

A partnership of Parents and Children Together and the Castle Complex Department of Education, partially funded by Aloha United Way, the Hawaii State Department of Human Services, the Housing and Community Development Corporation of Hawaii, and the US Department of Education School Support and Technology Program.



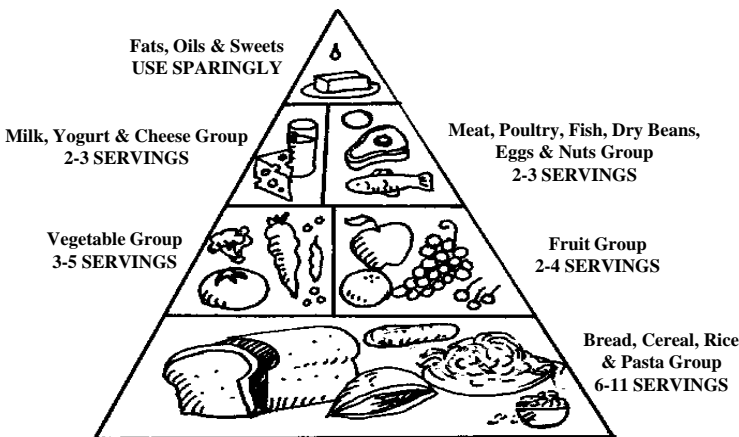
The Kane`ohe Community Family Center will facilitate the strengthening of families and communities from Kane`ohe to Kualoa by enabling them to identify and use their own and other resources to improve their quality of life and sense of community.

Fitness and Nutrition for Children



Regular exercise and proper nutrition play a vital role in everyone`s life. It is especially important to start encouraging these healthy habits from a young age. As children learn by example, parents are the most important role models in their children`s lives. Here are some helpful tips for exercising and eating right:

- Physical Activity: Physical activity has important health benefits and it also builds self-confidence by helping children feel good about themselves. Encouraging lifetime habits of exercise is very important because regular physical activity can help reduce the risk of heart disease, high blood pressure and diabetes. A good way to encourage and energize your children to exercise is by getting the whole family involved and by choosing activities that are fun!
Healthy Eating: Proper nutrition is just as important to a child`s health as exercise is. If children are involved in choosing and preparing their meals, it will not only encourage family involvement, but it will also make healthy eating more fun! Choosing an interesting variety of different foods, with an array of colors, textures, shapes and sizes also makes eating more enjoyable. A good way to ensure a healthy, balanced daily diet, is by choosing foods from the five food groups:



MAHALO!

to all of the community organizations, vendors, entertainers and hosts for helping to make Day on the Bay 2002 so enjoyable for all! Thank you also to all of the families, friends and community members who came out to take part in the fun! We would like to say a special thank you to all of the wonderful volunteers for all of their hard work and to the following organizations for their generous donations:

- Aloha Graphics
Cinnabon-Windward Mall
Cookie Corner-Windward Mall
Deluxe Pastry Shop
Glassbottom Boat-Coral Queen
Hawaii Foodbank
Honolulu Shirt Shop
I-94 Radio
Kane`ohe Bakery
L&L Drive Inn-Kane`ohe Bay Shopping Center
Nanko Fishing Supply
Papa John`s Pizza
Times Supermarket Kane`ohe
Windward Missionary Church



Bring your family and friends and join the Kane`ohe Community Family Center at He`eia State Park for a day of fun-filled outdoor activities!

Saturday, August 17, 2002

11:00AM - 2:00PM

- \*Free guided tours of the Kane`ohe Bay reef on see-through kayaks!
\*Community Service Project to plant and learn about Native Hawaiian Plants.
\*Bring your lunch for a Picnic Lunch.



Visit the new Kane`ohe Community Family Center Website at http://kcfcc.pacthawaii.org.

Adapted from: "Fitness and Healthful Eating for Children" at http://www.eatright.org/nfs/nfs21.html and "The Food Guide Pyramid" at http://www.nal.usda.gov:8001/py/pmmap.htm.

## 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.hawaiiirc.org>
- Parenting Classes
- Family Fun Activities
- Home Instruction For Parents of Preschool Youngsters (HIPPY)

### EXTENSION ON-LINE

- Cooperative Extension, University of Hawai`i at Manoa
- Workshops and tutorials on computer and Internet connectivity for families

### 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
- Computer Class Assistants
- 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)



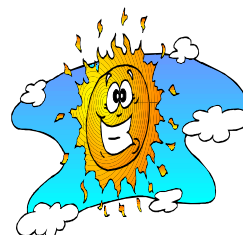
Kahaluu Elementary	July 31
Ahuimanu Elementary	August 1
Kaneohe Elementary	August 1
Waiahole Elementary	August 2
King Intermediate - 7th Grade	August 2
King Intermediate - 8th Grade	August 5
Puohala Elementary	August 5
Heeia Elementary	August 23
Kapunahala Elementary	August 26
Ben Parker Elementary	August 26
Castle High - Freshman	August 26
Castle High	August 27



## Site of the Month

<http://kids.msn.com>

- A great website for kids to explore with fun activities, games, educational tips, music, news articles and much more!



# August

- 6th **Kane`ohe Community Family Center Council Meeting.** 5 PM. Kane`ohe Community Family Center. 235-7747.
- 10th **Windward Health and Wellness Expo.** Windward Mall, 11:00 AM - 4:00 PM. Over 30 health exhibitors, FREE health screening and alternative medicine techniques. For information - 234-5535.
- 11th **"Bugs, Butterflies and Books" Literacy Event.** Windward Mall, 12 Noon - 2:00 PM. Story-time, Arts and Crafts, Clowns, Balloons and more! For information - 235-5207.
- 15th **Kane`ohe Neighborhood Board.** 7 PM. Kane`ohe Community and Senior Center. 523-4815.
- 16th **Statehood Day**
- 17th **KCFC Family Activity.** He`eia State Park, 11:00AM - 2:00PM. Please see announcement on the first page. For more information, contact KCFC at 235-7747.
- 23rd **Families for R.E.A.L.** Windward Mall, Center Court, 10:00 AM - 1:00 PM. Preschool Activities for children and parents: Clay, Games, Painting, Story-telling, Puzzles and more! FREE!

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)

## Looking for a FREE, home-based Preschool Program for your Child?

If so, come and join the Kane`ohe HIPPY (Home Instruction for Parents of Preschool Youngsters) Program!



Who: 3, 4, or 5 year old children.  
What: HIPPY is a FREE 30 week curriculum-filled program where you become your child's first teacher with the help of a Home Visitor. HIPPY will provide you with FREE activity books, crayons, scissors, glue and books.  
When: Along with home visits, HIPPY also provides two group meetings a month with guest speakers.



Come join in the fun and learning! Applications are available now and slots are limited.

For more information, contact Carin at PACT/Kane`ohe Community Family Center, 235-7747.