



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

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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.*

## Going Back to School



Heading back to school can be very difficult for both the parent and the child. Every parent wants their child to do well in school, and there are many ways that they can be a positive influence and help their child to succeed in school and life.



**Parental support and involvement:** Studies show that students whose parents are involved in schools are more likely to resist negative peer pressure and are more likely to graduate and go to college. Ask your child how their day went, talk to their teachers, and get involved in school activities.



**Good study skills:** Encourage your child to schedule a specific time each day and designate a quiet, well-lit place to do their homework. Offer to help your child with their homework, but do not do it for them.



**Clear and consistent boundaries:** Boundaries and consequences should be brief and consistently followed. If they are complicated or ignored, parents leave room for loopholes and arguments.



**High expectations:** If you expect good things from your child, it will bring out the best in them. This will make them see that you truly believe in them and they feel more capable and willing to take positive risks.

As parents, we are not expected to be perfect, but we can only hope that with our love and guidance, our child will be the best they can be.

Adapted from: "Back to School Tips for Parents: Helping Kids Build Assets for School Success", <http://www.wcmhar.com/bts.htm>.



## Volunteers Needed!

**HIPPY** (Home Instruction for Parents of Preschool Youngsters) in Kane`ohe is looking for volunteers to assist at their group activity meetings held at St. John's by the Sea, Ho`okano Hall. Volunteers will help implement parent/child activities and assist the HIPPY staff in providing supervision for preschool aged children. The groups are held every other Wednesday from 10 AM - 12 PM starting on September 17, 2003. Lunch is served at every group meeting. Please contact Carin at 235-7747 for more information.

## Windward Ho`olaule`a 2003!



**Saturday, September 6th ,  
10 a.m. - 10 p.m.  
Great Lawn of Windward  
Community College**

\*Entertainment \*Food \*Crafts  
\*Games \*Community Exhibits  
\*Imaginarium Shows \*Aerospace  
Exploration Lab, NASA Flight  
Simulation Lab and  
Paliku Theatre tours.



Please contact Libby Young at 235-7396 for more information.

## Kane`ohe Community Family Center

### COMMUNITY RESOURCE AND REFERRAL

•Phone 235-7747

•Website <http://kcfc.pacthawaii.org>

### HAWAII PARENTAL INFORMATION AND RESOURCE CENTER (HPIRC)

<http://www.hawaiipirc.org>

•Parenting Classes

•Family Fun Activities

•Home Instruction For Parents of Preschool Youngsters (HIPPY)

### FAMILY LITERACY PROGRAMS

•Kulana Nani

### SUPPORT AND SELF-HELP GROUPS

•Na Tutu - Grandparents Raising Grandchildren

Coalition and Support Group

### NEIGHBOR-2-NEIGHBOR

•Ko`olau Village

•Kulana Nani

### VOLUNTEER & COMMUNITY SERVICE LEARNING OPPORTUNITIES

•Family Activity

Night Assistants

•Neighbor-2-Neighbor Mentors

•Reading/Homework Tutors

•Clerical and Program Support

•Special Event Child Care

The *Family Center News* is printed monthly by the Kane`ohe Community Family Center (KCFC), a program of Parents and Children Together (PACT).

Please direct questions, comments and suggestions to:

The Kane`ohe Community Family Center,

He`eia Elementary School,

46-202 Haiku Rd., Portable #2, Kane`ohe, HI 96744

Ph. 235-7747 Fax 235-7748

E-mail: [kcfc@pacthawaii.org](mailto:kcfc@pacthawaii.org)

KCFC Staff:

Helenann Lauber, *Family Center Dir.*

Cynthia Okazaki, *Site Coordinator*

Gordon Miyamoto, *PIRC Coordinator*

Jolene Chang, *Administrative Assistant*

Carin Tatam, *HIPPY Coordinator*

Jennifer Bui, *Program Facilitator*

Serena Trehern, *PIRC Assistant*

Jennifer Chun, *HIPPY Home Visitor*

Sunshine Michael, *HIPPY Home Visitor*

Leilani Roth, *HIPPY Home Visitor/VISTA*

## Children and Youth Day 2003!




Sunday, October 5th  
10:00 a.m. - 3:00 p.m.  
State Capitol

Great Food  Fun & Games




Entertainment 



Interactive exhibits  
for children 



Educational information  
& activities 



### Volunteers Needed for the Keiki/Kupuna Corner!

\*Story telling \*Healthy cooking demonstrations \*Picture taking

\*Clowns \*Arts & crafts

\*Fire Department "Keiki House" Van \*Bounce House

To volunteer, or for more information, please contact Helen Wagner, *Hawaii Intergenerational Network (HIN) 247-7962.*

### Great Activities for Grandparents Day:

\*Recognize special talents.

\*Learn old family music, songs and dances.

\*Stress the importance of keeping a family tree.

\*Identify and date all photos in old family albums, with your grandparents help.

\*Most of all, spend some time with those you love!

### Site of the Month

<http://literacy.owcc.net/>

[famlit/Children/](http://famlit/Children/)

A great Family Literacy web site for families, with great links to other sites!



# September

- 1st Labor Day**
- 6th Windward Ho`olaule`a** 10 a.m.-10 p.m. Great Lawn of Windward Community College. Libby Young 235-7396.
- 7th Grandparent's Day**
- 8th Community Works in 96744** 5:30 p.m. Queen Lili`uokalani Children's Center 235-7747.
- 11th OGYA Grief Support Group for Children, Teens & Family** 6 - 8 p.m. Queen Lili`uokalani Children's Center. Cynthia White 735-2989.
- 17th Grandparents Raising Grandchildren** 9 a.m. Queen Lili`uokalani Children's Center - Kane`ohe. All grandparents are welcome. Bernie 235-7613.
- 17th KCFC Family Activity Night** 5:30 - 7:30 p.m. Windward Mall Center Court area 235-7747.
- 18th Kane`ohe Neighborhood Board** 7 p.m. Windward Community College 523-4815.
- 24th Ice Documentary** 7 - 8 p.m. The documentary will be broadcast state-wide on all 9 TV stations.
- 25th State-wide Sign Waving** 4 - 6 p.m. Kaneohe residents, meet at KEY Project 239-5777.
- 25th OGYA Grief Support Group for Children, Teens & Family** 6 - 8 p.m. Queen Lili`uokalani Children's Center. Cynthia White 735-2989.
- Oct. 5th Children and Youth Day 2003** 10 a.m. - 3p.m. State Capitol. Great fun for the whole family!

Sponsoring a free or low cost event that may be of interest to Kane`ohe families? Submit information for the KCFC calendar by the 15th of each month. Fax 235-7748. [kcfc@pacthawaii.org](mailto:kcfc@pacthawaii.org)