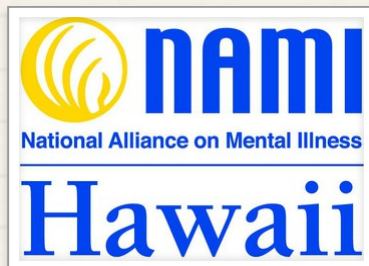


KĀKOU CONNECTION

October 2021

Kākou in Hawaiian means "we are all in this together." As we continue to overcome challenges, it is our hope that this newsletter will provide you with valuable resources and information to guide you along the way. This is a joint collaboration of the DOE Central District's School Social Workers and Human Services Professionals. Let's remain connected and support one another!

OCTOBER 10, 2021 IS WORLD MENTAL HEALTH DAY



NAMI – HAWAII

<https://namihawaii.org/>
<https://namihawaii.org/resources/>

The National Alliance on Mental Illness - Hawaii (NAMI) offers programs of education and real-life recovery for families affected by mental illness and anyone interested in being better informed. They strive to raise public awareness about mental illness and better mental health.



CHILD MIND INSTITUTE

<https://childmind.org/>

The Child Mind Institute is dedicated to transforming the lives of children and families struggling with mental health and learning disorders by giving them the help they need to thrive. They operate under the principles of care, education and science. They have a Family Resource Center, parenting guides, and telehealth services during COVID-19.



HELP YOUR KEIKI

<https://www.helpyourkeiki.com/>

Help Your Keiki is a website from the Hawai'i Department of Health, Child and Adolescent Mental Health Division. In collaboration with the State of Hawaii's Evidence Based Services (EBS) Committee, parents and caregivers can use this website at every stage of addressing their child's difficulties.

FUN ACTIVITIES AND ADVENTURES



12 FUN HALLOWEEN ACTIVITIES FOR KIDS YOU CAN DO AT HOME

<https://www.parents.com/holiday/halloween/games/halloween-activities-for-kids-you-can-do-at-home/>

Whether you have a fourth grader obsessed with STEM experiments or a kindergartner who loves squishing slime, get into the spooky spirit by working together on these easy Halloween activities for toddlers, preschoolers, and big kids.

42 BEST FREE VIRTUAL FIELD TRIPS FOR KIDS AND FAMILIES

<https://www.goodhousekeeping.com/life/parenting/a32403098/virtual-field-trips-for-kids/>

These virtual field trips for kids will have them gazing at world-class art, learning about history, discovering science, and even checking out what it's like in outer space. No matter their interests, be it history, art or science, you'll be able to take a "trip" to match.

PRINTABLE COLORING SHEETS BY HAWAII'N ARTISTS

<https://www.honolulumagazine.com/time-to-sharpen-those-crayons-and-art-skills-local-artists-hawaii/>

Local artists contribute their talent in printable coloring sheets that showcase the Islands' tropical produce and flora, lush backyards, sunny weather, outdoor culture and unique lifestyle in bright, cheery ways.

MINDFUL MOMENTS

Mindfulness is a great way to help kids expand self-awareness and self-management skills. Download the cards below to practice being mindful!



mindful-moments-cards.pdf

[Download](#)
444.6 KB



HAWAII CHILDREN AND YOUTH DAY

<https://hawaiiicyd.org/>

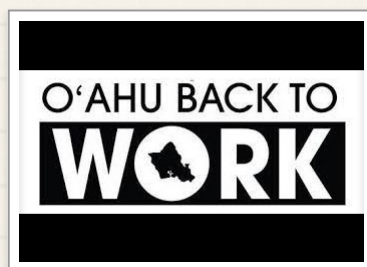
Hawai'i Children & Youth Day happens on the first Sunday of October each year to celebrate and honor our children and youth, and the special contributions they make to our community. During the month of October, a one-hour TV special will be airing on KFVE, with encore showings on KGMB and KHNL.



HAWAII VIRTUAL CHILDREN AND YOUTH SUMMIT

Young people up to age 24 are invited to share their ideas and advise Hawaii's State Legislators at the Hawai'i Virtual Children and Youth Summit on October 14 and 15, 2021 from 10:00 a.m. – noon, each day. Register on the link below if interested:

<https://www.eventbrite.com/e/hawaiis-annual-children-and-youth-summit-tickets-169678463853>



O'AHU BACK TO WORK

<https://oahubacktowork.com/>

The University of Hawai'i is offering free job training to qualified O'ahu residents through this program. This free job training opportunity is available to all O'ahu residents whose employment was disrupted by COVID-19 economic impacts and is financially supported by the City & County of Honolulu's CARES Act Coronavirus Relief funds.

HALLOWEEN CHOCOLATE BOO BARK

Makes 24 (1x3-inch) bars, prep time 15 minutes

INGREDIENTS:

- 1 (24-ounce) bag dark chocolate chips (about 4 cups)
- 2 cups Crispy Cocoa Rice Cereal
- 1/2 cup candy, such as candy corn, M&M's, Reese's pieces, or candy eyes
- 1/4 cup sprinkles



INSTRUCTIONS:

1. Line a baking sheet with parchment paper. Place the chocolate chips in a large microwave-safe bowl and microwave on high until melted, stirring every 30 seconds, 2 to 2 1/2 minutes total.
2. Fold the cereal into the melted chocolate, then use an offset spatula to spread it into a thin (13x9-inch) rectangle. Top liberally with the candy and sprinkles. Refrigerate the bark until firm, 30 to 40 minutes. Break or slice into bars.

SAY BOO TO THE FLU!

Flu season runs from October through May. Here are ways to scare away the flu:

- Get your flu vaccine **before Halloween.** Keep your family and community healthy by getting vaccinated today
- Wash hands frequently
- Teach keiki to do the "Dracula" – cough and sneeze in their elbow, not their hand
- Keep keiki at home if they are sick



Visit [HawaiiCOVID19.com](https://hawaiiCOVID19.com) for Safe Halloween tips.

