gets the opportunity to travel and live in different states and countries. Make the most of it!

Follow these suggestions to make moving a success!



PACKING UP

Packing is hard work, but is one of the first steps you need to take for a successful move.

GET ORGANIZED

Throw out all old items you need to get rid of. If you have not worn it or used it in a year, consider donating to a local donation center.

SEPARATE ITEMS INTO PILES

Separate all items into piles of like items: sports items, toys, winter clothing, books, etc.

LABEL BOXES

Use a permanent marker to boldly label all boxes. List specific items in the box to help locate what you need later (example: books, school supplies). Personalize your boxes with stickers, designs or your favorite color.

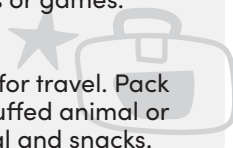


FIRST-WEEK BAG

Pack clothes and items you will need during the first week. Make sure you have a jacket, favorite clothes, pajamas, toiletries, school supplies, lunch box, chargers, books and movies or games.

TRIP BAG

Pack only your necessary things for travel. Pack pajamas, toothbrush, favorite stuffed animal or blanket, electronics, book, journal and snacks.



SAYING GOODBYE

Saying goodbye is one of the hardest things you will have to do during your move. It's very hard to say goodbye to really good friends, not knowing if you will ever see them again. Here are some ways to make the most of your moments with friends.

MAKE A LIST

Make a list of everyone you need to say goodbye to: friends, neighbors, teachers, coaches and other community members (example: church members, babysitter, etc.).

PLAN SOMETHING SPECIAL

Have your friends over for a goodbye party, night out or sleep over. Take plenty of pictures! Don't forget to caption the photos with the date and names of everyone in the picture.

VISIT FAVORITE PLACES

Make a bucket list and go visit some of your favorite places one last time. Pictures are important here too!

MAKE A SCRAPBOOK

Have friends over for a scrapbook party! Each person makes a page of your memories together.

PACKING PARTY

Have your friends over to help you go through your things. Funny stories will be told as you reminisce about clothes, toys and videos. You can also give your friends first dibs on the things you can't take with you.

CREATE SOMETHING FOR YOUR FRIENDS

Make a card, book, bracelet or memory item to leave with your friends.

STAYING CONNECTED

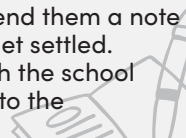
Don't lose touch with your old friends. You never know when you will run into them again, especially while your parent is still a part of the Navy. Make an effort to communicate often and keep in touch with your friends.

UPDATE CONTACTS

Update your friends contact information to include, addresses, emails, Skype/Messenger and social-media handles. If you don't have a cell phone, make yourself an address book with a notebook or pad of Post-Its. Remember to keep it in a safe place for the move.

POSTCARDS

For elementary aged students, have all the kids in your class, and other friends, fill out an index card with their address on it. You can send them a note with your new address once you get settled. Ask your teacher to fill one out with the school address and you can send a note to the whole class.



START A BLOG/VLOG

Blog/Vlog about your new adventures and add pictures of all the cool things you've found in your new town. Have your old and new friends subscribe to your site or channel for notifications on your updates.

MAKING NEW FRIENDS

Making new friends can take time and effort. Speed things along by being proactive. Don't forget that a smile goes a long way!

DO YOUR RESEARCH

Use Google Earth to locate your new town, installation or neighborhood. This gives you a real bird's eye view of the area. Find out where kids hang out and go to people watch. You'll notice the fashions the kids wear and what they do for fun. Visit your new installation's website to learn more about things to do on base.

CONTACT YOUR NEW SCHOOL

Check out the school ahead of time and ask if you can schedule a tour before your first day. Ask if there is an Anchored4Life Club or new student ambassador program at the school to introduce you and show you around.

CONTACT YOUR INSTALLATION TEEN CENTER

Teen Centers are a great place to explore new interests, gain leadership skills, and make new friends. Best of all, registration is free!

REQUEST A YOUTH SPONSOR

Your parent will be assigned a sponsor to assist with transitioning into their new command. You, too, can have your very own sponsor except your sponsor would be someone your age! Contact your School Liaison to request a sponsor.

GET INVOLVED

Join a sports team, school club, scouts or just start volunteering for an organization you care about. You'll gain instant friendships and enjoy belonging to a group!

