



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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## Get Your Family Started on a Healthier Lifestyle

Summer vacation is a great time to start something new. Get your family on track for a healthy lifestyle by making a few changes during the summer. Children need to eat healthy foods and get adequate exercise to maintain good health and do their very best at school. Two great ways to instill a healthy diet is to make sure everyone eats breakfast daily and has healthy snack foods throughout the day. Keeping everyone active is also very important for their health and well being. One of the best things a parent can do to help improve their child's health is to be a positive role model. Whether it is staying active or eating a healthy diet, children can be influenced by behavior and will pick up some of your healthy habits.

### Start the Day With a Healthy Breakfast

Studies show that children who eat a healthy breakfast are able to concentrate and perform better. Here are some healthy breakfast tips:

- Make a parfait. Layer yogurt with berries and top with granola.
- Pair whole-grain cereals, containing less than 5 grams of fiber and less than 10 grams of sugar, with milk. Top with fresh or dried fruit.
- Have a special breakfast once a week featuring smoothies, pancakes, waffles, or omelets.
- For smoothies, blend milk with frozen berries and a banana (or any fruit) for 30 seconds.
- Serve unusual breakfast foods once in a while like last night's leftovers.
- Opt for a whole fruit instead of fruit juice (but always choose 100% fruit juice as much as possible).

### Planning Healthy Snacks

Healthy snacks are a very important component to a healthy diet. Snacks also provide the energy a growing child needs between meals. Healthy snacks can be a great way to add fun and flavor to your child's lunch box. Here are some ideas of simple and healthy snacks:

- **Dip it.** Pair cherry tomatoes or cucumber slices with your child's favorite dip. Try hummus, applesauce or salsa.
- **Spread it.** Pair grapes or apple slices with nut butter, such as almond or peanut butter
- **Cube it.** Children love finger foods so try cubing honeydew, sweet potato, or watermelon for easy snacking.
- **Skew it.** Make fun snack kabobs by skewing cubes of low fat cheese with grapes on pretzels sticks.
- **Discover it.** Expose your family to new foods as snacks, such as edamame or sugar snap peas.

- **Mix it.** Create a trail mix by combining different nuts and seeds with dried fruit. Try almonds, sunflower seeds, and dried apricots.

### Staying Active

Regular physical exercise makes it easier to maintain a healthy weight, which allows movement with greater confidence and skill. Exercise also plays an important role in helping to sleep better, which also impacts academic performance. It is recommended for children to be active at least 60 minutes daily.

- Integrate physical activity into daily life. Encourage active spur-of-the-moment physical activity, such as dancing to music. When outside the home, try walking instead of driving or taking the stairs instead of the escalator or elevator.
- Go on a nature hike and discover different trees, birds, and flowers. Turn a family activity into a learning experience.
- Let your child help with household chores, such as raking leaves, watering plants, or walking the dog.
- Limit screen time/computer/TV to no more than 1-2 hours per day.
- Establish a routine, just like reading a book before bedtime, and set aside special time for staying active.

*Adapted from Patricia O'Keefe Girbal, Registered Dietitian.*

### Healthy Lunch Recipe: Jelly Roll Sandwich

Place a slice of whole wheat bread, the crust removed, inside a folded piece of waxed paper and gently flatten with a rolling pin. If your bread tears, you may want to roll it out on a moistened dish towel.

Spread the bread with whatever you choose. Tuna salad, peanut butter and sweetened fruit spread, softened cream with a thin slice of ham, a very thin slice of turkey with paper-thin cucumber slices and mayonnaise--all of these are excellent candidates. Carefully roll up the bread jelly-roll style. If it doesn't stay closed, you can seal it with a dab of butter or a toothpick.

## Family Center Services Program Ending

Since March 2005, KCFC offered Family Center Services to help families set goals and find the resources to meet those goals. Unfortunately, the State will no longer fund this program so we must say aloha to Wanda Valencia who has been the Family Center Services Program Specialist for all these years.

## Parent's Guide To The 5Rs



### Relationships

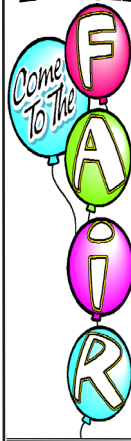
Valuing the benefit of working and playing together.

**Live It!** Children who have good relationships with others demonstrate the following traits:

- They get along with others.
- They are courteous and well mannered.
- They are considerate, helpful and honest.
- They demonstrate good sportsmanship.

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

# Makahiki Fun Fair



**Saturday, July 9, 2011**

**9 am – 12 noon**

**Kaneohe District Park**  
Upper parking lot

Come and join the fun,  
games, pool activities, canoe  
rides, and prizes!

Entertainment by the summer  
fun programs!

Bring the entire family!

**Windward Mall**

**Kids World Program**

**Every Tuesday**

**10:30am - 12:00pm**

For ages 2 - 8 yrs.

Interactive/educational activities,  
entertainment, book readings  
and arts & crafts.

## WEBSITES OF THE MONTH:

<http://www.drugfreehawaii.org/Prevention/resource.aspx>

The Coalition for a Drug-Free Hawaii provides a website with links, resources to drug and prevention websites, downloadable drug facts, and Alcohol and Drug Awareness Resource newsletters.

### [www.hawaii5210.com](http://www.hawaii5210.com)

All parents want a healthy ohana. Good nutrition and active lifestyles are key. Help your family develop healthy habits by making small changes the whole family can do, one step at a time. Links, resources, news, recipes and info about Hawaii 5210 "Let's Go!" promoting healthy eating and active living.

### KCFC can help you with:

- **Community resources and referrals**
- **Education resources for parents and professionals**
- **Volunteer & community service**
- **Community Works in 96744**

[www.hawaiipirc.org](http://www.hawaiipirc.org)  
Coalition to Strengthen Families and Prevention of Underage Drinking

For more information call 235-7747 or visit [www.kcfc.pacthawaii.org](http://www.kcfc.pacthawaii.org)

#### KCFC Staff:

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

## 4th of July Parade Kailua

Starts at 10am - 12pm traveling south along Kainalu Drive from Palapu Street to Kailua Intermediate School. Don't miss the best small-town parade in the USA! The theme for the 65th annual parade is "Of Thee I Sing".



**Friday, July 15 - Sunday, July 17**

- ★ GreenFest @ BayFest Expo, located in Hanger 101
- ★ E.K. Fernandez midway rides and games
- ★ Food booths featuring local & carnival favorites
- ★ Boat rides around Coconut Island
- ★ Stand-up paddleboard contest or "build-your-own-boat" Bathtub Regatta
- ★ BodySearch Fitness Challenge
- ★ Get up close and personal with the larger-than-life military static displays
- ★ Performances by Cecilio and Kaponu, Hoobastank, Puddle of Mudd and Joe Nichols

This three-day event features fireworks by Grucci on Friday night. For more information visit [www.bayfesthawaii.com](http://www.bayfesthawaii.com).



- Ohana Food Distribution**, 3 - 4:30pm at K.E.Y. Project, Kahaluu.
- Oogles 'n Goggles, Preschool Activity**, at 10:15am at Kaneohe Public Library.
- Community Works in 96744**, 5pm at Kaneohe Community Family Center. Find out about resources in the community and prevention of underage drinking. Call 235-7747.
- Alzheimer's Support Group**, 10 - 11:30am at KCFC. Call 225-9377.
- 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.
- Kahaluu Neighborhood Board Mtg.** 7pm at K.E.Y. Project, Kahaluu. Call 527-5749.
- Ohana Caretakers Support Group**, 9 - 11am at QLCC. Relatives caring for children of extended families. Call Robin at 234-2207.
- Termite Information Seminar**, 6:30 - 8:30pm FREE at WCC, Hale Akoakoa, Rm. 105. Call 235-7433 to register.
- 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.
- Cyber Safety Education & Awareness Workshop**, 9 - 11am FREE at WCC, Hale Kuhina. Call 235-7433 to register.
- Ohana Food Distribution**, 1:00pm is registration and distribution starts at 2:30pm. "First come, first served" at K.E.Y. Project, Kahaluu.
- How Divorce Impacts Our Children**, 5:30 - 7pm FREE at WCC. Learn how divorces apply to and effect children and what alternatives to avoid contested court proceedings. To register call 235-7433.
- Windward Homeless Coalition Mtg.**, 4 - 5pm at KCFC. For more information call 343-4052.
- Kaneohe Neighborhood Board Mtg.**, 7pm at Ben Parker, Cafeteria. Call 523-4815.
- Christmas Parade Meeting**, 6:30pm at Church of the Nazarene. Volunteers needed! If you have questions, call Ku'ulei at 348-2749.
- Writing Retreat**, 9:30am - 2pm at WCC, Hale Akoakoa. Call 235-7433 to register.

## RELAY FOR LIFE

of Kailua and Kaneohe

**July 9 - 10 at 6pm (12hrs.)**

Kailua High School Football Field

The American Cancer Society Relay For Life is a life-changing event that gives everyone a chance to celebrate the lives of people who battled cancer, remember lost loved ones, and support the fight against the disease. Anyone can participate no matter who you are, there's a place for you at the Relay for Life Event.

For more information and to register email [Amy.Thompson@cancer.org](mailto:Amy.Thompson@cancer.org)

