



PACT's Kane`ohe Community Family Center (KCFC) Family Center News

A partnership of Parents And Children Together and the Castle Complex Department of Education, partially funded by Aloha United Way, the State of Hawaii Health and Human Services Departments, the U.S. Department of Education Office of Innovation and Improvement, HCDCH and Hawaii Community Foundation.

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The Kane`ohe Community Family Center will facilitate the strengthening of families and communities from Kane`ohe to Kulaoa by enabling them to identify and use their own and other resources to improve their quality of life and sense of community.

Communicating With Teenagers

Communicating with teenagers can be difficult. Teenagers may act as if they don't want to communicate with their parents, or may think their parents don't understand them. However, communication is essential to keep the family strong and united. Despite how your youngster may act, most kids yearn for their parent's love, affection and approval. Applying these tips may help you to communicate with your teenager.

Listen

Give your teenager your full attention and listen to what they are saying. It's easy to become distracted and think of your response before you have finished listening to what your teenager is saying. Remember that your body language says more about how well you are listening than your words. If you are not really paying attention or are defensive to what your teenager is saying, your body language will communicate defensiveness, even if you are trying to listen.

Pay Attention to Language

Some words are considered blaming. Using words such as "you should" or "you need to" suggest blaming and judgment. It is also helpful to include yourself as part of the solution. Instead of "you need to," try phrases such as "we could work on this." Then you are part of the working solution.

Have Respect for Your Teenagers' Ideas

Parents are often disappointed if their child does not share their same interest. Your child's ideas may seem to be impractical. However, if you are genuine in the way you listen, and you think that they are competent in their ideas, they will be more willing to share ideas and thoughts with you in the future.

Stick With It

It can often be difficult and seem hopeless when trying to communicate with a resistant teenager. If you were raised not communicating with your parents as well as you would have liked, it is essential to try new communication techniques if you want to have a different relationship with your child. Even if your child is not responding, they notice your efforts. Happy families are a result of effective communication.

Adapted from: http://www.essortment.com/family/tipsforcomm_sfep.htm

HSA Testing Tips



This month schools in the Castle Complex will be involved in Hawaii State Assessment Standardized Testing (HSA). Standardized tests are created to see how students from one school or class compare to other students across the city, state, or country.

They give educators a common standard to measure student performance.

Parent Testing Tips:

- ◆ Make sure your child gets a good night's sleep. A good night's sleep is very important before a big test. Most children need at least 10 hours of sleep to perform at their best.
- ◆ Provide a good breakfast. Test morning is not the time for a high-sugar snack, or no breakfast at all. A nutritious and filling breakfast is a must.
- ◆ Have your child dress in layers. Kids do better on tests if they don't have to think about how hot or cold they are.
- ◆ Don't be too anxious. Say, "This test is important. I know you will try hard and do your best." Your confidence will be contagious.
- ◆ Are you ready? Check to make sure your child has the correct kind of pencils, calculator, or other supplies needed for the test.
- ◆ Keep things in focus. Standardized tests are just one of the ways schools evaluate children's abilities. Don't believe, or let your child believe, that poor test results mark him or her as a failure.



WONDERFUL WORLD OF CULTURES

A passport to a world of fun!

April 24th at 6:00 pm - 8:00 pm
at Windward Community College

Hale Akoakoa

Enjoy a night of adventure as your family explores various activities, learns about cultures, and gathers information about the world around us. For those of pre-school age, there'll be many age appropriate activities too!

Sponsored by;

PACT Kaneohe Community Family Center, Windward Community College, and Kamalapua 'O Ko'olau



Kaneohe Community Family Center

Community Resource and Referral

- Phone 235-7747
- Website <http://kcfc.pacthawaii.org>

Hawaii Parental Information and Resource Center (HPIRC)

<http://www.hawaiiipirc.org>

Home Instruction for Parents of Preschool Youngsters (HIPPY)

<http://www.hippyusa.org>
<http://www.hawaiiipirc.org>

Youth Leadership Program

- King Intermediate School

Family Center Services

- Family Support

Neighbor-2-Neighbor Youth Tobacco Prevention

- Koolau Village
- Kulana Nani

Volunteer & Community Service Learning Opportunities

- Clerical and Program Support
- Special Event Child Care

The *Family Center News* is printed monthly by the Kaneohe Community Family Center (KCFC), a program of Parents And Children Together (PACT).

Please direct questions, comments and suggestions to:

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Keiki Carnival

Calvary Preschool

Saturday, April 14th

10:00 a.m. - 2:00 p.m.

Fun for the whole family!

Inflatables, Keiki ID,
silent auction, petting zoo,
pony rides, plant sale,
bake sale, games and
prizes, live entertainment
and much more!

For information,
call Calvary Preschool
at 235-4833.

Across the street from
McDonald's in Windward City
Shopping Center.

JUVENILE LAW IN HAWAII

April 19, 2007, 6:30 - 8:30 pm

Castle High School Library

Presented by: HPD

Informational workshop about juvenile laws in Hawaii. Workshop will cover laws about curfew, truancy, run-aways, and drugs. Families are welcome.

To register, call Kaneohe Community Family Center, 235-7747.

DRUGS OF ABUSE IN HAWAII

April 26, 2007, 6:30 - 8:30 pm

Castle High School Library

Presented by: Keith Kamita, Chief,
Hawaii Narcotics Enforcement Division

* Drug Identification

* Signs of drug abuse

Due to the nature of content, adults only.

To register, call Kaneohe Community Family Center, 235-7747.

Website of the Month

www.highlights.com

Find fun online games, interactive stories, e-cards, and more. Parents shop for quality educational products or visit Parent's Corner for family ideas and activities.

KCFC thanks the Castle High School Key Club for their help folding newsletters!

April

1st - 7th **Easter Bunny Photos**, Hippy, hoppity Easter's on its way! Windward Mall, Lower level near Sears. Check <http://www.windwardmall.com/?doc=2> for schedule of times.

1st - 29th **The Cherry Orchard**, HPU, Paul & Vi Loo Theatre presents, The Cherry Orchard, a comedy-drama of timeless, bittersweet beauty. Located on the Windward Hawaii Loa campus. Performances are Thursdays @ 7:30 pm, Fridays & Saturdays @ 8:00 pm, and Sundays @ 4:00 pm. For reservations call, 375-1282.

2nd **Community Works in 96744 Mtg.**, 5pm - 7pm at Queen Liliuokalani Children's Center. 235-7747.

4th **Oogles'N Goggles Preschool Family Night**, "Bugs & More Bugs," 6 pm, Kaneohe Public Library, 233-5676.

4th **Kaneohe Bay Regional Council Meeting**, 6:30pm - 9:30pm, WCC, Hale Akoakoa, Rm. 105

5th - 22nd **42nd Street**, Broadway's legendary musical comedy classic! Let those happy, dancing feet tap right into your heart. Castle Performing Arts Center, Ronald Bright Theatre, tickets on sale now, call 233-5626.

6th - 8th **Good Friday & Easter**, Library closed.

10th **Windward Community Children's Council Monthly Meeting**, 6pm - 7:30pm, Windward Dept. of Health Conf. Rm. Open to all parents and guardians of special needs children. 586-5363.

11th **Kahaluu Neighborhood Board Mtg.**, 7pm, KEY Project, 527-5749.

12th **Kids Hurt Too, Healing Young Hearts Support Group**, 6pm - 8pm, Queen Liliuokalani Children's Center, 735-2989.

12th **Koolauloa Neighborhood Board Mtg.**, 7pm, Hauula Community Center, 527-5749.

14th **Alzheimer's Support Group** 10 am - 11:30 am, Kaneohe Community Family Center. Learn more about Alzheimer's and resources, 239-1552.

16th **Ohana Food Distribution**, 3pm - 4:30 pm at KEY Project, Kahaluu.

18th **Grandparents Raising Grandchildren** 9am, Queen Liliuokalani Children's Center. Call Bernie at 235-7613 for info. about this month's activities!

19th **Kaneohe Neighborhood Board Mtg.**, 7 pm at WCC, Akoakoa, Rm. 103 - 105.

24th **Wonderful World of Cultures**, 6pm - 8pm at WCC, Hale Akoakoa. Call 235-7747 to register. See front of newsletter.

26th **Kids Hurt Too, Healing Young Hearts Support Group**, 6pm - 8pm, Queen Liliuokalani Children's Center, Cynthia White, 735-2989.

28th **Alzheimer's Workshop III**, 10am - 12pm at WCC. Caregiver's Coping Skills & Taking Care of Yourself. FREE, call 235-7433 to register.