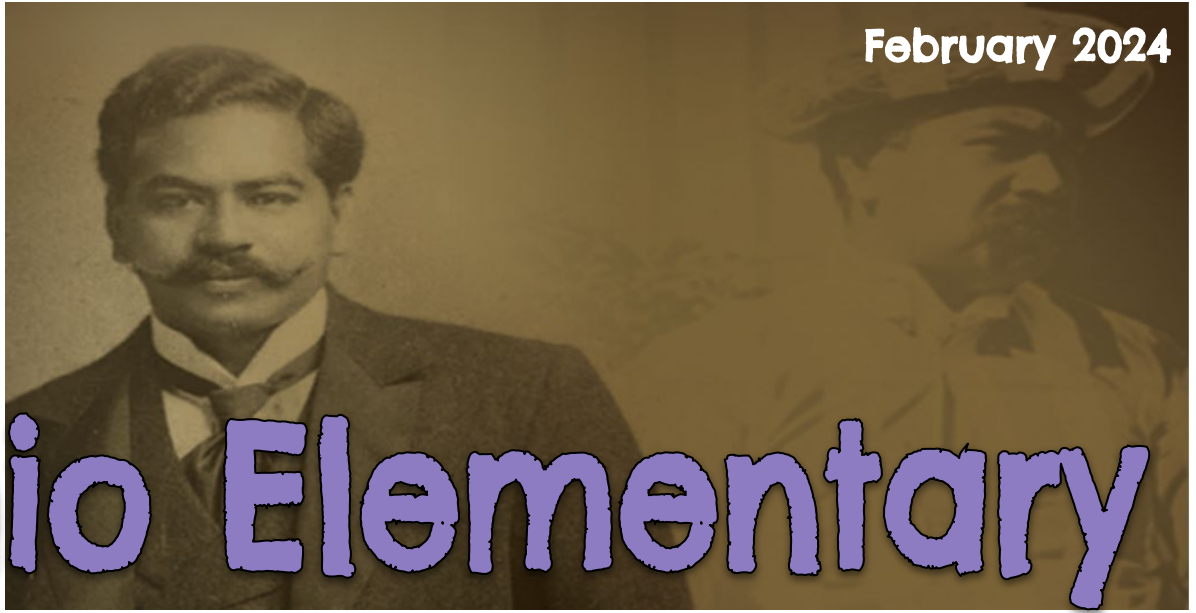




February 2024



Kuhio Elementary



Let's all continue to show love by....



Being kind to your friends



Being respectful



Helping others



Sharing

Kindergarteners love you!



Giving hugs



Being responsible

VISION

COLLABORATE to support and help, ADAPT to changes, PERSEVERE despite difficulties and SUCCEED in all their efforts

MISSION

Kuhio School's Mission is to prepare our students for 21st century careers and citizenship by engaging all learners in quality teaching and learning experiences that are rigorous, challenging, meaningful, diverse and exciting in a safe and supportive environment.

Collaborate
Adapt
Persevere
Succeed

Important Dates

February 12 - Teacher Institute Day - No School

February 19 - President's Day - No School

March 18-22 - Spring Break - No School

Dear Kuhio Ohana,



There is much to celebrate and focus on in the month of February:

- Kung Hee Fat Choy! Chinese New Year is on Feb. 10. Welcome the Year of the Dragon.
- Valentine's Day on Feb. 14, expressing love and affection for special people in your life
- Presidents Day Holiday on Feb. 19, recognizing the accomplishments of past presidents
- Black History Month, paying tribute to African Americans
- At Kuhio School it is the month we will focus on the concept of self efficacy

Self-efficacy refers to a person's belief in their ability to succeed in or accomplish a particular task. It's about having confidence in one's own capabilities. It is good for everyone's well being.

Here are a few ways to explain self-efficacy to children:

1. **Use Simple Language:**

Start by using simple and age-appropriate language to explain the idea. You might say, "Self-efficacy means believing in yourself and knowing that you can do things well."

2. **Provide Examples:**

Share examples from your child's life where they have overcome challenges or achieved something on their own. Highlight their successes and emphasize that these accomplishments are a result of their efforts.

3. **Encourage Positive self Talk:**

Teach children to use positive self-talk. Help them replace negative thoughts with more optimistic ones. For instance, if they say, "I can't do it," encourage them to rephrase it as, "I can try my best!"

4. **Set Realistic Goals:**

Guide your child in setting realistic and achievable goals. Break large tasks into smaller steps, making it easier for them to approach challenges with confidence.

5. **Celebrate Effort, Not Just Results:**

Emphasize the importance of effort and hard work, regardless of the outcome. Let them know that it's okay to make mistakes and that learning from them is a valuable part of the process.

6. **Be a Supportive Presence:**

Remind your child that you believe in their abilities. Your support and encouragement can significantly contribute to building their self-efficacy.

7. **Encourage Problem-Solving:**

Teach children problem-solving skills. When they encounter difficulties, help them brainstorm possible solutions and guide them in making decisions.

Remember, promoting self-efficacy is an ongoing process that involves continuous support and encouragement. By instilling confidence in our children, we allow them to face challenges with a positive mindset. We want all children to succeed.

Happy February!

Sincerely,
Principal Lynn Kobayashi



*Xin Chao * Ola * Ni Hao * Swasdi * Kamusta * Bonjour * Hallo * Aloha * Namaskaar * Nyob Zoo * Halo * Ciao * Konnichiwa*