



Ke Kula 'o Samuel M. Kamakau

Laboratory Public Charter School

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E mālama 'ia ana ka mauili ola o kākou mai kēlā hanauna a i kēia hanauna.

01 Iulai 2009

Aloha mai kākou e nā 'ohana o Ke Kula 'o Samuel M. Kamakau,

I hope that your 'ohana is enjoying a safe, relaxing, and fun-filled summer vacation. The start of the new school year is quickly approaching. Research shows that parents and 'ohana members play an important role in helping to ensure that students have a successful first day of school. I have included an article that provides a few helpful tips to make the transition from summer vacation back to school a little smoother.

Pūko'a Kani 'Āina is also trying to prepare for the upcoming school year. For those of you who are not familiar with our program, we work with haumāna and their 'ohana from Papa Mālaa'ō through their second year out of high school to provide tools and opportunities for making a conscious choice about their career path. Our main goal is to develop a comprehensive career options program to promote self-sufficiency in students and families of Kamakau. We are only in the second year of the program and are trying to gather information in order to provide the appropriate level of support to the students and the 'ohana.

We are asking 'ohana to please complete and return the enclosed Pūko'a Kani 'Āina Family Survey. If you are a returning 'ohana, please also complete and return the Kamehameha 'Ohana Satisfaction Survey. Then bring these completed surveys to one of the Family Registration days being held on July 15th or July 22nd from 3:00pm-5:00pm at the Hale 'Āina. In appreciation of you taking the time to help us, we would like to support you in helping your child(ren) be more mākaukau for the first day of school.

Each 'ohana that returns their survey(s) at either of the registration days will receive a backpack full of school supplies for each of your children attending Kamakau.

We look forward to seeing you at registration day and to working with you during this upcoming school year!!

me ka ha'aha'a,

Kumu Ku'uipo Ayau,

Project Director

Pūko'a Kani 'Āina

First Day of School Preparations Help Your Child Start the Year Off Right

© [Diane Laney Fitzpatrick](#)

Jul 18, 2007

Don't let the back-to-school frenzy take you by surprise. Help your child prepare for a successful school year from the very first day.



The first day of school. Can it be here already? It may seem like just yesterday that the kids plunked their backpacks on the kitchen counter, grabbed a Popsicle and ran outside to celebrate the last day of school.

But just as sure as a teacher has a grade book, the first day of a new year rolls around again, like clockwork.

For your child to have a successful first day of school, he'll need some support from you, his parent. Getting kids ready for the first day of school can be your last summer agenda item.

Don't wait until the last minute to get started on back-to-school preparations. Wrap up family vacations, out-of-town company visits, and day trips to the amusement park well before the last day of summer. Send your child to his first day prepared and mentally and physically charged.

Get on a school-year schedule

Nervous excitement may get them up early on the first day, but it won't sustain them for six hours. Kids need a good night's sleep before the first day of school. And if the lazy days of summer meant staying up past midnight and sleeping in late, they won't be able to switch to a new sleep schedule easily.

About two weeks before school starts, start gradually moving bedtime and wake-up call earlier, to get the kids used to a new earlier schedule.

For at least three or four days before school starts, "practice" getting up at the time your school-year schedule requires.

Have school supplies ready

It may be true that the early bird gets the Trapper Keeper, but don't be overeager to buy your child's school supplies too early.

If your child's school distributes a list of school supplies required for his classes, wait for it to arrive and take it with you to a discount store to shop for supplies.

Buying school supplies during busy times is not for the weak: You may find yourself wading through crowded aisles strewn with three-ring binders and composition notebooks, and hoping you can find one you can wipe off and buy.

Stick to the list and don't be overcome by the choices. Treat your child to at least one special item – the *big* box of crayons, the folder with the photograph of the basket of kittens, or a high-tech pencil case.

At least a day before school starts, help your child pack his backpack with his supplies, putting his name on everything and sharpening his pencils.

Don't forget gym clothes and shoes, supplies for art and other special classes, a lunch box, a locker lock and other incidentals.

Have clothes ready

If you've already been on a school-clothes shopping trip, be sure your child has tried on all the new clothes and they're pressed and ready to go.

Don't forget underwear, socks, and shoes. Fall is a good time to stock up on new.

Alleviate your child's fears about school

If your child is starting school at a new, unfamiliar building, or is beginning a new phase, the best way to ease his anxiety is to equip him with as much information as you can. Ask your school administrators if you and your child can tour the building sometime during the summer.

Get him a map of the school and go over what his day will be like from the time he steps off the school bus until he heads for home.

Read more:

http://stayathomeparents.suite101.com/article.cfm/first_day_of_school_preparations#ixzz0JwgBDzO0&C

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