

Kane`ohe Community Family Center (KCFC) Family Center News

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

Five Steps to Ease Back-to-School Jitters



It is normal for children of all ages to experience some degree of back-to-school jitters. To understand how they may be feeling, imagine how you might deal with changing jobs. Below are five tips to help ease the transition back to school:



Set the stage. Shopping for school supplies and clothes should be fun, but overdoing this can either bore or scare kids. Instead, spend more time thinking together about designated study times and places for important things such as reading and homework.



Visit campus. Even if your child knows the school well, it still feels good to get re-acquainted. Find your child's new classroom and go over any schedule changes together. Encourage your child to reconnect with pals they may not have seen over the summer.



Don't clean the slate. Fresh starts are so promising that we tend to overdo them. Wait a while to reassign chores renegotiate allowances and schedule afterschool sports and activities. Too much too soon can be overwhelming. Focus on the start of school, and revisit the other issues after the kids feel more settled.



Lend an ear. Listen to your child's worries and don't minimize or dismiss them. These fears are real to your child.



Meet the teacher. When parents and teachers have regular discussions about school and home events, kids feel a more trusting connection with the school as a whole, and tend to try harder both socially and academically. Be sure to meet the teacher at the start of school or at open house.

Adapted from Back to School in Six Easy Steps, <http://school.familyeducation.com/back-to-school/parenting/38700.html>



Kaneohe Day on the Bay 2006!

"Drug-free in Diversity"

Saturday, July 22, 2006 10 a.m. - 3 p.m.
Kokokahi YWCA

Volunteers Needed!

- *Set-up/Clean-up
- * Parking and traffic control
- * Information Booth
- * Stage Hands
- * Hospitality
- * Ride Assistants

Space for Craft Vendors Available!

To volunteer or for more information, please contact the Kaneohe Community Family Center @ 235-7747.



Summer Loss in Math and Reading Skills

Students lose an average of 1 - 3 months of grade level equivalency in reading and mathematical computation over the summer. Use the month of July to help children sustain reading and math skills.

- Read together everyday
- * Help your kids keep a summer scrapbook, complete with captions
- * Write postcards to friends and relatives together
- * Make up math problems in the car and at the dinner table
- * Ask the kids to make change at the drive-thru
- * Practice the multiplication tables by making each point in a basketball game worth 7 points (or 8 or 9)

<http://www.readingrockets.org>

Castle Complex Start Dates for School Year 2006 - 2007

Ahuimanu Elem.	7/31/06	Heeia Elem.	7/28/06	Ke Kula O Kamakau	7/27/06
Ben Parker Elem.	7/28/06	Kahaluu Elem.	7/28/06	King Inter.	7/28/06
Castle High	7/28/06	Kaneohe Elem.	7/31/06	Puohala Elem.	7/28/06
Hakipuu	7/31/06	Kapunahala Elem.	7/28/06	Waiahole Elem.	7/28/06

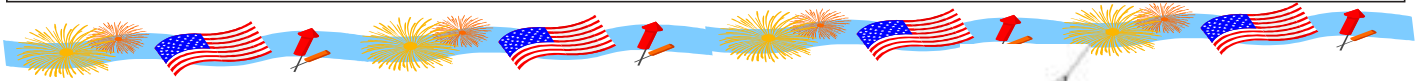
Patriotic Wind Sock

Materials:

- Cylindrical cardboard oatmeal box
- Construction paper (blue and white)
- Red and white crepe paper streamers
- Glue
- String
- Scissors
- Hole punch

Directions:

1. Cut the bottom off of the oatmeal box. Cover the box with blue construction paper and then glue on white construction paper stars.
2. Cut red and white crepe paper streamers and glue or staple them to one end of the wind sock.
3. Punch four holes along the top of the wind sock.
4. Cut two pieces of string about a foot long. Tie the strings to the wind sock. Tie a longer piece of string to the smaller pieces. You'll hang the wind sock from this piece of string.



**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>
<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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Jenny Fremgen, *HIPPI Home Visitor*
Holland Henderson, *Program Coordinator*
Angela Sanderson, *Project Specialist (Youth)*

Makahiki Fun Fair

Saturday, July 8, 2006

9 a.m. - 12 p.m.

Kaneohe District Park
45-660 Keaahala Road



Join the fun! Games, pool activities, canoe rides, prizes, and entertainment by the summer fun programs. There's something for everyone, so bring the entire family!



Sponsored by the Kaneohe Lions Club for the benefit of the parks in the Kaneohe Complex

**Queen's Medical Center
Keiki Car Seat Fitting Station**

July 12th & 26th



Is the car safety seat for your keiki safe? Are you using it correctly? Call 537-7117 for a free appointment.

Family Program Classes



Classes are open to anyone who has an addicted family member or close friend, and focus on communication skills and intervention.

Mondays 6 - 7:30 p.m.
Thursdays 7 - 8:30 p.m.

Call 236-2600 for more information

**Want a job
or business?**

Call 842-7093 today!

**Economic Development
Center**



1485 Linapuni St.
Honolulu, HI 96819

Site of the Month

Family Education



<http://www.familyeducation.com>

Health and nutrition for moms * New mom survival strategies * Busy mom's toolkit * Parenting Tips

JULY



6/30 thru 4th BayFest 2006 Entertainment, concerts, watersports, Island Lifestyle Expo, carnival and rides, car shows and displays. For hours and more information, call the BayFest Hotline at 254-7679.

4th HAPPY FOURTH OF JULY!

4th Kailua Fourth of July Parade 10 a.m. Begins at Kainalu Drive and continues on to Kailua District Park. Community picnic to follow. Fireworks will light the sky at Kailua Beach after sunset. 261-2727

5th Oogles 'N Goggles Preschool Family Night 6 p.m. Kaneohe Public Library. Designed for families with young children to spend time reading, playing, and socializing together. 233-5676

8th Makahiki Fun Fair 9 a.m. - 12 p.m. upper parking lot, Kaneohe District Park. Games, pool activities, canoe rides, prizes, and entertainment. 233-7311

8th Alzheimer's Support Group 10 - 11:30 a.m. Kaneohe Community Family Center. Learn more about Alzheimer's and the resources that are available to your family. 239-1552

9th Uncle Doug and His Rainbow Pigeons 2:30 p.m. Kaneohe Public Library. Learn about pigeons, then let them fly...and come back again! 233-5676.

10th Community Works in 96744 5 p.m. Queen Liliuokalani Children's Center. 235-7747

13th Kids Hurt Too, Healing Young Hearts & Support Group 6 - 8 p.m. Formerly known as OGYA Grief Support Group. Queen Liliuokalani Children's Center. Cynthia White 735-2989.

20th Kaneohe Neighborhood Board 7 p.m. at WCC Hale Aokoaka, Rm. 103-105. 523-4815

22nd Kaneohe Day on the Bay 10 a.m. - 3 p.m. Kokokahi YWCA. Entertainment, rides, sailing, crafters, resources. For more information, please call 235-7747.

23rd Stories and Magic with Ronald McDonald 2:30 p.m. Kaneohe Public Library. 233-5676

25th Windward Homeless Coalition Bi-Monthly General Membership Meeting 9:30 - 11:30 a.m. KEY Project. For more information about the organization and the services it provides, call 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 thanks the Castle High School Key Club for their help folding newsletters!