



JANUARY - MARCH 2021 | QUARTER 2 |

JOINT BASE PEARL HARBOR-HICKAM SCHOOL LIAISON NEWSLETTER

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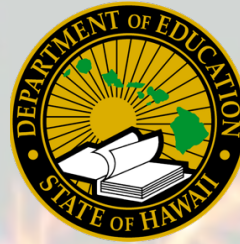
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New to Hawaii?

As schools across Oahu start transitioning back to learning face to face with their blended learning models, it is important to know that each schools schedule will look a little different.

If you are PCSing in to Hawaii during the second semester, each school should have a 100% distance learning option still if you are not comfortable sending your children to school for blended learning. Recommend checking in with your home school for more information on how you can sign up for that option.

For information on how to enroll in a Hawaii public school please visit -

<http://www.hawaiipublicschools.org/ParentsAndStudents/EnrollingInSchool/HowToEnroll/Pages/home.aspx>

State Furloughs

Due to COVID-19 and it's impact on our state, furloughs for HIDOE employees have been pushed backed to July. So for now no schools will be closed on specific days.

<https://www.khon2.com/coronavirus/gov-ige-delays-state-furloughs/>

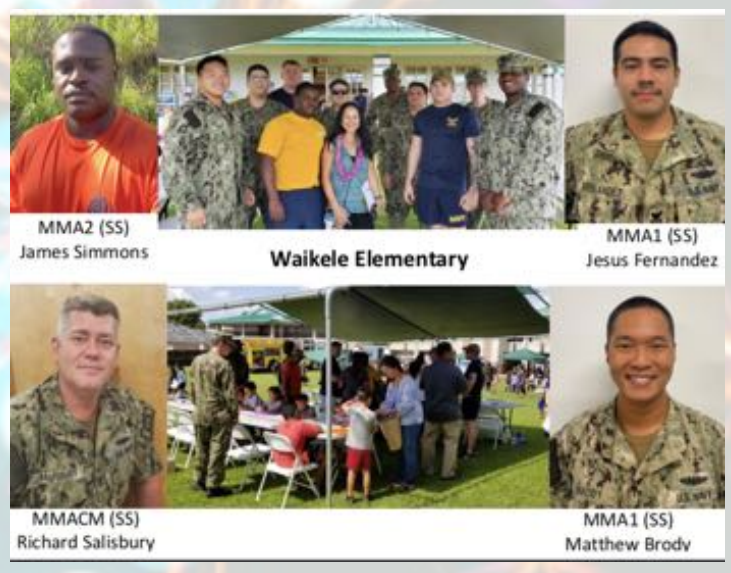
For the most up to date information on Hawaii Public Schools please visit www.hawaiipublicschools.org



School Partnerships

January is Mentoring Month

Partners in Education (PIE) is a way for sailors and commands to help mentor youth in education related activities. PIE events can include participating in outdoor activities like field days at school, or doing presentations in a classroom. PIE provides a great resource to our local schools for the students and staff. PIEs have assisted with class-work, moving of classroom supplies, assisting teachers and staff and being a huge part of STEM activities. Sailors who participate in PIE are able to use the volunteer hours for recognition of the Military Outstanding Volunteer Service Medal. Take a look at some of our military volunteer this past school year.



Joint Venture Education Forum (JVEF)
Military Volunteers recognized,
2019-2020 school year

Healthy Habits as New Years Resolutions

New Year Resolutions are hard to maintain and are often forgotten by March. Teaching our kiddos about healthy habits especially during this COVID craziness is something that will last with them for a lifetime.

1. Resolve to Cut Down Screen Time - Screens have become part of our lives. Phones, tablets, computers and televisions all contribute to our entertainment and our connectivity. Unfortunately, they also don't encourage physical activity or face-to-face socialization. Children rely on screens for school, to stay in touch with friends and maybe to stay entertained. Parents stare at those screens for work, social interactions, and entertainment, too. But are those screens wiring their way into family life? If the family seems to be too preoccupied with staring into the screen, maybe this year's resolution should focus on limiting screen time or setting limitations. Sit down as a family, discuss the screen use and find ways to limit the screen. This may include no phones at dinner, phone-free time at night or other guidelines.

2. Get Growing - Good health includes healthy foods; this year, begin a garden at home or in the backyard. Grow your own herbs or vegetables and let kids help. The bare shelves in the grocery stores this year took many by surprise, but growing your own vegetables embraces self-sufficiency. Plus, kids may love to try the new foods they grow!

3. Move as a Family! - Kids who are learning virtually may be limited in their physical activity options. If everyone is stuck at home, begin a healthy exercise program...indoors. Try yoga or queue up some exercise videos for kids via YouTube. Jumping rope or hula hooping also is good exercise. This year, make a resolution to become more physically active. Write down small goals as well as the bigger goals your family hopes to achieve.

4. Try Something New - The same old routine is boring and redundant. When everyone is stuck at home, the New Year can be a great excuse to branch out and try new activities. 'Something new' can include trying one new recipe each week or learning a new hobby. Maybe everyone can learn to do origami, knit or paint. Always wanted to learn to play a new instrument? This could be the year! Or the entire family can begin to learn a new language! There are so many activities that can be enjoyed indoors.

5. Encourage Kindness - This year has been hard for so many families. It's sometimes all too easy to get stuck in the pit of despair and to focus on everything that's wrong...instead of what is wonderful and happy. Make 2021 the year of kindness. As a family, resolve to do one nice act each day. This doesn't have to be something big. Giving someone a compliment or saying 'have a nice day' are both simple acts of kindness. Sit down and talk about what kindness means to each person and how every family member can embrace kindness. A family kindness journal can help your family understand the positivity everyone has put out into the world.

6. Be Thankful - Filling the world with small kind acts brings positivity to others. However, everyone should count their blessings, too. Again, it's too easy to feel down during a global pandemic. With many of us staying in our homes, sometimes it's really difficult to remember the little things that make big impacts on our day. This year, families can count their blessings each day! Head to the dollar store and buy everyone in the family a notebook. Every day of 2021, write down a list of 'thankful things.' Each person should try to list at least five things that made them happy or grateful each day. At night, share your gratitude lists. At the end of the year, every family member will have thousands of reasons to be thankful for 2021. You will always be able to look back at your journal and remember the good things. Remembering life's little positives can be one of the greatest gifts.

7. Spend More Time Together - Life is busy, and sometimes families don't have much time to spend together. However, in 2021, try to make a 'family plan.' This means finding a way to carve out extra time together as a family. This can mean watching a movie together, sharing the day's events at dinner...anything that creates an environment of family conversation. Parents and children can agree on family times that will be designated as interruption-free. This means no phones, no friends and no outside distractions! If kids are involved in many extracurricular activities, parents may have to plan different family times each day. You can find a few minutes each day!

**MILITARY AND FAMILY SUPPORT CENTER
PERSONAL & FAMILY LIFE EDUCATION
WEBINARS**

Building Self-Esteem in Children 5 Jan 1530-1730	Conflict Resolution 19 Jan 1000-1200
Work & Personal Life Balance 6 Jan 1200-1400	Daddy Basic™ 19 Jan 1600-1800
Positive Parenting 7 Jan 1300-1500	Dealing with Difficult Behaviors 21 Jan 1000-1200
Time Management 8 Jan 0800- 1000	Tranquil Seas: Mindfulness & Self care 22 Jan 1000-1200
Strategizing with Stress 12 Jan 1000- 1200	Anger Management 26 Jan 1000-1200
Sleep Rocks! 12 Jan 1300-1500	Parent Child Communication 27 Jan 1000-1200
Interpersonal Skills 13 Jan 1300-1500	

Classes open to all DoD Card Holders
** This class is for first time dads-to-be

Register at www.greatlifeforawarrior.com
(Select JBPHH, Click Support, Click MFSC Class Schedule, "Click Here" to register)

Webinars use Adobe Connect or Microsoft Teams, download apps on desktop for best interactive experience.

JBPHHMFSC
 JBPHH_MFSC
 (800) 474-8991

Classes being offering this January from Military and Family Support Center

Military Family Life Consultant (MFLC)

MFLCs provide private and confidential non-medical counseling service in schools and our Child and Youth Programs. They support children and youth up to age 18 in groups or individually. See below for topics that MFLC's cover. JBPHH has 12 School Based MFLCs and 6 CYP Based MFLCs currently.



IDENTIFYING FEELINGS	BULLYING	CONFLICT RESOLUTION	SELF ESTEEM	MANAGING ANGER & AGGRESSION	SEPARATION FROM PARENT(S)
PROBLEM SOLVING	COPING WITH DEPLOYMENT AND REUNIFICATION	TRANSITION AND MOVING	SIBLING/PARENTAL RELATIONSHIPS	TIME MANAGEMENT	DIVORCE

Homeschooling

Homeschool not something new to military families. Many military families have opted to homeschool due to the vast differences in education at each duty location, or due to COVID-19 health concerns this year. No matter if you are newbie to the homeschool curriculum or a tested, tried and true homeschool family, here are some simple reminders to help set your family up for success while stationed in Hawaii.

- Be sure to be familiar with the State requirements for homeschool. Once you have decided to homeschool, be sure to complete the requirement for the State. In Hawaii, you will need to submit a letter of intent or a Form 4140 to your home school (zoned for your address). See link for Form 4140 -
- Be sure to use an accredited program. It will be crucial as well if you and your child decide to go back to public ran school. It is vital for home school curriculum be accredited for the high school diploma for your child to go to college or to join the military.
- Visit <https://hslda.org/legal/hawaii> (Home School Legal Defense Association) for more great homeschool information and resources.



MCC.com

If you are looking for childcare please make sure you register on militarychildcare.com

Registering with this site is the first step in obtaining care at your Child and Youth Programs (CYP). This includes care for children and youth ages 6 weeks to age 5 at the Child Development Center (CDC). School-Age Care (SAC) offers care for youth in Kindergarten to age 12. SAC offers before school, after school, and the combination of before and after school care during school. SAC also offers camps during holiday breaks and the summer.

COVID-19 has disrupted a lot of things in our life, but our SAC program has been open all day M-F since March 2020 and will continue to be a support for our families.

As of 1 Sept 2020 there have been priority changes per OSD Guidance, please make sure to review those changes here -<https://public.militarychildcare.csd.disa.mil/mccu/ui/#/priority>

CYP Highlights



Ford Island CDC's Annual Fall Art Auction, 2020



CYP's handprint Christmas Tree at the Freedom Tower. Children from all our programs have contributed to this amazing display. Thanks to our Youth Sports Program for coming up with the idea and putting it together.



A NOTE FROM THE SLO

Hello. My name is Cherise Castro and I am the JBPHH School Liaison Officer. I have been working for JBPHH CYP for 12 years. I am excited to be in this new role, supporting military families during their transitions and with educational supports.

Check out CYP's Facebook Group at <https://www.facebook.com/groups/515235949103385/>
 School Liaison Officer Webpage <https://jbphh.greatlifeohawaii.com/family/school-liaison-office>