

Parent Newsletter

Kulia Youth Activities

March 2019

Dates to Remember:

March 18-22
Spring Break

March 26
Non-school Day

March 27
PAB Meeting

March 29
Anchored4Life Team
Leader Meeting



Spring Break Camp

Let's get moving is our theme for Spring Break Camp this year! Each day our campers will explore various ways we can move our bodies and keep them healthy.

- Bicycles
- Running
- Swimming
- Zumba
- Hula

We will also have special visitors from the Girl Scouts, Zumba, Hula and a walking field trip to open gym at Dance Movement Academy. Breakfast will be served each day at 8:00. Please bring a healthy lunch for your child each day. A friendly reminder that Kulia is a peanut, nut, and shellfish free facility.

Building Information

Mailing Address:
P.O. Box 63073
Kaneohe Bay, HI
96863-3073

Phone:
808-257-2030

Tax I.D. Number:
99-0267668

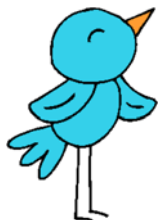
FEBRUARY AND MARCH HIGHLIGHTS

Whew! February flew by! We can't believe it's March already. The children enjoyed many fun events in February. We had a visit from the Dental Clinic and The Buffalo Soldiers. We celebrated The Lunar New Year by painting Ceramic Pigs and we had a fun Valentine's Day Party. We are looking forward to many more fun activities in March. We will celebrate Dr. Seuss' Birthday, National Cereal Day, Mardi Gras, and have a family movie day. Thank you to the children for participating in the BGCA Image Makers Club. We are looking forward to seeing your photos and picking a winner. Throughout February the children have been working on special art creations to participate in the BGCA National Arts Contest. We will be hosting Art Exhibit to show off the work the children have created.

Kulia Parent Advisory Board Meeting

March 27, 2019

Thank you to all of the parents who attend the Parent Advisory Board Meetings. In case you are not able to attend, here is what we will discuss:



- Introduction of Kulia SAC Program Assistant Director
- Program Improvements
- March and April Events & Activities
- Staff Update
- Program Challenges/Parent Support

*Our next PAB Meeting will be held on June 26, 2019 at 5:00.

SMILING

Smiling is infectious; you catch it like the flu.
When someone smiled at me today, I started smiling too.
I passed around a corner and someone saw my grin.
When he smiled, I realized I had passed it on to him.
I thought about that smile and then I realized its worth.
A single smile, just like mine, could travel around the earth.
So if you feel a smile begin, don't leave it undetected.
Let's start an epidemic quick and get the world infected.
Author Unknown



RAINY DAY ACTIVITIES



When its rainy season in Hawaii and the wet weather puts a damper on playing outside, check out these activities to keep your kids busy and happy for hours:

- ✓ **Making homemade playdough.** Not only is making playdough fun, but it is also a great way to practice following directions and teach basic math and measurement skills.
- ✓ **Baking.** This classic rainy day activity can easily be customized to suit the family's taste and dietary preferences. It also teaches taking turns and basic sequencing (i.e. first we add all of the ingredients, then we mix, and put the dough on the cookie sheet).
- ✓ **Puzzles.** If your kids have mastered all of the puzzles in your house, help them create their own. Have the children draw a picture or use a cereal box to make a puzzle.
- ✓ **Scrapbook.** This is a great project because scrapbooks can be made in all shapes and sizes and include pictures specific to the interests and age of your child. Scrapbooks are an excellent way to encourage creativity and can be done with any art supplies, photos, magazine images, stickers, etc. that you have on hand.
- ✓ **Plant a spring garden.** If you have an empty flowering pot or planter box you can create your own garden. Take some time to research what types of plants will grow best in your climate and in the space you have.

Resource: Focus <https://www.focusproject.org/articles/double-duty-rainy-day-activities>



SAC celebrates Dr. Seuss's Birthday

&

Read Across America Day!

Read Across America was established in 1997 by the National Education Association. The purpose of Read Across America Day is to motivate children to read and to celebrate reading. Studies show that children who are motivated about reading and read more do better in school. To celebrate Dr. Seuss's birthday, we are inviting parents to come and read their child's favorite book on Friday, March 2nd.

Sign up to read at the Kulia Youth Activities front desk.



Dumplings or Jiaozi in Chinese

INGREDIENTS:

1/2 lb. cabbage or Chinese chive - 1 lb. ground pork - 2 tbsp. soy sauce - 1 tsp Sugar - Salt - 1 package round dumpling wrapper - 1 tsp sesame oil - 2 stalks scallion - 2 slices fresh ginger

DIRECTIONS:

Chop the cabbage into small pieces.

In a large bowl, combine the chopped cabbage with 1 tsp of salt. Mix well and set aside for 20 minutes. This process will allow the cabbage to wilt, and make it easier to mix later on.

In the meantime, chop the ginger and scallion, then mix them with 1 cup water. The ginger and scallion water will be used in flavoring the meat filling.

Combine the wilted cabbage with ground pork, soy sauce, sugar, and 1 tsp. salt. Mix well using a soup spoon.

Add ginger-scallion water to the filling while swirling the spoon in one direction until you have a paste consistency. Add the sesame oil and mix for one more minute. All this stirring and mixing will make the meat absorb the liquid you add to it, which will result in a juicy stuffing. Set the filling aside.

To fold the dumplings, first lay a dumpling wrapper flat on your palm. Then spoon about 1 tbsp. of dumpling filling and place in the middle of the wrapper. Dip your fingertip in water and wet the entire edge of the wrapper. Make 3 pleats (or more if you want to be fancy) on the side of the wrapper then fold dumpling in half to enclose filling and pinch the two edges together tightly

To cook, boil in water until the dumplings rise to the surface. This means they are fully cooked and ready to cool and eat.

