



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 Reminders

-We have a calendar full of fun and family friendly events in November. Please mark your calendar and plan to join us at one or all of our special activities this month. We are excited to share this holiday season with you and your child and look forward to making a ton of great memories together!

-We will be closed on November 23 for Thanksgiving Day. A survey is being conducted to determine care needs for November 24. Survey's are due by November 5.

-Winter Camp will be December 24-28 (closed December 25 for Christmas Day) and December 31-January 4 (closed January 1 for New Year's Day).

-Please call the center, 808-257-2030, if your child will not be attending SAC, or will not need to be picked up by SAC after school.

Homemade Balsamic Vinaigrette Recipe

(from October's Healthy Habits Cooking Club)



Ingredients:

- 1/2 cup extra virgin olive oil
- 1/4 cup balsamic vinegar
- 1 tsp. honey
- 1 tsp. Dijon mustard
- 1 tsp. minced garlic
- 1 tsp. Italian seasoning
- Salt and pepper to taste

Instructions:

1. Combine ingredients in a jar
2. Cover with lid and shake
3. Pour over salad and enjoy!

Kulia Parent Advisory Board Meeting

September 26, 2018

Thank you to all of the parents that attended the Parent Advisory Board Meeting. We had seven parents in attendance. The meeting included the following:

- **Staffing update — SAC is actively interviewing for caregiver's and welcomes the new Custodial Worker, two Office Automation Clerks, and a new Program Assistant.**
- **Fall Camp — A host of activities are planned, to include, two field trips, a cooking activity, pumpkin decorating, and a visit from EPIC.**
- **BGCA Clubs — SAC will continue to have Club Days in October, to include, Healthy Habits (cooking), Triple Play, and Culture Awareness (Chinese and Samoan Culture).**
- **Anchored4Life — Monthly Team Leader's will meet the 1st Friday of every month.**
- **Bullying Policy/Update — The Bullying Policy was reviewed. There has been a decrease in bullying, and SAC will continually work with the children and staff to continue its decline. A staff from Defy conducted a parent workshop on September 12 on and around the topic of bullying. A host or resources were provided.**

***Our next PAB meeting will be held in December 2018. Date and time to be announced.**