

**Dates to Remember**

**September 2**  
CYP Closed—  
Labor Day

**September 8**  
Grandparents  
Day

**September 11**  
Rock Painting Day

**September 16-20**  
BGCA Worldwide  
Day of Play Week

**September 21**  
BGCA Day for  
Kids

**Building**

**Information**

Mailing Address:

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Kaneohe Bay, HI  
96863-3073

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6753 Lawrence Road  
Kaneohe Bay, HI 96863

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**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, your child is a direct reflection of you. The tools they learn today will be carried on into their adulthood and exercised in their 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 than one. A child is experiencing rapid changes to their bodies and hormones, as well as thoughts and emotions. Peer pressure becomes very present during this stage and age of development. 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 , which 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. Youth and teens 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.

Resource: <https://familyfocusblog.com/6-benefits-of-spending-time-together-as-a-family/>



Anchored4Life

MEMBERS • PARENTS • STUDENTS



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



## Hank Aaron Chasing the Dream Scholarship Now Open

The Hank Aaron Chasing the Dream Foundation recognizes talented Club members with annual scholarships of up to \$3,500 to help them develop their skill or talent in categories such as sports, fine arts, performing arts, and STEM. Boys & Girls Club members ages 10-16 are eligible. All applications are due by September 6, 2019 to be considered for a 2019-2020 Hank Aaron Chasing the Dream Scholarship.

Apply today!

### Applications require the following documents:

- Copy of 2 years of grade history
- Letter of Recommendation from Club Staff Member
- Letter of Recommendation from Champion, Instructor, Coach or Mentor (Choose 1)
- Color photograph (PDF) that clearly shows the nominee
- Budget and Signature Form (can be found in the document library on [BGCA.net](http://BGCA.net))

### About the Hank Aaron Chasing the Dream Foundation

In 1994, Hank Aaron and his wife Billye founded the Chasing the Dream Foundation (HACTD) to help youth with exceptional abilities and limited financial resources a chance at chasing their dream-- from developing their talent sports and performance arts to becoming a scientist or a pilot. Since 2007, HACTD has teamed up with Boys & Girls Clubs to offer scholarships to deserving Boys & Girls Club members ages 10-16, awarding over \$500,000 in scholarship awards so far! Scholarships up to \$3,500 will be awarded annually to at least 44 Club members. The scholarship is renewable each year until the Club member graduates high school.

Nominees must meet the following criteria:

- o Be an active member of a Boys & Girls Club
- o Exhibit a proven talent or skill
- o Demonstrate a proven track record of recognized accomplishments through competitions, exhibitions, performances, etc.
- o Demonstrate a commitment to improvement through sacrifice and disciplined practice
- o Exhibit academic excellence
- o Have an interested adult to help the Club member with their plan

## **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 for the next Kulia Parent Advisory Board Meeting, Wednesday, September 25th, at 1630.
- Parents are always invited to come in and share their time, skills, talent, and/or hobbies with the children.
- Your participation, suggestions, questions, input, and concerns, are always welcome.

