



Kūlia Ka Nu'uz

Newsletter

Vol. 2, Issue 2

Collaborate, Adapt, Persevere to Succeed!

<http://www.kuhioschool.k12.hi.us/>

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Healthy Halloween Snacks Ideas To Make

(Reposted from Oct. 2017 Newsletter)



Jack-o'-Lantern Fruit Cups

Add color and fun to your healthy Halloween snacks with these smiling jack-o'-lantern faces carved into navel oranges. Slice off the tops of the oranges, scoop out the pulp, use a paring knife to cut out jack-o'-lantern faces, and fill with grapes and/or mixed berries.



Banana Ghosts and Orange Pumpkins

Boo! Turn bananas into spooky ghosts with chocolate chip eyes and mouths made from chocolate covered raisins. Make a pumpkin patch out of peeled clementines or tangerines. Just use a sprig of celery in the center for the stem.



Spooky Spider Eggs

Deviled eggs get extra creepy-crawly when they're topped with spiders. To make eight scary spider eggs, cut 12 black olives in half vertically. Place one half in the center of each egg to form the body, then slice each remaining olive half into four sections to create legs.

Principal's Message

ALOHA, e Everyone!

If people were to step foot on Kuhio School's campus, the first thing they will notice is the warm, caring and friendly feeling that emanates from the people whom you meet and talk with. Starting with our office personnel, to the staff, faculty, parents and of course our students, everyone treats everyone with respect and aloha.

Our students are especially accepting of new students to the school and they go above and beyond to befriend them and make them feel comfortable.

Last month the Accreditation visiting team shared a concern about safety, Parents leaving their children unattended after school, homeless people loitering around the campus and students and adults being bullied were issues that troubled many groups. The bullying issue came as a shock to me for I felt devastated and disheartened because my concept of the Kuhio Ohana was not the same as perceived by others. From that moment, I pledged that I would do my best to keep Kuhio School a safe and caring learning environment for all to thrive and do their best.

Together, We Can Stomp out Bullying!

These are a few things that we propose to do along with the cooperation of the entire Kuhio Ohana:

- Educate our faculty, staff, students and parents about bullying
- Offer suggestions that everyone can use to prevent bullying from occurring and if it does occur what can we do as a responsible citizen.
- Promote "zero tolerance" regarding bullying
- Encouraging all to practice kind and caring dispositions from everyone

In our Student Handbook, an act is defined as bullying when: The behavior hurts or harms another person physically or emotionally. Bullying can be overt, such as fighting; hitting or name calling, or it can be covert, such as gossiping or leaving someone out on purpose. It is intentional, meaning the act is done willfully, knowingly and with deliberation over a period of time. The targets have difficulty stopping the behavior directed at them and struggle to defend themselves.

Our Positive Behavior Matrix and our Kuhio Pledge promotes, **Be Responsible, Be Respectful and Be Safe.**

It is an expectation that everyone at Kuhio School live by these words, which means to be kind, be accepting and work and play with all kinds of people. We at Kuhio understand the meaning of **ALOHA**. The act of bullying can cause devastating long-term effects on the mind, the body and the social-emotional development. We will not let this happen to anyone.

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Box Tops for Education!

Please cut out, save, and drop off your Box Tops for Education at the office or with your teacher. Mahalo!

For more information about Box Tops:

<https://www.bboxtops4education.com/>



Upcoming Events

October 19

- 1st Quarter Assembly, 1:15 - 2:00 pm, Cafeteria
- Grades K-2 Family Picnic Day

October 23

- Grade 2 Field Trip (KHSPAC - Hansel & Gretel, 9 - 10:30 am, tentative)

October 24

- Art-Bento Pre-Visitation Sessions for Grades 4 & 5 (8:10-10:50 am)
- Wear ORANGE

October 25

- Super Star Savers Deposit Day (Cafeteria, 7:20 - 7:45 am)
- Grade 1 Field Trip (Waikiki Aquarium, 8:30 - 10:30 am)
- Grade 2 Field Trip (KHSPAC, 9 - 9:30, tentative)

October 31

- Halloween
- KSCA/PTA "Trunk or Treat" Event, Cafeteria Parking Lot
- Halloween Parade (8:10-8:45 around campus, dress in costume)

October 29 - November 2

- Spirit Week** (Mon-Mixup Monday, Tues-Culture Day, Wed-Halloween, Thurs-Career Day, Fri-School Colors and Pride Day)
- Scholastic Book Fair** (Library, 12:30 - 2:30 PM)
- Parent-Teacher-Student Conferences** (school ends at 12:30 pm everyday during this week)

Togetherhness Quote

"It's not our job to toughen our children up to face a cruel and heartless world. It's our job to raise children who will make the world a little less cruel and heartless."

-L.R. Knost



Safety Tips for Trick-or-Treating on Halloween

Walk Safely

- ✓ Cross the street at corners, using traffic signals and crosswalks.
- ✓ Look left, right and left again when crossing and keep looking as you cross.
- ✓ Put electronic devices down and keep heads up. Walk, don't run, across the street.
- ✓ Make eye contact with drivers before crossing in front of them.
- ✓ Always walk on sidewalks or paths. If there are no sidewalks, walk facing traffic as far to the left as possible. Children should walk on direct routes with the fewest street crossings.
- ✓ Watch for cars that are turning or backing up. Never dart out into the street or cross between parked cars.

Trick or Treat With an Adult

Children under the age of 12 should not be alone at night without adult supervision. If kids are mature enough to be out without supervision, they should stick to familiar areas that are well lit and trick-or-treat in groups.

Keep Costumes Both Creative and Safe

- ✓ Decorate costumes and bags with reflective tape or stickers and, if possible, choose light colors.
- ✓ Choose face paint and makeup whenever possible instead of masks, which can obstruct a child's vision.
- ✓ Have kids carry glow sticks or flashlights to help them see and be seen by drivers.
- ✓ When selecting a costume, make sure it is the right size to prevent trips and falls.

Drive Extra Safely on Halloween

- Slow down and be especially alert in residential neighborhoods. Children are excited on Halloween and may move in unpredictable ways.
- Take extra time to look for kids at intersections, on medians and on curbs.
- Enter and exit driveways and alleys slowly and carefully.
- Eliminate any distractions inside your car so you can concentrate on the road and your surroundings.
- Drive slowly, anticipate heavy pedestrian traffic and turn your headlights on earlier in the day to spot children from greater distances.
- Popular trick-or-treating hours are 5:30 p.m. to 9:30 p.m. so be especially alert for kids during those hours.

Principal's Message, Continue from Page 1

The month of October is National Anti Bullying Awareness Month, you and your children are invited to join the faculty and staff of Kuhio School as a united force to stop bullying.

Wear Orange on Thursday, October 24, 2018 to show everyone that we are . . .

Together against bullying.

UNITED for kindness, acceptance and inclusion.

We at Kuhio School live by the words of our Kuhio Pledge. We understand what it means to be open minded, accepting of differences, helpful, considerate, and thankful to be a stakeholder at Kuhio School. Let's band together to crush this "illness" in hopes that everyone will see, feel and experience a safer and kinder Kuhio School Community of learners, teachers and leaders.

Thank you for your continuing support for all of us here at Kuhio School.

Malama Pono.

Sincerely,

Lynn M. Kobayashi

Principal

October is Anti-Bullying Month!

What is Bullying?

Bullying is unwanted, aggressive behavior among school aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Both kids who are bullied and who bully others may have serious, lasting problems.

In order to be considered bullying, the behavior must be aggressive and include:

An Imbalance of Power: Kids who bully use their power—such as physical strength, access to embarrassing information, or popularity—to control or harm others. Power imbalances can change over time and in different situations, even if they involve the same people.

Repetition: Bullying behaviors happen more than once or have the potential to happen more than once.

Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose.

Types of Bullying

There are three types of bullying:

Verbal bullying is saying or writing mean things. Verbal bullying includes:

- Teasing
- Name-calling
- Inappropriate sexual comments
- Taunting
- Threatening to cause harm

Social bullying, sometimes referred to as relational bullying, involves hurting someone's reputation or relationships. Social bullying includes:

- Leaving someone out on purpose
- Telling other children not to be friends with someone
- Spreading rumors about someone
- Embarrassing someone in public

Physical bullying involves hurting a person's body or possessions. Physical bullying includes:

- Hitting/kicking/pinching
- Spitting
- Tripping/pushing
- Taking or breaking someone's things
- Making mean or rude hand gestures



8 Healthy Halloween Snacks Ideas To Pass Out

If you're expecting trick-or-treaters this year, consider forgoing the traditional sweets for something a little healthier that kids will actually be excited to eat (and parents will be thankful for). Some of these are super healthy (fall apples and dried cranberries) and some of them a little less healthy (mini granola bars with chocolate chips) but all of them are better for the kids than what's normally found in a Halloween candy bowl.

(One thing to note: opting for healthy will usually cost more than candy. That's just the way it is.)

Here are 8 ideas for healthy treats you can hand out this Halloween.

Yogurt covered raisins

Granola bars

Pretzels

Unpopped popcorn

Fruit strips

Fruit chews

Craisins

Apples



Tech Tips for Parents



Make your own family media use plan. Media should work for you and within your family values and parenting style. When used thoughtfully and appropriately, media can enhance daily life. But when used inappropriately or without thought, media can displace many important activities such as face-to-face interaction, family-time, outdoor-play, exercise, unplugged downtime and sleep. Make your plan at HealthyChildren.org/MediaUsePlan.

Treat media as you would any other environment in your child's life. The same parenting guidelines apply in both real and virtual environments. [Set limits](#); kids need and expect them. Know your children's [friends](#), both online and off. Know what platforms, software, and apps your children are using, what sites they are visiting on the web, and what they are doing online.

Set limits and encourage playtime. Media use, like all other activities, should have reasonable limits. Unstructured and offline play stimulates creativity. Make unplugged playtime a daily priority, especially for very young children.

Screen time shouldn't always be alone time. Co-view, co-play and co-engage with your children when they are using screens—it encourages social interactions, bonding, and learning. Play a video game with your kids. It's a good way to demonstrate good sportsmanship and gaming etiquette. Watch a show with them; you will have the opportunity to introduce and share your own life experiences and perspectives—and guidance. Don't just monitor them online—interact with them, so you can understand what they are doing and be a part of it.

Be a good role model. Teach and model kindness and good manners online. Because children are great mimics, limit your own media use. In fact, you'll be more available for and connected with your children if you're interacting, hugging and playing with them rather than simply staring at a screen.

Know the value of face-to-face communication. Very young children learn best through two-way communication. Engaging in back-and-forth "talk time" is critical for [language development](#). Conversations can be face-to-face or, if necessary, by video chat with a traveling parent or far-away grandparent. Research has shown that it's that "back-and-forth conversation" that improves language skills—much more so than "passive" listening or one-way interaction with a screen.

Limit digital media for your youngest family members. Avoid digital media for toddlers younger than 18 to 24 months other than video chatting. For children 18 to 24 months, watch digital media with them because they learn from watching and talking with you. Limit screen use for preschool children, ages 2 to 5, to just 1 hour a day of high-quality programming. Co-viewing is best when possible and for young children. They learn best when they are re-taught in the real world what they just learned through a screen. So, if Ernie just taught the letter D, you can reiterate this later when you are having dinner or spending time with your child. See [Healthy Digital Media Use Habits for Babies, Toddlers & Preschoolers](#).

Create tech-free zones. Keep [family mealtimes](#), other family and social gatherings, and children's bedrooms screen free. Turn off televisions that you aren't watching, because background TV can get in the way of face-to-face time with kids. Recharge devices overnight—outside your child's bedroom to help him or her avoid the temptation to use them when they should be sleeping. These changes encourage more family time, healthier eating habits, and better sleep.

Don't use technology as an emotional pacifier. Media can be very effective in keeping kids calm and quiet, but it should not be the only way they learn to calm down. Children need to be taught how to identify and handle strong emotions, come up with activities to manage boredom, or calm down through breathing, talking about ways to solve the problem, and finding other strategies for channeling emotions.

Apps for kids – do YOUR homework. More than 80,000 apps are labeled as educational, but little research has demonstrated their actual quality. Products pitched as "interactive" should require more than "pushing and swiping." Look to organizations like [Common Sense Media](#) for reviews about age-appropriate apps, games and programs to guide you in making the best choices for your children.

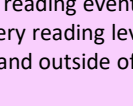
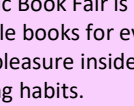
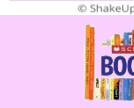
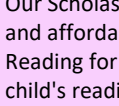
It's OK for your teen to be online. Online relationships are part of typical adolescent development. Social media can support teens as they explore and discover more about themselves and their place in the grown-up world. Just be sure your teen is behaving appropriately in both the real and online worlds. Many teens need to be reminded that a platform's privacy settings do not make things actually "private" and that images, thoughts, and behaviors teens share online will instantly become a part of their digital footprint indefinitely. [Keep lines of communication open](#) and let them know you're there if they have questions or concerns.

Warn children about the importance of privacy and the dangers of predators and sexting. Teens need to know that once content is shared with others, they will not be able to delete or remove it completely, and includes [texting of inappropriate pictures](#). They may also not know about or choose not to use privacy settings, and they need to be warned that sex offenders often use social networking, chat rooms, e-mail, and online gaming to contact and exploit children.

Remember: Kids will be kids. Kids will make mistakes using media. Try to handle errors with empathy and turn a mistake into a teachable moment. But some indiscretions, such as sexting, [bullying](#), or posting self-harm images, may be a red flag that hints at trouble ahead. Parents must observe carefully their children's behaviors and, if needed, enlist supportive professional help, including the family pediatrician.

Media and digital devices are an integral part of our world today. The benefits of these devices, if used moderately and appropriately, can be great. But, research has shown that face-to-face time with family, friends, and teachers plays a pivotal and even more important role in promoting children's learning and healthy development. Keep the face-to-face up front, and don't let it get lost behind a stream of media and tech.

Excerpt taken from: <https://www.healthychildren.org/English/family-life/Media/Pages/Tips-for-Parents-Digital-Age.aspx>



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KUHIO ELEMENTARY SCHOOL Scholastic Book Fair is coming!

2759 S KING ST, HONOLULU, HI 96826

OCT. 29 - NOV. 2

Our Scholastic Book Fair is a reading event that brings kids the books they want to read. We'll receive a wonderful selection of engaging and affordable books for every reading level, and all purchases benefit our school!

Reading for pleasure inside and outside of school has real and long-lasting benefits. Please come to our book fair and help shape your child's reading habits.

See you at the book fair!



Mahalo Ms. Nichols & HECO!

A **BIG MAHALO** to Ms. Sam Nichols, a HECO Sr. Community Affairs Consultant, and **Hawaiian Electric Company (HECO)** for helping to coordinate and donating a plethora of materials and equipment to Kuhio School for our students to use. Some of the donated items include digital multimeters, various solar activity kits, energy student workbooks, rulers, and power strips. HECO's generous donations will definitely help to enhance our students' education here at Kuhio School! Thank you!



Sample of the donations given

Interesting Facts About October

October is Latin for "The Eighth Month". One of the original Roman calendar months, October literally translates to "eighth month." Because the original Roman calendar began with March, October was the eighth month, just as September, meaning seven, was the seventh month. Same with November (nine) and December (10).

OCTOBER

The ancient Saxons called October "Wintirfylith" because it had the first full moon of the winter.

October is associated with autumn or fall. It ends on the same day of the week as February every year and January in common years only. On the last week of October, it is the only time of the entire year when all four major American sports have games at the same time: the MLB, NHL, NFL and NBA.

The October birthstone is tourmaline and opal, its zodiac signs are Libra (September 23-October 22) and Scorpio (October 23-November 21), and the birth flower is the calendula.

KUHIO'S DIVERSE POPULATION

Kuhio has a very diverse ethnic population. In the 2017-18 school year, 34.62% of Kuhio's student population was Asian and 32.48% was Pacific Islanders. Kuhio has become home to many different ethnic groups and each group has a unique culture that adds to our school culture. We are blessed to have students who speak a variety of languages (nearly 20 different languages). Though it is sometimes hard to break the language barrier, we learn to use nonverbal communication, pictures, drama, and Google translate to help us communicate.

Currently about 33% of the students at Kuhio receive support to improve their proficiency in speaking, listening, reading, and writing English. At the beginning of this school year, each student colored or drew a flag that represented their ethnic background and the flags were proudly displayed in the cafeteria, library, and office. For some students, this was the first time they saw their country's flag.

It is important for children to know where they came from and to continue to learn about their language and culture. Whether you were born here or just arrived from another country, we can share knowledge about our culture with each other whether it's through stories, pictures, dance, or clothing. If anyone in our school community (parent, staff, administrator, community partner) would like to share a part of their culture with us, please contact **Mrs. Buote** at **973-0085**.



Back row starting from the left - Maureen (Philippines); Ernesto (Mexico); Thong (Vietnam); Carolynne (Marshall Islands); Billy (Laos); Keleni (Tonga)
Front row starting from the left - Richard (Vietnam) and JS (Chuuk)

	2014-2015	2015-2016	2016-2017	2017-2018
Asian	33.79%	34.11%	32.91%	34.62%
Filipino	7.8%	6%	4.8%	6.3%
Black	1.03%	.39%	NA	.85%
Hispanic	7.59%	12.40%	13.68%	14.10%
Multiple	16.21%	15.50%	17.95%	16.67%
Pacific Islander	38.97%	36.43%	33.76%	32.48%
White	2.41%	1.16%	1.71%	1.28%