



SEPTEMBER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1
9:30a
Zoom mtg


2 
9:30a
Zoom mtg

3
9:30a
Zoom mtg

4 
9:30a
Zoom mtg


7
'A'ohē Kula
Labor Day

8
9:30a
Zoom mtg

9 
9:30a
Zoom mtg


10
9:30a
Zoom mtg


11 
9:30a
Zoom mtg

14
9:30a
Zoom mtg

15
9:30a
Zoom mtg


16 
9:30a
Zoom mtg

17
9:30a
Zoom mtg

18 
9:30a
Zoom mtg


21
9:30a
Zoom mtg

22
9:30a
Zoom mtg

23 
9:30a
Zoom mtg


24
9:30a
Zoom mtg

25 
9:30a
Zoom mtg


28
9:30a
Zoom mtg


29
9:30a
Zoom mtg

30 
9:30a
Zoom mtg

Papa Honu, Rm. 2
Kumu Kimi, Kumu Sera, &
Kumu Ashly
982-0302

Kumu Whitney's Counseling Supports and Services



Aloha! 'O Whitney Hatayama ko'u inoa. No Waiau, O'ahu mai au. Noho au ma Ka'ūmana, Hilo. He hoa kūkākūkā o ke Kula Kamali'i 'o Kamehameha ma East Hawai'i.

Aloha! My name is Whitney Hatayama. I am from Waiau, O'ahu. I live in Ka'ūmana, Hilo. I am the school counselor for Kamehameha Preschools in the East Hawai'i region.

I am here to support you and your keiki. During this pandemic, 'ohana are facing different kinds of challenges ranging from childcare, finances, challenging behavior or just trying to get through the day with distance learning and everything else that needs to get done in the household. I am here to share resources with you, provide tips and strategies that help you with your keiki, or just to talk story and relieve some stress.

Family Support

- Divorce/separation
- Death in the family
- Life stressors
- Connection to community resources and services

Challenging Behavior

- Exploring the cause for challenging behavior
- Tips and strategies to improve keiki behavior

Child Development

- Discussing developmental concerns with 'ohana (speech, language, cognitive, motor, etc.)
- Supporting 'ohana to request for evaluations and receive services for keiki.

Please feel free to email me at whhataya@ksbe.edu to set up a meeting with me. Or let your keiki's kumu know that you would like for me to contact you. Also, please check out this link to my padlet which has resources, tips and strategies for you and your keiki.

<https://kamehamehaschools.padlet.org/whhataya/jm2qriv6f8wk>

Looking forward to hearing from you!

Mahalo nui,
Whitney Hatayama
School Counselor

Keiki Routines during Distance Learning

Are your mornings challenging now that we are in distance learning? Is your keiki having difficulty with being ready to learn at home? Here are some tips to help your keiki be successful with distance learning.





Start with Sleep

Healthy daily routines begin with the night before. Preschool keiki need between 11–13 hours of sleep a day (including naps). Which means if your keiki naps for 1 hour a day, he/she needs at least 10 hours of sleep at night.

If keiki wakes up at 7:00 am, keiki should be falling asleep no later than 9:00 pm. Most keiki take some time to fall asleep so bedtime should be between 8:00-8:30 pm. You know your keiki best!

Visual Schedule

Visual schedules help keiki know their kuleana and gives them a sense of ownership. You can create a visual schedule for your keiki's routines at home. Be sure to include pictures that go along with the tasks. Inserting photos of your keiki works best! After your keiki completes each task, have him/her check it off (or move a clothes pin to the next task). Celebrate your keiki's success!

Malia's Morning Checklist		
I brushed my teeth		
I changed my clothes		
I ate breakfast		

We are here to support you! If you need help with creating a routine for your keiki, let your kumu know.