



# PARENT NEWSLETTER

Kulia Youth Activities November 2017

## November Dates to Remember

### 9th

Marine Corps Birthday Cake Cutting Ceremony 4:00 pm

### 10th

Holiday—Veteran's Day (observed)

CYP Closed

### 23rd

Holiday—Thanksgiving

CYP Closed

### 24th

Non-School Day

### 30th

SACER Party 3-4

## Building Information

### **Mailing Address:**

PO Box 63073  
Kaneohe Bay, HI  
96863-3073

### **Building Address:**

6753 Lawrence Road  
Kaneohe Bay, HI 96863

**Phone:** 808-257-2030

**Director:** 808-257-2029

**Tax ID #:** 99-0267668

## Teaching Children About Gratitude

When kids are young, they're still working on the concept of giving thanks—whether a verbal thank you or a hand-drawn picture for a special family member or friend. Practicing good manners when a “thank you” is appropriate will nurture their budding sense of gratitude. While saying “thank you” may be an automatic response at a young age, as children get older they'll begin to attach true meaning to the words.



In the elementary years, help your kids reach out to others in meaningful ways. They're old enough to make a real difference. Not only will they feel good about what they can do, but helping others will foster a sense of appreciation for the people, experiences, and things they value in their own lives.

Here are some ideas to help your whole family be thankful and give thanks to others:

- Hand-write thank you's. When your child receives a gift, have them create and send a thank you card. One sentence per grade is a good rule of thumb, and be sure to send them out promptly.
- Be polite. Role model using good manners and being polite.
- Pick your top 3. At dinner or bedtime, take turns sharing the three best things about your day.
- Make a gift list of gifts that your child would like to give friends and family as holiday or “thank you” gifts.
- Say thank you with cookies or other baked treats. Prepare and deliver a homemade “thank you” to your local fire or police department.
- Make it stick. Leave sticky notes for each family member to thank them for something that you appreciate. Parents can leave these notes in their children's lunch box or cubby.



Resource: <https://www.today.com/news/get-grateful-20-ways-teach-kids-gratitude-tots-teens-1D80297963>



## Healthy Sleep Habits

Healthy sleep is an important part of keeping your family functioning at their best. Poor sleep can have a large impact on children and often interferes with muscle repair, cell regeneration, and brain hormone level regulation – which effects mood, appetite, and ability to focus. Losing sleep can also increase obesity, reduce ability to learn, and decrease school performance. School performance often improves when a child develops healthy sleep habits.

People in your family (big and small) need different amounts of sleep:

- School-age children (5-11 years old) need about 10-11 hours of sleep each night.
- Adults needs about 8 1/4 hours of sleep.

### Tips for promoting healthy sleep habits:

- Maintain a regular sleep schedule, including on weekends and holidays.
- Create consistent, relaxing bedtime routines, for example, a warm bath before bed, turning down the lights, talking about the day, and reading a calming book.
- Keep TV, computers, and video games out of the bedroom.
- Spend time outside each day to strengthen the body's internal clock.
- Regular exercise during the day can help children and adults sleep better.
- Keep children away from caffeine (i.e. chocolate, candy, soda and sugary drinks, and desserts before bedtime).

Resource: FOCUS



## Kulia Parent Advisory Board Meeting

September 27, 2017

Thank you to all of the parents that attended the Parent Advisory Board Meeting. We had 23 parents in attendance. Before the meeting was

held, the parents joined the children in the gym for a friendly game of sharks vs. minnows. The meeting included the following:

- Introduction of Kulia's new director, Ms. Annetta Butler
- Staff update (new custodian hired and interviewing for new program assistants)
- Fall Camp Overview
- Cake Cutting Ceremony—November 9, 2017
- BGCA Affiliation/Clubs
- SAC Expectations

\*Our next PAB meeting will be held in December 2017. Date and time to be announced.

