

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

E-mail us at:  
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*The Kane`ohe Community Family Center will facilitate the strengthening of families and communities from Kane`ohe to Kuloa by enabling them to identify and use their own and other resources to improve their quality of life and sense of community*









## Support your Keiki During Testing Time



This Spring, children in grades 3, 4, 5, 6, 7, 8, and 10 will take the Hawaii State Assessment Test. State and Federal laws require annual testing of students in reading and mathematics. In compliance with these laws, the Hawaii State Assessment

provides information on how well your child is meeting Hawaii's mathematics and reading standards. Your child's individual scores will be available to you in the Fall. Results are also used to determine how each public school is performing under the No Child Left Behind Law.

In order to have a complete set of test results, it is important for your child to be present for all testing sessions. The testing period is two weeks long, but specific dates may differ from school to school. Below are some ways parents can support their keiki during the rigorous testing period.


-  **Find out when your keiki will be taking the Hawaii State Assessment Test.**
-  **Encourage your keiki to do his or her best.**
-  **Give your keiki a good breakfast. Studies show that keiki who have eaten breakfast score better on tests than those who haven't.**
-  **Ensure that your keiki has a good nights rest and wakes up in plenty of time so as not to feel rushed.**
-  **Don't say anything that will make your keiki feel nervous about taking the test.**
-  **Remind your keiki that your love doesn't depend on how he or she does on the test.**


For more information on the Hawaii State Assessment Test, check out the online Parent Information Booklet at [http://doe.k12.hi.us/nclb/parents/HSAA/TranslationsOfPIBFinalFiles/EnglishPIB8\\_9\\_05.pdf](http://doe.k12.hi.us/nclb/parents/HSAA/TranslationsOfPIBFinalFiles/EnglishPIB8_9_05.pdf)


## Tips for Decluttering Your Home!



**Use the 80/20 rule:** Most people only use 20% of what they own on a regular basis. The other 80% is comprised of things we used in the past or think we'll use in the future. Pinpoint which group your "clutter" falls into. If it falls into the 20% that you use regularly, find a place for it. If it falls into the other 80% it's a good candidate for donation!

**Bedroom Closets:** If you haven't worn it in a year, let it go! When decluttering, simply rearranging items is only a temporary solution! Use a large plastic bag to start a pile that you will throw away or donate 

**Bathroom:** Get rid of clutter in your vanities and medicine chests by throwing out expired cosmetics or other products that may have hardened, softened, or changed color. 

**Kids' Rooms:** Have your children go through their clothes and toys about twice a year. Encourage them to donate unwanted toys and clothing they have outgrown to other children. 



## Families for R.E.A.L. (Resources and Early Access to Learning)

Parent & child classes for families with infants, toddlers & preschoolers



Register now for upcoming session!  
March 13 - May 26, 2006  
Cost: Free!



Classes are held once a week for ten weeks. Learning components include:  
- Parent/child interaction activities  
- Parent discussion/support group  
- Child's play/learning in age-appropriate classroom

**For more information or to register, call 233-5656**



## 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>

### 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:  
The Kaneohe Community Family Center  
46-028 Kawa St. Suite A10  
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#### KCFC Staff:

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## Keiki Karnival



Saturday, March 11, 2006  
10 a.m. - 2 p.m.

Calvary Episcopal Preschool  
45-435 Aumoku St.

(Across from McDonald's at  
Windward City Shopping Center)



Games, rides, food, silent auction,  
entertainment, plant sale, bake sale,  
and more!

Fun for the whole family!

### American Cancer Society's Relay For Life -- Kaneohe Community



March 31 - April 1, 2006  
Windward Community College  
5 p.m. - 7 a.m.

Join the team! Get a group of your friends together as a relay team and join the overnight fun and excitement.

By joining, you will help raise money to fight cancer and provide services to patients and their families.



For more information, please call  
the American Cancer Society  
Windward Unit at 262-5124

### Free Parenting Workshop Understanding Temperament

Wednesday, March 15, 2006  
6:30 - 7:30 p.m.

PACT Kaneohe Community  
Family Center

Please RSVP to 235-9779

Presented by PACT Kaneohe Community  
Family Center and Kathy's Parenting  
Solutions



### Site of the Month

## Freecycle Network



"Think globally, recycle locally."

<http://www.honolulufreecycle.org>

Post a note about an item you'd like to give away or an item you are seeking.

One rule: everything posted must be free.

## MARCH



- 6th Community Works in 96744** 5:30 p.m. Queen Liliuokalani Children's Center 235-7747
- 9th 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
- 11th 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
- Ohana Food Produce Distribution** 3 - 4:30 p.m. KEY Project. For low-income families and individuals. First-come first-served basis. 239-5754
- 11th Keiki Karnival** 10 a.m. - 2 p.m. Calvary Episcopal Preschool (across from McDonald's at Windward City Shopping Center. Games, rides, food, silent auction, entertainment, plant sale, bake sale, and more!
- 12th 4th Annual Run and Read for Literacy** 8:30 - 11 a.m. Windward Community College. Registration has ended, but please call for information about walking in or volunteering. 235-9779.
- 15th Grandparents Raising Grandchildren** 9 a.m. Queen Liliuokalani Children's Center. Bernie 235-7613
- 15th Parenting Workshop: Understanding Temperament.** 6:30 - 7:30 p.m. Kaneohe Community Family Center. Refreshments and childcare provided. Free! Please call 235-9779 to RSVP.
- 16th Kaneohe Neighborhood Board** 7 p.m. at WCC Hale Akoakoa, Rm. 103-105, 523-4815
- 17th St. Patrick's Day**
- 27th Prince Kuhio Day**
- 31st American Cancer Society Relay for Life - Kaneohe** Windward Community College. Join millions of walkers throughout the United States to battle cancer. Each team must have 10 members. For more info, call 262-5124. Will also be held in Koolauloa, Kailua, and Waimanalo.
- 4/1**



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!