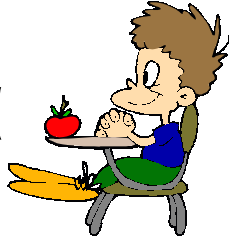


A partnership of Parents and Children Together and the Castle Complex Department of Education, partially funded by Aloha United Way, the Hawaii State Department of Human Services, the Housing and Community Development Corporation of Hawaii, and the US Department of Education School Support and Technology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

Reducing Back-to-School Stress



Another school year has begun for children. Many children, even if it's not their first year of school, have a lot of anxieties about starting a new school year. Parents can help to ease their children's worries and help to make the transition smoother with a few helpful tips:

- Designate a space in your home specifically for doing homework. It is very important for children to develop good study habits at an early age.
- Discuss with your children potential situations that they may encounter, such as dealing with bullies, and other issues that may concern them. If you discuss these with your children beforehand, they will be better prepared to deal with the situation if and when it arises.
- Review safety and school rules with your children. Discussing basic rules such as how to cross the street and what is and what is not appropriate to bring to class may seem trivial, but it is very important to re-emphasize these rules with your children.
- Set aside some time each day to talk with your children about how their school day went. It may help to choose specific questions to ask your children. This may help to better stimulate a conversation and help to maintain an open dialogue between parent and child.
- The most important thing to remember is to be enthusiastic about your child's new school year. Acknowledge their concerns and try to help soothe their worries as much as possible.

Help your children by preparing them ahead of time and you will not only help to pave the way for a successful school year, but you will also help them get excited about learning!

Adapted from: "Back to School Safety: Reducing Back-to-School Stress" at <http://www.myparentime.com/articles/article149c.shtml>.

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 18, 2002. Lunch is served at every group meeting. **Please contact Carin at 235-7747 for more information.**



WINDWARD HO`OLAULEA 2002!

WINDWARD MALL CENTER STAGE, MEHANA AND KAWA STREETS IN KANE`OHE.

**SATURDAY, SEPTEMBER 7, 2002
2:00 PM - 10:30 PM**

★ CRAFT FAIR ★ FOOD BOOTHS ★ KEIKI GAMES
★ ENTERTAINMENT BY:

SEAN NAAUAO, MAKAHA SONS, OLOMANA, HOOKENA, KAPENA AND MORE!

FOR MORE INFORMATION PLEASE CALL 235-1143.



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

**Kane`ohe Community
Family Center**

**COMMUNITY RESOURCE
AND REFERRAL**

•Phone 235-7747
•Website <http://kcfc.pachawaii.org>

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

<http://www.hawaiiipirc.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@pachawaii.org

**Fall 2002 Story Time
at Kane`ohe Public
Library**

Preschool Storytime - 10:15 AM
Tuesdays: September 3rd,
10th, 17th and 24th.
Ages 3 - 5 years old.

Toddler Storytime - 10:15 AM
Thursdays: September 5th,
12th, 19th and 26th.
Ages 18 months - 3 years old.

Registration is not required. For
more information contact 233-5676.

**September is National
Baby Safety Month!**



Babies are precious gifts,
but they are also filled with
natural wonder and curiosity
about the world. This month
parents are encouraged to be
aware of how to protect their
young ones. Some simple
prevention techniques are:
learning infant CPR, knowledge of
accident prevention, ways to
prevent choking risks, pet and car
seat safety and child-proofing your
home. **For more information
on child safety tips visit:
[www.familyresource.com/
parenting/9/?m=5](http://www.familyresource.com/parenting/9/?m=5).**

Site of the Month

www.funschool.com

A website filled with
fun, grade-specific,
educational games for
children. It is also full
of pictures and links to
other websites just for
children!



September

- 2nd** Labor Day
- 3rd** Kane`ohe Community Family Center
Council Meeting. 5 PM. Kane`ohe
Community Family Center. 235-7747.
- 3rd** Preschool Storytime. 10:15 AM.
Kane`ohe Public Library. 233-5676. See
ad on this page.
- 5th** Toddler Storytime. 10:15 AM.
Kane`ohe Public Library. 233-5676. See
ad on this page.
- 7th** 2nd Annual Windward Ho`olaulea.
2 - 10:30 PM. Windward Mall, Mehana
and Kawa Streets. 265-1143.
- 8th** Grandparent's Day
- 12th** OGYA Grief Support Group. 6 - 8 PM.
Queen Lili`uokalani Children's Center.
Cynthia White 735-2989.
- 17th** Kane`ohe/Kahaluu Vision Community
Meeting. 6:30 PM. Kane`ohe
Community and Senior Center. 523-4500.
- 18th** Grandparents Raising Grandchildren.
9 AM. Queen Lili`uokalani Children's
Center - Kane`ohe. All grandparents
are welcome. Jennifer 235-7747.
- 19th** Kane`ohe Neighborhood Board.
7 PM. Kane`ohe Community and Senior
Center. 523-4815.
- 26th** OGYA Grief Support Group. 6 - 8 PM.
Queen Lili`uokalani Children's Center.
Cynthia White 735-2989.
- Oct
1st** Kane`ohe Community Family Center
Council Meeting. 5 PM. Kane`ohe
Community Family Center. 235-7747.

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@pachawaii.org

Help a child

**Castle Complex Elementary
Schools are looking for
volunteer reading tutors at
He`eia, Puohala and
Waiahole Elementary**



learn to read!

**Schools. No experience
is necessary - training
will be provided. Please
contact Teri Maneha for
more information at:**



**235-9114 or
233-5677.**