



PACT

KANEOHE COMMUNITY FAMILY CENTER

A PROGRAM OF PARENTS AND CHILDREN TOGETHER

Family Center News

A partnership of Parents And Children Together (PACT) and the Department of Education, Castle Complex; partially funded by the State of Hawaii Department of Human Services and Department of Health, Alcohol and Drug Abuse Division through Federal Substance Abuse Prevention and Treatment (SAPT) Block Grant funds; and the U.S. Department of Education Office of Innovation and Improvement.

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SUCCESS AT SCHOOL STARTS AT HOME

You set the example for your children. Let your children know that you are just as proud of their reading and art skills as their sports achievements.

Once school starts parents begin thinking about ways to get their kids to complete their homework. One way to success in school and life is to raise children in a home friendly to learning and reading. That is not as scary as it sounds.

Routines:

One of the most important things for children to do well in school is to have a routine. There should be a consistent bed-time and wake up time. Meals should be at a regular time. There should be chores for everyone from the age of 2 and up. In fact research shows that bedtime should stay consistent for adults as well as children.

Bedtime:

Most of our kids don't get enough sleep. When we sleep our brain practices the things we learn throughout the day. If we want our kids to learn we need to help them by encouraging them to get enough sleep.

- ◆ Preschooler needs 10-11 hours of sleep per night plus a nap.
- ◆ Elementary students need 10 hours a night.
- ◆ Adolescents and teenagers need 9 or more hours.
- ◆ Adult needs 7-8 hours.

Quiet Place:

Make sure children have a quiet place to read and do homework. The space does not have to be fancy. It should have few distractions and good lighting to avoid eye strain.

Reading Can Be a Pleasure, Not a Chore:

Parents want their kids to read so they say things like, "it's time to do your reading now," or "turn off the TV and read a book!" Comments like these make reading sound like a chore.

Reading is Not Just From Books: Have your kids cook or bake by following a recipe. This involves reading, math and science and they get to eat the results. Reading comics is still reading. Do your kids see you reading the newspaper, magazines, or books? When they see you reading they will see reading as a lifelong pleasure and not a chore.

Read Together: Read the newspaper together and talk about an article that interests you or them. It could be a sports story or from the lifestyle section. If they are reading content on the computer they are still reading.

Follow Kids' Interests: When it comes to the choice of books your child reads, of course you want them to read the required items but also make sure they get to read books with subjects that interest them.

Writing and Texting:

Today many kids are writing, just not in the format we parents are familiar. They are probably texting and tweeting instead of writing letters. If you don't know how to text or tweet ask your children. It does great things for your children's self-esteem when they are able to show you how to do something.

One caution about texting and tweeting, kids still need to learn to compose grammatically correct sentences. Encourage them to write a letter to family or to a company. Writing this letter does not have to be with paper and pen. It is fine to type and email.

Limit Screen Time:

A highly literate home is one in which the TV is not on for more than a couple of hours a day. Children and adults should limit their screen time in front of the computer, video games, phone screen, talking or texting.

Adapted from article by; Kathy Bentley, Kathy's Parenting Solutions



Malama 96744
Community Clean-Up
& Graffiti Paint-Out
Saturday, August 21st



Help care for our community!

Volunteers wanted! Meet at Kaneohe Skate Park from 8 - 11:30am. Bring paint rollers and paint covers. Lunch to follow. For more information or to sign up, call PACT Kaneohe Community Family Center 235-7747.

MAHALO

Pali Lions Club and Harry and Jeanette Weinberg Friends Program

After completing their community service project, the Pali Lions Club presented a \$10,000 check to PACT-KCFC from the Harry and Jeanette Weinberg Friends Program on June 26, 2010. The \$10,000 will be used to supplement the Ready to Learn school supply program, Baskets of Blessings and Feeding America Backpack Program.



Hawaii was admitted into the United States as the 50th state on August 21, 1959. In memory of that occasion, August 20, 2010 is a holiday observed by the State of Hawaii.

Parent's Guide To The 5Rs



Resourcefulness

Being skilled and imaginative in finding ways to succeed.

Live It! Try to fix broken things instead of just throwing them away.
Teach It! Show your children how you face and solve problems so that they will learn problem solving skills.

Families for R.E.A.L.

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.

- ◆ Parent Support & Education: topics include: family issues, guidance, limit setting, and community resource information.
- ◆ Parent Child Activities: language, cooking, home made toys & more!

Register now at 235-9189.
Fall Session: August 9 - October 21, 2010

KCFC can help you with:

- Community resources and referrals
- Education resources for parents and professionals
- Family support
- Volunteer & community service learning opportunities
- Community Works in 96744

Prevention of Underage Drinking
More information available by calling 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:
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Parent Project Classes

Empowering Parents. Transforming Teens.

The Parent Project® offers straightforward, step-by-step action plans for parents to take immediate steps toward preventing or intervening in their children's choices. Parents of children ages, 11 - 22 yrs. old.

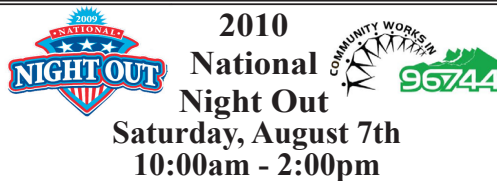
**Tuesdays, September 7 - November 9
5:30 - 8:30 pm**

Kaneohe Community Family Center
Workbook cost \$24. Classes are free.
For more information and to sign up contact Rosey Potts at 233-5713.



**Windward School Fair
August 14th
10am - 2pm
Windward Mall**

Community Helping Schools (CHS) is a 501(c) (3) organization offering the community an easy way to support Hawaii's public schools with their material and service needs. CHS will have all wish lists and be collecting donations for Windward Schools. There will be individual school displays and "Showcase of Talent" from different schools. For more information please call Kathie Wells at 263-6703 or Rosey Potts at 233-5713.



Community Works in 96744 Coalition, Harold K.L. Castle, and HPD will be sponsoring **National Night Out at Windward Mall.**

The purpose of National Night Out (NNO) is to heighten crime and drug prevention awareness; generate support and participation in local anti-crime programs; strengthen neighborhood spirit and police community partnerships. This year's event will be a time of celebrating and honoring community organizations that have contributed their time and efforts to NNO. Kona and Kapena will be providing fabulous entertainment and activities include HPD Static Displays, Keiki and Kupuna IDs and Chief Louis Kealoha will be sharing about NNO.

For more information, contact HPD at 723-8874

AUGUST

- Ohana Food Distribution**, 3 - 4:30 at K.E.Y. Project, Kahaluu.
- Community Works in 96744**, 5pm at Kaneohe Community Family Center. Dinner provided. Find out more about resources in the community and prevention of underage drinking. Call 235-7747 for more information.
- Cyber Safety Education & Awareness Workshop**, 9 - 11am FREE at WCC, Hale Kuhina. Call 235-7433 to register.
- 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 for more information.
- Kahaluu Neighborhood Board Mtg.** 7pm at K.E.Y. Project, Kahaluu. Call 527-5749.
- Huikakoo (Grief Support Group)**, 5:30 - 8pm at QLCC. Call Bert at 234-2205.
- Alzheimer's Support Group**, 10 - 11:30am at Kaneohe Community Family Center (KCFC). Learn more about Alzheimer's and resources. Call 225-9377.
- 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 Goggles, Preschool Activity** "Space Fun", 10:15am at Kaneohe Public Library.
- Statehood Day - Holiday**
- Malama 96744 Community Clean-Up & Graffiti Paint-Out**, 8 - 11:30am at Kaneohe Skate Park. For more information call 235-7747. Be ready to have fun!

Department of Parks and Recreation
Fall Programs Start on September 7th
Registration starts on August 25th

Ho'ohuli

"Turning the Corner..."

Ho'ohuli is a competency-based high school diploma program offered to students 16yrs. and older. This 12-month program includes a service learning/employment component. Enrollment in this program is on-going. Call today for more information, Kamuela Kala'i 239-5777 at K.E.Y. Project.

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

Ahuimanu	8/10 @ 2:30	Library
Ben Parker	No meeting	Principal Off.
Castle H.S.	8/10 @ 5:30	Admin Conf Rm.
He'eia	Please call the school	233-5677
Kahaluu	8/9 @ 3:00	Room A1
Kaneohe	Please call the school	233-5633
Kapunahala	8/19 @ 4:00	Teacher's Lounge
King Int.	8/18 @ 4:00	Main office
Puohala	8/5 @ 5:30	Library
Waiahole	8/19 @ 2:15	Library