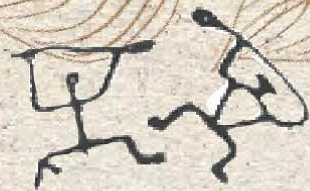


KEAUKAHA ELEMENTARY SCHOOL

HOME OF THE WA'A

'Ohana and Community Bulletin



November 2019



"Cherish your family, make time, have patience, and laugh often with them."
B.B. Butler

Aloha e Keaukaha 'Ohana!

Welcome to November – a month we use to celebrate our kupuna, our 'ohana and our students! We also use this month to show our appreciation and gratitude of those we have in our lives. I encourage you to take the time to show your love and appreciation to those who bring you joy and peace daily! Every moment is precious!

Our annual **Lā Kupuna** (Kupuna Day) will be held on **Monday, November 12**. This is a very special day for our students and staff. We use this day to invite our community elders to our campus in an effort to "connect our past to our present". Children listen to stories about "growing up" in Keaukaha, have an opportunity to ask questions, and to compare experiences. It's a beautiful site to see! Mahalo to our nā kupuna for spending this special day with us and for sharing your stories!

With that said, our core value of **'OHANA** is a perfect fit for the next two holiday months of November and December. These months emphasize the importance of family and the connections we have to one another. **To celebrate 'OHANA, we would like to invite you to our annual 'Ohana Luncheon with your child or children in our cafeteria.** An invitation is being sent home with the specific date set for your child's grade level. We hope you are able to join your child for lunch and spend some quality 'OHANA time with them in school! These are your grade level dates:

11/5 – Preschool

11/13 – Grade 2

11/20 – Grade 5

11/6 – Kindergarten

11/14 – Grade 3

11/21 – Grade 6

11/7 – Grade 1

11/19 – Grade 4

Happy Birthday wishes go out to our November birthdays! Hau'oli Lā Hānau to 3rd Grade Educational Assistant Aunty Terry Crichton, SASA Aunty Debbie Coloma, Office Assistant Aunty Lori Roldan, Kindergarten Kumu Ruth Jarneski, Preschool Educational Assistant Aunty Leimomi Chartrand, 6th grade Kumu Alex Gausepohl and to our many students who share November as their month of birth. Enjoy your special day!

In closing, let me take this time to wish all of you a very Happy Thanksgiving in this month of November! There's a lot happening this month so I hope I have an opportunity to see you before the month ends. Until then, **MAHALO** for all you do and continue to do for our students, staff and school! We appreciate you!

Be Strong, Be Proud, Be Pono!
A Hui Hou!

Kumu Stacey Bello



COUNSELORS CORNER KUMU SPEAR

Chores Build Responsibility and Foster a Sense of Importance

One of the best ways to teach your child responsibility is to give them chores at home. Doing chores teaches your child that maintaining a home is a family effort and that they are an important part of the family.

Try some of these things:

- **Set and clear the table.** Have your child start with the forks, spoons and napkins. Gradually expand the job to include plates and cups.
- **Feed food to family pets** and give them fresh water.
- **Clean using simple tools**, such as a feather duster, a small hand broom or a vacuum.
- **Help with laundry.** Your child can put dirty clothes in a laundry basket or put clean clothes in drawers.
- **Help with simple cooking jobs**, such as stirring ingredients and pouring liquids.
- **Pick up toys.** Have your child pick them up on a daily basis before bedtime.

ANTI-BULLYING ASSEMBLY



October 17, 2019



On Thursday Oct. 17th, Keaukaha School held an Anti-Bullying Assembly to kickoff our Anti-Bullying Campaign. Our Student Council led assembly focused on the slogan "Take a Stand, Lend a Hand" which taught our students the various types of bullying and provided examples of some solutions. At the end of our assembly we were entertained by Hilo's very own music group "Media" who performed "Count on Me" by Bruno Mars. To reinforce what was taught, every student took a pledge to "Stand Up and Stand Strong Against Bullying!"





PINK OUT DAY OCTOBER 22, 2019



On October 22nd, students and faculty dressed in pink in observance of Breast Cancer Awareness Month. Mahalo to all those who participated!





HAPPY HALLOWEEN!

OCTOBER 31, 2019



**BE A
BUDDY
NOT A
BULLY**



UNITY DAY
OCTOBER 23, 2019

**HAWAI'I UNITE
AGAINST
BULLYING** BE KIND
LIVE ALOHA



On October 23, Keaukaha Elementary stood together and wore orange as a symbol of UNITY in Kindness, Acceptance and Aloha. *"ORANGE provides a powerful, visually compelling expression of solidarity,"* said Paula Goldberg, Executive Director of PACER Center. *"Whether it's hundreds of individuals at a school wearing ORANGE, store owners offering ORANGE products, or a community changing a landmark to ORANGE, the vibrant statement becomes a conversation starter, sending the supportive, universal message that bullying is never acceptable behavior."*





Want to avoid the after holiday's kanak attack? Use Hara Hachi BU. "Hara Hachi what?"



EAT UNTIL YOU ARE
80% FULL



The term Hara Hachi Bu is a reminder to stop eating when your stomach is 80 percent full. According to bluezones.com "This cultural practice of calorie restriction and mindful eating is part of the reason that Okinawa has a higher percentage of centenarians than anywhere else in the world." Okinawa is one of the world's [blue zones regions](#), where people live long and healthy lives. By making simple changes in our every day eating habits we can improve our health and even lose weight. It is recommended that we:

Eat more slowly. When we eat quickly, we tend to eat more than necessary and we are unable to listen to our body cues that tell us we've had enough. Take time to savor your food and enjoy the experience.

Focus on your food. Don't be distracted by your tv, computer or cellphone.

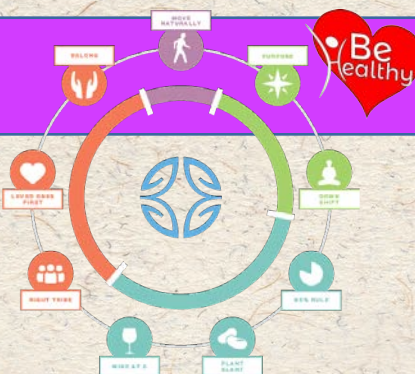
Use smaller plates and tall narrow cups. You're likely to eat significantly less because it gives you the illusion that you're eating more than you actually are.

May your holiday season be filled with yummy food and may you be blessed with the will power to eat, not till you're full, but till you've 'had enough'. Happy Thanksgiving!



HEALTH & WELLNESS HEALTHY RECIPE!

CHILEAN BLACK BEANS RECIPE WHITE CHICKEN CHILI RECIPE CURRIED LENTILS RECIPE



The changing seasons and various back to school events can put stressors on us. The Power 9 Reversing Longevity By Dan Buettner recommends doing these nine things to live a healthy long life. <https://www.bluezones.com/2016/11/power-9/> This month's recipe focuses on the "Plant Slant" principle. I like to make beans in large batches, put in a resealable container and you can put it in salads, make dips, make a tasty side dish. The possibilities are endless.

This bean recipe can be switched up to how you like it or to meet your individual needs. Empty bag of beans into pot or crock pot. Clean (like you would rice), rinse with cold water and massage beans together to clean them, while pouring off the water and anything that rises. Cover with twice the amount of water. Bring to a boil, reduce heat and simmer.

*Black beans add an onion rough chopped, bulb of garlic smashed/peeled and added into the pot, cumin (I put lots), salt to taste. You can dress this up with culantro or cilantro chopped, green onion, sour cream, salsa. This is a recipe from my Chilean friend and has been a staple in our home for years.

*White Chicken Chili use great northern beans or small white beans follow the cooking instructions above <https://www.wellplated.com/crockpot-white-chicken-chili/>

*Curried lentils <http://www.budgetbytes.com/curried-lentils/>



INTRAMURALS

November 2019



During the 1st quarter, students in grades 3, 4, 5 and 6 played basketball intramurals. Students had a blast! We'd like to say **CONGRATULATIONS** to our grade level champions.



Grade 3: Kumu Sasaki-Cann



Grade 4: Kumu Toyama

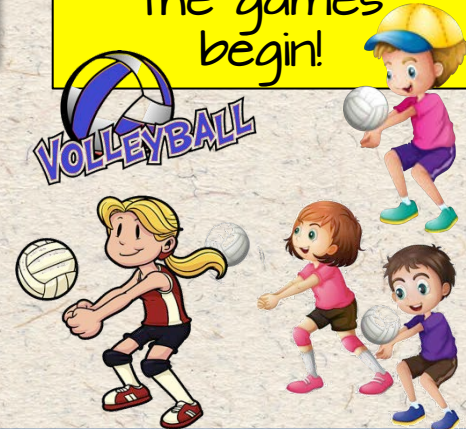
Now, we move into volleyball intramurals. Let the games begin!



Grade 5: Kumu Gausepohl



Grade 6: Kumu Scanlan



FIRE PREVENTION ASSEMBLY

OCTOBER 25, 2019



Students in preschool through grade 2 attended a Fire Prevention Assembly this month. Students learned the importance of having fire and smoke alarms, an escape plan, a meeting location, and what to say when calling 9-1-1. Mahalo Uncle Royd for sharing this important information with our students!



ACADEMIC COACH – GRADES PRE-K, 1 & 2

KUMU LOKE



Hey `Ohana! Do you know what do sixth graders and Pre-School have in common at Keaukaha School? You didn't guess it yet? Well, they are connected through Keaukaha Maui...and you ask what is Maui? Well I challenge you to find a 6th grader on campus and find that out for yourselves because learning is asking questions, explaining yourselves, and sharing your thinking with those around you.

That's what our 6th grade students from Kumu Fujii's class do when they join with our Preschool from Kumu McComber's class weekly. They ask questions, do investigations, and help each other learn how to work together. Being a part of Keaukaha is a journey that begins at Pre-School and moves through our students' lives till they graduate at grade 6 from Keaukaha. And, what better way to share than to have our grade 6 students introduce our Preschool to Maui Keaukaha through writing, reading, and sharing.

Currently grade 6 and Preschool are teaming up and are beginning to work on a book together the topic of which is under wraps at this time. So, stay tuned because it promises to be exciting and a wonderful adventure that we will share with you. And families with students from these classes... you get front row seats as they develop their "story books" as we move through the quarter.

Writing so captures the imagination, moves us, makes us smile, scares us, and just does so much for us when we write and when we read. Do you read and write? Well... here are some suggestions like - a good book or a website like - <https://hawaii.pbslearningmedia.org/collection/btl07-ex/>, <https://www.storyplace.org/>, <https://www.readingrockets.org/audience/parents> Which will give parents ideas and strategies to use with their children to engage in reading.

So parents, did you figure out what Maui Keaukaha means...come visit and ask the question that will lead you to learning what is important to our students. E holomua kākou! Mahalo Kumu Loke

What does Maui Keaukaha Mean to Me?

Maui Keaukaha to me means "Who You Are", "Where You Come From, unique, heart beat, spiritual feeling, and life.
Aloha! My name is Zeya Starr Kamalula Iakea Aiko Rowe and if I had to put something specific, I would say that Maui Keaukaha to me means Who You Are in Keaukaha. This is what Maui Keaukaha means to me.

Now let me tell you about my name! Zeya Starr doesn't have a meaning, but Kamalula Iakea does. It means "Expanse of Peace". I also know that Aiko is a Japanese name and that ai means love and ko means child Rowe doesn't have a meaning either. Well! That's what my name means...

Don't mind me I'm just going to talk a little about my history in Keaukaha! I'm only going to talk about my maternal grandparents because they live in Keaukaha. Their names are Raymond and Ewalani Rowe. Only my grandma is alive right now. They met at a wedding and after they started a relationship and got married.

After, then they moved to Keaukaha. After my papa left his job as a truck driver and began the Parks and Recreation Director of Kawanakoa Hall where he retired. He also coached sports for kids and adults. He sadly died of congestive heart failure, but he lived his life to the fullest with only one regret. That regret was that he never got to see all of his grand and great grand children grow up.

Granny became friends with Aunt Momi and Aunt Sally after they got married. They became the Lady Boxers because they weren't afraid to box men or women. Before, papa got died granny did anything to take care of papa till his time was up. She was lonely and sad for a while but her family and friends helped her get through the rough times. We don't know how much time she has left but we just need to enjoy all the things that she taught us and to be thankful for what we have.

I do not like Pumpkin Pie.



I like Pumpkin Pie.



Pre-School Criteria For Writing

I can write my name.

I can trace the prompt.

I can draw myself.

I have the correct expression on (Happy, like, sad, dislike)



Maui Keaukaha
By: Makini Cameron

Being born and raised in Keaukaha has allowed me to establish a sense of pride. Attending Keaukaha Elementary and following in my dad's footsteps has helped to mold me into who I am. Being the person I am today makes me unique.

My name is Makini Cameron and I got my name from my great grandma before she died. My dad said, just like my kukupa, I am hardworking and driven. Makini refers to a group spears tied together and used in war. Makini as well as Ikaika, mean strong.

Having close relationships with others is important because it shows pilina. I attend Keaukaha School and I like talking to my friends whenever I have free time in class. I talk to my teacher and friends when we are doing a class or a group projects. I can build relationships by helping other people if they are having a hard time in class. Having all these things shows what Maui Keaukaha means to me.

SCHOOLWIDE READING CHALLENGE

Congratulations! As of October 27th, we have read a total of 9959 books!



WORDS OF THE WEEK FOR NOVEMBER

This year, Keaukaha decided to implement **Vocabulary Words of the Week** schoolwide! Students are introduced to new words on a weekly basis in their classrooms and then those words are used throughout every setting on campus to help reinforce their understanding of the word. These are the words for the month of November.

Nov. 4 – 8:

Refer - To make reference to or check on it; to seek information from

Trace - To follow or discover the development of something; to go back over

Nov. 11 – 15:

Support - To argue or speak in defense of

Argument - A fact offered as evidence that something true

Conclusions - A position, opinion or judgment reached at the end; making your mind up about something.

Nov. 18 – Nov. 22:

Integrate - To make into a whole; become one

Synthesize - To combine and form a complex whole

UPCOMING EVENTS and Announcements

Upcoming
Events!

Nov. 1 – Professional Collaboration Day
– No School for Students

Nov. 5 – Preschool 'Ohana Luncheon

Nov. 6 – Kinder 'Ohana Luncheon

Nov. 7 – 1st Grade 'Ohana Luncheon

Nov. 8 – Hui Wala'au – Principal Talk Story

Nov. 8 – 1st Qtr. Awards Assembly

PreK-2 - 12:10 – 1:00

Grade 3-6 – 1:05 – 2:00

Nov. 11 – Veteran's Day – NO SCHOOL

Nov. 12 – Lā Kupuna Day (Kūpuna Day)

Nov. 13 – 2nd Grade 'Ohana Luncheon

Nov. 14 – 3rd Grade 'Ohana Luncheon

Nov. 19 – 4th Grade 'Ohana Luncheon

Nov. 20 – 5th Grade 'Ohana Luncheon

Nov. 21 – 6th Grade 'Ohana Luncheon

Nov. 28-29 – Thanksgiving Holiday - NO SCHOOL

Dec. 2 – Tsunami Evacuation Drill

E hoe i ka wa'a! E ho'olōkahi e! - "Let's Paddle Our Canoe Together!"

Principal's Pledge to Students

All adults will work hard for you.
You will be safe in our school.
If you have something to say about
our school, we will listen.

Student's Pledge to Keaukaha

Come to school on time everyday.
Follow all expectations.
Be ready to learn and work hard.
Be a "sponge"

Reminder:

Breakfast is served daily from 7:15 – 7:55 a.m. in our cafeteria.

YEARBOOK

Reserve your yearbook copy now!
Cost is \$10.00!
Payment can be made at the school office.

Annual Notification of Privacy Rights

Know your privacy rights as they apply to 1) Student record information; 2) Directory information; 3) Surveys and other information collection; and 4) Military recruitment information.

For more information on your privacy rights, the laws that protect them, and how to exercise your rights, contact your school administrator or visit <http://bit.ly/FERPAHI>

Keaukaha School is a Title 1 school. We receive federal funds to ensure that all children have a fair, equal and significant opportunity to obtain high-quality education and reach, at minimum, proficiency on challenging state academic achievement standards and state academic assessments.

Check out Keaukaha Elementary on:

Website

KeaukahaElementary.com

Facebook

<https://www.facebook.com/keaukaha.elementary/>

Twitter

<https://twitter.com/KeaukahaSchool>

[Twitter-Principal Stacey Bello](https://twitter.com/KeaukahaPrin)

<https://twitter.com/KeaukahaPrin>

Continuous Notice of Non-Discrimination

The Hawaii State Department of Education (HIDOE) and its schools do not discriminate on the basis of race, sex, age, color, national origin, religion, or disability in its programs and activities. Please direct inquiries regarding HIDOE nondiscrimination policies as follows.

ADA/Section 504 inquiries

Krysti Sukita, ADA/504 Specialist
Civil Rights Compliance Office
Hawaii State Department of Education
P.O. Box 2360
Honolulu, HI 96804
(808) 586-3322 or relay

Title VI, Title IX, and other inquiries

Anne Maarie Puglisi, Director
Civil Rights Compliance Office
Hawaii State Department of Education
P.O. Box 2360
Honolulu, HI 96804
(808) 586-3322 or relay
creo@notes.k12.hi.us