Kea‘au Middle School Newsletter

16-565 Kea‘au-Pahoa Road, Kea‘au Hawaii 96749
(808) 313-4800 Office Hours 7:30 am – 4:30 pm

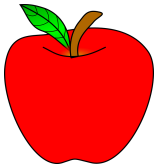
April 2021

Principal Elna Gomes Vice Principal Karrin Hauanio

Important Dates to Remember:

April 2	Good Friday - **No School**
April 5	Qtr. 3 Report Card Distribution
April 8	Hui ‘Ohā (Parent Meeting)
April 22	Hui ‘Ohā (Parent Meeting)
April 23	Mid Quarter 4 Distribution
April 29	Pau Hana (Parent Meeting)

Administrator’s Address



Aloha Greenwave ‘Ohana,

Welcome back 7th and 8th graders and welcome to the campus for the first time to our 6th graders. We hope you all had a restful and restorative spring break. Can you believe it's the fourth quarter already? We are excited to see so many of our Greenwaves back on campus, ready to learn! Students have been very responsible about following the safety protocols such as mask wearing, sanitizing, and social distancing. Mahalo to our families for continuing to stress the importance of personal responsibility in keeping those in our school community safe and healthy.

Just a few reminders about the Learning Hub. The Hub has moved to the Choral Room in M Building. The hub is by invitation only and is now closed on Wednesdays. If you feel your child requires hub attendance to be successful on his/her asynchronous learning days, please contact their counselor.

Grade 6	Ben Blakemore	bennett.blakemore@k12.hi.us	313-4823
Grade 7	Suzette Shigemasa	suzette.shigemasa@k12.hi.us	313-4810
Grade 8	Kristin Bajo	kristin.bajo@K12.hi.us	313-4850

Only 8 weeks left until Summer Break. Be on the lookout for information regarding the various Extended Learning Opportunities that KMS will be offering this summer including the Summer BOOST Program, HCC Jump Start, and Summer Bridge for incoming 6th graders. For our 8th graders who will be moving on to high school next year, keep an eye out for information regarding Kea‘au High School’s Summer Bridge program for incoming freshmen.

In the coming weeks, all KMS students will begin their Smarter Balanced Assessment statewide testing. Students will have the opportunity to demonstrate their proficiency in reading, writing, and math. Due to the unprecedented circumstances of the last year, the assessment has been shortened to have less of an impact on students' instructional time. As always, it is important to ensure that your child has a nutritious breakfast and gets lots of rest in order to be successful.

Thank you for continuing to support your child's learning and helping us to be Kahi Pākela. Stay safe and sanitized...the GREENWAVE WAY! GOOOOOO GREENWAVES!!!

Aloha All English Language Learners!!!

Students: know that you can go on Imagine Learning and Literacy or Imagine Learning Reading anytime from home or school to improve your skills and gain some credit toward your grade in EL Study Skills.

Log in: Imagine Learning--1500030/ ID/BD or ID depending on how it got set up originally or if you need to change it when prompted.
You will learn and grow in your skills. The better you get the more the challenge!
Thank you… Ms. Bonk and Ms. Tanaka

Statewide Testing

Hawaii Statewide Assessments are drawing near.
1) SBA (Smarter Balanced Assessment) Math
2) SBA English Language Arts
3) Hawaii State Assessment Science (grade 8 only)

Testing will begin on April 5th for HSA Science (grade 8 only), followed by language arts and math. These standardized assessments are mandated by the Hawaii Board of Education and the U.S. Department of Education are required to be administered despite a school's or student's schedule.

The SBA and HSA must be completed in-person at Kea'au Middle School.
Teachers will notify students of the specific date(s) that they will administer the test in their class.
*Full-Distance Learning/Learn from Home Students: A letter will be mailed home with details on when to bring your child in for testing.

Help prepare your child for testing...
1) Encourage them to do their best!
2) Have them go to bed early the night before testing to get lots of rest!
3) Provide a healthy breakfast!
For more ways to help prepare your child, read:
Help Your Child Prepare for Standardized Tests

Continuous Notice of Non-Discrimination
The Hawaii State Department of Education (HIDOE) and its schools do not discriminate on the basis of race, color, national origin, ancestry, sex, gender identity, gender expression, sexual orientation, age, disability, and religion. Please direct inquiries regarding HIDOE nondiscrimination
policies as follows:
Director: Beth Schimmelfennig Compliance: Rhonda Wong Title VI: Aaron Oandasan
Title IX: Nicole Isa-Iijima

Civil Rights Compliance Branch Hawaii State Department of Education P.O. Box 2360 Honolulu, Hawaii 96804
(808) 586-3322 or relay crco@notes.k12.hi.us

FAMILY RESOURCES

Need help with technology?
Call the HIDOE
'Ohana Help Desk

Ohana Help Desk

643-DESK [643-3375]

ohanahelpdesk.org

Need help with housing?
Facing homelessness?

Visit the Hope Services Hawaii website at hopeserviceshawaii.org for housing assistance or Covid 19 housing relief support!

HOPE Services Hawaii

Need help with English Language?
Office of Language Services

For Family Strengthening Services, Counseling, Shelter, and other Resources,

Visit the Neighborhood Place of Puna website at
https://neighborhoodplaceofpuna.org/

Need community resources due to Covid 19?

PACT: Parents and Children Together have an extensive list of community resources available during this pandemic.

Visit the website at https://pacthawaii.org/covid19_community_resources/ to view the list.

Partner with us at KMS to help our keiki thrive!

Visit our school website at www.keaaumiddle.org. Check the Homepage for important updates. Visit the Parent Corner for assistance and tools to help you support your child's learning at school and at home. Email the KMS Family Facilitator with questions or concerns. julianne.arkangel-kawaha@k12.hi.us

Join in our *Hui 'Ohā*

and *Pau Hana*

Parent Meetings for information and resources to support our keiki! Meeting invitations and information are emailed and posted on the KMS website.

SCHOOL NEWS

After-School All-Stars

We are excited to let you know that After-School All-Stars Hawaii will have in-person programming for all grades.

Students may attend After-School All Stars on the days they are scheduled to be on campus. In-person program takes place Monday - Friday with the exception of Wednesday which will be virtual. Program starts immediately after school until 5:30. Our bus service leaves campus at 5pm.

You can find our registration forms at the main office or on the Keaau Middle School website.

*Please note that once students submit their registration form, After-School All-Stars must make contact with a parent and/or guardian before a student can attend the program.

If you have any questions, please give our Site Coordinator Coach Joe a call at 808-557-7569.

Education First European Tour

Seventh-grade Social Studies Teacher Tiffany Hunt will be leading a group of students to Europe in June of 2022. She will host a virtual informational meeting on April 22, 2021.

The 10-day trip arranged by EF Tours will include stops in England, France, and Italy. The total cost includes airfare and transportation, hotels, regional-style meals, guided sightseeing, museum and attraction entrance fees, along with a full-time tour director. Payment plans are available via EF Tours and are more affordable the sooner you sign up! For more information about the planned tour, visit www.eftours.com/2420442HV. You can feel free to contact Edwards Hunt at tiffanyedwardshunt@gmail.com or by phone at (808)938-8592.

If you would like to attend the April 22 informational meeting about the trip, the details follow:

Tiffany Edwards Hunt is inviting you to a scheduled Zoom meeting.

Topic: Tiffany Edwards Hunt's Zoom Meeting about Summer 2022 Europe Trip
Time: Apr 22, 2021 06:00 PM Hawaii

Join Zoom Meeting
https://us02web.zoom.us/j/89952809807?pwd=TnBwR0d0ejIxT1MvNkNTMkNOcVNpUT09

Meeting ID: 899 5280 9807
Passcode: Europe

Summer Programs

is rapidly approaching and we would like to invite our Greenwave Families to sign up for our Summer Programs…

KMS Summer Boost

Our **Kea'au Middle School Summer Boost Program for our current 6th and 7th Graders** will boost students' reading and math skills while they engage in fun, hands-on activities. Find out more about this program in the flyer linked above and also attached to this newsletter. Program forms will be mailed home and are available on the school website at keaaumiddle.org.

KHS Summer Bridge

Attention 8th graders!!! Want to get a head-start on earning your high school credits? Would you like a sneak-peek of what Kea'au High School has to offer? How about having fun and making some awesome memories this summer vacation? Then look no further because the **Kea'au High School Bridge Program for current 8th Graders** has got you covered! With guest speakers, free meals, and free transportation, the KHS Summer Bridge Program will be providing enjoyable and meaningful experiences to help incoming freshmen prepare for high school life. Find out more about this program in the flyer linked above and also attached to this newsletter.

UHH Upward Bound

Attention 8th Grade Students/Families!! The University of Hawaii at Hilo's **Upward Bound Program** is looking for applicants. Upward Bound is a free, year-round program which provides a variety of services and activities that assist high school students in pursuing their education and career goals. If you are interested in hearing more, please **watch the video** OR visit their website: **https://hilo.hawaii.edu/upwardbound/**
See the **Upward Bound Info Night Flyer** to attend a Wednesday Night Meeting. These info meetings are held every Wednesday at 5:30 pm through May 12, 2021.

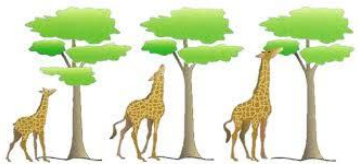
KMS Talent Show

Does Keaau Middle School Got Talent? Do you have any special talents? Do you love to perform? Are you ready to share your talents? We will be having a virtual talent show. You will need to submit a video of your performance. All entries must be submitted by April 23rd to Mrs. Stone at jstone@keaaumiddle.k12.hi.us. Voting will be held on April 26-30 and winners will be announced on May 3.

Come on Greenwaves, show us what you got!!!!

Grade 7 Science Update

Mr. Pavel's 7th grade science classes studied GMOs last quarter, focusing at the end on the pros and cons of GMO papaya and taro, crops grown right here on our island.



For 4th quarter, we will be studying natural selection and evolution.

HONORING PEOPLE AT KMS

Positive Referrals

Our Positive Referral Program has continued during distance learning and blended learning this year. Each week, students are referred to the vice principals by teachers and other adult staff for positive behavior, such as helping out another student, making great effort toward an academic goal, etc. The list of students will be published in each newsletter and on the school website at the end of each month. **Make sure that your student's publication release form is signed and turned in to allow for publication.**

Congratulations to our Greenwave Students with Positive Referrals !

Greenwave	Character Trait(s)
George Ani (8th, Bolos)	Attitude, Enthusiasm, Respect
Alijah Arruda (8th, Bolos)	Attitude, Enthusiasm, Self-Control
Kekoa Borling (7th, Yoshida)	Attitude, Enthusiasm
Emmeliana Nobre (7th, Yoshida)	Compassion, Encouragement
Zoey Puaoi-Pinheiro (8th, Bolos)	Attitude, Enthusiasm, Respect, Self-Control
Jameson Villarimo (8th, Baybayan)	Attitude, Gratitude, Responsibility, Self-Control
Ava Winkler (6th, Yoshida)	Attitude, Enthusiasm

WELLNESS

NURSE'S CORNER

Prepare Your Child for 7th Grade!

The Hawaii State Department of Education (HIDOE) and Health (DOH) are collaborating on ways to protect and ensure the health of our keiki. Adolescence is a time of physical, emotional, and social change, and a well-child visit with a healthcare provider can help to prevent health issues from developing.

State law requires all students to receive a **physical exam** and **immunizations** before starting seventh grade.

For more information visit: www.hawaiipublicschools.org and search for "Physical Exam" or

https://health.hawaii.gov/docd/vaccines-immunizations/school-health-requirements/

Fight Stress with Healthy Habits

1. Slow down
   Plan ahead and allow enough time to get the most important things done without having to rush.
2. Snooze more
   Try to get seven to nine hours of sleep each night. To fight insomnia, add mindfulness and activity into your day.
3. Let worry go
   The world won't end if a few things fall off of your plate. Give yourself a break and just breathe.
4. Laugh it up
   Laughter makes us feel good. Don't be afraid to laugh out loud, even when you're alone.
5. Get connected
   A daily dose of friendship is great medicine. Make time to call friends or family so you can catch up.
6. Get organized
   Use "to do" lists to help you focus on your most important tasks and take big projects one step at a time.
7. Practice giving back
   Volunteer your time or spend time helping out a friend. Helping others helps you.
8. Be active every day
   Exercise can relieve mental and physical tension. Find something you think is fun and stick with it.
9. Avoid bad habits
   Too much alcohol, tobacco, or caffeine can increase blood pressure. Cut back or quit to decrease anxiety.
10. Lean into things you can change

Make time to learn a new skill, work towards a goal, or to love and help others.

SOURCE: American Heart Association

No plans for this summer???

How about BOOSTING your reading and math basic skills AND participating in **FUN** & **HANDS-ON** activities?

Sign-Up for our ***free*** Summer **BOOST** Program Today!!!

Space is limited, don't delay!

Who: Current KMS 6th and 7th graders

(Don't worry 8th graders, KHS has got you covered, see their Summer Bridge flyer)

Why: To **BOOST** reading and math skills; and engage in enrichment activities that are motivating and fun for middle schoolers.

When: June 7 – July 9, 8:00 AM – 12:15 PM

Monday, Tuesday, Thursday, Friday **No School on Wednesdays**

Where: Kea'au Middle School

How: The application will be mailed or sent home with students and is accessible at our website: keaaumiddle.org.

Questions? Contact Mrs. Saplan at 313-4815.

FREE MEALS AND FREE TRANSPORTATION WILL BE PROVIDED

Purpose

Our intent is to provide students with a hands-on approach to education, while engaging their minds in environmentally and culturally significant learning opportunities.

Students will participate in 4 academic classes enriched by their hands-on experiences on school Ag-Land. This will culminate in a Summer Bridge Aloha 'Aina Project. Students will earn 1/2 an elective credit for participating and will gain a sense of place as new students here at Kea'au High School.

This organization does not tolerate any form of discrimination, harassment, or bullying because of a student's race, color, national origin, disability, sex, age, gender identity and expression, socio-economic status, physical appearance, sexual orientation, and or religion.

Kea'au High School
16-725 Kea'au Pahoa Road
Kea'au, HI 96749

For Questions, please contact:
Dean Cevallos, Principal
Phone: 808-313-3333
Email: dean.cevallos@k12.hi.us

2021 Freshman Summer Bridge Program

KEA'AU HIGH SCHOOL

JUNE 3rd -24th

TRANSPORTATION, BREAKFAST & LUNCH PROVIDED!

FACE TO FACE [F2F] AND ONLINE = A BLENDED LEARNING EXPERIENCE

Students will experience a Blended Learning Model. This means we are dedicated to your student's safety. Students will be assigned to either Group A F2F or Group B F2F. In addition to safety this will offer students an amazing teacher:student ratio. This will allow for more 1 on 1 attention in both F2F and online settings.

PROGRAM TIMELINE

MARCH

Distribute applications and brochures at the middle schools.

APRIL 30TH

Deadline to accept student applications

MAY

Information sent home for enrolled students on specifics of the program

JUNE 3rd - First Student Day Group A
JUNE 4th - First Student Day Group B

JUNE 23RD - Last Student Day Group A
jUNE 24TH - Last Student Day Group B

Please see the calendar below for the daily schedule
8:00AM - 12:40PM
Content Instruction in ELA, Math, Science, Art, Physical Education and Agriculture.

We will conduct project-based learning scenarios to deepen our understanding of the standards, using a hands-on approach. We will focus on building positive relationships and students will gain a sense of place here at Kea'au High School.

Students will earn 1/2 an elective credit for participating in all 14 days.

JUNE 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			3 *FIRST DAY for GROUP A*	4 *FIRST DAY for GROUP B*
7 GROUP A F2F	8 GROUP B F2F	9 GROUP A F2F	10 GROUP B F2F	11 KAMEHAMEHA DAY *NO SCHOOL*
14 GROUP A F2F	15 GROUP B F2F	16 GROUP A F2F	17 GROUP B F2F	18 *NO SCHOOL*
21 GROUP A F2F	22 GROUP B F2F	23 *LAST DAY for GROUP A*	24 *LAST DAY for GROUP B*	25 *NO SCHOOL*

DAILY SCHEDULE

7:45 - 8AM: BREAKFAST
8:05 - 8:40am Block 1
8:45 - 9:20am Block 2
9:20 - 9:35am BREAK
9:40 - 10:15am Block 3
10:20 - 10:55 Block 4
11:00 - 12n Activity
12:00-12:35PM: LUNCH
12:40PM - BUSSES LEAVE

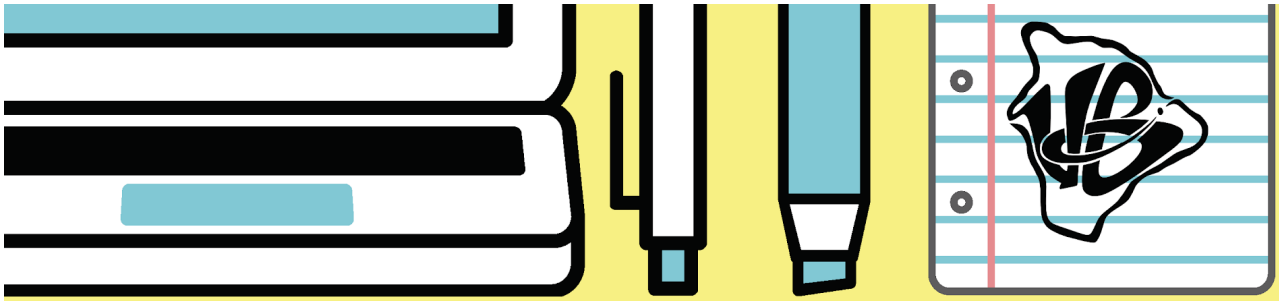
EVERY incoming, registered Kea'au High School 9th grade student will be accepted.

For more information please contact:

Dean Cevallos
Principal

Phone: 808-313-3333

Email: dean.cevallos@k12.hi.us



University of Hawai'i at Hilo

UPWARD BOUND PROGRAM

VIRTUAL INFORMATION NIGHT

FOR STUDENTS AND PARENTS

Are you in high school and have plans for college in your future?
Will you be a First-Generation college student and/or meet income eligibility guidelines?

Learn about what services Upward Bound provides in your journey to get to college.

SPRING 2021 DATES

EVERY WEDNESDAY
5:30 PM - 6:30 PM
STARTING JAN 6TH
ENDING ON MAY 12TH

If you have any questions, please contact UB by email at ubhilo@hawaii.edu or by phone at 808-932-7517.

How to Join

Parents and students can fill out the link or scan the QR code below to sign up for a session.

1.https://forms.gle/fQ3PyChkVDaY8ViY8

2. You will receive the link 24 hours prior to the start of the meeting.

11/16/20

American Heart Association.

April

Grilled Avocado with Strawberry and Honey

SERVES 4 (SERVING SIZE 1/2 AVOCADO)

Ingredients

- Cooking spray
- 2 cups hulled strawberries (quartered)
- 1 Tbsp honey
- 2 small avocados (halved, pitted)
- 2 Tbsp chopped, fresh mint

Directions

- In a small bowl, gently stir together the strawberries and honey. Cover and refrigerate for 1 to 4 hours, stirring occasionally to let the strawberries macerate and release their natural juices.
- When the strawberries are ready, preheat the grill on medium high.
- Lightly spray each avocado with cooking spray. Place the avocados on the grill with the stem side facing 10 o'clock. Grill for 1 to 2 minutes. Rotate the avocados so that the stem side is facing 2 o'clock. Grill for 1 to 2 minutes. Transfer the avocado halves to plates with the flesh side up.
- Remove the strawberry mixture from the refrigerator. Fold in the mint.
- Spoon the strawberry mixture over each avocado half and serve.

Nutritional Facts

Calories	165	Cholesterol	0 mg
Total Fat	11.3 g	Sodium	8 mg
Saturated Fat	1.6 g	Total Carbohydrate	17 g
Trans Fat	0.0 g	Dietary Fiber	7 g
Polyunsaturated Fat	1.5 g	Sugars	9 g
Monounsaturated Fat	7.4 g	Protein	2 g

Dietary Exchanges: 1 fruit, 1 vegetable, 2 fat

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AFTER-SCHOOL ALL-STARS HAWAII

FREE VIRTUAL PROGRAMS

ASAS Hawaii is offering virtual after-school programs while your student is engaging in distance learning.

If you want your child to have fun while learning something new, sign them up today!

Our virtual program will include homework help, as well as health and fitness, and enrichment activites including Art, Sports, Music, STEM, Dance, Cooking and more

REGISTER TODAY AT

https://docs.google.com/forms/d/e/1FAIpQLSdbcPNDhg8AamiK1UXet9BnvsFxJxJJPYcY

CONTACT US

Joe Pacheco
(808) 557-7569
Keaau@asashawaii.org

VISIT OUR WEBSITE

ASASHAWAII.ORG

NEED A FREE TUTOR?

BOYS & GIRLS CLUB
OF THE BIG ISLAND

Registration is now OPEN!

The Boys & Girls Club of the Big Island now offers Free Mobile Tutoring for youth 1st - 6th grade (limited to Pahoa, Kea'au, and Kona)

1st-6th Grade Tutoring Services (May go up to 8th grade for Kea'au)

Reading and Writing

Math and Science

- Homework Help
- Social Studies
- Reading and Writing
- Math
- Spelling
- Test Taking Strategies
- Organizational Skills
- and more!

REGISTRATION IS AVAILABLE AT: www.bgcbi.org

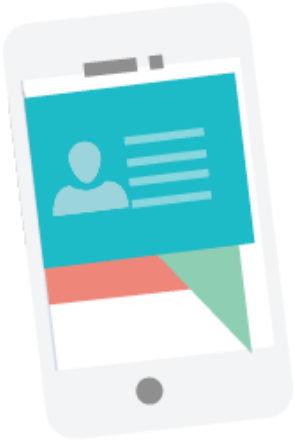
IF YOU HAVE ANY QUESTIONS CONTACT US AT:

mobiletutoring@bgcbi.org

(808)961-5536

Hawaii Keiki School Nurses Are Ready to Take Your Call

Are you or your child a HIDOE student?
Want to talk to a nurse? Don't have a doctor?



Call the FREE and confidential health hotline

- Physical or mental health concerns about your child?
- Questions about a check-up or vaccines?
- Worried about COVID-19?

Schedule a FREE telehealth appointment

- Interpreters are available
- For more information about the Hawaii Keiki program, visit **nursing.hawaii.edu/hawaii-keiki/**

FREE!

Hawaii Keiki Health Hotline

Monday - Friday, 8 a.m. to 3 p.m. excluding holidays

(844) 436-3888

If you have a medical emergency, call 9-1-1

Do you have questions about qualifying and applying for health insurance?

Contact Med-QUEST (808) 524–3370 (Oahu)/ (800) 316–8005 (Neighbor Islands) or visit medquest.hawaii.gov

For information on school-based Medicaid, visit sites.google.com/k12.hi.us/hidoemedicaid

NURSING
UNIVERSITY of HAWAI'I at MĀNOA

November 2020