

What you will find this week:



RYLIE'S CORNER FAMILY FLOWER CHALLENGE

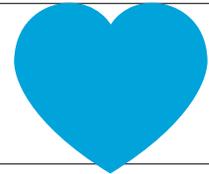


COPING STRATEGIES WITH MS. YONTING



SELF CARE HOW ARE YOU DOING?

# ALOHA HALE'IWA



## Our purpose

These are unprecedented times. We are all struggling at the moment. We hope this newsletter provides you with strategies to help. Please let us know if there are any topics you would like to read about. We miss everybody! Please be safe!

## Rylie's Corner

This week: Recycled Art with Rylie

**Family Flower Challenge**  
April showers bring May flowers



Rylie loved all the creative smileys that were submitted and has a new family challenge. Create flowers with things you have at home. No template needed. Winners will randomly be chosen from all entries.

### Rules:

- All people at home must participate.
- Please use things around the home (no special purchases)
- Take a photo of everyone holding the flower
- Email your photo to [ryliem@haleiwa.k12.hi.us](mailto:ryliem@haleiwa.k12.hi.us)
- Deadline is Sunday, May 10th.
- Have fun!

April showers bring May flowers that is what they say. But if all the showers turned to flowers, we'd have quite a



If your child is showing signs of mental health concerns, please reach out to the counseling support staff. We are here to help!

- Nicole Yonting (Counselor) [nyonting@haleiwa.k12.hi.us](mailto:nyonting@haleiwa.k12.hi.us)
- Nami-Anne Dolan (Counselor) [ndolan@haleiwa.k12.hi.us](mailto:ndolan@haleiwa.k12.hi.us)
- Casey Menor (Behavior Health Specialist) [casey.menor@k12.hi.us](mailto:casey.menor@k12.hi.us)
- Shane Myers (School Psychologist) [shane.myers@k12.hi.us](mailto:shane.myers@k12.hi.us)
- Dr. Kimberly McDonald (Clinical Psychologist) [kimberly.mcdonald@k12.hi.us](mailto:kimberly.mcdonald@k12.hi.us)
- Jennifer Nakamura (Human Services Provider) [Jennifer.Nakamura@k12.hi.us](mailto:Jennifer.Nakamura@k12.hi.us)

colorful day. There'd be plumeria and gardenia, hibiscus red and green. Anthurium, and torch ginger, and the brightest you've ever seen.

## Resources and Help for our Families and Community

Ms. Nakamura put this list together of resources available for our families. Please feel free to pass the information to others that may need help during this difficult time.

### **The Parent Line - (please see link below)**

The Parent Line is a free statewide confidential telephone line. This site provides resources on child behavior, child development, parenting, caregiver support, and community links. They have a phone line staff that will help problem-solve parenting challenges and child and adolescent behavior.

(808) 526-1222 (Oahu) 1-800-816-1222 (Toll Free)

<http://www.theparentline.org/>

### **Hawaii Foodbank's Food Assistance Program -**

There are several food pantries and mass distribution sites in the Haleiwa/Waialua communities. Please visit our online version of the newsletter for the 18 page document. I suggest calling the site before going to ensure that they are open, as information is quickly changing.

### **The Story of the Oyster and the Butterfly: The Coronavirus and Me -**

This is a great resource for children! This story is about how an oyster and a butterfly use their "powers" to get through a difficult time. It explores feelings, coping strategies, and connecting with family. Click here: [Click here for picture book](#)

### **CBS Kindness 101 with Steve Hartman - (please see link below)**

I wanted to share a personal favorite of mine! Viewers know CBS's Steve Harman from his segment "On the Road," in which he travels around the country looking for stories of ordinary people stepping up for others in kind and compassionate ways. After transitioning to at-home work due to the coronavirus, Steve started thinking about how he could help children and families all around the country as they stay home in close quarters and deal with the anxiety and stress of the pandemic. That's how Kindness 101 came to fruition - a virtual class by Steve focusing on topics like honesty, altruism, courage, empathy, friendship, gratitude, and character. [Click to view](#)

If there are any families with specific needs that may benefit from a particular community resource, please reach out to Mrs. Nakamura. She is happy to assist you in the best way possible!

## *Coping Strategies by Ms. Yonting*

### *Self Care*

- Take a refreshing shower or bath
- Complete Positive Thoughts and Affirmations Activities
- Positive Self Talk Script
- Eat a healthy snack
- Watch a movie with the family
- Give a hug, get a hug
- Take a break, rest, nap

### *Fun things to do at home*

- Complete our daily competitions
- Send a nice note to your teachers
- Color the new Happy Healthy Teeth activity book
- Complete the word search
- Share a fun picture with us on social media.

## ClassDojo:

Website link: [Click here](#)

In this week's ClassDojo lesson, "The World of Neurons," Mojo and Katie learn that challenging things help their brains grow stronger.



After watching the video as a family, try to answer these three questions together to reinforce the concept at home:

1. What part of the brain did you learn about today?
2. What did you do today to make connections between your neurons?
3. What is one big challenge you've faced that has helped grow your brain? What's a new challenge you want to tackle now?

## Helping to Motivate our Students

By Ms. Yonting



Nationwide millions of students ranging from kindergarten through college have shifted to distance learning. Parents are struggling with their new role as substitute teachers for their own children. Through these uncertain times, students are finding it challenging to stay motivated.

Taking frequent brain breaks is essential to make learning more productive and long lasting. Brain breaks help to improve attention span and allow for more learning to take place. In addition, breaking lessons into smaller, more manageable chunks can make it easier for students to maintain focus and complete work. Utilizing "break cards" can easily offer instant relief to parents and kids. For example, you can provide any amount of break cards within the "school day" and have your child determine when he/she needs to take that break. This will also allow your child to visually see how many break cards they have left and to hopefully use them wisely.

With all the overwhelming emotions and stress going on in our homes, celebrating and rewarding small successes and victories is a must. To help our Hale'iwa students stay motivated and stick to their daily goals, families can provide consistent verbal praise for progress and positive behaviors. Using a "Star Chart" can visually help our students see their daily work goals and be able to celebrate achievements. Please keep in mind that in the beginning, we want our children to reach their goals and see success. Children and parents should avoid becoming overwhelmed and make necessary changes to the star chart when needed. Creating about 1-3 simple goals is ideal to start.

Parents can freely provide small rewards or incentives such as: a special dessert/treat, extra free time, or a treasure chest filled with little items like erasers, stickers, and small toys. Be as creative in celebrating even the smallest achievements because these celebrations go a long way; they help keep our kids motivated.

\*\*Break cards and Star Chart are at the end of the Newsletter.

## Hale'iwa HELPS support group- sign up to join

Hale'iwa HELPS (Healthy, Engagement Lifts Parent to Parent Support) group is looking for more participants. Please let us know if you would like to participate in a support group via web conferencing where you and other parents can connect and share ideas. Email us for more information: [haleiwaschool@haleiwa.k12.hi.us](mailto:haleiwaschool@haleiwa.k12.hi.us)

# Tips for Supporting Your Children during COVID-19

We're all experiencing a lot of different emotions during this time and it can be easy to get wrapped up in our own emotions, feeling like we don't have time to support our kids too. Luckily many of the strategies that help us as adults cope in healthy ways, are also good for kids. Here's a few reminders to help you get through this time and know that we are here to assist as well. Aloha, Dr. McDonald [Click for more information](#)

**1. You do not need to re-create school!**

**2. Use emotional check-ins - AM & PM**

**Tips for Supporting Your Children at Home during COVID-19**  
by Rebecca Branstetter & Elizabeth Sautter

**3. Structure and routines help - the amount of structure depends on the child**

**4. "Prime" the day for positivity by starting the day with a positive action**

**5. Negative emotions - anxiety, frustration, boredom - are normal**

**6. Model how YOU manage emotions**

For more schedules and videos visit [makesociallearningstick.com](http://makesociallearningstick.com)



# So much to do!

As parents, there is so much that is being asked. You are also having to be a school teacher and continue to do your own work. We recognize that this is a really stressful time. Please know that you are not alone.

## Parenting during a pandemic comes with many job titles...

@mombrain.therapist



## The things that are hard for our children are often the same things that are hard for us as a parents...

@mombrain.therapist



## Things we prioritize for our children, but not ourselves as parents...

@mombrain.therapist



Why do we put so much PRESSURE on CHILDREN?

As adults we have SLOW days, SAD days, DOWN days, HAPPY days. As adults we have days where we just want to NAP and EAT CAKE.

So why do we expect so much from our little people? They are still GROWING.

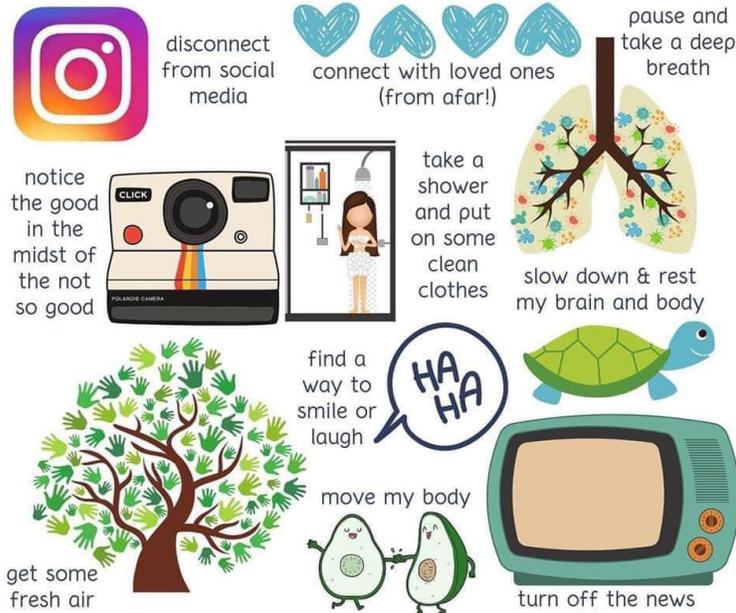
Still LEARNING. Still DEVELOPING.

Still HUMAN.

Becci Nicholls from Swords and Snoodles

@BigLifeJournal

# Small, but powerful things I can do for myself during all of this...



# Are we meeting our needs?

By Ms. Santos

Did any of these graphics resonate with you? Take a moment to pause and do one small thing for yourself. You must be able to take care of yourself so you can take care of others.

Please take some time to jot down a goal you have about how to better care for yourself. Jot down a goal you have about how you would like to approach your children in supporting them as little humans during a global pandemic. Think about things that are within your control.

We did not know that we would be out of school for so long, and we understand times are really tough. It feels like we are doing more work and we really miss the interaction with our students. You were forced into a position to help your children continue to learn and even though it is super hard, you continue because our children deserve it. *Thank you!* I hope you find a moment of peace because you also deserve it.

# Take a little break

You deserve a little break! We understand that our students need to continue to learn, but they also need to be able to do fun things at home. If our students do not complete their entire work packet for the week, it is okay. Take some time to have fun together as a family. Work on some of our activities or just enjoy nature. We will continue to work with our students when they come back to school. Remember that you are doing a great job! We cannot do this work without you, and we appreciate all you are doing! Please remember- take care of yourself as well!

# During this time, self-care for parents might look like...



# Positive Affirmations

Adapted from  
[innerrainbowproject.com](http://innerrainbowproject.com)

Our thoughts have a lot of power.

The thoughts your children have about themselves becomes their self-talk. Their self-talk forms their beliefs about themselves and their place in the world. One way you can help your children learn how to harness the power of their inner thoughts is by teaching them how to use affirmations.

Affirmations are positive, short statements that help you visualize and believe in the truth of what you're saying or thinking.

Positive affirmations offer many different benefits for kids, especially tweens, including: overcoming negative self-talk, building self-esteem and helping to build the belief that you have the power to create the life you want.

Tips for using positive affirmations:

- Experiment with different times to use them: when you wake up, before you go to sleep, in the shower
- Place the affirmation list somewhere you'll see every day. Choose one to focus on throughout the day to help you keep a positive mindset.
- Write affirmations down in different places to use as helpful reminders
- Use the list as inspiration to create affirmation that are personal to you
- Make sure they feel natural to you and like something you'd say
- Repeat them a lot! Repetition is important for controlling your mind

# Positive Affirmations for inspiration and Empowerment

1. **Self Esteem and confidence:** I am strong. I am confident. I believe in myself. I am important. I am awesome! I am brave. I trust myself. I listen to my heart. I am safe and secure. I am allowed to feel proud of myself.
2. **Self-love and acceptance:** I love myself. I accept myself. I am worthy. I deserve to be happy. I don't need to be perfect. I don't need to be perfect to be accepted. I accept my flaws. I love and accept all part of myself. I forgive myself for my mistakes. I think positive thoughts about myself. I speak to myself with kindness. It's okay to be sad. It's okay to be angry. It's okay to be scared. I'm allowed to feel all of my feelings.
3. **Kindness, compassion, and gratitude:** I am kind. I am happy with what I have. I am compassionate. I forgive others for their flaws. I help others. I include others. I consider other people's feelings. I am generous. I am grateful.
4. **Family Relationships:** I love my family. I accept my family. I am an important part of my family. I am loved. I belong. I can fight with my family and still be loved. I can make mistakes and still be loved.
5. **Reaching your goals:** I can reach my goals. I can make mistakes and still reach my goals. I accept help from others to achieve my goals. I am always learning. I work hard. I am determined. I believe in my abilities. I enjoy being challenged.
6. **Calming your mind:** I am calm. I am relaxed. I am present. My mind is free from worry. I let go of my worries. I calm my mind with my breath. My whole body is relaxed. My mind, body, and heart are calm.
7. **Unity and connection:** We are all connected. We are more similar than different. We all have something unique to contribute. We work together to solve problems. We create peace. We can change the world.

*Watch your thoughts; they become words.  
Watch your words they become actions. Watch  
your actions; they become habits. What your  
habits; they become your character. Watch  
your character; it becomes your destiny.*

# Working from home with kids feels unsustainable. Here's how to ease the burden.

This situation is unprecedented, so go easy on yourself.

Adapted from article on VOX: By [Cheryl Wischhover@CherylAnneNY](mailto:CherylWischhover@CherylAnneNY) Mar 25, 2020, 11:50am EDT

For Full article: <https://www.vox.com/identities/2020/3/25/21193142/coronavirus-covid-19-kids-work-from-home-child-care-school-cancellations>

In other words, go easy on yourself. You're essentially being asked to perform two full-time jobs.

## **Don't expect to work at your normal capacity**

"Take the to-do list you had for today and cut it in half, then cut it in half again," says Anderson. Everyone is going to be less productive during this time. Being proactive with employers and co-workers and setting realistic expectations about what you can accomplish is necessary to prevent misunderstandings down the line. First, figure out what your optimal working hours will be, when you'll be most available, and how much you think you can get done, says Jaime Klein, the CEO of Inspire Human Resources.

Then request a scheduled video call with your boss. "The human brain still takes in so much information through nonverbals. The ability to not only hear the intonation but to see how a leader is receiving the information is incredibly important," says Klein.

Klein also says to come armed with choices for your boss and give them options, which "gives them something to respond to and edit," such as staggering shifts or moving meeting times.

**(Interestingly, offering choices is also a method that educators suggest for getting young children to comply with requests.)**

Unfortunately, unconventional working hours are probably necessary. Lieber does most of her work after 2:30 until dinner, and then from 8 to 11 pm. Ann Vegdahl works in academia in New York City, and her husband is a software engineer. They have a 2-year-old son, and she is seven months pregnant. Her son is usually in day care for eight hours, but now all three are home together. Vegdahl primarily works when her son naps and then for several hours in the evening. She estimates she is only getting 40 to 50 percent of her usual workload accomplished, but her employer has thus far been understanding. "When [my son] goes down, I'm like, 'Can I take a nap too?' I laugh at the idea of schedules," she says.

Still, Anderson recommends for two-parent homes with both partners at home to plan to work in shifts if possible, especially if there are small children that require more attention. Breaking it up into two- or four-hour shifts apiece can ensure that each partner has dedicated time to focus. But even then, be prepared to help out if things get tricky, especially if there are multiple children.

Still, Anderson recommends for two-parent homes with both partners at home to plan to work in shifts if possible, especially if there are small children that require more attention. **Breaking it up into two- or four-hour shifts apiece can ensure that each partner has dedicated time to focus. But even then, be prepared to help out if things get tricky, especially if there are multiple children.**

Anderson recommends setting a maximum of five goals for the day: one or two things you really need to accomplish at work, one or two things you want your kids to accomplish, and one family or partner activity, even if it's crashing on the couch to watch TV for 30 minutes. Don't expect to or try to do more, because you'll get frustrated and even more stressed out.

"I'm used to getting a ton done and when this started, I didn't shift my mentality. Now, I give myself two days to accomplish what I'd like to do in one day — professionally, personally, and otherwise," Alexandra Mayzler, a mom of a 3- and 5-year-old and the founder of the Thinking Caps Group, says in an email.

Communicating ahead of time with partners can prevent fighting and stress during the day, too.

"Though I'm doing most of the child care and homeschooling with our kids, every evening my husband and I go through our schedules and we block out an hour or two if there is something that I need to get done during regular business hours. Communicating ahead of time keeps things calm during the day," says Mayzler.

### Distance learning is a challenge for all age groups

"You're not a teacher. Unless you already were planning to homeschool your kid, there's no way to truly adapt to this," says Anderson. **"We are seeing compassion from schools where they are saying, 'We know you're not going to get it all done, we know they can't complete the same curriculum as if they were in their classrooms.'"** He recommends that parents reach out to their schools to "triage" and ask, "What are the most high-priority items I've got to get done during the day?"

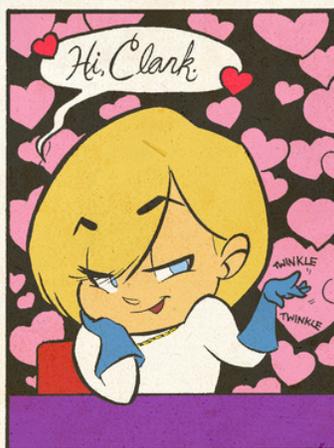
Infants and toddlers arguably require the most hands-on care and the most attention, but all age groups come with their own challenges for working parents.

Vegdahl says she went to a local dollar store and bought tons of cheap toys and objects. Colored tape has been popular at her home. She's used it to make "roads" through the apartment that her son drives his trucks on. Lieber says a \$4 kazoo and daily baking keep her toddler happy. And both of them have taken advantage of the lockdown to potty train. "We're not going out anywhere, and I now

have time and patience. I go back and forth between wondering if I'm a masochist or if this is a good idea," says Lieber. For older children, schools vary widely on how they're handling distance learning, from formal online classes to sending packets of work home. No matter what the workload is, at least a rudimentary schedule can be helpful for kids and parents alike — many kids are used to a structured school day.

**"The most important thing is that kids need some sort of structure, whatever that routine and structure looks like for that family.** That's what's been the most helpful," says Jennifer Quinn, a school librarian and former elementary school teacher based in upstate New York.

JL8 #4 BY YALE STEWART



BASED ON CHARACTERS IN DC COMICS



Mahalo to our contributors: Ms. Yonting, Mrs. Dolan, Mrs. Menor, Mr. Myers, Dr. McDonald, Mrs. Nakamura, Mrs. Mikasa, Ms. Santos, and Yale Stewart



Name: \_\_\_\_\_  
 Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

3- No reminders  
 2- 1-2 reminders  
 1- 3 or more reminders

Target Behaviors	Math	ELA	Specials/ Closing
Be Responsible I can complete quality work and stay on task.	3 2 1	3 2 1	3 2 1
Be Mindful & Respectful I can use kind words and not distract others.	3 2 1	3 2 1	3 2 1
Be Responsible I can follow directions and listen to my parents.	3 2 1	3 2 1	3 2 1
Rewards I can earn: •	Goal: _____ Reward: _____	Goal: _____ Reward: _____	Goal: _____ Reward: _____

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Name: \_\_\_\_\_  
 Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

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Target Behaviors			
	3 2 1	3 2 1	3 2 1
	3 2 1	3 2 1	3 2 1
	3 2 1	3 2 1	3 2 1
Rewards I can earn: •	Goal: _____ Reward: _____	Goal: _____ Reward: _____	Goal: _____ Reward: _____