



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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## Drug-Free Hawaii Awareness Month

Drug-Free Hawai'i Awareness Month is a state-wide substance abuse awareness campaign implemented every February to promote a healthy, productive, and drug-free lifestyle for every individual, family, and community member. The special events include the Ola Pono Awards and the Hawaiian Style Backyard Jam. For more information call, Coalition for a Drug-Free Hawaii at 545-3228.

### hawaii 5210 Let's Go! Takes Off

This month, Hawaii health care providers and health educators will be launching a new public health campaign to educate parents on ways to raise healthy kids and healthy families. Pediatricians, health care clinics and schools will be distributing materials that explain how parents can make small changes at home that can make a big difference in their child's health. Healthy living can be challenging at times so we encourage everyone to start small, think big, and take one step at a time.

#### Simple Steps for a Healthy Ohana

##### **Eat Healthy ~ 5 Fruits & Vegetables**

Fruits and vegetables, including root vegetables such as taro (poi) and sweet potato, are packed with nutrients. To get the amount recommended, most of us need to increase the amount of fruits, roots and veggies we currently eat.

##### Healthy Tips

- A. Be a role model – include at least one fruit, root, or vegetable at every meal and snack.
- B. When possible, avoid frying – try steaming, baking, stir-frying.
- C. Try-A-Bite rule – offer new fruits, roots and veggies and encourage everyone in the family to try a few bites each time. It can take 7 to 10 tries to like a new food.

##### **Watch Less ~ 2 Hours of Screen Time**

Two hours or less of computer, video and TV screen time is recommended for children. Increased screen time has been linked to lower reading scores, behavioral problems and unhealthy weight.

##### Healthy Tips

- A. Encourage your whole family to decrease screen time to 2 hours or less each day.
- B. Keep the TV and computers in a central location and out of your child's bedroom.
- C. Enjoy your family – turn off the TV when eating and talk about the day.

##### **Play More ~ 1 Hour of Physical Activity**

Activity that makes your heart pump faster and your body breathe harder makes you strong, helps you feel good and think clearly. Kids in active families are more likely to be active adults.

##### Healthy Tips

- A. Take gradual steps to increase your physical activity level.
- B. Do short amounts of activity several times a day until they add up to 60 or more minutes each day.
- C. Physical activity should be fun – swimming, surfing, paddling, walking, running, dancing, gardening and yes, even vacuuming!

##### **Cut Down ~ 0 Sugary Drinks**

Sugary drinks such as soda, sweetened tea, sports drinks, fruit punch and other fruit-flavored drinks have little nutritional benefit. Sweetened beverages add empty calories, about 150 calories and 9 teaspoons of sugar per 12 oz. can of soda.

##### Healthy Tips

- A. Encourage your family to love water. Serve it. Choose it. If it's there, people will drink it. And remember water has no calories.
- B. Be wary of commercials. Juice products labeled “-ade,” “drink” or “punch” often contain mostly corn syrup sweetener and less than 5% real juice.
- C. For kids 2 years and older, encourage fat free or low fat milk rather than whole milk.

For more information go to [www.hawaii5210.com](http://www.hawaii5210.com)

### **LIVE ALOHA, LIVE DRUG-FREE**



Sunday,  
February 27<sup>th</sup>

The **Island Heritage 11th Annual Backyard Jam** will be held noon to 5 pm, at Kapi'olani Park Bandstand. This FREE concert and fair invites families to spend time together and enjoy a day of music, keiki activities, ono grindz, and learn about healthy choices.

## Parent's Guide To The 5Rs



### Relationships

Valuing the benefit of working and playing together.

**Live It!** Encourage your children's friends to spend time in your home so that you can help them develop positive friendships.

**Know It!** Listen to your children so they learn to listen to you and other adults.



## Annual Preschool Parent Child Fair

Saturday, February 5<sup>th</sup>

Windward Mall, Center Court  
10:00 am - 12:45 pm

Celebrate the Month of the Young Child! FREE hands-on educational activities for infants, toddlers and up to 8yrs. old. Activities include Keiki ID, informational resources for parents, painting, Playdoh, make-n-take art, Kindergarten registration and more. Entertainment by Ahuimanu Chorus.

For additional information, contact Judy Mailheu at 233-5717 x268.

### KCFC can help you with:

- Community resources and referrals
  - Education resources for parents and professionals  
[www.hawaiiipirc.org](http://www.hawaiiipirc.org)
  - Family support
  - Volunteer & community service
  - Community Works in 96744  
Coalition to Strengthen Families  
Prevention of Underage Drinking
- For more information call 235-7747 or visit [www.kcfc.pacthawaii.org](http://www.kcfc.pacthawaii.org)

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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Ph. 235-7747 Fax 235-7748  
E-mail: [kcfc@pacthawaii.org](mailto:kcfc@pacthawaii.org)

### KCFC Staff:

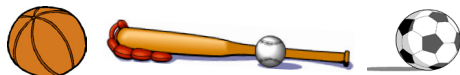
Christina Simmons, *Program Director*  
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Jolene Chang, *Administrative Assistant*  
Leilani Roth, *Program Assistant*  
Wanda Valencia, *Program Specialist*  
Jadine Yonemitsu, *Program Coordinator*

## YEAR OF THE RABBIT

CHINESE NEW YEAR - FEBRUARY 3<sup>RD</sup>

1915		1963
1927		1975
1939		1987
1951		1999

People born in the Year of the Rabbit are articulate, talented, ambitious, virtuous, reserved, have excellent taste and are admired, trusted, and often financially lucky.



### DOUBLE-GOAL COACH:

#### Culture, Practice and Games

Sponsored by Community Works in 96744  
For coaches and others who work with youth in the 96744 zip code area. Facilitators from Positive Coaching Alliance will help you to create a team culture of excellence. The course will focus on how to create dynamic practices and strategies for getting the most from your athletes before, during and after the game. Provide an environment for athletes to love their experience with sports, and reach their potential.

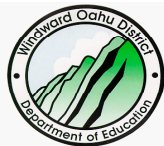
Monday, February 10, 2011

6:30 - 8:00pm

He'eia Elementary Cafeteria

46-202 Haiku Rd.

Any questions and to RSVP by 2/7 call Linda at 233-7306 or Cynthia at 235-7747.



## Have a Voice in Our Keiki's Education

A Castle Complex Community Council (C4), is being created to discuss issues that concern all ten schools as a result of the Education Summits. The C4 forum involves all school community council role groups to review data, dialogue and decision shaping that will impact student achievement and school improvement.

The election for the C4 will be held on **Saturday, February 26, 2011, from 8:30 a.m. to noon at Ben Parker Elementary Cafeteria.** Anyone interested in our keiki's education is invited to attend, give input, help the C4 move into action, and assist in shaping the important decisions ahead for the Castle Complex schools and our children's education. If you have any questions please call Rosey Potts at 233-5727 x247.

A big *Mahalo* to the Castle HS KEY Club for folding our January newsletters during their Winter break!

## February *Be My Valentine!*

- Ohana Food Distribution,** 3 - 4:30pm at K.E.Y. Project, Kahaluu.
- Community Works in 96744,** 5pm at Kaneohe Community Family Center. Find out more about resources in the community and prevention of underage drinking. Call 235-7747 for more information.
- Windward Community Children's Council Mtg.** 6 - 7:30pm at Windward Health Center-Conf. Rm. Open to all parents and guardians of special needs children. Call Willy at 586-5363.
- Windward Homeless Coalition Mtg.** 4:30pm at KCFC. Call Cynthia at 235-7747.
- Ohana Caretakers Support Group,** 9 - 11am at QLCC. Relatives caring for children of extended families. Call Robin at 234-2207.
- Kahaluu Neighborhood Board Mtg.** 7pm at K.E.Y. Project, Kahaluu. Call 527-5749.
- Huikakoo (Grief Support Group),** 5:30 - 8pm at QLCC. Call Kristi at 235-7613.
- Song Tales for Preschoolers:** A Musical Storytime, 10:15am at Kaneohe Library.
- Alzheimer's Support Group,** 10 - 11:30am at KCFC. Call 225-9377.
- Valentine's Day**
- Kaneohe Neighborhood Board Mtg.** 7pm at Kaneohe Community Senior Center. Call 523-4815.
- Oogles 'n Goggles, Preschool Activity,** "International Explorers" at 10:15am at Kaneohe Public Library.
- President's Day - Holiday**
- Election for the C4,** 8:30am -12pm at Ben Parker El. Cafeteria.

### WEBSITES OF THE MONTH: [www.notmykid.org](http://www.notmykid.org)

Information for families, educators and students. The challenges kids and families face today are complex and have the potential to devastate lives and derail futures. The average age a child will first try drugs is 13. Studies indicate that people who reach 21 without engaging in destructive behaviors are likely to never do so, which is why we passionately educate about current trends, warning signs and the long-term impact of destructive behaviors. We believe proactive prevention on the part of kids, families and communities is the answer to long-term success.

### Homework Help

#### Family Education

<http://school.familyeducation.com/homework/activity/34550.html>

**School Community Councils (SCC)** are forums for open discussion and problem-solving to improve student achievement.

Ahuimanu	2/8 @ 2:30	Library
Ben Parker	2/1 @ 2:30	Principal Off.
Castle H.S.	2/1 @ 5:30	Admin Conf Rm.
He'eia	2/3 @ 6:30	Library
Kahaluu	2/7 @ 3:00	Library
Kaneohe	Please call the school 233-5633	
Kapunahala	2/17 @ 4:00	Teacher's Lounge
King Int.	2/16 @ 4:00	Admin Conf. Rm.
Puohala	2/3 @ 5:00	Library
Waiahole	2/17 @ 2:15	Library