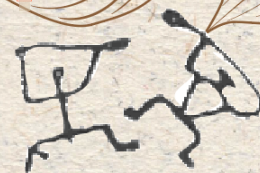


Keaukaha Elementary School

Home of the Wa'a

'Ohana and Community Bulletin



May 2020

"Stay positive... better days are on their way."



Aloha e Keaukaha!

Words cannot express how much we truly miss you and your children! This pandemic has forced us into a world of social distancing and virtual learning - a world where this may be the new norm for a while. Although we understand the why, it is still very hard for us. We miss being with our students and miss being together as a family. With that said, please know that we look forward to the day that we can all come together again and celebrate our school like we normally do! That day will come....

Although we did not have an official May Day program this year, we do hope you enjoyed the short video we sent to you on May 1st through our ParentSquare text message. It was our way of celebrating this long-standing Keaukaha tradition with our families, given the current situation.

Registration for kindergarten enrollment remains open! Please be sure to register your child as soon as possible since this will help us in our planning for next school year. As a reminder, children must be 5 years old on or before July 31, 2020 in order to register for Kindergarten next year. Please contact our school office THRU EMAIL sharon.k.kai@k12.hi.us should you have any questions about our kindergarten enrollment process or stop by on Tuesdays and Thursdays between 9 am - 3 pm to pick up a registration packet. Please wear a mask if coming to our campus. Mahalo for helping everyone stay us!

Happy birthday wishes go out to Academic Coach Lei Fa'anunu, Preschool Kumu Sherry Nakata, PCNC Mona Ubedei, 2nd grade Kumu Sarah Tamura, Counselor Kristin Spear, Office Assistant Alan Tada, and to all the students who celebrate their birthdays in the month of May. Hau'oli La Hānau to you!

MAHALO to each and everyone of you for all that you do for us at Keaukaha Elementary School! We are so thankful for you!

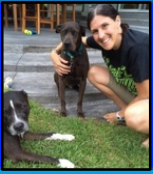
Be Strong, Be Proud, Be Pono!
A Hui Hou!!
Kumu Stacey Bello

Breakfast and Lunch Menu for May

KEAUKAHA ELEMENTARY Grab and Go Breakfast and Lunch May Menu				
MONDAY 5/4	TUESDAY 5/5	WEDNESDAY 5/6	THURSDAY 5/7	FRIDAY 5/8
Breakfast 7:30a.m.-8:00a.m.				
Cinnamon Roll Fresh Fruit Apple Juice	Ham & Cheese Roll Fresh Fruit Cranberries	Turkey Egg Slider Fresh Fruit Cranberries	Fried Rice w/ Portuguese Sausage Fresh Fruit Orange Juice	Applesauce Muffin Fresh Fruit Grape Juice
Lunch 11:30a.m.-12:00p.m.				
Hot Dog in Bun Tater Tots Fruit Slushy Veggie Sticks w/ Dip	Beef Stew w/ Steamed Rice Peaches Steamed Broccoli/Corn	Korean Chicken w/ Rice Pineapples House Salad w/ Edamame Fresh Carrots	Chicken Patty Sandwich Applesauce Veggie Sticks w/ Dip Baked Beans	Roast Pork & Rice Steamed Corn Rainbow Salad Peaches
MONDAY 5/11	TUESDAY 5/12	WEDNESDAY 5/13	THURSDAY 5/14	FRIDAY 5/15
Breakfast 7:30a.m.-8:00a.m.				
Ham Link in a Blanket Fresh Fruit Apple Juice	Pepperoni Pizza Stick Fresh Fruit Cranberries	Pork Sausage Patty Fresh Fruit Cranberries	Banana Bread Fresh Fruit Orange Juice	Fried Rice w/ Portuguese Sausage Fresh Fruit Grape Juice
Lunch 11:30a.m.-12:00p.m.				
Hamburger Steak w/ Gravy Mashed Potatoes Pineapples Steamed Corn & Carrots	Sweet & Sour Pork Steamed Rice Rainbow Salad Edamame Grape Juice	Veggie Pizza Fruit Cocktail House Salad Veggie Sticks w/ Dip	BBQ Pork Sandwich Potato Wedges Coleslaw Fruit Cocktail	Oven Baked Chicken w/ Gravy Steamed Rice Peaches Edamame & Carrots

KEAUKAHA ELEMENTARY Grab and Go Breakfast and Lunch May Menu				
MONDAY 5/18	TUESDAY 5/19	WEDNESDAY 5/20	THURSDAY 5/21	FRIDAY 5/22
Breakfast 7:30a.m.-8:00a.m.				
Cinnamon Roll Fresh Fruit Cranberries	Portuguese Sausage w/ Rice Fresh Fruit Cranberries	Pizza Bagel Fresh Fruit Cranberries	Chicken Patty w/ Rice Fresh Fruit Grape Juice	Bagel w/ Cream Cheese Fresh Fruit Apple Juice
Lunch 11:30a.m.-12:00p.m.				
Creole Macaroni Pineapples House Salad Veggie Sticks w/ Dip	Chicken Patty w/ Gravy Steamed Rice Steamed Broccoli/Carrots Peaches	Tertagli Burger Tater Tots Veggie Sticks w/ Dip Fruit Cocktail	Chicken Broccoli Steamed Rice Fruit Cocktail Steamed Carrots/Corn	Turkey Pastrami Sandwich Pineapples Veggie Sticks w/ Dip Edamame
MONDAY 5/25	TUESDAY 5/26	WEDNESDAY 5/27	THURSDAY 5/28	FRIDAY 5/29
Breakfast 7:30a.m.-8:00a.m.				
HOLIDAY	Pepperoni Pizza Stick Fresh Fruit Apple Juice	Bagel w/ Cream Cheese Fresh Fruit Cranberries	Pancakes w/ Syrup Fresh Fruit Cranberries	
Lunch 11:30a.m.-12:00p.m.				
Chicken Tenders w/ Rice Fruit Cocktail Steamed Broccoli/Carrots	Cheese Pizza Pineapples House Salad Edamame Fresh Carrots	Sloppy Joe Peaches Veggie Sticks w/ Dip Baked Beans		

HAVE A
SAFE AND
FUN
SUMMER!



COUNSELORS CORNER KUMU SPEAR



HELPING KIDS WHO ARE WORRIED ABOUT CORONAVIRUS

Be Available to Talk: Kids have big questions, and it's okay to answer them. Take cues from your kids and offer clear but concise answers in developmentally appropriate language. Keep the focus on what you are doing to prepare and prevention strategies that are within your control like proper hand washing and avoiding large crowds.

Limit News Exposure: Even when it seems like they're not listening, kids pick up on what they hear on TV and radio. Newscasters' tone of voice can be enough to set off alarm bells for kids, and unfamiliar words like pandemic and outbreak can be fear-inducing. Opt for watching or listening to news reports when kids are in bed or choose to read news articles if possible.

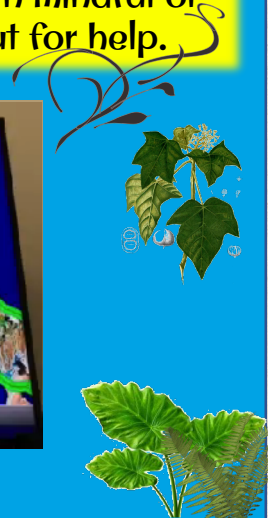
Stick to Routines and Boundaries: Kids thrive with routines and boundaries, and predictability can be very comforting in anxious times. When some things feel out of control, routines can give kids a sense of security. School-aged kids might be used to seeing a visual schedule in their classrooms. Write your daily routine on a whiteboard or make a paper schedule together. And make sure you include fun activities in your daily routine! Play board games, play outside, or have silly dance parties.

Avoid Excessive Reassurance: It's natural to want to reassure our kids! We want them to feel safe and calm. Reassure when needed but avoid offering it too frequently as this can prevent kids from developing their own positive self talk. Practice things they can say to themselves when they're feeling worried like, "I can control my breathing," or "My family is taking care of me."

Be Mindful of Your Own Worries: Again, it's completely reasonable for everyone to have some level of worry. But kids do pick up on our feelings and notice our anxieties, and they will take cues from us. If you're feeling anxious, practice your own mindful or calming activities, call a friend or loved one, practice self care, or reach out for help.

KUMU JARNESKI on HAWAII NEWS NOW

On April 27th, Kumu Jarneski appeared on Hawaii News Now to discuss how she manages distance learning and family. Mahalo Kumu Jarneski!





HEALTH & WELLNESS RECIPE

MAY 2020

(SHRIMP) SUMMER ROLLS WITH PEANUT HOISIN DIPPING SAUCE

Super fast, easy, and so fresh!

You can *obviously* put anything you want into your summer rolls.

Here's a [recipe](#) I found online, *but I like to use tofu and for the sauce, we used peanut butter and Mae Ploy chili sauce, with some other sauces instead.*

BONUS: Click on the photo for actual footage of my mini-cooking show I did for a student via ZOOM! 😂 – Asia Harman

INGREDIENTS

- 12 rounds rice paper
- 24 large or jumbo peeled and cooked shrimp
- 1 large haas avocado, about 6 oz, sliced into strips
- 3 cups shredded carrot
- 3 cups shredded red cabbage
- 1/4 cup cilantro leaves
- 24 basil leaves
- 24 mint leaves
- Peanut Dipping Sauce:
 - 1/3 cup creamy peanut butter
 - 1 tablespoon reduced-sodium soy sauce*
 - 2 tablespoons hoisin sauce*
 - 2 teaspoons sriracha
 - 1 teaspoon grated ginger
 - 6 tablespoons hot water, to thin sauce

INSTRUCTIONS

Mix together the ingredients for the peanut sauce.

Take a rice paper wrapper and completely submerge it in hot tap water 10 to 15 seconds, until pliable.

Place the wrapper on a plate or cutting board and top with 2 shrimp, a few avocado slices, 1/4 cup carrots, 1/4 cup cabbage, 2 basil leaves and 2 mint leaves.

Fold the bottom half of the wrapper over the filling, hold the fold in place, tuck in the sides and roll tightly.

Repeat with remaining filling and serve with dipping sauce.

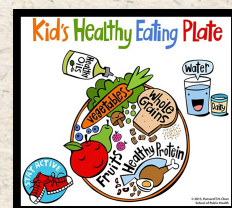
Serving: 1 roll, 1 tbsp sauce, Calories: 138kcal, Carbohydrates: 17g, Protein: 5g, Fat: 6g, Saturated Fat: 1g, Cholesterol: 22mg, Sodium: 193mg, Fiber: 3g, Sugar: 3g

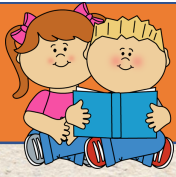
Blue Smart Points: 3

Green Smart Points: 4

Purple Smart Points: 3

Points +: 4





HEALTH & WELLNESS MAY 2020



Want a sweet story about a rescue puppy?

[The Great Doggy Holiday](#) is a free children's book published by six-year-old Sebastien Gonzalez of Kapolei (with a little help from his parents Miguel and Melanie). The Gonzalez family produced the book over the last three weeks of quarantine to help kids cope with the current pandemic and stay-at-home guidelines.

https://drive.google.com/file/d/10a-nc9kTqL1r4_uUKivSOGM1tuAxrsmi/view

Feel free to share!



[CLICK HERE FOR BOOK \(PDF\)](#)

The (CDC) Centers for Disease Control says that outbreaks can be stressful. Fear and anxiety about a disease can be overwhelming, whether you are worried about your own health and or the health of loved ones. You may be transitioning to working within other platforms while working from home and have the added challenge of working with family, and animals. Be aware of the signs stress during an infectious disease outbreak can include;

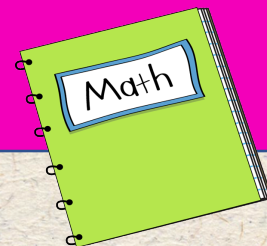
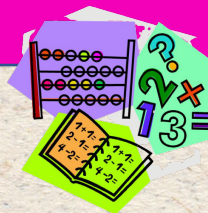
- Fear and worry about your own health and the health of your loved ones
- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Worsening of mental health conditions
- Increased use of alcohol, tobacco, or other drugs





ACADEMIC COACH - GRADE 3 & 4

KUMU MIYATAKI



Oh My Goodness! It's that time of the year already! ☺

I am so sad to say goodbye for now. :(We, the teachers and staff at Keaukaha Elementary School, have surely missed all of your smiling faces! ☺

So, until we meet again, here are some websites to challenge yourselves and continue your learning! ☺

Website	Subject(s)
www.gregtang.com	Math
www.mathisfun.com	Math
www.mathplayground.com	Math
www.sheppardsoftware.com	All subjects
www.pbskids.org	Games, videos, activities, podcast, and parent site
https://login.i-ready.com/	Language Arts and Math
www.ixl.com/signin/keaukaha	Math only for PreK, Hao and Huihui Language Arts/ELA - grades 1-6 Science - grades 3-6

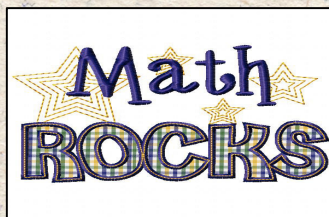


Then, don't forget to use our school's CUBES strategy when solving word problems and remember. . .

There is more than one way to solve a problem. It's okay if your child doesn't do it in the most efficient way. What is important is that they understand what they did. Better yet, have them explain it to you. ☺

Here is our CUBES strategy:

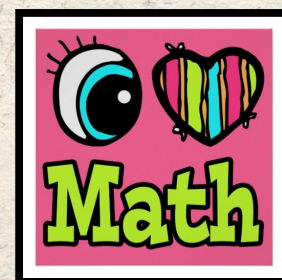
- C = Circle Key words/phrases
- U = Underline the question
- B = Box math action words (Words that help to figure out what equation to use)
- E = Evaluate and/or Eliminate (plan out steps to solve and/or eliminate extra info)
- S = Solve the problem and check



Don't forget, if you ever need help with math work or help to understand the math programs better, please feel free to email any of your child's teachers or the coaches (Kumu Loke, Kumu Fa'anunu, or myself). We would be happy to help in any way. ☺

Stay safe, Continue your learning, and Take Care. . . ☺

A Hui Hou,
Kumu Miyataki ☺



*"Good mathematics is not about how many answers you know...
It's how you behave when you don't know."*

~ Author Unknown

SIGHT IS BEAUTIFUL POSTER CONTEST

Congratulations to our winners of the Waiakea Lion's Club Sight is Beautiful Poster Contest!

Kindergarten:

Kieyan-Luke Ongory - 1st Place
Kuhao Hanohano - 2nd Place
Kirsdee Whitney - 3rd Place
Braydon Yoshida - 4th Place

1st Grade:

Emma Rei Bento - 1st Place
Tatedyn Gravela - 3rd Place

2nd Grade:

Maya-Lea Blas - 1st Place
Alexis Hanohano - 2nd Place

3rd Grade:

Briani Kanakanui - 1st Place

5th Grade:

Kaila Garrett - 4th Place

6th Grade: (took all places)

Welehu Roque-Kuamoo - 1st Place
Nyla Ujano - 2nd Place
Sianna Lee Paglinawan - 3rd Place
Lily Michaels - 4th Place

UPCOMING EVENTS
and Announcements

May 4-8, 2020 – Staff Appreciation Week

May 25, 2020 – Memorial Day

May 28, 2020 – Last Day of School

**STAY HEALTHY
AND
HOPE TO SEE YOU SOON!**



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 I 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/KeaukahaPrincipal)

[https://twitter.com/KeaukahaPrin](https://twitter.com/KeaukahaPrincipal)

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
crco@notes.k12.hi.us