



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.

E-mail us at:
kcfcc@pacthawaii.org
Website:
http://kcfcc.pacthawaii.org



Vol. 17. No. 3

March 2011



Kaneohe takes great pride in the concept of Ohana. It gives us the strength to raise our children to be respectful, responsible, and caring people. Now, more than ever, "it takes a village to raise a child." We need to focus on what it takes to be a successful adult, the 5Rs: respect, responsibility, resourcefulness, relationships, and resiliency.

Respect: Honoring one's self, others, the environment and authority

Responsibility: Taking ownership of one's actions, obligations, and commitments

Resourcefulness: Being skilled and imaginative in finding ways to succeed

Relationships: Valuing the benefit of respectfully working and playing together

Resiliency: Adapting and striving for positive outcomes in adverse situations

The 2nd Annual 96744 Fair – A 5Rs Festival of Fun on **Saturday, March 5, 2011 from 11am - 5 pm** at **King Intermediate School** will celebrate the 5Rs. There will be FREE 5Rs parent-child activities that promote a healthy positive lifestyle. Windward Department of Education Superintendent, Lea Albert will recognize the Castle Complex School students who demonstrate the 5Rs. Entertainment includes Kahalu'u Elementary Ukulele Band, King Intermediate Symphonic Band, and more. Food vendors will be selling their delicious items at discounted prices and crafters will be selling their unique creations. KHON2's Justin Cruz is scheduled to emcee this event.

"The 5Rs "it takes a village to raise a child" concept helps to build a child's success at home, school and in their everyday life. The Fair will provide foundational and fundamental support for families", commented Sheena Alaiasa, principal of Samuel Wilder King Intermediate School.

This family event is made possible by the partnership of caring citizens, Community Works in 96744 Coalition, and PACT Kāne'ōhe Community Family Center.

For more event information, please call 561-3032 or 235-7747.



Join the Step Up Movement!

Hawaii's students need to prepare now for success after high school! Step Up promotes college and career readiness for Hawai'i's students. Eighth and ninth graders are encouraged to earn the Board of Education "Step Up" Recognition Diploma. This diploma will prepare students for success and will give them more choices when they graduate. They will also receive information on college preparation, financial aid, and invitations to college-prep events. After graduation students earn special incentives, such as special consideration for scholarships, admission into Hawai'i colleges and job application advancement with various employers. To learn more about Step Up, and download a pledge form online, visit: www.stepuphawaii.org

Malama 96744-Project C.L.E.A.N.

Community Clean-Up & Graffiti Paint-Out



Saturday, March 19th



Community Lokahi to Enrich our Aina Now (C.L.E.A.N.) is a HPD initiative that brings community organizations together to clean up and help care for our community! Volunteers wanted! Meet at Kaneohe Skate Park from 8 - 11:30am. Bring paint rollers and paint covers. Lunch to follow. For more information or to sign up, call Kaneohe Community Family Center 235-7747.



What are the latest drugs being used by the youth? How does illegal drug use affect our community? What do these drugs look like?

Recognize illegal drugs and symptoms of drug use. Be aware of the dangers! Join us for this free informational presentation.

Thursday, March 31st
Castle High School Library
6:00 - 7:30pm

Keith Kamita, State Narcotics Enforcement Division, will have a display of illegal substances and drug paraphernalia.

To register, contact Kaneohe Community Family Center at 235-7747 or kcfclroth@pacthawaii.org.

A big *Mahalo* to the Castle HS Student Government Club for folding our February newsletters!

Parent's Guide To The 5Rs



Resiliency

Adapting and striving for positive outcomes in adverse situations. **Live It!** Do your best and stick it out. Start fresh the next day.

Teach It! When things go badly, accept the outcome and show them how you are moving forward. Encourage your children to try new challenges. Encourage them to try out for a part in the school play, be on the speech team, or run for class officer.



Resources & Early Access to Learning

Families for R.E.A.L. offers free, 10-week sessions for parents and their infant, toddler or preschooler. Classes are held at Ben Parker School once a week for 1.5 hours. Learning components include: parent discussion/support groups and child's play/learning, art and music. Please call 235-9189 to register.

Upcoming Session: March - May
Cost: FREE Classes fill quickly!

K P A C T Creativity Contest

"Keep it Green"

March 11th is the deadline for entries. Please visit the website for details.

I DAY <http://pactkidsday.org>

KCFC can help you with:

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

KCFC Staff:

Christina Simmons, *Program Director*
Cynthia Okazaki, *Site Manager*
Jennifer Bui, *Program Coordinator*
Jolene Chang, *Administrative Assistant*
Melany Melakea, *Program Coordinator*
Leilani Roth, *Program Assistant*
Wanda Valencia, *Program Specialist*
Jadine Yonemitsu, *Program Coordinator*

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
Ph. 235-7747 Fax 235-7748
E-mail: kcfc@pacthawaii.org



Positive Coaching Alliance Parenting Workshop

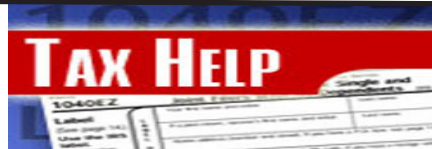
Sponsored by Community Works in 96744 Help your children process life lessons through sports. This highly interactive workshop provides specific tips and techniques for parents to use when talking to their children on game day and becoming effective and positive supporters in the stands.

Thursday, March 10, 2011

6:30 - 7:30pm

He'eia Elementary Cafeteria
46-202 Haiku Rd.

Any questions and to RSVP call Linda at 233-7306 or KCFC at 235-7747.



FREE assistance for 2010 taxes.
All sites are by appointment only.

K.E.Y. Project 47-200 Waihee Road
ONLY on the following Saturdays: 3/5, 3/19, 4/2, 8am-1pm. Last appt. at 11:30.
Call (808) 548-8887.

Ho'okipa Kahaluu 47-330 Ahuimanu
Selected Fridays - Call (808) 548-8887.
Start: 1/29 End: 4/2

Honolulu Community Action Program
Windward District Office 47-232 Waihee Rd.
Tuesdays and Thursdays: 9am - 12pm.
Call Debra at (808) 239-5754

Kapunahala Community



Saturday, March 26th

10:00am - 2:00pm

Windward Mall, Center Court

"Live Healthy, One Step at a Time"

Health education and information, displays, activities for children, health screenings and more. Entertainment to be featured on center stage.

www.thelearningcoalition.org

Our Hawaii's kids deserve our best efforts to give them a good start in life. We have a unique opportunity to do just that. The Learning Coalition site provides current issues in Hawaii education, a parent tool box and important resources.

Kahuku Bookmobile is coming to:

Rainbow Preschool - March 7, 9 -10am
QLCC - March 21, 10:15 - 11:30am
K.E.Y. Project - March 21, 2 - 3:30pm

March

- 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.
- 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.
- Children in Divorce,** 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.
- Ohana Caretakers Support Group,** 9 - 11am at QLCC. Relatives caring for children of extended families. Call Robin at 234-2207.
- Windward Homeless Coalition,** 4 - 5pm at KCFC. For more information call 386.2216.
- 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.
- Dem Bones, Dem Bones, Dem Bones,** 11am - 12:30pm FREE at WCC, Hale Kuhina. Get the facts about osteoporosis, body/posture mechanics, exercises & treatment. Register at 235-7433.
- Song Tales for Preschoolers:** A Musical Storytime, 10:15am at Kaneohe Library.
- Astronaut,** 7pm showing at WCC Imaginarium. Celebrate the 50th anniversary of manned space-flight and find out what it takes to become an astronaut. Call 235-7433 to reserve tickets.
- Alzheimer's Support Group,** 10 - 11:30am at KCFC. Call 225-9377.
- Dem Bones, Dem Bones, Dem Bones,** 6pm - 7:30pm at WCC. Read description above.
- Kaneohe Neighborhood Board Mtg.,** 7pm at Kaneohe Community Senior Center. Call 523-4815. **Happy St. Patrick's Day!**
- Oogles 'n Googles, Preschool Activity,** at 10:15am at Kaneohe Public Library.
- Ohana Food Distribution,** 3 - 4:30pm at K.E.Y. Project, Kahaluu.
- Prince Kuhio Day - Holiday**

WEBSITE OF THE MONTH:

www.abovetheinfluence.com

- Learn the hard facts about drugs.
- Learn what influences who you are.
- Learn what doctors say to teens about drug use.

Above the Influence, YouTube's drug centered ad aimed at teens, are in cities around the country. Submit your story and you could be the next featured profile!

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

Ahuimanu	3/8 @ 2:30	Library
Ben Parker	3/1 @ 2:30	Principal Off.
Castle H.S.	3/1 @ 5:30	Admin Conf Rm.
He'eia	3/3 @ 6:30	Library
Kahaluu	3/7 @ 3:00	Library
Kaneohe	Please call the school 233-5633	
Kapunahala	3/10 @ 4:00	Library
King Int.	3/16 @ 4:00	Admin Conf. Rm.
Puohala	3/3 @ 5:00	Library
Waihole	3/17 @ 2:15	Library