

PARENT NEWSLETTER

KULIA YOUTH ACTIVITIES

September 2017



Ohana means Family

We've all seen the Disney classic Lilo and Stitch, with their catchy motto "*Ohana means family, and family means nobody gets left behind or forgotten*". With technology, social media, and sometimes life in general, we can forget to slow down, and smell the roses. Children grow up so quickly, and if we are not paying attention we will miss out on those younger years. As parents, we are not only caretakers of our children, but we are also their first teachers. We will teach them to have compassion, patience, empathy, respect for others, among other qualities, and it is up to us to ensure we are there to provide them with the tools to be successful adults. How can we embrace those school aged years? By ensuring you make family time... time for Ohana! Studies show that households that participate in "family time", help produce well-rounded individuals. Here are 6 benefits to family time:

Strengthening of the family bond: Indulging and spending time doing activities as a family build upon the family bond. These activities don't need to be expensive outings to the movies, or to an amusement park, they can be simple activities around the house, such as working together in the garden, playing games, participating in outdoor activities or just washing the car. Doing things together helps to build the emotional bond between one another.

Improving academic performance: Academic success is associated with parent involvement and providing help and guidance when it's needed. "If you, as a parent, provide essential guidance through your child's first 'academic' years this will have a really positive effect in the future" (Parenting, nd.). This could also result in a child receiving a better education which could lead to a better paying job in the future.

Helps develop parenting skills: Kids learn by example, it is a parents actions that will reflect on how their child will behave and react to their own children one day. Be mindful, you are a direct reflection of your child, those tools they learn today will be carried on into their adulthood and exercised in parenthood.

Less behavioral problems: Communication is key! It is also the number one solution to solving all problems, and children that communicate regularly with their parents tend to have less behavioral issues. So make time to listen, if you are busy schedule "special time" with your child where they have your undivided attention. Dinner time spent all together at the dinner table, (television off and electronic devices not allowed) is the best time for conversation.

Decrease in violence: Adolescents is a time of growth, in more ways then one. A child is experiencing rapid changes to their bodies, hormones as well as thoughts and emotions. Peer pressure becomes very present during this stage and age of development as well. Adolescents that have a closer relationship with their parents are less likely to participate in acts of violence. Sometimes all it takes is quality time spent with a parent , this alone can help alleviate the stress and anxiety that a child may be feeling.

Decreased chance of drug abuse: Youth and teenagers who often deal with internal conflict, or are frequently frustrated and feel they do not have parental support are more likely to turn to artificial substances to alleviate the anxiety and stress. Youths and teenagers who spend more time with the family are less likely to engage in substance abuse.

These are just a few examples to the benefits of family time; do you and your Ohana have a favorite family time activity? Share it with the Kulia staff so we can pass around ideas to others (see next page for submission form).

Dates to Remember:

September 4

HOLIDAY-
LABOR DAY
all CYP facilities closed

September 11

National Day of Service
and Remembrance

September 16-23

BGCA Worldwide Day
of Play Week

September 27

Kids vs. Parents Sharks
vs. Minnows Game
PAB Meeting

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 I.D. Number:
99-0267668

Inspiration Corner



Ohana Activity Submission Form

What is your families favorite activity to participate in together?

What activity ideas do you have to share with other families?

Check out the display case in coming weeks to see all of the different ideas provided by fellow Kulia families.

Cut along the dotted lines
to for your submission!



and turn your ideas into front desk staff. Maha-

Recipe of the Month — Apple Pie Fries

Ingredients

- 20 ounces apple pie filling
- 2 refrigerated pie crusts
- 2 eggs (lightly beaten)
- 1/4 cup sugar
- 1 tsp cinnamon
- 1/4 nutmeg
- sparkling sugar (optional)



Directions

- 1) Preheat oven to 350 degrees. Line a baking sheet with non-stick paper and set aside.
- 2) In a food processor, pulse 1 can of apple pie filling several seconds until almost smooth.
- 3) On a floured surface, lay out 1 pie crust, and spread apple mixture evenly over the entire surface. Take second pie crust and place on top.
- 4) With a pizza roller, cut 1-inch wide fry shapes going vertically down the crust. Carefully transfer fries to prepared baking sheet. Brush egg mixture over fries.
- 5) In a separate bowl, combine sugar, cinnamon, and nutmeg. Sprinkle sugar mixture and optional sparkling sugar over fries. Bake for 15-20 minutes.
- 6) Remove from oven and serve with caramel, whipped cream, or any desired toppings or dipping sauce. Serve and enjoy!



PAB Meeting

Please join us at our next Parent Advisory Meeting at Kulia —

September 27, 2017 at 5:30

There will a be a Kids vs Parents Sharks vs Minnows game at 5:00 before the meeting

