

THE IMPORTANT ROLE OF THE FAMILY IN THE HOME AND AT SCHOOL

Families are encouraged to be involved in their children's education.
Mothers and fathers, grandparents, aunts and uncles, older
brothers and sisters all play an important role in education.



SLEEPING AND WAKING

Younger children usually need more sleep than teenagers. In general:

- Children under age 5 need 10-12 hours of sleep each night.
- School age children need 9-10 hours of sleep each night.
- Teens need 8-9 hours of sleep each night.

The night before school, some parents and children find it helpful to lay out their clothes and get their school bags ready for the next day.

SCHOOLS

All children ages 6 - 18 years old, including those with disabilities and those who are homeless, are required by law to attend school. It is against the law for children to miss school for no reason. Every neighborhood has a public school.

Enroll children in school as soon as possible. Enrollment requirements include:

- Birth Certificate
- Proof of address
- Proof of immunization, tuberculosis clearance, and school physical exam (Student Health Record Form 14) See Resources in Hawaii section for health clinics in your area.
- Legal documents such as guardianship papers, temporary restraining orders (TROs), custody papers, divorce decrees, etc.



SCHOOLS (Continued)



Talk to your child's teacher about how your child is doing in school. Parents meet with teachers a few times each school year. Remember, it's okay to speak up for your child if he or she needs help.

If you need help communicating with your child's teacher, you can ask for an interpreter. An interpreter is someone who speaks your native language and English. You have the right to ask schools to provide an interpreter. If possible, do not use children as an interpreter.

UKUS OR HEAD LICE PREVENTION

If children have ukus or head lice, they will not be allowed to attend school.

Ukus or head lice are bugs which live on your head by sucking your blood. They lay eggs which stick onto your hair.

To treat ukus or head lice, use Nix, Rid or coconut oil or the Listerine/ Shampoo combination (see Appendix A).

DO NOT USE BUG SPRAY LIKE RAID OR KEROSENE ON A CHILD'S HEAD.



Eggs need to be combed out on a daily basis.

Cleaning and washing of all items, including your hair, will keep the ukus or head lice from your home.

It is important to clean the house and at the same time, wash all sheets, towels, and combs. Vacuum all areas in the house, including chairs.

Items that cannot be washed, such as pillows and stuffed animals, should be placed in a dryer on HIGH heat for at least 20 minutes. Items that cannot be put in a dryer, washed, or hung outside in the sun, should be placed in plastic bags for 3 to 4 days.

BE PREPARED TO LEARN

Preparation for a child's learning in school begins in the home. Children who have daily chores, are taught right from wrong, eat family meals together, and are shown good attention are happier and better able to learn in school.

Parents are expected to provide all school supplies for their children. Talk to your child's teacher to find out what school supplies are needed. (See Resources in Hawaii section for free school supplies.) Your child should bring all school supplies on the first day of school.

If your child is sick or cannot attend school for any reason, contact the school. If your child is late, a parent or guardian must go to the school office with the child and get a tardy pass. If your child does not attend school, this is considered being truant and is illegal.

All children must wear slippers or shoes to school. This will help protect their feet from cuts or diseases.



AFTER SCHOOL PROGRAMS

In many communities, there are after school programs that can help your children succeed in school. Some are free and some you must pay for.

All public elementary schools have the A+ Program where your children can stay after school while you are working. Costs depend on your family's income.

Other programs include tutoring and athletics. Ask your school if you are interested in any of these after school programs.



WHEN CHILDREN RETURN HOME FROM SCHOOL

Parents can support their children's learning by:

- Promoting good study habits at home - set aside a place for children to do their homework.
- Making sure homework is completed and ready to bring to school the next day.
- Checking daily for notes sent home from school.
- Talking with children about their school day.
- Setting limits on TV, video games, and computer games.
- Encouraging children to read. Books can be borrowed for free from the public library.
- Getting to know your children's friends. This prevents children from getting into risky behaviors such as lying, stealing, joining a gang, using alcohol or drugs, etc.



SHARING HOUSEHOLD DUTIES

Teaching household duties to children at a young age helps them to learn how to work with others and how to be responsible. These are important life skills that will help your children succeed in school. Each member of the family (grandparents, parents, and children) can share in household duties such as setting the table, cleaning up after meals, washing dishes, taking out the trash, doing the laundry, and cleaning the house and yard.



BEDTIME

Children do best with a regular schedule.

Following a routine before going to bed each night – brushing teeth, putting on sleep clothes, adults reading or telling a story, and going to sleep at the same time every night – will help your child know what to expect and do each night.

This is a good time to share good memories, stories, or songs from your culture with your child.

