

# Share a Little Love With Yourself

February 2024

February is often known for being a month dedicated to and all about love. But February is not only about valentines and sweethearts, instead, it can also be a month for self-love and self-care. Showing love for yourself and appreciating how far you have come is important for your well-being!



## Self-Love Tips for the New Year

[The Steven A. Cohen Military Family Clinic at Child & Family Service](#) provides confidential, high-quality behavioral healthcare services and case management resources at low to no-cost and without long wait times to veterans, their families, and the families of Active Duty, National Guard, and Reserves, including spouse or partner, children, parents, siblings, caregivers, and others. This month they are sharing [self-love tips](#) to cultivate love

within.

### Event Information

#### FREE Children's Dental Clinic Day

The Hawaii Dental Association Foundation and the Hawaii Dental Association are hosting a FREE keiki oral health clinic at the annual Give Kids a Smile event on **Saturday, February 24 from 9am to 1pm at the Waikiki Health Makiki Clinic in Honolulu** (note this is near the Old Stadium). This event is open to the public and will be providing free dental screenings to keiki. Please see attached flyer for more information.

When?

**Saturday, Feb 24, 2024, 09:00 AM**

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# SCHOOL SUCCESS = SHOWING UP!

School Success = Showing Up! will be an ongoing monthly feature, showcasing resources and helpful information related to school attendance. Research shows that daily school attendance positively impacts students' social, emotional, and cognitive development.

## ATTEND TODAY, ACHIEVE TOMORROW

### GOOD SCHOOL ATTENDANCE MEANS...



#### PRESCHOOLERS

build skills and develop good habits for showing up on time



#### ELEMENTARY STUDENTS

read well by the end of third grade



#### HIGH SCHOOLERS

stay on track for graduation



#### COLLEGE STUDENTS

earn their degrees



#### WORKERS

succeed in their jobs

Too many absences—excused or unexcused—can keep students from succeeding in school and in life. How many are too many? 10% of the school year—that's 18 missed days or 2 days a month—can knock students off track.



## Keep Your Child Healthy and in School!

[Attendance Works](#) is a valuable resource that promotes regular school attendance for students to engage in learning and to thrive. This starts within the home and establishing routines. Here are some important tips to keep your child healthy to avoid unnecessary absences from school:

- Maintain a regular bedtime and morning routine.
- Keep screens out of the bedroom and limit use prior to bedtime.
- Encourage your child to stay active for at least 60 minutes a day.
- Avoid close contact with individuals who are sick.
- Schedule non-urgent medical appointments outside of school hours.
- Make sure your child feels safe and connected at school.
- Monitor your child's attendance and academic progress and seek support when needed.

## Attendance\_Works\_Tips\_for\_Staying\_Healthy\_103123.pdf

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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