



PACT

KANEOHE COMMUNITY FAMILY CENTER

A PROGRAM OF PARENTS AND CHILDREN TOGETHER

Family Center News

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



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Ways to Support Your Child's Learning

Focus on the value of learning. Take some time each day to ask what your child learned in school. Don't focus just on math, English, and social studies. Ask how your child gets along with other students and how he or she feels about school.

Focus on creating a positive learning environment at home. Create regular homework times and provide a quiet, well-lit place for homework. Limit the amount of TV. Decide with your child about rules for dealing with interruptions such as phone calls or visitors.

Set up a school bulletin board at home. Display the school calendar and other fliers from the school. Decide as a family which school events you will attend. Help your child get involved in interesting and worthwhile school activities.

Listen when your child talks about school. Pay attention to what your child says about school. If your child is happy with his or her classroom and school activities, write or call the teacher to say thank you. If your child seems frustrated, bored, or lonely at school, call a teacher or counselor to see what can be done.

Help your child with homework. Don't ever do homework for your child. But do help. Assist your child in setting priorities for schoolwork. For example, encourage your child to tackle difficult assignments first while he or she has the most energy.

Take advantage of school meetings. Finding the time to attend school meetings can be a challenge. Many schools offer alternative times and places for parents to ask questions and discuss solutions to common problems. Often these meetings provide child care.

Volunteer at school. By volunteering in the classroom, you can better understand how to support your child's learning at home. Try being a room parent, a chaperone at school functions, or a tutor. Even parents who work full-time can create opportunities if they do not exist.

Attend school activities. Whenever possible, attend your child's plays, sports events, or science fairs. Your presence shows that your child's interests and work are important to you.

Join or create a "Social and Emotional Learning Book Club." In some communities parents have created book clubs to learn how they can encourage their children's social and emotional development. This could be part of your PTA. It could also be something you do with friends.

Encourage good communication with the school.

Good communication is basic to supporting your child's education. Ask your child's teacher to provide suggested home activities to support skills the children are learning at school. Ask for homework assignments that directly involve parents.

Every school has a **School Community Council (SCC)** Anyone is welcome to attend the meetings to discuss what the school is doing to improve student achievement. A schedule of meetings for the Castle Complex is listed under the calendar on the back of each newsletter.

Get involved with Hawaii's public schools - www.hawaii-educationmatters.org or www.hawaiiipirc.org.



Is your family supporting success on the playing field as well as success in the classroom? King Intermediate students and parents of 6th graders are invited to a free parent workshop. **Getting on Track: How parents can help raise grades as well as sports scores.** By the Positive Coaching Alliance.

Tuesday, November 9th

**King Intermediate School, Cafeteria
Dinner at 6pm - Workshop at 6:30pm**

Please RSVP by email no later than 11/2/10 to pamela_kino@notes.k12.hi.us.



Baskets of Blessings

**Saturday, November 13th
8:30 - 12pm**

Castle High School, Cafeteria

Join in this holiday gift giving opportunity for the entire family. **Baskets of Blessings** is a KCFC community service project for families. Come together and make food baskets to be delivered during Thanksgiving. Families participate in decorating boxes, and making cards. We're accepting grocery store gift cards, non-perishable items, and gift wrap paper. If you'd like to make a donation or participate please call Kaneohe Community Family Center at 235-7747 for more information.



November 11th Veterans Day began in 1926 to recognize the day World War I ended on November 11, 1919. On the 11th day of the 11th month, an armistice was signed between the fighting nations.

Parent's Guide To The 5Rs




Respect

Honoring oneself, others, the environment, and authority
Live It! Just because it is not yours, that doesn't mean you can't take care of it.
Teach It! Take your children on a graffiti cleanup to help them learn to respect their community.



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, music and field trips.
 Please call 235-9189 to register.
Winter Session:
November - February
Cost: FREE Classes fill quickly!


High school students who use alcohol or other substances are five times more likely to drop out of school or believe good grades are not important. 

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
Prevention of Underage Drinking
For more information call 235-7747 or visit www.kcfc.pacthawaii.org



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, *Program Director*
- Cynthia Okazaki, *Site Manager*
- Jennifer Bui, *Program Coordinator*
- Jolene Chang, *Administrative Assistant*
- Valzey Freitas, *Program Coordinator*
- Leilani Roth, *Program Assistant*
- Wanda Valencia, *Program Specialist*
- Jadine Yonemitsu, *Program Coordinator*

Ho'olaulea 5Rs Scavenger Hunt

The 5Rs Workgroup is proud to announce the winner of its 5Rs Ho'olaulea Scavenger Hunt. Congratulations to **Kapunahala** for having the highest number of students who participated in the 5Rs scavenger hunt at the Windward Ho'olaulea.

Kaneohe Parks & Recreation

36th Annual

TURKEY TROT

TUESDAY,
NOVEMBER 16th
 5pm Registration
 5:30pm Races Start



An evening of free family fun! All go home winners! Obstacle course with stunts and skills for parents with toddlers (3-5 yrs), children, teens, adults, and seniors (55 yrs.+) at **Kaneohe Community Park** (aka Kaneohe Playground). Everyone wins! For more information, call 233-7312.



Thanksgiving

www.thanksgiving-day.org

Thanksgiving is a holiday for giving thanks and spending time with friends and family. Add to that the wonderful food and it's easy to see why Thanksgiving is one of the most popular holidays. Visit the website above for:

- Thanksgiving Day Fun
- About Thanksgiving Traditions
- Recipes, gifts, quotes, cards, poems, jokes, thoughts, songs, prayers, and decorations.



penny pinching in PARADISE

Your kama'aina connection to savings! We all pay a pretty penny living in paradise. This website will help you save some of those precious pennies. Lots of great deals posted daily. Be sure to check often for all of the latest deals at www.pennypinchinginparadise.com!

4th Annual Windward Community Holiday Festival 2010 for Windward "houseless residents" and "students on free lunch program and their families." **RSVP** for tickets by **December 1st**. For more information call 366-7151 or email, natures10@gmail.com

- Ohana Food Distribution**, 3 - 4:30 at K.E.Y. Project, Kahaluu.
- Community Works in 96744**, 5pm at K.E.Y. Project. Find out more about resources in the community and prevention of underage drinking. Call 235-7747 for more information.
- Windward Homeless Coalition Mtg**, 9 - 10:30am at Kaneohe Community Family Center. For more info. call 386-2216 or email kamaliimaka-mae@gmail.com.
- Song Tales for Preschoolers: A Musical Storytime**, 10:15am at Kaneohe Library.
- Windward Community Children's Council Mtg.**, 6 - 7:30pm at Windward Office, Health Conf. Rm. Open to all parents and guardians of special needs children. Call 586-5370.
- Ohana Caretakers Support Group**, 9 - 11am at QLCC. Relatives caring for children of extended families. Call Robin at 234-2207.
- 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.
- Imaginarium**, Tales of the Maya Skies, 7pm & 8pm showings. Purchase tickets at the Imaginarium box office 30 minutes before the show, or call 235-7433 to reserve tickets in advance.
- CPAC Castle Danceforce: Movement One**, a contemporary dance. Friday & Saturday at 7:30pm, Sunday at 3pm, at Bright Theatre. Call 233-5626.
- Alzheimer's Support Group**, 10 - 11:30am at Kaneohe Community Family Center. Call 225-9377.
- Cyber Safety Education & Awareness Workshop**, 9 - 11am FREE at WCC, Hale Kuhina. Call 235-7433 to register.
- Ohana Food Distribution**, 3 - 4:30pm at K.E.Y. Project, Kahaluu.
- Kaneohe Neighborhood Board Mtg.**, 7pm at WCC, Hale Ala Kai, Rm. 103 - 105. Call 523-4815.
- Oogles 'n Googles, Preschool Activity** "Thanksgiving", 10:15am at Kaneohe Public Library.
- Parker Annual Holiday Craft Fair**, 45-211 Waikalua Rd., 9am - 2pm.

Kaneohe Christmas Tree Lighting Street Fest
Saturday, November 27th

3:00 - 8:00pm

Waikalua Rd next to the police station and library
 Come out for the many food booths, antique car show, Toys for Tots, live free entertainment family fun, and keiki games.

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

Ahuimanu	11/9 @ 2:30	Library
Ben Parker	11/2 @ 2:30	Principal Off.
Castle H.S.	11/2 @ 5:30	Admin Conf Rm.
He'eia	11/4 @ 6:30	Library
Kahalua	11/8 @ 3:00	Library
Kaneohe	Please call the school 233-5633	
Kapunahala	11/18 @ 4:00	Teacher's Lounge
King Int.	11/17 @ 4:00	Admin Conf. Rm.
Puohala	11/4 @ 5:30	Library
Waiahole	11/18 @ 2:15	Library