



**Aloha Middle School Parents,**

**How Healthy is Your Child's Diet?**  
***Learn How to Feed Your Child's Spiritual, Digital and Nutritional Diet***  
**November 3, 2016**  
**4:30 p.m. - 6:00 p.m.**

Join us at the first Parent Workshop. Our first workshop, How Healthy is Your Child's Diet?, will address the various types of diets that impact our children's overall health. Space is limited to the first 75 parents.

Sign up is online at [www.SignUpGenius.com/go/10C044FA8A72CABF94-parent](http://www.SignUpGenius.com/go/10C044FA8A72CABF94-parent).

For those without internet access, please call the Student Activities office at 843-3476 to register. Registration will open on October 19 and close on October 31.

This workshop will consist of three breakout sessions.

**Spiritual Diet** - Our children are a gift and an inheritance of God. In the Bible, Proverbs 18:21 says "Death and life are in the power of the tongue, and those who love it will eat its fruit." In this workshop, 8th grade Co-Class Parents *Pastor Jonah* and *Shari Ka'auwai* will share how they use powerful positive life-giving promises of God in their daily lives to help in the emotionally and spiritually health and growth of their children.

**Digital Diet** - We are living in an increasingly digital society that enhances our lives in unimaginable ways. However, our actions are sending powerful messages to our children; sometimes even unintentionally. In this session, we will focus on modeling and promoting a healthy digital diet: a modern and digital lifestyle that carefully balances the use of technology with real life experiences and connections with our families and friends. *Renee Teraoka*, Instructional Technology Resource Teacher will lead this session.

**Nutritional Diet** - FLIK Independent School Dining provides a variety of healthy choices daily in the KMS dining hall. Our Registered Dietician, *Heather Moriyama* and Director of Dining Services, *Christa Collins*, will talk about the options available, where to find them online, healthy breakfast and snacking alternatives along with drive through solutions. We are excited to give you some tools to help making healthy nutritional choices easy at school and at home.

**Make A Difference Day (November 5 – 7:30 a.m. to 11:30 a.m.)**

Help make a difference in the Kalihi Community on November 5. Please call the student activities office at 843-3476 for more information.

**Veteran's Day Assembly (November 10 – 7:30 a.m. to 8:15 a.m.)**

Are you an active duty or retired military personnel? We'd like to invite you to the Veteran's Day Assembly. Call the student activities office at 843-3476 for more information.

Mahalo!

**Gail Vannatta**

KMS Student Activities Coordinator  
CADA Master Activity Advisor