

# Kākou Connection

November 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!



## *DOE - Community Children's Councils (CCC)*

<https://www.hawaiipublicschools.org/ParentsAndStudents/SupportForParents/Pages/CCC.aspx>

The CCC serve children and families including those with disabilities and mental health needs through collaborative partnerships. They include representation from public and private child-serving agencies and other community members. Due to COVID-19 restrictions, meetings are held online.



## *Hawaii's Statewide Family Engagement Center (HFEC)*

<https://cds.coe.hawaii.edu/hfec/>

HFEC's purpose is to implement high impact family engagement strategies, programming and policies that build powerful partnerships among family, school, and community. They offer resources, tools and guides, and newsletters with helpful information.



## *Aloha United Way - Public Assistance Programs and Forms*

<https://www.auw211.org/s/public-assistance>

Aloha United Way 2-1-1 is the hub for all community-based resources in Hawai'i. Resources include child care and preschool financial support, family financial, food, housing, and health insurance support, as well as hotlines. Families eligible for one service are likely eligible for the majority of services listed.



## Food-A-Go-Go

<https://foodagogo.org/>

Food-A-Go-Go is a free community resource with the latest information on restaurants that are open for takeout, delivery or curbside pickup during the COVID-19 pandemic. You can also find local farmers markets and local growers selling fresh produce.



## COVID-19 Multilingual Resources

Here is a list of resources providing translated material in various languages:

Hawai'i Department of Health  
<https://hawaiiicovid19.com/translations/>

One Oahu  
<https://www.oneoahu.org/translations>

We are Oceania  
<https://www.weareoceania.org/covid-19/>



## TeenLink Hawaii

<https://www.teenlinkhawaii.org/>

TeenLink's goal is to provide an effective youth-focused program promoting positive youth development through peer leadership and support, access to relevant information and resources, and connection to a caring social network. They offer a wealth of resources in social, emotional, and physical health for teens, as well as emergency contacts.



## Thanksgiving Gratitude Game

<https://karacreates.com/thanksgiving-gratitude-game/>

It's time for some family fun with this Thanksgiving Gratitude Game! Despite the ongoing struggles, we have much to be grateful for this year. Instead of just sharing one thing, we can each share a few different things based on each M&M color. Download the printable below and attach to each M&M packet. Take turns sharing within the group what you are grateful for.



Gratitude Game.pdf

[Download](#)

537.9 KB



## Grinds on a Dime Cooking Series

The University of Hawai'i at Manoa - Cooperative Extension, is hosting weekly virtual cooking classes in November. Meals are simple, quick, and affordable to feed the whole family! Refer to the flyer below for registration information.



Grinds on a Dime Cooking Series Flyer.pdf

 Download

5.0 MB



### Tom the Turkey Cupcakes

<https://cookingwithcarlee.com/how-to-make-cute-tom-turkey-cupcakes/>

These cute Tom the Turkey cupcakes are easy to make and delicious, too. The kids will love to help make them and your Thanksgiving dessert table will be that much cuter!

YIELD: 24 cupcakes

#### INGREDIENTS:

- 24 chocolate cupcakes
- 1 recipe fudge frosting
- 148 candy corns
- 48 candy eyeballs

#### INSTRUCTIONS:

1. Smear or pipe the chocolate frosting on the cupcake.
2. Use 5 candy corn to make the turkey tail feathers.
3. Add two eyeballs and a candy corn beak/wattle to each cupcake.
4. Enjoy!



Rest and allow  
yourself breaks

Enjoy your  
favorite  
tea



Write down  
what you want  
to let go of



Focus on  
warmth



# Autumn Self-Care



Wear socks  
& warm pjs



Get  
creative  
with  
pumpkins



Embrace  
hygge



Curl up with  
a good book



Go to a  
Farmer's  
Market



Drink apple  
cider

@BlessingManifesting



Take a  
nature walk

