



# Kaneohe Community Family Center (KCFC) Family Center News

E-mail us at:  
kcfc@pacthawaii.org  
Website:  
<http://kcfc.pacthawaii.org>

*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, Keiki O Ka Aina, Inc.,  
the U.S. Department of Education Office of Innovation and Improvement, Parent Options and Information, HCDCH and Hawaii Community Foundation.*

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*The Kaneohe Community Family Center will facilitate the strengthening of families and communities from Kaneohe to Kualoa by enabling them to identify and use their own and other resources to improve their quality of life and sense of community*

## Get Ready for the School Year Ahead!



Summer is just about over, and it's time to get ready for the coming school year. Whether your child is beginning school for the first time, entering a new grade, or attending a new school, the month of August can be a bit stressful for the entire family. Here are a few tips to make the transition from summer to school a little smoother, and to start the school year on the right foot.



Transition your child into a consistent school night routine 1 or 2 weeks before school starts. Establish a reasonable bedtime so that they are well rested in the morning.



If your child is starting a new school, visit the school before the first day so that he/she is familiar with the campus.



Make sure there is a quiet place that is free of distractions to do homework. Set rules for when homework and studying need to be done, when the TV can be turned on, and when it should be turned off.



Have children organize and set out what they need for the school day the night before, i.e., homework and books put in their backpacks by the front door, and clothes laid out in their bedrooms.



Make sure the school knows of any medical conditions your child may have. Make arrangements with the school nurse to administer medications your child might need on the first day or regularly throughout the school year.

Most of all, whether it's the first day of school or the last, make sure your child knows you're there to listen to his or her feelings and concerns, share in achievements, and that you don't expect perfection.

*Adapted from "Back to School" <http://kidshealth.org>*

## Back-to-School Dates

### Ahuimanu Elementary

Thursday, July 28th 1st - 6th grade  
Monday, August 8th Kindergarten

### Benjamin Parker Elementary

Tuesday, August 23rd 1st - 6th grade  
Monday, August 29th Kindergarten KAMP  
Thursday, September 1st Kindergarten

### Castle High School

Wednesday, August 24th Freshmen  
Thursday, August 25th All Students

### Heeia Elementary

Wednesday, August 24th 1st - 6th grade  
Wednesday, August 24th Kindergarten KAMP

### Kahaluu Elementary

Thursday, July 28th K - 6th grade

### Kaneohe Elementary

Thursday, July 28th K - 6th grade

### Kapunahala Elementary

Wednesday, August 24th 1st - 6th grade  
TBA Kindergarten

### King Intermediate School

Friday, July 29th New Student Orientation  
Monday, August 1st All Students

### Puohala Elementary

Thursday, July 28th 1st - 6th grade  
Monday, August 1st All Students  
Monday, August 8th Kindergarteners

### Waiahole Elementary

Thursday, July 28th 1st - 6th grade  
Thursday, July 28th Kindergarteners

Starting with the 2006-2007 school year, all public schools statewide, excluding multi-track schools and charter schools will be on a single school calendar!



**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  
(HIPPI)**

<http://www.hippyusa.org>

**LEADERSHIP & RESILIENCY  
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:

The Kaneohe Community Family Center  
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E-mail: [kcfc@pacthawaii.org](mailto:kcfc@pacthawaii.org)

KCFC Staff:

Christina Simmons, *Family Center Program Director*

Gordon Miyamoto, *Site Coordinator*

Jolene Chang, *Administrative Assistant*

Mariko Oshiro, *PIRC Coordinator*

Sunshine Michael, *HIPPI Coordinator*

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Holland Henderson, *Program Coordinator*

Leah Gamba, *Group Facilitator*

Brooke Oleneack, *Group Facilitator*

Stacey Schiller, *Group Facilitator*



**Mahalo to all of the vendors,  
entertainers, and hosts for making**

**Day on the Bay 2005 a success!**

**Thank you to the wonderful  
volunteers for giving so generously  
of their time and energy, and  
to all of the organizations for their  
dontaions.**

**Thank you also to the families, friends,  
and community members who came to  
take part in the fun!**



**Volunteers Needed!**

**HIPPI  
(Home Instruction for  
Parents of Preschool  
Youngsters)  
in Kaneohe needs  
volunteers to help with  
group meetings.**

**Volunteers are needed  
as early as September.  
Please contact Sunshine  
at 235-9779.**

**Need help with a legal issue  
but can't afford it?**

**Legal Aid Society  
of Hawaii  
Kahaluu Office**

*Assisting with Family, Consumer, and  
Public Benefits Law*

47-200 Waihee Road #104

Tel. 536-4302

<http://www.legalaidhawaii.org>

**Intake Hours:**

Mon. - Fri. 9 - 11:30 a.m. & 1 - 3:30 p.m.

**Website of the Month**

**Fact Monster**



<http://www.factmonster.com>

• Fun facts and trivia on world news,  
• geography, outer space, math & money,  
• sports, holidays, and much more!

**AUGUST**

- 1st Community Works in 96744** 5:30 p.m. Queen Liliuokalani Children's Center. 235-7747.
- 5th, A Chorus Line** 8 p.m. on the 5th and 6th; 2 p.m. on the 7th. Castle & Performing Arts Center. Tickets are \$15 - \$20. Call 233-5626 for more information and box office hours.
- 7th Windward Community Children's Council** 6 - 7:30 p.m. Health Office 586-5363.
- 11th OGYA Grief Support Group for & Children, Teens & Family** 6 - 8 p.m. Queen Liliuokalani Children's Center. CynthiaWhite 735-2989.
- 25th Hawaii Dragon Boat Festival** Ala Moana Beach Park. Teams from around the world race in festive dragon boats across a 500 meter course. Ethnic food booths, crafts, entertainment, and cultural exhibits. Sun Hung Won 595-6417.
- 17th Grandparents Raising Grandchildren** 9 a.m. Queen Liliuokalani Children's Center. All grandparents welcome. Bernie 235-7613.
- 18th Ohana Food Produce Distribution** 3:00 - 4:30 p.m. KEY Project. 47-200 Waihe'e Rd. Distribution is on a first-come, first-served basis and is coordinated by several churches and social service organizations in Kahaluu. Erlinda 239-5754.
- 18th Kaneohe Neighborhood Board** 7 p.m. WCC (Hale Akoakoa, Rm. 103-105) 523-4815.
- 19th Statehood Day Holiday**
- 19th Castle High School Class of '74 to Reunion.** For registration or more information, please call Bridgett at 671-5601.
- 21st The Scene** Windward Mall. Check out all kinds of products for school. Samples, entertainment and prizes.
- 25th Aloha Festivals Royal Court Investiture** 5:30 p.m. Honolulu Hale. Aloha Festivals King, Queen, Prince, and Princess assume their places on the royal court. Chants and Hula Kahiko will be performed. 589-1771.
- 26th Toddler Activities with Families for R.E.A.L.** Windward Mall 10 a.m. - 1 p.m. Center Court
- 27th Community Stewardship Day at Waikalua Loko Fishpond** For more information, contact Shannon Wood at 247-6366.
- Sponsoring a free or low cost event that may be of interest to Kaneohe families? Submit information for the KCFC calendar by the 15th of each month.  
Fax 235-7748. [kcfc@pacthawaii.org](mailto:kcfc@pacthawaii.org)