



Ka'Umeke Kā'eo
Hawaiian Immersion Public Charter School
IN KEAUKAHA

KA LAMA

O Ka Lou Iua O Na Nohu

Januali 2021 Vol.2

MA KE KULA HAUMĀNA

In person learning

Keiki who are heading back to kula in person are facing unusual challenges, and one of them is anxiety about being separated from their 'ohana after months of togetherness. For some kids it will trigger separation anxiety, in addition to the fear they may feel about leaving their homes and 'ohana.

We are always reminding our keiki to not get close to other people, keep their masks on, use sanitizer, and to wash their hands. This creates fear that being around other people is not safe. For some keiki the excitement of being around kula will outweigh any fears but for other they may be wondering if we are sure it's safe to go back to kula.

Our 'ohana will have to reassure our keiki that it is safe to be at kula. We also have to encourage them to be careful and follow the guidelines given by their kumu. And it gets more complicated as we have to prepare them to be flexible in case the current situation changes.

There are some ways to help our keiki feel good about heading into kula. By staying positive and calm we share that they also should be positive and calm. Ask your keiki how they feel about going back to kula and validate their feelings. If they are worried talk about it and help them think of ways they can feel better. Lead the way with positive energy by talking to your keiki about the good aspects of going to school. Ask questions about what they are looking forward to and what they enjoy while they are at kula.

We can't promise our keiki that we won't get sick, but we can express confidence that we have created a safe environment for them to learn. Our Kumu and Limahana have done months of planning to minimize risk and keep everyone safe, you can share with your keiki that is why all the new rules are in place. It helps to reassure our keiki that everybody's doing their best to keep them healthy.

With this pandemic in full swing it is hard for any plan to be permanent. There is always a possibility that keiki who are at kula in person may be expected to switch back to distance learning. Or the opposite, keiki who are distance learning may be returning to kula. It is important for our keiki to know that we are prepared and ready for any changes that may occur.

If you have any questions or concerns or need additional information please visit our website, www.kaumeke.org, or email us at kokuu@kaumeke.net.

New Haumāna

Our next orientation for new haumāna will be held virtually on Zoom. It will be on February 2nd at 4:30p.m. Interested 'ohana will need to call our Hale Lamalama office (933-3482) to RSVP and to receive the zoom link. Mahalo!

MEA'AI THE FOOD BASKET

Supplies are limited and will be distributed on a first come first serve basis. They ask everyone to be considerate of the local traffic around the drops and to arrive a half an hour prior to the start time. Stay in your vehicle, as these are drive thru only.

[Waikola Kamakoa Nui State Park](#)

Tuesday, January 26 10am

[Volcano Cooper Center](#)

Wednesday, January 27 10am

[Honoka'a Sports Complex & Skate Park](#)

Friday, January 29 10am

MANA'O O KĒIA PULE HE PŪKO'A KANI 'ĀINA

A coral reef that grows into an island.

A person beginning in a small way gains steadily until he becomes firmly established.

By making small changes we can accomplish big things, but we must practice at it and work at it so that it becomes a reality. Small changes can be the stepping-stones to a happier, healthier life. Remember practice makes perfect so plan your first step...and keep going!

KŌKUA CHILDCARE

Keiki o ka 'Āina

[Hawaii Early Learning Partnership for Child Care Tuition Assistance Program.](#)

This program is focused on serving Native Hawaiian, Native American Indian, and Alaska Native families who are working or attending school or in job training. It is designed to help qualified parents with monthly financial aid for child care costs for keiki ages birth to age 12. Child care includes relative care in the child's home environment, infant / toddler care, group child care, pre-school, and before and after school care. Go to this web address to fill out the application: <https://www.koka.org/help-for-childcare/>

OLA KINO U.S. DEPARTMENT OF AGRICULTURE

MyPlate

With the current pandemic our 'ohana are spending more time making sure that we are safe and prepared. Food planning is an important part of this preparation. The U.S. Department of Agriculture has a program called MyPlate that has great information on how to plan healthy meals and healthy eating activities.

Here are some highlights from the program:

Check what you have at home first

Make a list of what you have in your refrigerator, freezer, and pantry. This will help you plan meals around what you already have and avoid spending money on items you don't need.

Make a shopping list

Make a list ahead of time and stay focused while shopping to make your trip to the store quick.

Explore your shopping options

Many stores offer in-store pickup, curbside pickup, or delivery.

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Include fresh, frozen, and non-perishable items

Plan for a mix of fresh, frozen, and shelf-stable foods. Eat your fresh food first. **What foods should I buy?** Shelf-stable foods like pastas, rice, legumes, nut butters, and dried and can goods are good. Also frozen options like meats, vegetables, fruit, and even bread and milk can be kept in the freezer. With fresh foods, buy in the variety and quantity that you would normally buy.

What should I make?

With your 'ohana at home more now we are spending more time in our kitchen. You could try a new recipe or stick to simple items and familiar foods.

For the links to these resources and to learn more search the USDA MyPlate program online or visit <https://www.myplate.gov/eat-healthy/healthy-eating-budget/covid-19>.