

Parent Newsletter



Kūlia Youth Activities

August 2017

Dates to Remember:

August 1

Distribute Registration paperwork for child care

August 3

Last Day of Camp Kulia

August 7

Teacher Training, No school

August 8

Mokapu Elementary School Begins

August 12

International Youth Day

August 18

Statehood Day, No school

August 31

Registration paperwork due

Building Information

Mailing Address:

P.O. 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

School Age Care Program- Kulia Youth Activities

Kulia Youth Activities School Age Care (SAC) program begins August 8, 2017 for the 2017-2018 school year. Our program is open from 0500-1900 for all eligible families. The SAC program offers affordable before and after-school care, and delivers age appropriate activities that embrace social, emotional, cognitive and physical development of youth. The SAC program is an affiliation Boys & Girls Club and focuses on:

- **Sports & Fitness**
- **Leisure & Recreation**
- **Power Hour and Triple Play**

To promote child development, SAC caregivers create lesson plans with weekly themes according to children's suggestions within a structure built around free-choice. This choice structure, or "Free Flow", allows our SAC participants to choose activities they would like to engage in, within the available spaces offered. The Free Flow structure assists in nurturing our participants' decision-making skills while allowing our caregivers to interact with a variety of children.

Safety and security of our SAC participants continue to be a top priority within our program. In order to maintain child accountability, while nurturing independence, participants will adhere to a Choice Board, which is centrally located by the check-in desk. The Choice Board is a check and balance system put in place to grant access to the areas of interest. They will utilize their marker to indicate where they choose to spend their time. The Choice Board will be monitored and facilitated by Kulia staff at all times to ensure compliance to staff-to-child ratios and child accountability.

The SAC program also offers breakfast (0700) along with two daily snacks (1430-1500 and 1800-1830). The last Friday of every month, the SAC incentive program celebrates children who earn 5 stamps on their R.E.S.P.E.C.T cards at the SACer party for a special treat.

Please take some time to visit www.mccshawaii.com/youthactivities/#sac to learn more about the requirements for our School Age Care program.

We look forward to seeing you this year and good luck in 2017-2018 school year!

As a friendly reminder: Kūlia Youth Center is a 100% ID check facility. You are required to show your ID to the front desk and again in the classroom. Thank you for your cooperation!





Tips to ease back into school

Back-to-school anxiety is normal and understandable. Many kids may feel anxious about going back to school after a long summer break. Others may feel nervous about starting school for the first time. Whichever the case may be, parents can help ease the transition back to school with these simple strategies.

Organize your home for back-to-school. A great way to ease some of your child's anxiety about going back to school is by getting your home ready for the transition. Strategies such as making school lunches the night before or establishing a comfortable homework area can help make kids feel more in control and relieve some of their anxious feelings.

Help your child feel more comfortable about his/her new school environment. One of the things that can cause back to school anxiety for kids is not knowing what to expect. Help your child become more acclimated to new routines and unfamiliar surroundings by doing the following:

Take him/her for a visit to the school. If your child is starting kindergarten or first grade, he may be uneasy about going into a new building. Older grade-schoolers may be nervous about being in a new classroom room or meeting a new teacher. To alleviate some of these concerns, ask your school about arranging a visit to school and meeting the teacher before school begins.

Make a couple of drives back and forth from home to school. Whether your child will walk, take a school bus, or be driven to school by mom or dad, helping him become familiar with the route to and from school will ease school anxiety. Even if your child is familiar with the route to school, making a run to school prior to the first day will remind him where school is, and will help him feel more connected as to where he will go on the first day back to school.

Make sure your child gets enough sleep and eats a balanced diet. Getting adequate sleep and eating a healthy diet – especially a protein-carbohydrate balanced breakfast -- is important for brain function, mood and focus.

Resource: verywell.com/tips-to-ease-back-to-school-anxiety

Recipe of the Month



Strawberry Fun Bites...

1. Gather skewers, strawberries, blueberries and pound cake or angel food cake.
2. Cut the tops of the strawberries and set aside.
3. Cut pound cake or angel food cake into small squares and set aside.
4. Skewer strawberry, cake, strawberry, cake, strawberry. Then add 3-4 blueberries to the end of the skewers.
5. Refrigerate until ready to serve.

Enjoy!

Teen News

Glow Daze Teen Dance

Friday, August 25, 2017
1830-2100

Open to all military-affiliated
PreTeens (10-12 years old)
Teens (13+)

Neon colored or glow-in-the-dark
clothes encouraged
Light refreshment available for
purchase

Presale tickets

CYP members- \$3.00
Non CYP members—\$4.00
At the door sales
CYP members- \$6.00
Non CYP members-\$8.00

Tickets on sale August 14th



BOYS & GIRLS CLUB