

PARENT NEWSLETTER

KULIA YOUTH ACTIVITIES

JUNE 2017



WELCOME TO CAMP KULIA

We are excited to have your children spend the next 10 weeks of summer with us. Our staff have been working hard planning awesome activities and field trips that we know your kids are going to love. We want everyone to have a safe, healthy, and fun summer, so here are a couple guidelines to help your child be prepared when they are at camp:

- Wear closed-toed shoes daily (Crocs with back straps are okay), and label all belongings
- Bring a water bottle (it can be stored in your child's personal cubby)
- Pool/water days (every Wednesday) - Wear your water clothes to school and bring an extra change of clothes, closed-toe water shoes, and a towel
- Sunscreen Policy—Parents are encouraged to apply sunscreen at home before they drop off their camper. Staff will re-apply sunscreen in the afternoons prior to outdoor activities. If you want sunscreen applied to your child while in our center, please stop by our front desk and

fill out the **Authorization to Administer Medication form**. We have many outdoor field trips, pool days, and park days planned this summer. We want your child to be able to enjoy the summer with us without having to be sore or uncomfortable from a sunburn. If you supply the sunscreen and complete the required authorization form, we will happily help your child apply sunscreen.

- Please bring a healthy, nutritious sack lunch daily for your child. **As a reminder, Camp Kulia is a peanut, nut, and shellfish-free center. Children will store their lunch in their cubby. Lunch is 11-12 each day.
- Open communication: If your child will not be at camp for any reason, please call us and let us know of their absence at 808-257-2030.
- Open-door policy: Parents are welcome in our center anytime. Stop by and check out what's going on!



DATES TO REMEMBER

SUMMER CAMP:

May 31-August 4

June 11

Kamehameha Day

June 16

Brownies with Dad

4-4:30

Dad and Me Dance

4:30-5:30

June 18

Father's Day

Check SAC Special Events Calendar for weekly themes and activities.

FIELD TRIPS:

June 1—Kbay Lanes

June 13 — Hawaii

Mandarin Academy

June 22 — Ice Palace

June 30 — Art Explorium

HOMEMADE LEMONADE

INGREDIENTS:

1 cup sugar

1 cup water

1 C. lemon juice (4-6 lemons)

3-4 cups cold water

Fresh strawberries (optional)



DIRECTIONS:

Make a simple syrup by heating sugar and 1 c. water in a small saucepan until dissolved.

Juice Lemons—add juice and sugar water to a pitcher. Add 3-4 cups of cold water more or less to taste.

Serve over ice and garnish with lemon slices. Add fresh strawberries for strawberry lemonade.



MARINE & Family Child and Youth Programs



How did Father's Day come to be?

In 1914, Woodrow Wilson declared the second Sunday in May, Mother's Day. However, a day celebrating fathers did not catch on as quickly as a day in celebration of mother's did; maybe all due in part because father's were seen to not hold the same "sentimental" appeal as mothers do.

On July 5, 1908, a West Virginia church sponsored the nation's first event explicitly in honor of fathers. July 19, 1910, Washington State celebrated the nation's first statewide Father's Day.

In 1916, President Wilson honored the day by using telegraph signals to unfurl a flag in Spokane when he pressed a button in Washington, D.C.

In 1924, President Calvin Coolidge urged state governments to observe Father's Day. So on this day whether dad likes, flowers or fishing, a sports game or tools; let us celebrate this day in his honor. Spark up those bar-be-ques, bring out the horse shoes, dawn your Sunday's best. What ever it takes to let dad know that he is "the Man".

Happy Father's Day!

Resource: History.com (2009). Retrieved from <http://.history.com/topics/holidays/fathers-day>.



Summer camp can be the highlight of the summer for your child. There's so much to do and learn. Before your child's first day at camp, please take a minute to go over our Camp Respect Rules. Safety should be at the heart of any camp program, and in order to keep campers safe, certain rules will apply to everyone. Knowing the rules ahead of time will help your child stay safe and allow them to earn incentive stamps towards our SACER of the Week and End of Summer Party.

R — Remember where you are
You are at SAC

E— Eye Contact
Eyes on who is speaking

S— Share
Trade it
Time it
Give it

P— Personal Space
Where is your personal bubble?
Hands and feet to yourself
Harm free

E— Everyone is equal
Treat others how you would want to be treated

C— Caring words
Put down, put ups
Positive words

T— Take Care
Center, Classroom, Each other
Do one extra thing to help our center or each other

The 3 T's of Kulia Activity Areas

1. Appropriate Touch
2. Appropriate Tone
3. Appropriate Talk

Celebrating the King Kamehameha Day



King Kamehameha Holiday falls on June 11th and is celebrated on the Hawaiian islands every year with festivities and a parade



Join us in celebrating this years 101th Anniversary King Kamehameha Day:

- June 9, 3:30 pm Lei draping on the Kamehameha Statue
- June 10, 9am 101st Annual King Kamehameha Celebration Floral Parade



Top things to do or see in Hawaii this summer

- Go to a farmer's market (try a new local food)
- go to a luau
- Eat the street (Last Friday of each month at Kaka'ako Waterfront Park)
- Learn a water sport like surfing, kayaking, or paddle boarding
- go to the North Shore (take a picture by the famous Hawiewa sign)
- Shop at Aloha Stadium's swap meet (drink ice-cold coconut water straight from the coconut while shopping from booth to booth)
- Hike Koko Head stairs (a natural stair master 1,000 steps up—from the top you can see a 360 degree view of Oahu's east side)
- Drive around the island (in Hawaiian, they call this go and "holo holo" or go out for a leisure ride) stop at the Pali Lookout for a scenic view, Byodo-in temple for a peaceful and zen atmosphere, and the Dole Plantation for their famous pineapple whip and garden maze.
- Build a bucket list with your family and start exploring and making memories on this beautiful island together!

