

JULY 2017

Special Events and Dates to Remember

July 4

Closed in observance of Fourth of July

July 5

MCBH Fire Station truck display and "hose-down"/MCBH Pool

July 6

I Trampoline Field Trip

July 13

Ali I Agriculture Farm Fishing

July 19

Halava Xeriscape Field Trip

July 27

YMCA Camp Erdman

**Water Play Days every Wednesday

MARINE & Family | Child and Youth Programs

MCPCS
HAWAII



HOME OF THE FREE BECAUSE OF THE BRAVE

Adventure Camp is in full speed here at Kulia Youth Center, and we are happy to say the kids are having a ton of fun. Each week we strive to create a fun-filled theme week for the children enrolled. Our first week, we went to the bowling alley and loved having many of our parents join us. During the second week, we did a beach clean-up at North Beach and also collected driftwood from the beach to make our wind chimes, which are currently hanging in the window of classroom 23. For the third week, we visited the Hawaii Mandarin Academy for a cultural art and food experience. The children rated this field trip a "10" so we will definitely be going back. During our sports-themed week 4, we went to the Ice Palace for ice-skating and pizza.

We will finish the summer with these themed weeks: All-American, Weather and Water, Plants and Garden, Survival/Camping, and Hawaii Unreal. We want to invite parents to check out our completed camp weekly activities in our "What's New at Kulia" showcase display in the front lobby. Please keep up the great work sending your child in with healthy lunches, which earns them stamps for the SACER of the Week party each Friday during the summer.



Kulia Parent Advisory Board Meeting was conducted on 6/28/17. PAB notes are posted in the lobby. Copies are available upon request.



Mokapu Elementary School starts back on Monday, August 7, 2017

Here are a few tips to help your child 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 to back to school with these simple strategies.

Stay Positive — A parent's attitude has a strong influence on how children view the beginning of school

Create Routines — Establishing daily routines at home at the start of the school year (or even before) can also help children adjust. Doing this directly benefits their work in the classroom, where their day is full of routines

Create fun traditions — Because attitude matters, if you're excited for school to start, your children will follow your lead. Having an annual ritual can help ring in the new school year and can be a treasured tradition for years to come.

Be available — especially right before back to school time and during the first few days back. Try to drop off at school or pick up in the afternoon and have an early dinner together. Spend time talking to your child about their day and answer any questions they might have. By giving your child more attention, you will help them feel more secure and confident, and make their transition back to school time much easier.

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

Resource: <https://www.schoolfamily.com/school-family-articles/article/10799-ease-back-to-school-stress>



Must see Fire Works in Oahu

This 4th of July, join the Aloha State in celebrating freedom with exciting fireworks shows around the island:

ALA MOANA BEACH PARK FIREWORKS — Beginning at 8:30 pm at Ala Moana Beach Park

NORTH SHORE FIREWORKS—Fire work show starts at 8:00 pm at Turtle Bay Resort

KAILUA FIREWORKS — Fireworks start at 8:00 pm at Kailua Beach Park

PEARL HARBOR — Firework display starts at 9:00 on Pearl Harbor