



PACT

KANEOHE COMMUNITY FAMILY CENTER

A PROGRAM OF PARENTS AND CHILDREN TOGETHER

Family Center News

A partnership of Parents And Children Together(PACT) and the Department of Education, Castle Complex; partially funded by the State of Hawaii Department of Human Services and Department of Health, Alcohol and Drug Abuse Division through Federal Substance Abuse Prevention and Treatment (SAPT) Block Grant funds; and the U.S. Department of Education Office of Innovation and Improvement.

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HAPPY HA HA HO LIDAYS



Even though there is a lot to do at this time of year, we can smile through it all. Smiling improves mood, reduces stress, improves creativity, boosts immunity and works even if you are faking it. It is also free! Drug companies would love to have a drug with so many benefits and no bad side effects. If smiling seems hard to do at the moment, think of something or someone that makes you smile. When others see you smiling they feel better too and smile back. You can start a chain reaction of smiles. Try it as an experiment: walk through a mall or store with a blank look or a frown and then do it again with a happy smile. Notice how people act around you both times. It is more fun the second time, right?

Now that you are smiling, why not talk to the person next to you? Even if that person is a stranger in a store, just comment on the decorations or the music. Making even simple connections with others helps us feel cheerful.

Stress can be bad or good. Too much stress causes health problems but stress can also tell you when something is wrong and must be corrected. Thirst or sensing danger are examples of good stress. Almost everything we do creates a certain amount of stress. Tension builds up unless we continually take happy breaks. Here are just a few samples.

- Sing in the shower. It does not matter how your voice sounds; you are not auditioning for a record contract. Make up happy words and just sing loud!
- Make up a game. How many green cars will you see before you get to work? First, take a guess and then see how close you came. How long can you hold your breath? Watch a bird and imagine what it is like to be that bird. What do you see while flying in the sky? What looks good to eat? Need help thinking of a game? Ask a five year old. They are masters.
- Go for a walk or a run. You will feel better and be healthier.
- Celebrate: the sun, the rain, that you have pants, anything and everything. You will find life mysteriously gets better and you will teach your children to be positive and resilient just by example. Have an attitude of gratitude!
- Breathe! Take slow, deep breaths while smiling.

Windward Community Holiday Festival

For our windward houseless & resident families on free and reduced lunch program.

Friday, December 16th
10:00am - 3:00pm
Benjamin Parker Elementary

Come join the fun! Special holiday meal! Keiki activities, prizes, entertainment, games, goodies & gift bags. Sign up for meal tickets - please call 223-5318. RSVP by 12/10/11.

SEVEN TIPS

FOR CONNECTING WITH YOUR TEEN

COMMUNICATE BEFORE PROBLEMS START

- Have important discussions now, before there is blaming, anger, or punishments.
- Agree on a time to start talking together about the dangers of alcohol.

DISCUSS RULES AND CONSEQUENCES

- Explain how you expect your son or daughter to act, and why.
- Tell your teen plainly that you do not want him or her drinking.
- Agree on consequences for broken rules.

SHOW YOU CARE

- Gently touch your teen on the arm or back to show affection.
- Tell your teen you love them and want them to be healthy and safe. Explain that is why you need to talk together about the dangers of underage drinking.

PAY ATTENTION

- Even when life gets hectic, take time out to listen to your teen.
- Monitor where your teen is and what your teen is doing, constantly.

SHARE FAMILY ACTIVITIES


- Have dinner together at least three times a week.

GIVE AND GET RESPECT

- When your teen talks to you, listen and reply respectfully.
- Insist that your teen treat you with respect, too.

ENFORCE CONSEQUENCES CONSISTENTLY

- If your teen breaks the rules, stay calm and enforce the consequences.

Visit  **madd** www.madd.org to get more information about addressing underage drinking.



Christmas Parade

Saturday, December 3, 2011

9am to 11am

"Christmas Dreams Come True"

Welcome in the holidays with this great parade planned for your family! This year marks the 49th annual event. Castle Complex Superintendent, Lea-Albert is this year's Grand Marshall! Local school marching bands, floats, and of course Santa. It will start out at Windward Mall and Haiku Rd., and proceed along Kamehameha Hwy. to Kaneohe Bay Dr., ending at Castle High School.



Parent's Guide To The 5Rs



Relationships

Valuing the benefit of working and playing together.

Live It! Spend quality time with your family and friends. Make sure they know you appreciate them.

Know It! Listen to your children and ensure that your body language is open and receptive to what they are sharing with you.

WEBSITE OF THE MONTH:

www.maddhawaii.org

Did you know that teen alcohol use kills about 6,000 people each year, more than all illegal drugs combined?



THE WINDWARD CHORAL SOCIETY'S
"Tis the Season!"
 4TH ANNUAL HOLIDAY CONCERT
Saturday, December 10th at 7:00pm
 First Presbyterian Church Ko'olau
 Parking and concert are FREE.
 45-550 Kionaole Road., Kaneohe

Kaneohe Library will be hosting two Holiday Craft Programs

Sunday, December 4th, at 2 pm
 Furoshiki: Alternative Gift Wrapping Workshop. Learn to use a simple square fabric to wrap a variety of gifts.

Monday, December 5th, at 6:30 pm
 there will be a workshop to create a Woven Heart Ornament/Basket. Easy, fun to make, and perfect for a holiday gift. **Space is limited so register at 233-5674.**

KCFC can help you with:

- Community resources and referrals
- Education resources for parents and professionals

www.hawaiiipirc.org

- Volunteer & community service
- Community Works in 96744

Coalition to Strengthen Families and

Prevention of Underage Drinking

For more information call 235-7747.

KCFC Staff:

Christina Simmons, Program Director

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Leilani Roth, Program Assistant

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

Please direct questions, comments and suggestions to:

The Kaneohe Community Family Center
 King Intermediate

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Windward Holiday Craft Fair
 and Taste of Castle
Sunday, December 4
10:00 - 2:00pm
Castle H.S. Cafeteria



Crafts! Food! Lots of door prizes! Hand-made jewelry, original design T-shirts, quilts, personalized embroidered items, koa and mango hardwood bowls, original artwork, original Hawaiian motif items, ceramics, bath & body products, and much more.
Scholastic Book Sale, 9am - 3pm, 50% off everything! P23 across from cafeteria.



Saturday, December 10th
8:00 - 9:30am

Kualoa will host breakfast with Santa. The morning will be filled with entertainment and holiday crafts for the keiki. Twenty minute trolley rides through the breathtaking ranch. Proceeds will benefit Kualoa's Big Brothers Big Sister's scholarship fund. \$20

Windward Year End Craft Fair
Sunday, December 11th

Heeiea Elementary School

46-202 Haiku Rd., Kaneohe, across Windward Mall

8:30am - 3:00pm

Handmade crafts, gift items from jewelry to plants for the Christmas Season. 100+ booths.

Got Questions About Castle HS Upcoming 2012-13 Registration? What are small learning communities? What academies will CHS offer next year? Will we have 'honor classes'? What about AP classes, Special Education students needs? How will these changes benefit my child? Attend a parent information night. Complimentary dinner. Attend this parent info. night on **Wednesday, December 14th at 6:00pm. 233-5600 x2290**

Imaginarium
 The Hokulani
 Windward Community College

December 16 @ 7pm and 17 @ 10am & 7pm
Star of Bethlehem The Magi's Story



To make reservations call 235-7433.

12/9 - Origins of Life, 7pm show

12/14 - Stargazing, 7pm show

Thank you all for your generous time and contribution to the Baskets of Blessings!

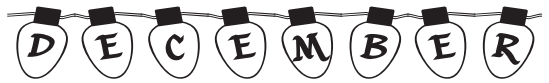
We were able to provide food baskets to 300 families in the Kaneohe community!

HOLIDAY WISHES

Wishing you peace and joy in the New Year!

From all of us at the

Kaneohe Community Family Center!



ywca On going registration for wellness classes Mon/Wed, Tues/Thurs Tai Chi, Yoga, Karate; registering for swim classes from 11/28-12/15. For more information 247-2124.

1-4 Christmas Fantasy Gallery, 10:00am - 6:00pm at WCC, Hale Palanakila. Arts and crafts made by students and community members including prints, paintings, fiber art, jewelry, greeting cards, Christmas decorations, and much more.

3 Scholastic Book Fair, 9am - 1pm at Castle HS. Buy 1, get 1 of equal or lesser value free!
Le Jardin Academy Christmas Craft and Gift Fair, 9 am - 4 pm. Come and enjoy hand made gifts, food booths, jewelry, wood crafts, and even get your family Christmas photo taken!

6 Ohana Food Distribution, 2:30 - 4:00pm at K.E.Y. Project, Kahaluu.

Oogles 'n Googles, Preschool Activity, 10:15am at Kaneohe Public Library.

7 Plant Sale, 9am - 4pm at WCC, Hale Uluwehi greenhouse. Vegetables, herbs, ornamentals and native plants.

8 Huikakoo (Grief Support Group), 5:30 - 8pm at QLCC. Call Kristi at 235-7613.

Song Tales for Preschoolers: A Musical Story-time, 10:15am at Kaneohe Library.

9 Ceramics Club Winter Sale, 9am - 7pm at WCC, back of Hale Palanakila.

9-11 Babes in Toyland, a Diamond in the Rough production at Paliku Theater. A holiday musical. The whole gang of Mother Goose place their hope in the Toymaker to save their home and set out for Toyland. Call 866-967-8167 or www.showtix4u.com for tickets.

10 Alzheimer's Support Group, 10 - 11:30am at KCFC. Call Melany at 235-7747.

Ceramics Club Winter Sale, 9am - 3pm at WCC, back of Hale Palanakila.

13 Windward Community Children's Council Mtg., 6 - 7:30pm at Windward Comprehensive Health Center, Health Conf. Rm. Open to all parents and guardians of special needs children. Call 586-5370.

14 Ohana Caretakers Support Group, 9 - 11am at QLCC. Relatives caring for children. Call Robin at 234-2207.

Kahaluu Neighborhood Board Mtg. 7pm at K.E.Y. Project, Kahaluu. Call 527-5749.

15 Kaneohe Neighborhood Board Meeting, 7pm at Ben Parker, Cafeteria. Call 523-4815.

19 Ohana Food Distribution, 1:00pm is registration and distribution starts at 2:30pm. "First come, first served" at K.E.Y. Project, Kahaluu.

20 Pre-School Nature Hour, 10:30am at Ho'omaluhia Botanical Gardens. "Chocolate" Activities include stories, crafts and nature hikes. Bring lunch. Call 233-7323.

25 Christmas Day Holiday



School Community Council Meetings (SCC)

Ahuimanu	12/13	@ 2:30	Library
Ben Parker	12/6	@ 2:30	Principal Off.
Castle H.S.	12/6	@ 5:30	Admin Conf Rm.
He'eia	12/8	@ 6:00	Library
Kahalu'u	12/5	@ 3:00	Library
Kaneohe	Please call the school 233-5633		
Kapunahala	12/8	@ 4:00	Office
King Int.	12/21	@ 4:00	Office
Puohala	12/1	@ 5:00	Library
Waiahole	12/15	@ 2:15	Library