

# We're Goin' Up, Up, Up!

September 2025

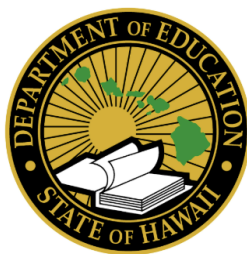
Words taken from a popular KPop movie, the lyrics read, "We're goin' up, up, up, it's our moment, you know together we're glowin', gonna be gonna be golden..." These lyrics uplift you to be your best, with the help and support from others. As we start off the new school year, strive for excellence and remember that you are GOLDEN!

## Support and Resources 🤝



### Hawaiian Electric Assistance Programs

[Hawaiian Electric](#) has financial assistance programs that are available to customers, such as rent and utilities assistance, and supportive services for veterans and kupuna. Please refer to the flyer below for specific program information.



### Support Agencies for Families

[The Department of Education](#) has developed parent support opportunities through Community Children's Councils and Student Support Branch. Several nonprofit family service agencies in Hawai'i also provide needed outreach to low-income families.



### City and County of Honolulu Department of Parks and Recreation

[The Department of Parks and Recreation](#) offers year round activities and programs for you and your 'ohana. Explore a botanical garden or learn how to play pickleball!



**financial\_assistance\_options\_flyer.pdf**

Hawaiian Electric financial assistance programs.

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1.0 MB

## Self-Care in September 🥰

Self-Care Awareness Month in September is a time to remind us that taking care of ourselves, first and foremost, is essential. Self-care is often neglected in our everyday lives. Use the attached action calendar to find ways to prioritize yourself and your happiness!



Self-Care Sept 2025.pdf

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408.7 KB

## Show Up, Up, Up to School! 👍

<https://hawaiipublicschools.org/student-programs/attendance/>

REGULAR SCHOOL ATTENDANCE = STAYING ON TRACK = SUCCESS!

- Make school attendance a priority!
- Create consistent bedtime routines.
- Maintain open communication with the school.
- Manage health issues and develop a plan of action.
- Ensure reliable transportation to and from school.
- Seek additional support when needed.

### When Do Absences Become a Problem?



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