



PARENT NEWSLETTER

KULIA YOUTH ACTIVITIES

JANUARY 2019



Dates to Remember:

Dec. 31-Jan. 4
Winter Camp

Jan 1
CYP Closed
New Year's Day

Jan 4
SAC Winter Dance

Jan 7
Non-School Day

January 16
Hot Chocolate Bar 4-5

Jan 21
CYP Closed
Martin Luther King Jr.
Day

Jan. 22
Anchored4Life
Visit 2:30-5:30

Starting 2019 off with a...

Kulia staff would like to wish all our families a very Happy New Year. May this year be full of joy, laughter, love and prosperity.



Anchored4Life

In 2018, Kulia Youth Center was selected as one of the four Marine Corps after-school installations to implement the Anchored4Life program. Currently, there are now six Marine Corps after-school installations that are implementing Anchored4Life. Anchored4Life is a resiliency program created by the Trevor Romain Company to help children during times of transition. It gives military children the tools they need to manage the often challenging process of starting at a new school, moving, or having a parent or loved ones deploy. Anchored4Life aims to train youth to take on leadership roles, build communication skills, and connect and show empathy for kids going through similar situations. The program is fully funded by the Navy.

Anchored4Life personnel will return to Kulia on January 22 to fully train and re-train children and staff on how to implement the program. We will be sending permission slips home for children that are selected or interested becoming a Team Leader. Team Leaders are children in grades 4-6 that are a role models to peers, friendly and supportive to other youth that are going through transitions. They attend monthly Anchored4Life meetings (at SAC), provide tours, lead activity groups, and share resources with transitioning youth.

Building Information

Mailing Address:
PO 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



We are so very fortunate to have a dedicated MFLC in our SAC Program, Teresa Ullman! She is a highly educated, licensed behavioral health practitioner who specializes in counseling for military children and their families.

She will be available to Kulia to provide group and individual sessions, along with educational presentations. Topics include: school adjustment, deployment, separation, reunion, adjustment, sibling and parent communication, behavioral concerns, and daily life issues. Her services are short-term, non-medical counseling support, and are strictly confidential and a free service to you.



Discover • Inspire • Achieve

Powering Up Your Parenting

With the new year upon us, here are some tips that any parent can use to fine-tune their parenting skills and adapt to new and unique situations or challenges:

- **Set parenting goals.** Figure out what you hope to accomplish as a parent. In other words, ask yourself what characteristics you are trying to build in your children. Whatever they are, be sure to break them down into realistic and specific steps. Setting these goals will help you maintain flexible, yet consistent parenting strategies during deployment and other parental absences.
- **Communicate openly.** Maintain open and direct communication about rules and expectations. Explain the reasons behind rules to your children and encourage them to ask questions openly and honestly. Prompt them to communicate about their true feelings by asking open-ended questions, such as "Why do you think we have that rule in our house?"
- **Build consistent routines.** Stick to a somewhat structured routine. Knowing what to expect helps kids feel secure and comforted. Routines give children a better understanding of their roles, the world they live in, and how they are expected to function in it. It also helps build their trust in you, knowing that you will help them through whatever is to come. If routine building is a tricky area for your family, check out this article, for some helpful tips.
- **Provide logical consequences.** Try to use clear and natural consequences. Reserve time-outs or groundings for more severe behavior if you can. Kids are curious, they often do things because they are exploring, not because they are willfully breaking a rule. Try redirecting the behavior first, but if that doesn't work or if the behavior needs to be stopped immediately, give a clear command with a direct logical consequence. "You can write on paper, not on walls. I have to take the markers away because you wrote on the wall. We can try again later only if you use them on paper."
- **Model the behaviors you want to see.** Your children look to you for clues about how they should behave. In other words, your behavior teaches kids about theirs. Make sure you are modeling behaviors that are consistent with your family values and household rules. When we are inconsistent we may accidentally teach children to use inappropriate or undesirable behavior to get what they want.

Resource: FOCUS

From the Director

Happy New Year!! We are looking forward to a wonderful year full of fun and learning. We are excited to continue with Anchored4Life and our BGCA Club activities and events.

In December our Anchored4Life Team Leaders and the children here at SAC made Holiday cards for the children at Shriner's Hospital. On 14 December our Management Team took the cards and donated toys to share with the children at Shriner's Hospital. We are so proud of our Anchored4Life Team Leaders and the children here at SAC for participating in a community outreach activity.

Friendly Reminder:

Please talk with your children and encourage them to meet us at the tree afterschool in a timely manner.

If your child(ren) do not need to be picked up afterschool please let us know as soon as possible. We can be reached at **808-257-2030**.

We are unable to leave Mokapu until **ALL** children are accounted.

Thank you for your cooperation and understanding.

Hau 'oli Makahiki Hou!

Minute to Win It Friday

Every Friday in January, we will have a fun, minute activity challenge in each classroom. The last Friday in January, parents are invited to participate in the fun and compete in the friendly competition with their child. May the best child or adult win!

Crockpot Hot Chocolate

Ingredients:

- 1 1/2 cups heavy whipping cream
- 1 (14 ounce) can sweetened condensed milk
- 6 cups milk
- 1 1/2 teaspoon vanilla
- 2 cups of chocolate chips (milk chocolate or semi-sweet)



Pour all of the ingredients into a crockpot and whisk together until well combined. Cover and cook on low for 2 hours, stirring occasionally, until mixture is hot and chocolate chips are melted. Whisk well before serving. Garnish as desired with marshmallows or a peppermint stick.