



Click on Read To Me logo for more Read To Me information.

HIDOE Grab & Go Student Meals



Breakfast Service Hours: 7:30am-8:00am

For food safety, meals must be consumed by 10:00am

Lunch Service Hours: 11:30am-12:00pm

For food safety, meals must be consumed by 2:00pm

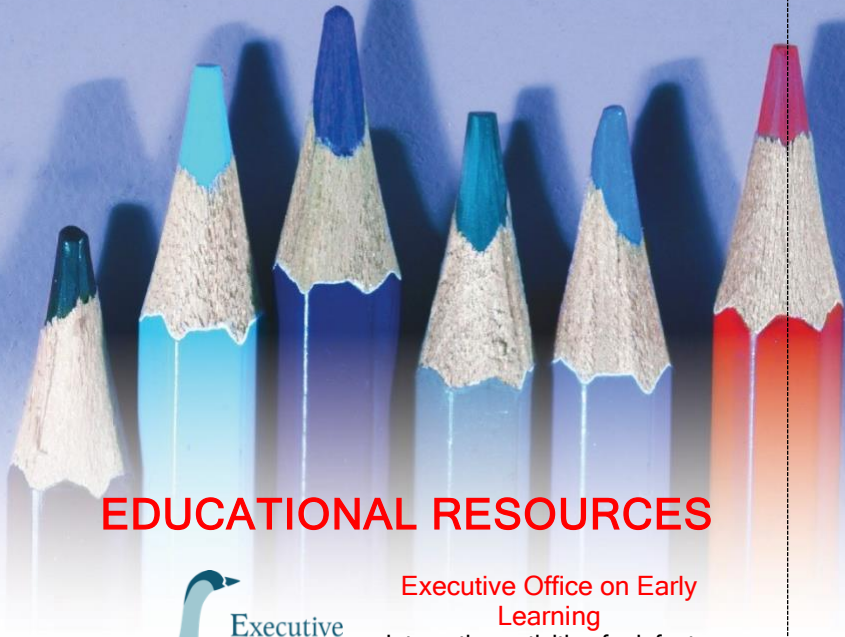
New Locations Opening Soon

*Click lunch plate above for school locations nearest you.

Follow Us!



Tag @readtomeintl on any activities you are doing with your keiki so we can share with others.



EDUCATIONAL RESOURCES

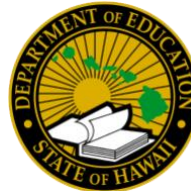


Executive Office on Early Learning

Interactive activities for infants, toddlers and pre-k to 7 years old. Also includes recommendations on how to build routines for children.



HIDOE COVID-19 Information and Updates



HIDOE Student/Parent Continuity of Education

Online learning activities for students, grades pre-k to 12 and provides parents with resources to support children who are learning online.



Common Sense Media

Kid-friendly apps which include apps designed to foster kids' physical movement, learning, and mental health.



Distance Learning Educational Resources

This site is updated weekly.



Footsteps 2 Brilliance

A pre-K through 3rd grade literacy solution that utilizes mobile technology to connect school, home and the community for academic success.

Let's go on a virtual huaka'i!

[Yellowstone National Park](#)

[The Smithsonian](#)

[Metropolitan Museum of Art](#)

[Waikiki Aquarium](#)

[Ellis Island](#)

[Great Wall of China](#)

[Mars](#)

The Spectrum logo features the word "Spectrum" in a bold, blue, sans-serif font, followed by a blue arrow pointing to the right.

Spectrum Offers Free access to internet and WiFi for 60-days for new Pre-K to 12, college student and teacher households who don't currently have internet or WiFi service. Click link for more info.

The Read To Me International logo features a stylized graphic of a dotted line forming a wave with a red dot at the end, above the text "Read To Me" in a serif font and "INTERNATIONAL" in a smaller, all-caps sans-serif font below it.

Read To Me
INTERNATIONAL

April 2020

TALK TO YOUR KEIKI ABOUT COVID-19

Remain calm and reassuring:

Children naturally look to the adults in their life for cues (both verbal and nonverbal) on how to react in unfamiliar situations. Therefore, it is important to remain calm and reassuring when interacting with them. Let them know that adults are working hard to keep them safe.

Increase their sense of predictability and control:

Help your child understand the facts about COVID-19 with age-appropriate explanations. Provide them with clear behavior steps that they can take to minimize their risk (like hand washing).

Talk with your child about facts and feelings:

Take time to discuss credible facts about COVID-19 in an age-appropriate way that they can understand. Avoid blaming individuals or stereotyping groups of people as responsible for the virus. Allow them time to talk about their feelings and ask questions. Be a good listener. Acknowledge the feelings they share and let them know that their feelings are normal, and that other people feel the same way, too.

Monitor and limit television viewing and social media:

Watching or listening to media coverage when children are present may increase anxiety or cause confusion, especially if it is prolonged. Instead, talk with them about factual information in a way they can understand at their age.

Discuss healthy habits and practices:

Clear advice on habits that prevent infection can increase our sense of control, which supports wellness. Discuss and practice hand washing. Encourage your child to get adequate sleep, eat a healthy diet, and exercise regularly. If they are sick, keep them at home.

As much as possible, maintain normal routines:

Predictability is comforting. Encourage them to keep up with usual routines, while being flexible if they are overwhelmed.

Be aware of changes and reach out for support if needed:

Children may need extra time and attention from you during this time. Remain calm and reassuring and let them know that the adults are working hard to keep them safe and healthy. Temporary changes in mood or behavior is common. If changes are extreme or prolonged, contact a counselor or medical professional.

Information shared by Dr. Timothy Cottrell, Headmaster of Iolani Schools