

# Parent Newsletter



**Kulia Youth Activities**

**February 2018**

**Dates to Remember:**

**February 2**

Non-school day

**February 7**

Kindergarten  
Readiness Fair  
4:30-6 (Mokapu Mall)

**February 12**

Non-school day

**February 14**

Valentine's Day

**February 19**

CYP Closed  
President's Day

**February 20**

Parent Advisory  
Board Meeting 5:00

**February 23**

SACER Party 3-4

**Building Information**

Mailing Address:  
P.O. Box 63073  
Kaneohe Bay, HI  
96863-3073

Phone:  
808-257-2030

Fax: 808-257-2026

Tax I.D. Number:  
99-0267668



## Kulia FOCUS Workshop #1

During our first FOCUS workshop on December 14, the children were taught the FOCUS Feeling Thermometer using a "Science of Fun" experiment. The feelings thermometer helps children express how they feel. It also helps family members understand that each person in the family may have different responses to the same event. The feelings thermometer provides a common language for families to identify and express feelings. After the children were introduced to the feelings thermometer, the children were able to discuss their coping strategies and how they "get back to the green."

Feeling Thermometer



**Red Zone = intense feelings, such as fear, anger, or extreme sadness**

**Orange Zone = uncomfortable feelings, such as mad, sad, or nervous**

**Yellow Zone = just a little uncomfortable feelings, such as little sad or little worried**

**Green Zone = comfortable feelings, such as happy, excited, or silly**



### **MCBH Tax Center**

If you need assistance with filing your taxes, the MCB Tax Center is offering free tax preparation services Jan 29—May 1 at Bldg. 455 (across from the Family Housing Office and next to Kulia Youth Center) Monday—Friday 0830-1630. Phone: 808-257-1564

If you need your child care statement for 2017, which reflects your childcare payments for the year, please inquire with the front desk staff.

### **February is**

### **Dental Health Month**

Here are some tips on keeping your teeth clean:

- \*Brush your teeth at least twice a day\*
- \*Floss daily to remove plaque\*
- \*Eat a well-balanced diet\*
- \*Use good toothpaste\*
- \*Drink lots of water\*
- \*Go to the dentist regularly\*

**Anchored4Life** is a transition and Resiliency Club to support military and civilian youth, which aims to develop *happier, healthier, and more confident* kids.

The Anchored4Life program:

- Teaches and reinforces life skills to help kids connect with their peers and community during transitions
- Provides growing opportunities to increase competency and character by positively addressing setbacks.
- Builds confident leaders who inspire others by contributing to a caring and supportive environment.

Kulia staff and Team Leaders (Children) received training last month and look forward to implementing this exciting program at SAC!



# February Programming

Beginning February 2018, School Age Care will introduce three new clubs to the program. The Cooking Club, which will be tied to BGCA's Healthy Habits, the Sewing Club, and the Creative Arts Club.

The Sewing Club will meet on Mondays, and plans to make Valentine's Day-inspired projects for the month of February. Children in Kindergarten-3<sup>rd</sup> grade will utilize blunt plastic needles for safe stitching, and children in 4<sup>th</sup>-6<sup>th</sup> grade, with parent's permission, will stitch with a needle and thread.

The Cooking Club will meet on Wednesdays, and for the month of February, has plans to make bread and butter, Heart Shaped Pizza, and will make Dumplings in recognition of the Chinese New Year.

The Creative Arts Club will take place on Fridays, and a host of crafts will be provided for the children. The Caregivers are communicating with the children to learn their interest for future projects and crafts.

Each Club will run weekly and the children may choose to take part or choose to work in another area of the program. Our goal is to keep the children engaged by providing activities that are built upon and around their interest and skill level.

We are also looking to increase parent involvement. If you have a special skill, talent, or hobby, or would just love to come in and cook with the children, please let us know, and we will get you scheduled.

## Did You Know...

- ♥ While in a CYP facility or on the premises, any person other than employees and family members bringing or picking up children are considered visitors and must sign in and out of the facility, wear identification, and are escorted or are within line of sight of staff that have completed, favorable background checks. (DoDI 6060.021)
- ♥ School Age Care has a Parent Board to discuss program concerns and to provide recommendations for improvement. The Board, meets on a quarterly basis and the minutes are posted on the lobby bulletin board. The next meeting is scheduled for 20 February at 1700. Hope to see you there.
- ♥ All CYP facilities are required to conduct a 100% ID check. Please have your ID available to show to the desk personnel and classroom caregivers. Mahalo for your cooperation.

## Welcome to Kindergarten!

You are invited to attend Annual Kindergarten Readiness Fair, Wednesday, February 7, 2016 from 4:30 – 6:00 PM @ Mokapu Mall, MCB Hawaii. You will be able to obtain information on:

- ♥ Kindergarten enrollment
- ♥ Kindergarten Readiness
- ♥ Options for children who miss the DOE Kindergarten age cutoff date

Children who are 5 years old by July 31, 2018 are eligible for enrollment into kindergarten for the 2018-19 school year.

Children who turn 5 after July 31<sup>st</sup> are eligible to enroll the following school year. Knowledgeable staff will be available to answer questions and provide you with information and resources related to school readiness.

Please contact Resource and Referral, at 808-257-7430, for more information.

**This is a free event!**  
**Prize giveaways and light refreshments provided.**

## Staffing Updates

Kulia is excited to announce the selection of our new Program Director. We anticipate her arrival by the middle of February, and know that she looks forward to meeting all of you. She comes to SAC with 30 years of experience with Child & Youth Services under the Department of the Navy and has served in a host of position within CYS, to include, Caregiver, Lead, Technician, Trainer, Asst. Director, and Program Director. We look forward to having her on our team, and ask for your patience through the transition as she gets to know the program. Please take the time to introduce yourself and assist her in getting to know your child.

Special shout out to our new Custodial Worker and Program Assistant who are great additions to our team. Yahoo!!!

Management has conducted a host of interviews and have selected three caregivers and an Office Automation Clerk for hire. Positions are being offered, and if accepted, applicants will be processed and all Kulia YA positions will be filled.