



# Happy New Year



## Child & Youth Programs Parent Newsletter January 2021

### Program Address and Tax ID

#### Mailing Address:

**P.O. Box 63073  
Kaneohe Bay, HI  
96863-3073**



#### Phone:

**808-257-2030**

#### Tax I.D. Number:

**99-0267668**

### Upcoming Events:

01th: CYP Closed - New Year's Day

04th: Non-School Day - Teacher Workday

04th: Non-School Day - Teacher Workday



18th: CYP Closed - Dr. Martin Luther King, Jr. Day

29th: National Puzzle Day

### 'COVID Fatigue' and How to Fight It

I know, you're tired of COVID-19. I'm tired of it, too. For months, we've all had to deal with the constant threat of illness, layoffs and deaths while being denied our typical coping methods (social gatherings, eating out, and going to the movies or amusement parks). It's led to a widespread emotional exhaustion that now has a name: "COVID fatigue."

COVID fatigue hurts more than our mental health. It puts our physical health at risk, too. COVID fatigue causes us to get sloppy about the precautions we know we should take (washing hands, wearing masks, maintaining physical distance). As we enter the coldest months of the year and a second surge in COVID-19 cases, we can't afford to let our guard down.

#### Tips on Overcoming COVID Fatigue:

##### Exercise

Exercise is one of the best ways to release the energy that builds up from stress and worry, which helps us avoid making mistakes or having emotional outbursts. It also releases endorphins that make us feel better.

Luckily, you can get the exercise you need even if you don't feel safe going to the gym (or are still waiting for those dumbbells to be delivered). Take a walk through the park or your neighborhood. Do floor exercises to a YouTube video. Play with your kids outside. Even taking longer routes through stores or parking farther from your destination makes a difference.

##### Practice Mindfulness

Mindfulness is cultivating an awareness of the present moment. It can be as simple as stopping and focusing on the task at hand, or on the natural world around you, or on your own breathing. Redirecting your focus to the now helps dispel anxiety about the future. It can also help you stay safe. Try making a mindfulness exercise out of washing your hands or listening to the sound your breath makes when wearing a mask.

##### Express Yourself

"Processing" is a word that therapists use to describe the act of expressing your feelings and emotions. By sharing how we're feeling – whether through talk, writing in a journal, playing a musical instrument – we release the worry and stress that we've been holding in before it builds up to a traumatic level.

##### Stay Physically Distant, Not Socially Distant

Use technology to stay in touch with friends and family while keeping a safe physical distance. Attend virtual Meetup meetings. Join groups online. Even though it may not be a substitute for the real thing, it's more important than ever that we stay socially connected.

<https://www.amitahealth.org/blog-articles/behavioral-health/covid-fatigue-and-how-to-fight-it>



#### Kulia School Age Care

**Bldg 6753,**

**Phone: 808-257-2030**

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#### Kupulau CDC Bldg 6111

**808-257-1356**

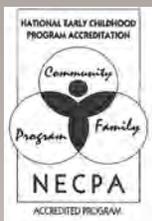
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#### Laulima CDC Bldg 6782

**808-257-2038**

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**CYP Operating Hours:  
0600-1800**



# School Age Care



Happy New Year!! We are looking forward to this new year and all the fun and exciting activities and events it will bring.

Thank you to all our families that completed the parent surveys for our COA Accreditation process.

We said farewell to Mr. JB and Ms. Tiffany in December and are excited to welcome Ms. Georgie, who will be working at our front desk, and Ms. Barbara, who will be working with the children.



Please continue to provide your child's Distance Learning schedule as we make every effort to facilitate their Distance Learning Curriculum. We will continue to work with the children and encourage them to make their meetings and complete their schoolwork.

## Hawaii's Wet Season

Hawaii's wet season is typically between the months of October to March, flash floods are likely to occur during these months. Floods are one of the most frequent and costly natural disasters.

Flash floods occur suddenly due to rapidly rising water levels along a stream or low-lying area.

Most often, a natural disaster such as a hurricane or several days of sustained rain can trigger a flash flood.

However, flooding also can be caused by an area sustaining large amount of rain in a short period of time, or by poor drainage systems.



### Before a Flood

- Keep a supply of sandbags to direct floodwater away from your home.
- Seal walls 1 to 2 feet above baseboards with waterproofing compounds.
- Listen to the radio or television for information. Be aware of streams, drainage channels, roads, and other areas known to flood suddenly.
- Be aware that flash flooding can occur quickly and without warning. Be prepared to evacuate and move immediately to higher ground. Do not wait for instructions to move.
- Secure your home and elevate essential items. Turn off utilities if instructed to do so. Disconnect electrical appliances and do not touch electrical equipment if you are wet or standing in water.

### During a Flash Flood

- Listen for news reports to learn whether the community's water supply is safe to drink. You may need to boil tap water before drinking.
- Avoid floodwaters; water may be contaminated by oil, gasoline, or raw sewage. Water may also be electrically charged from underground or downed power lines. Keep away and report downed power lines to the power company.

### After a Flood

- Be aware of areas where floodwaters have receded; Roads may have weakened and could collapse under the weight of a car.
- Return home only when authorities indicate it is safe.
- Stay out of any building if it is surrounded by floodwaters as there may be hidden structural damage to the foundation.
- Service damaged septic tanks, cesspools, and leaching systems as soon as possible. Damaged sewage systems are serious health hazards.
- Clean and disinfect everything that got wet. Mud left from floodwater can contain sewage and chemicals.
- Be sure to dry areas that may have been effected by flood water. Areas like drywall, carpet and flooring exposed to moisture may encounter mold growth later.

<https://dod.hawaii.gov/hiema/public-resources/types-of-disaster/>



Happy New Year to all our CYP families! Although we are welcoming 2021 a little differently than we would normally celebrate a new year, one tradition that can continue even through a pandemic is making New Year's resolutions! And resolutions don't have to just be for adults; the start of the new year is a great time to help your children focus on forming good habits.

Below is a list of ideas from the American Academy of Pediatrics for you to talk to your children about trying, depending on their age:

- I will try hard to clean up my toys by putting them where they belong
- I will let my parents help me brush my teeth twice a day
- I will wash my hands with soap and water after going to the bathroom and before eating
- I will learn how to clear the table when I am done eating
- I will do my best to be nice to other kids who need a friend or look sad or lonely
- I will talk with my parent or a trusted adult when I need help or am scared
- I will drink milk and water most days; soda and fruit drinks are only for special times
- I will take care of my skin by putting on sunscreen and wearing a hat when I go outside
- I will try and find a sport or an activity that I like and do it at least three times a week!
- I will always wear my helmet when riding a bike, scooter, or skateboard
- I will wear my seatbelt every time I get in a car

These are just a few examples of healthy habits that you can focus on when making age-appropriate New Year's resolutions with your kids. You can even get really creative and think of a family resolution to do together, such as going on a bike ride as a family once a week, trying a new vegetable together at dinnertime once a week, or making one night a week family game night!

Wishing you all a very happy, safe, and healthy New Year! Welcome 2021!

References: <https://www.healthychildren.org/English/family-life/family-dynamics/Pages/Healthy-New-Years-Resolutions-for-Kids.aspx>

### Kupulau CDC

After a lengthy delay, our playground renovations are in full swing again! Thank you for your understanding and patience as the work is being completed.

Parent and teacher communication is crucial to a positive and enjoyable child care experience for you and your child. We encourage you to communicate with your child(s) caregiver daily during both drop-off and pick-up so that important info can be shared. If more time is needed, please let your child's caregiver know that you'd like to schedule a family conference. Family conferences are scheduled three times per year but are also always available upon request.

Please welcome our new cook, Trevor, to the team!



### Laulima

Welcome to 2021 Laulima CDC Families!! Our staff wishes you a Happy and Healthy New Year!

**Our Toddler playground will be repaired in the next few months. We will ensure your child continues to get outside playtime by working out a playground schedule. Thank you for your patience and understanding during this time!**



#### Reminder:

- ◆ Thank you for your cooperation and patience with the ongoing changes due to COVID-19.

*Special birthday greetings to all children, parents, and staff who are celebrating their special day in January!*

