



PACT's Kane`ohe Community Family Center (KCFC) Family Center News

A partnership of Parents And Children Together and the Castle Complex Department of Education, partially funded by Aloha United Way, the State of Hawaii Health and Human Services Departments, the U.S. Department of Education Office of Innovation and Improvement, HPHA and Hawaii Community Foundation.

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



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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.

The Importance of Family Mealtime

What is dinnertime like in your home? Is it convenient for family members to heat up their own meal in the microwave at different times and retreat to their own corners of the house? For many families, eating dinner together has become a lost art—but it proves to be a simple, effective way to reduce the risk of youth substance abuse and to raise healthier children.

The facts are on the table: eating dinner together every night keeps the doors of communication open. It's the perfect time and place to reconnect and to show your kids that they are your priority. Sitting across the table is where and when you can find out more about your children's likes, dislikes, and daily life. Having this information can help you direct your children toward positive activities and behavior, reducing the likelihood that they will get involved with alcohol, tobacco, and/or illegal drugs.

Why Are Family Mealtimes Important?

By eating with your children, it is more likely that meals will be healthier and more balanced.

- Compared to teens that have frequent family dinners, those who rarely have family dinners are three-and-a-half times more likely to have abused prescription drugs or an illegal drug other than marijuana.
- Girls who have five or more meals a week with their families are one-third less likely to develop unhealthy eating habits, which can range from skipping meals to full-fledged anorexia or abusing diet pills.
- Parental influence and involvement is an important tool in preventing substance abuse. Regularly sitting down for a meal with your children is one way to connect with them and be involved with what is happening in their lives.

What Should We Talk About?

- Ask everyone to share their favorite part or biggest challenge of the day.
- Plan and then let the kids pick tasks for the next day's menu, preparation, and cleanup.
- Exchange memories about your favorite family pastimes.
- Discuss an activity the family can do together and then put it on the calendar.
- Talk with your children about a book they are reading or a movie they have seen. It might turn into a family book club or a regular movie and popcorn night!

- Ask the kids about their classes, homework, teachers, and upcoming assignments. Find out if they would like your help or want to brainstorm on an assignment.

The importance of regular family activities is to share ideas and find out "what's happening." It is a great way for a parent to be involved, discuss rules, monitor activities and friends, and be a good role model. The benefits of eating together will last long after your meal ends, especially if you make family mealtimes a regular activity.

(This article has been reprinted from the SAMHSA website. For more information visit: <http://www.family.samhsa.gov/get/mealtime.aspx>)



Juvenile Laws

Surviving Your Child's Adolescence

HPD will discuss laws pertaining to youth. Parents, bring your questions about juvenile law to this talk story session.

Tuesday, November 18th

King Intermediate - Library

6:30 - 7:30 pm

To register, call Kaneohe Community Family Center, 235-7747

What's Your Login?

Parents of students attending a Castle Complex School, ask your child if they have **ACHIEVE3000**™ a password to login for Achieve 3000. THE POWER OF ONE

The Castle Complex Schools have contracted with Achieve 3000 to provide web-based individualized learning solutions proven to accelerate reading comprehension, vocabulary, writing proficiency and performance on tests. If you have any questions, ask your child's teacher about this program. Students can work on this web-based program from any computer.



A big mahalo to the vendors who so graciously shared their time and expertise at the Think Global, Act Local, Family Activity Night. We'd like to thank Hawaiian Electric, Castle High S.T.E.M Club, Hawaii State Department of Land and Natural Resources, Oahu Invasive Species Committee, Board of Water Supply, Hui Ku Maoili Ola, RRR Recycling Services, and Opala City & County of Honolulu's Refuse Division. Thank you for making our Family Activity Night a success!

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>
- Phone 235-9779

Family Center Services

- Family Support

Volunteer & Community Service Learning Opportunities

- Clerical and Program Support
- Special Event Child Care

Facilitating Community Works

in 96744



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

KCFC Staff:

Christina Simmons, *Family Centers Program Director*
Cynthia Okazaki, *Site Manager*
Jolene Chang, *Administrative Assistant*
Jean Fong, *Program Specialist*
Jadine Yonemitsu, *Program Coordinator*
Jennifer Bui, *Program Coordinator*
Wanda Valencia, *Program Specialist*
Leilani Roth, *Program Assistant*
Kata Lee, *Molokai PIRC Assistant*

DON'T FORGET TO VOTE



**Tuesday, November 4th
7:00 am - 6:00 pm**

Everything you need to know to cast your vote... A guide on voting in Hawaii, visit website:
<http://hawaii.gov/elections/factsheets/fses303.pdf/view?searchterm=polling%20places>



Kaneohe Parks & Recreation
34th Annual Turkey Trot
at Kaneohe Community Park
(aka Kaneohe Playground)

Tuesday, November 18th

Registration is at 5:00 pm

Races start at 5:30 pm

**It's FREE, FUN,
and many PRIZES!**



For more info., call 233-7317

Obstacle course for:

- parents w/toddlers 3-5yrs.
- children • teens • adults • seniors (55yrs.+)



November 1st - 9th

Castle High School - CPAC

Ron Bright Theatre

7:30 pm, Friday and Saturday.

2:00 pm Sunday matinees.

\$10 adults/\$6.00 students & seniors.

Tickets available online through

www.showTix4U.com or through the

Box Office 233-5626

**Windward Mall
CELEBRATES
FESTIVAL of GIVING**

Saturday, November 15th

10am - 9pm

Sunday, November 16th

10am - 5pm

Show your support for Hawaii's charities by simply purchasing a Festival of Giving ticket for \$5 from any participating non-profit and take advantage of savings and specials from dozens of Windward Mall merchants. Plus, you'll be entered to win fabulous prizes and enjoy great entertainment during Festival of Giving! 100% of your donation will benefit a non-profit group.

Winter Session

November thru

February



Parent & child classes for families with infants, toddlers & preschoolers. Parent/child activities, art, music, parent discussion group and field trips. For more information and to register, call 235-9189.

FREE - Location: Ben Parker School

Stars of the Pharaohs

Friday, November 14th, 7 pm.

Travel back 6,000 years to the land of ancient Egypt and the stars in its desert skies.

The Hokulani Imaginarium

Windward Community College's Imaginarium is a high-tech planetarium and multi-media facility. Call 235-7433 for more info. and to reserve tickets.

NOVEMBER

1st Malama 96744 Clean Up, 8 - 11:30 am. Meet at Kaneohe District Park (Skate Park). Lunch provided, call Jadine Yonemitsu at 235-7747 for more information.

-- **Internet Safety & Security for Boomers, Seniors & Parents**, 9 - 11 am, FREE at WCC, Hale Kuhina, #114. Call 235-7433 to register.

2nd Run and Read for Literacy 2008, Family Book Festival, 8:45 - 10:30 am at Windward Community College. Contact Jean Fong at 235-9779 for more info.

3rd How to Apply for Retirement Online, 5 - 7 pm, FREE at WCC, Hale Kuhina, #114. Call 235-7433 to register.

5th Community Works in 96744, 5pm at QLCC. Dinner provided, call 235-7747 for more info.

-- **Oogles 'n Goggles Preschool Family Night**, 6pm, Kaneohe Public Library.

8th Alzheimer's Support Group, 10-11:30 am, Kaneohe Community Family Center. Learn more about Alzheimer's and resources, call 225-9377 for more info.

-- **Avoid Being a Victim: Know the Threats that Investors Face**, 10 - 11:30 am, FREE at WCC, Hale Akoakoa, #105. Call 235-7433

11th Windward Community Children's Council Monthly Meeting, 6 - 8 pm, Windward Dept. of Health Conf. Rm. Open to all parents and guardians of special needs children. 586-5370.

12th Kahaluu Neighborhood Board Mtg., 7pm, KEY Project, 527-5749.

13th Kids Hurt Too, Healing Young Hearts Support Group, 6 - 8 pm at Queen Liliuokalani Children's Center, 735-2989.

-- **Koolauloa Neighborhood Board Mtg.**, 7pm, Hauula Community Center, 527-5749.

17th Ohana Food Distribution, 3 - 4:30 pm at KEY Project, Kahaluu.

18th Juvenile Laws: What Every Parent Needs to Know, 6:30 - 7:30 pm, FREE at King Intermediate Library. To register call 235-7747.

-- **Caregivers Support Group**, 5:30 - 7:30 pm at Queen Liliuokalani Children's Center. Provide support for families, grandparents, and relatives raising children. Dinner will be served, bring your keiki. Call to RSVP at 235-7613.

19th Grandparents Raising Grandchildren, 9am, Queen Liliuokalani Children's Center. Call Bernie at 235-7613 for info.

20th Kaneohe Neighborhood Board Mtg., 7 pm at WCC, Hale Akoakoa, Rm. 103 - 105, call 523-4815.

24th KCFC Advisory Council Mtg., 5 - 7pm, at Kaneohe Community Family Center, call for more information, 235-7747.

27th Happy Thanksgiving!
Holiday, schools are closed

28th No School for Students



Thank you to the Polynesian Club at Castle High School for folding our October newsletter