

BLOOM WITH GOOD VIBES

March 2026

Spring is a time of renewal, growth, and fresh beginnings!

House Beautiful showcases [15 lucky plants that bring major good vibes to your home](#). Research has shown that plants can boost mood, increase sleep, and help us feel happier and less isolated. From glam orchids to classic lucky bamboo (of course!), these greens will bring good juju to your home for years to come.



SPRING BREAK AND MARCH ACTIVITIES



Hawai'i Parent Guide - Spring Break 2026

Spring Break is just around the corner, and it's the perfect time to plan some exciting activities for your kids. Whether it's outdoor fun or creative workshops, there are plenty of options. [Hawai'i Parent](#) has a list of programs to keep your kids busy!



National Reading Month

March is National Reading Month. Students can participate in the Read Across America Challenge in Beanstack from March 1-31. All students who log at least 300 minutes will be entered into a drawing to win a \$15 Barnes and Noble gift card. Click [here](#) for more information.

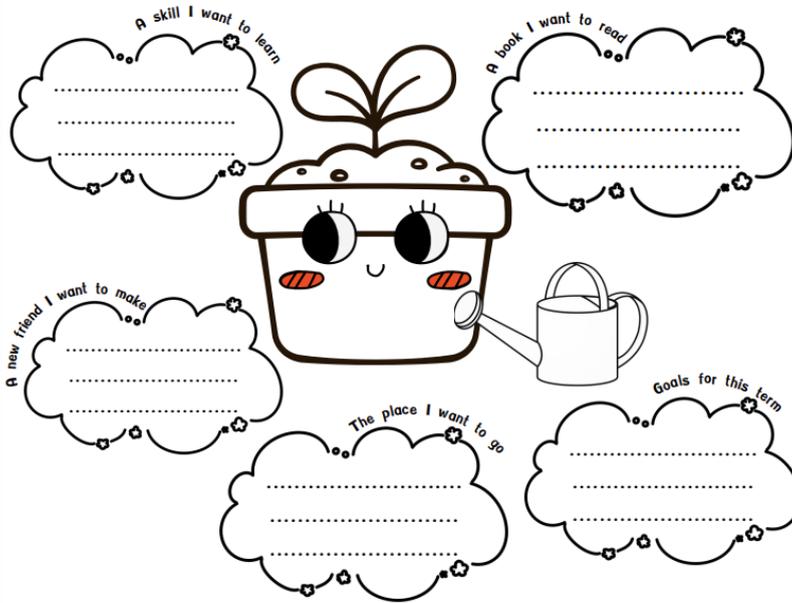
WHAT NEW SKILLS ARE YOU PLANTING THIS SEASON?

Name _____ Date _____

Mindset Blooms in Every Season

Spring : The Season of New Beginnings

What new skills are you planting this season?



I can learn anything I want to

GIRLS' DAY – MARCH 3RD

Hinamatsuri ひな祭り is a traditional Japanese holiday celebrated annually on March 3rd. It is also known as Doll's Festival, Girls' Festival, and formerly Peach Festival. In Hawai'i, this day is called Girls' Day! This is a time when families wish for the health, longevity, and prosperity of their girls.

Here are some [arts and crafts](#) that you can do to celebrate Hinamatsuri.



Try this [Strawberry Mochi Trifle](#) recipe from Foodland to treat yourself to something sweet. It's a simple 5 ingredient recipe that can be done in the microwave!

NO SPRING SLUMP!



As we enter spring, student attendance often declines — a trend known as the *Spring Slump*. Research shows that students who miss just two days a month (or 10% of the school year) are at risk of falling behind. **Regular attendance** is crucial for academic achievement, engagement, and future success.

Here are some strategies to help maintain strong attendance:

- **Maintain Consistent Routines** – Set a bedtime and morning schedule to ensure your child starts the day ready to learn.
- **Reinforce the Importance of Attendance** – One way to prioritize daily attendance is to support your child through going to school even when it's hard. You could even model how you've worked through successfully showing up for something you really didn't feel like doing in the past.
- **Schedule Appointments Wisely** – Plan medical appointments and family trips outside of school hours to prevent unnecessary absences.
- **Seek Support When Needed** – If your family faces challenges affecting attendance, such as transportation or health concerns, please reach out to your school for additional assistance.

Let's continue to work together to keep your child on track!



This newsletter is a joint collaboration of the DOE Central District's School Social Workers and Human Services Professionals. The purpose is to highlight information that you may find useful, and does not serve as a comprehensive list. We do not endorse any specific organization. Mahalo!



Jennifer Nakamura

Jennifer is using Smore to create beautiful newsletters