

KEA'AU HIGH SCHOOL

Volume 1 Issue No. 3

Date of Publication : April 2024

THE COUGAR CONNECTION

Aloha Students, Parents/Guardians and Community,

This is the beginning of our Fourth Quarter heading toward our final end of year for the 2023-24 School year. I hope you all had a great Spring Break.

It is great to have the students back from our Spring Break and we hope they are ready to close out the year with us. We are on the home stretch and have a lot to do before we close out our school year.

First I would like to invite you all to our April Parent/Community Walkthrough on April 18th from 12-2PM. We will start our walkthrough at 12PM and finish by 2PM. It is a chance to see student academics in the classroom, some testing and see the wonderful things happening on our school campus. If you are able to join us please call our PCNC Ms.Prudholm at (808)313-3321 or come to the front office by 12PM and join us. I look forward to seeing you all then.

We also have our Art and Music Night Showcase on April 4th from 4:30-6PM. There will be a short SCC meeting at 4:15 to ask for your input on next year's budget. We hope to see you then.

We are in full swing with our Spring sports so I hope you have a chance to attend one of our games and support our students as they do their best playing for the Kea'au Cougars. We appreciate all you do to support your child(ren) as they show their pride in playing for us.

We will be starting all of our end of year testing so please make sure they eat breakfast and lunch so they have sufficient brain food and are here on time everyday to maximize their potential. I know our students will show our community and the State just how smart they have become.

Report Cards should be coming home soon so let us know if you did not receive one from your child(ren).

The year has gone by fast and for Seniors this is their fourth quarter with only 7 weeks left in the year. It also determines their ability to participate in the commencement (graduation) ceremony. Just a reminder they have to pay off all obligations, pass all required classes and not have any more than two C or D offenses or A or B offenses of any kind. If that does occur they will not be able to participate in the Graduation ceremony. They are held to a higher standard by the BOE and DOE and this is the expectation given them to participate. I know they will all make it for this wonderful celebration. Graduation will be held on May 24th.

Our 9th, 10th and 11th graders only have 9 weeks left. Please help them do their best in class and during tests. We want them to show how great they truly are.

Mahalo for your support this year. Please take care and stay safe.

Aloha
Principal Cevallos

In this Issue :

Admin announcements

- pgs. 1-9

Lunch Menu

- pg. 6

Sports

- pgs. 10-12

Community achievements

- pgs. 12-13

Activities & events

- pgs. 14-19

Student opportunities

- pgs. 20-21

Vision Statement: "We will inspire change and create positive outcomes for students to achieve and succeed."

Mission Statement: "We will challenge and motivate students to learn and succeed with PRIDE."

Kea'au High School does not discriminate on the basis of race, sex, age, color.

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://ferpa.k12.hi.us>



KEA'AU HIGH

Food Pantry

OPEN :

MONDAY-FRIDAY 8:00AM-2:30PM

WEDNESDAY 8:00AM-2:00PM

DELIVERY : APRIL 17TH, 9:30AM

Main office, first door on the right

STOP BY ANY OPEN HOURS FOR
ALL YOUR PANTRY NEEDS!

THE FOOD BASKET

KEA'AU HIGH

February Students of The Month

Ulupono- Darius McBraun

ELA- Myleen Espejo

Math- Sonny Valdez

Science- Kaylyn Floyd

PE- Aimani Abraham

Social Studies- Pomaikai DeLima-Wright

Fine Arts- Geneva Phillips

World Languages- Ihiapaenuu Pea

CTE- Kenzie Swiftney

Special Programs- Kekoa Sanchez

Congratulation to these students of the month!



KEA'AU HIGH SCHOOL

Bus Application



Application periods for School Year 2023-2024

Quarter 1: July 17, 2023 – August 31, 2023

Quarter 2: September 18, 2023 – October 31, 2023

Quarter 3: November 27, 2023 – January 31, 2024

Quarter 4: February 19, 2024 – April 30, 2024

Stop by the main office to pick up bus applications
OR visit the link below for bus applications.

https://www.keaauhs.com/uploads/4/2/1/6/42168743/sy23-24_school_bus_handbook_application.pdf

PARENT & COMMUNITY WALKTHROUGH

KEA'AU HIGH, MAIN OFFICE

12:00-2:00
PM

APRIL 18, 2024

CALL 313-3321 TO RSVP, LIGHT
REFRESHMENTS WILL BE SERVED



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
<ul style="list-style-type: none"> • Chicken Potstickers (Gyoza) • Cucumber Sticks • Fruit Punch Juice • Fresh Fruit • Dressing • Dipping sauce • Milk (1% or fat free white, or fat free chocolate milk) 	<ul style="list-style-type: none"> • Hamburger with Bun • Lettuce Leaf • Tomato Slice • Potato Wedges • Cucumber Sticks • Fresh Fruit • Ketchup • Milk (1% or fat free white, or fat free chocolate milk) 	<ul style="list-style-type: none"> • Beef Chili and • Brown Rice • Steamed Carrots • Edamame • Pears • Pineapple Chunks • Whole Grain Roll • Milk (1% or fat free white, or fat free chocolate milk) 	<ul style="list-style-type: none"> • Spaghetti with Meat Sauce • Green Salad • Corn • Sliced Peaches • Pears • Whole Grain Roll • Dressing • Milk (1% or fat free white, or fat free chocolate milk) 	<ul style="list-style-type: none"> • Tasty Tenders • Baked Beans • Orange Fruit Gel • Fresh Fruit • Whole Grain Roll • Dipping sauce • Milk (1% or fat free white, or fat free chocolate milk)
8	9	10	11	12
<ul style="list-style-type: none"> • Mac & Cheese • Steamed Carrots • Fruit Slushie • Pineapple Chunks • Milk (1% or fat free white, or fat free chocolate milk) 	<ul style="list-style-type: none"> • Fish Fillet Sandwich with • Lettuce Leaf • Tomato Slice • Chicken Noodle Soup • Cucumber Sticks • Strawberry Fruit Gel • Sliced Peaches • Dressing • Milk (1% or fat free white, or fat free chocolate milk) 	<ul style="list-style-type: none"> • Pepperoni Pizza • Baby Carrots • Celery Sticks • Cucumber Sticks • Fresh Fruit • Dressing • Milk (1% or fat free white, or fat free chocolate milk) 	<ul style="list-style-type: none"> • Hot Dog with Bun • Tater Tots • Coleslaw • Fresh Fruit • Ketchup • Mustard • Relish • Milk (1% or fat free white, or fat free chocolate milk) 	<ul style="list-style-type: none"> • Kalua Pork with Cabbage and • Brown Rice • Lomi Tomato (Pico de gallo) • Edamame • Pineapple Chunks • Mixed fruit • Whole Grain Roll • Tortilla Chips • Milk (1% or fat free white, or fat free chocolate milk)
15	16	17	18	19
<ul style="list-style-type: none"> • Cheese Bites • Marinara Sauce • Celery Sticks or • Cucumber Sticks • Fresh Fruit • Dressing • Milk (1% or fat free white, or fat free chocolate milk) 	<ul style="list-style-type: none"> • Chicken Tenders with • Brown Rice or • Potato Wedges and a • Whole Grain Roll • Baby Carrots • Edamame • Pears • Dipping sauce • Milk (1% or fat free white, or fat free chocolate milk) 	<ul style="list-style-type: none"> • BBQ Pork Sandwich or • Sloppy Joe • Tater Tots • Baked Beans • Coleslaw • Sliced Peaches • Fresh Fruit • Ketchup • BBQ Sauce • Milk (1% or fat free white, or fat free chocolate milk) 	<ul style="list-style-type: none"> • Hamburger Curry and • Brown Rice or • Hamburger Stew and • Brown Rice • Corn • Green Salad • Cranberry Raspberry Juice • Pineapple Chunks • Whole Grain Roll • Dressing • Milk (1% or fat free white, or fat free chocolate milk) 	<ul style="list-style-type: none"> • Mini Turkey Corn Dogs • Baby Carrots • Celery Sticks or • Cucumber Sticks • Fresh Fruit • Dipping sauce • Dressing • Milk (1% or fat free white, or fat free chocolate milk)
22	23	24	25	26
<ul style="list-style-type: none"> • Cheese Pizza • Celery Sticks or • Cucumber Sticks • Fresh Fruit • Edamame • Dressing • Milk (1% or fat free white, or fat free chocolate milk) 	<ul style="list-style-type: none"> • Chicken Patty Sandwich with • Lettuce Leaf • Tomato Slice • Emoticon Mashed Potato Shapes • Fresh Fruit • Chicken Noodle Soup or • Garden Vegetable Soup • Ketchup • Mayonnaise • Milk (1% or fat free white, or fat free chocolate milk) 	<ul style="list-style-type: none"> • Chili & Cheese Nachos • Green Salad • Chopped Tomatoes • Strawberry Kiwi Juice • Mixed fruit • Dressing • Milk (1% or fat free white, or fat free chocolate milk) 	<ul style="list-style-type: none"> • Beef Patty w/ Gravy • Brown Rice • Steamed Carrots • Baked Beans • White Grape Peach Slushie • Sliced Peaches • Whole Grain Roll • Milk (1% or fat free white, or fat free chocolate milk) 	<ul style="list-style-type: none"> • Roast Turkey • Turkey Gravy • Whole Grain Bun • Whipped Potatoes • Zucchini • Mixed fruit • Craisins, Original or • Strawberry Craisins • Milk (1% or fat free white, or fat free chocolate milk)
29	30	<p><i>This institution is an equal opportunity provider.</i></p>		
<ul style="list-style-type: none"> • Chicken Potstickers (Gyoza) • Celery Sticks or • Cucumber Sticks • Fruit Punch Juice • Fresh Fruit • Dressing • Dipping sauce • Milk (1% or fat free white, or fat free chocolate milk) 	<ul style="list-style-type: none"> • Hamburger with Bun or • Teri-burger with Bun or • Cheeseburger with Bun with • Lettuce Leaf • Tomato Slice • Potato Wedges • Celery Sticks or • Cucumber Sticks • Fresh Fruit • Ketchup • Milk (1% or fat free white, or fat free chocolate milk) 	<p>Lunch Pricing</p> <ul style="list-style-type: none"> • Regular Priced Lunch (PreK-8): \$2.50 • Regular Priced Lunch (9-12): \$2.75 • Reduced Price Lunch (PreK-12): \$0.40 • Second Student Entree: \$2.00 • Second & Subsequent Student: \$5.50 • Adult: \$5.50 		



IMPORTANT GRADUATION INFO.

Graduation Day

Mark your calendars for Friday, May 24 – it's graduation day at KHS Cougar Stadium!

- Gates open at 3:00 PM
- Gates will close at 4:00 PM and will remain shut until the graduate procession is over
- The commencement ceremony begins at 4:00 PM

After Commencement, guests will be directed to meet the graduates at the baseball field.

To ensure that our graduation commencement is safe and an experience that can be comfortably enjoyed by all, the following items are prohibited in the Cougar Stadium:

- signs
- balloons
- golf umbrellas
- bullhorns, air horns, or any artificial noisemakers
- coolers
- inflatable objects
- silly string
- car seats & strollers

Graduation Tickets

Each student will automatically receive 3 tickets

How to earn extra tickets:

1. Turn in Senior Contract by September 29, 2023 = 1 ticket
2. Attend Advisory on February 08 & March 14 = 1 ticket per day (2 tickets total)
3. Complete PTP by November 01 = 2 tickets
4. Turn in completed Senior Check Out Form on May 14 = 2 tickets

Obligations

Please make sure to return or pay for all school obligations, including Athletic Equipment, Library Materials, Tech Equipment and student dues by Tuesday, May 14th.

No exceptions will be made.

Any students with unpaid balances will not be able to participate in the graduation commencement.

Replacement cost for Chromebook = \$450

Replacement cost for charger = \$60

Graduates

Report to the Gym on Friday, May 24 no later than 2:30 PM

Don't forget to bring your cap, gown, cords, and tassel!

No bags, phone, sunglasses, gum, leis

Graduation Dress Code

Remember, this is a special day, and you want to look your best while feeling comfortable.

Please follow these dress code options to help you select the perfect outfit for your graduation day:

Males: Dress pants with a dress shirt

Females: Knee-length dress or skirt paired with a dressy top

Appropriate footwear: Sandals, wedges, boots, dress shoes

✗ Avoid wearing jeans, athletic wear, Crocs, slippers, or anything too casual.

✗ Please keep in mind that heels higher than 3 inches may sink into soft ground, which could potentially lead to tripping and falling.

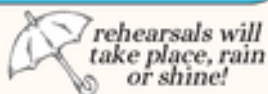
Graduation Song Practice Advisory Period

meet at the Gym
Thursday, Feb. 08, 2024
Thursday, March 14, 2024

Mandatory

Graduation Rehearsals

- Where? KHS Cougar Stadium
- Dates: May 22 & May 23
- Seniors must park in the lower stadium parking lot
- Check-in begins at 8:00 AM
- Gates close at 8:30 AM sharp
- Latecomers will not be allowed entry
- Rehearsals will take place from 8:30 AM to 11:30 AM
- Bring water, hat, umbrella, and sunscreen
- Leave your personal belongings behind
- Seniors are expected to comply with school behavioral expectations



Seniors are not allowed to stay on campus after rehearsals

1. **Only the Principal is authorized to excuse a participant from attending rehearsal.**
2. **Work is not a valid excuse to miss rehearsal.**

In case of emergency and you are unable to attend or will be late, please contact the main office ASAP at 313-3300.

Contact Info.

Main Office: 313-3300

Senior Counselor, Mr. Nakamura: 313-3433

Ulupono Counselor, Mrs. Cabral: 313-3422

Yearbook Advisor, Mrs. Padilla: 313-3368

Jostens-HI Rep., Greg Bachan: greg.bachan@jostens.com

SCAN ME!



CAP & GOWN LINK: bit.ly/45KTm6r SCHOOL WEBSITE: keaauhs.com C/O 2024 INSTAGRAM: @keaau2024



UNIVERSITY of HAWAII
HAWAII
 COMMUNITY COLLEGE

HAWAII COMMUNITY COLLEGE

Mandatory New Student Orientation

All students planning to attend HawCC this fall **MUST** attend a Mandatory New Student Orientation in order to be able to register for classes. We have scheduled the MNSO for Thursday, April 11, 2024 in our cafeteria. Light dinner will be served at 5:00 p.m. and the MNSO will begin at 5:30 p.m.

We encourage parent(s) to attend with you so they are informed about what you have to do before attending college. If you miss this event, you will have to schedule a session on your own directly with HawCC.

Kindly RSVP by Wednesday, April 3 to let us know if you will be attending. Light dinner will be provided by P-20.

-----Return this form to Mrs. Yamamoto in the Transition Center by April 3-----

NAME: _____

YES, I WILL ATTEND.

_____ NUMBER OF PEOPLE ATTENDING

NO, I AM UNABLE TO ATTEND AND WILL SCHEDULE A SESSION ON MY OWN DIRECTLY WITH HAWCC.

Student Signature _____

Parent Signature _____





TRANSITION CENTER

Reminders

04/11/24

HawCC Mandatory New Student Orientation for students planning to attend HawCC in the fall, 5:00 pm in the Cafeteria. If you miss this orientation, you will have to schedule one on your own with HawCC. Seniors please be sure you start gathering your health records and making doctor appointments if you need to get updated vaccines or tb clearance. You need to turn in all of this before you will be able to register for your college classes.

04/02/24

UH Hilo "What's Next" presentation - Pd 4 in the library, for seniors planning to attend UH Hilo, or are not sure and would like to ask questions

FAFSA

FAFSA not done yet? See Mrs. Yamamoto or HETS for help ASAP!

04/22/24

University of Nevada - Las Vegas presentation - Pd 8 in the library

04/17/24

Spring College Fair Field trip

04/24/24

ASVAB exam (last one for the school year)

04/30/24

Early College students - Mandatory new student orientation - 10:00am in the library

For all events, please come to the Transition Center to sign up

KEA'AU HIGH SCHOOL SPRING

SPORTS SCHEDULE

Tentative schedule as of 03/30/24, subject to change

DATE	DAY	TIME	SPORT	OPPONENET	LOCATION
2/5/2024	MON	TBD	BASEBALL	START DATE	
2/20/2024	TUES	3:00pm	BASEBALL	Waiakea	Waiakea HS - SR
2/24/2024	SAT	1:00pm	BASEBALL	Kealakehe	Keaau HS - SR
3/2/2024	SAT	1:00pm	BASEBALL	Kau	Keaau HS
3/12/2023	TUES	3:00pm	BASEBALL	Kamehameha-HI	Keaau HS
3/20/2024	WED	3:00pm	BASEBALL	Hilo	Wong Stadium
3/30/2024	SAT	1:00pm	BASEBALL	Konawaena	Keaau HS
4/2/2024	TUES	3:00pm	BASEBALL	Waiakea	Waiakea HS - M/U
4/6/2024	SAT	12:00pm	BASEBALL	Honokaa	Keaau HS
4/11/2024	THURS	3:00pm	BASEBALL	Kealakehe	Keaau HS - MU
4/13/2024	SAT	3:00pm	BASEBALL	Kohala	Kamehameha Park
4/17/2024	WED	3:00pm	BASEBALL	Pahoa	Keaau HS
4/20/2024	SAT	1:00pm	BASEBALL	Hawaii Prep	Hawaii Prep Academy
4/25-27/24	THRS-SAT	3:00pm	BASEBALL	BIIF Semi-Finals	TBD
5/02-04/24	THRS-SAT	3:00pm	BASEBALL	BIIF Championships	TBD
5/14-17/24	TUES-FRI	TBD	BASEBALL	HHSAA Championships	Les Murakami Stadium

DATE	DAY	TIME	SPORT	OPPONENT	LOCATION
2/12/2024	MON	TBD	JUDO	START DATE	
3/9/2024	SAT	9:00am	JUDO	Novice-Open	Keaau HS
3/16/2024	SAT	9:00am	JUDO	Novice-Open	Hilo HS
3/23/2024	SAT	9:00am	JUDO	Novice-Open	Konawaena HS
3/30/2024	SAT	9:00am	JUDO	Indiv Tournaments	KS-Hawaii Campus
4/6/2024	SAT	9:00am	JUDO	Indiv Tournaments	Waiakea HS
4/13/2024	SAT	9:00am	JUDO	BIIF Championships	Kealakehe HS
4/27/2024	SAT	9:00am	JUDO	HHSAA Championships	Oahu-TBD

DATE	DAY	TIME	SPORT	OPPONENT	LOCATION
2/5/2024	MON	TBD	SOFTBALL	START DATE	
2/20/2024	TUES	1:00pm	SOFTBALL	Waiakea	Waiakea HS - SR
2/24/2024	SAT	11:00am	SOFTBALL	Kealakehe	Keaau HS - SR
3/2/2024	SAT	11:00am	SOFTBALL	Kau	Keaau HS
3/12/2024	TUES	1:00pm	SOFTBALL	Kamehameha-HI	Keaau HS
3/20/2024	WED	1:00pm	SOFTBALL	Hilo	Walter Victor Stadium
3/30/2024	SAT	11:00am	SOFTBALL	Konawaena	Keaau HS
4/2/2024	TUES	1:00pm	SOFTBALL	Waiakea	Waiakea HS - M/U
4/6/2024	SAT	10:00am	SOFTBALL	Honokaa	Keaau HS
4/11/2024	THURS	3:00pm	SOFTBALL	Kealakehe	Keaau HS - MU
4/13/2024	SAT	1:00pm	SOFTBALL	Kohala	Kamehameha Park
4/17/2024	WED	1:00pm	SOFTBALL	Pahoa	Keaau HS
4/25-27/24	THRS-SAT	3:00pm	SOFTBALL	BIIF Semi-Finals	TBD
5/02-04/24	THRS-SAT	3:00pm	SOFTBALL	BIIF Championships	TBD
5/14-17/24	TUES-FRI	TBD	SOFTBALL	HHSAA Championships	UHH Rainbow Stadium

DATE	DAY	TIME	SPORT	OPPONENT	LOCATION
2/12/2024	MON	TBD	TENNIS	START DATE	
2/24/2024	SAT	10:00am	TENNIS	Kohala	Keaau HS - RO
2/28/2024	WED	2:00pm	TENNIS	Waiakea	Waiakea HS
3/2/2024	SAT	10:00am	TENNIS	Kealakehe	Kealakehe HS
3/6/2024	WED	2:00pm	TENNIS	St. Joseph	Keaau HS - RO
3/9/2024	SAT	10:00am	TENNIS	Hawaii Prep	Keaau HS
3/13/2024	WED	2:00pm	TENNIS	Kamehameha-HI	Keaau HS
3/14/2024	THURS	2:00pm	TENNIS	St. Joseph	Keaau HS - M/U
3/27/2024	WED	2:00pm	TENNIS	Kohala	Keaau HS - M/U
3/30/2024	SAT	10:00am	TENNIS	Parker (Prom)	Mauna Kea Beach
4/3/2024	WED	2:00pm	TENNIS	Hilo	Hilo HS
4/6/2024	SAT	10:00am	TENNIS	Makua Lani	Keaau HS
4/13/2024	SAT	10:00am	TENNIS	Konawaena	Keauhou
4/18-20/24	THRS-SAT	TBD	TENNIS	BIIF Individ. Championship	Holua & Royal Kona
4/24/2024	WED	TBD	TENNIS	BIIF Team Semi Finals	TBD
4/27/2024	SAT	TBD	TENNIS	BIIF Team Championships	TBD
05/09-11/24	THRS-SAT	TBD	TENNIS	HHSAA Championships	Oahu
DATE	DAY	TIME	SPORT	OPPONENT	LOCATION
2/5/2024	MON	TBD	TRACK	START DATE	
3/9/2024	SAT	9:00am	TRACK	All-Comers	KS-Hawaii Campus
3/16/2024	SAT	2:00pm	TRACK	All-Comers	Kealakehe HS
3/23/2024	SAT	9:00am	TRACK	All-Comers	Waiakea HS
3/30/2024	SAT	9:00am	TRACK	All-Comers	Hawaii Prep Academy
4/6/2024	SAT	9:00am	TRACK	All-Comers	KS-Hawaii Campus
4/13/2024	SAT	9:00am	TRACK	All-Comers	Hawaii Prep Academy
4/20/2024	SAT	9:00am	TRACK	All-Comers	Keaau HS
4/27/2024	SAT	2:00pm	TRACK	Frosh/Soph Invitational	Kealakehe HS
5/3-4/24	FRI-SAT	2:00pm	TRACK	BIIF Championships	Kealakehe HS
5/10-11/24	FRI-SAT	9:00am	TRACK	HHSAA Championships	Mililani HS - Oahu
DATE	DAY	TIME	SPORT	OPPONENT	LOCATION
2/12/2024	MON	TBD	VOLLEYBALL-B	START DATE	
2/28/2024	WED	5:00pm	VOLLEYBALL-B	Waiakea	Keaau HS
03/01-02/24	FRI-SAT	TBD	VOLLEYBALL-B	Kamehameha Tournament	KS-Hawaii Campus
3/8/2024	FRI	5:00pm	VOLLEYBALL-B	Hilo	Hilo HS
3/16/2024	SAT	10:00am	VOLLEYBALL-B	Kealakehe	Kealakehe HS
3/28/2024	THURS	5:00pm	VOLLEYBALL-B	Hilo	Keaau HS
3/30/2024	SAT	TBD	VOLLEYBALL-B	Pahoa Tournament	Pahoa HS
4/1/2024	MON	5:00pm	VOLLEYBALL-B	Kamehameha-HI	Keaau HS
4/3/2024	WED	5:00pm	VOLLEYBALL-B	Waiakea	Waiakea HS
4/6/2024	SAT	10:00am	VOLLEYBALL-B	Kealakehe	Kealakehe HS
4/9/2024	TUES	5:00pm	VOLLEYBALL-B	Kamehameha -HI	Keaau HS
4/11/2024	THURS	5:00pm	VOLLEYBALL-B	Kamehameha-HI	KS-HI
4/16/2024	TUES	5:00pm	VOLLEYBALL-B	Waiakea	Waiakea HS
4/19/2024	FRI	4:00pm	VOLLEYBALL-B	St. Joseph JV	Keaau HS
4/22/2024	MON	5:00pm	VOLLEYBALL-B	Hilo	Keaau HS
4/24/2024	WED	5:00pm	VOLLEYBALL-B	Kealakehe	Keaau HS
4/26/2024	FRI	TBD	VOLLEYBALL-B	D1 Play Off for Ties	TBD
4/29/2024	MON	6:00pm	VOLLEYBALL-B	BIIF Semi-Finals	TBD
5/1/2024	WED	5:00pm	VOLLEYBALL-B	BIIF Championships	Hilo HS
5/6/2024	MON	TBD	VOLLEYBALL-B	HHSAA D1 Play In	TBD
5/9-11/24	THRS-SAT	TBD	VOLLEYBALL-B	HHSAA Championships	Oahu
Updated:		3/30/2024			
Spring Break					
Reschedule Pending					
RO = Rainout		SR = Schedule Request			



CONGRATULATIONS TO

KYSHA CARVALHO

on signing with Missouri Valley College, where she will be continuing her softball and academic career!



Congratulations to The Pacific Media Group 41st Annual Salute to the Graduates winners!



ARTS - John Lewis Maneja



ATHLETICS - Kekoa Stone



IT - Raine Onodera



LEADERSHIP - Lexy Kaye Ramos



SCHOLASTICS - Daphne Althea Igloria

Congratulations

MR. ALVAREZ



Congratulations to Keaau High's Abel Alvarez who was chosen as the KKP Milken award teacher of the year!

Congratulations Kea'au High FFA State Convention Champions



1st Agricultural Demonstration
Tracen Rivera / Jordan Delos Reyes-Kaplan

1st Ornamental Plant Identification
Ellie Epperson / Lyla Czar

1st Commodity Grading
Ty Silva / Lehua Loo

2nd Ornamental Plant ID
Iysis Lilia Ching / Asena Tuakalau

2nd Career Interview
Tracen Rivera

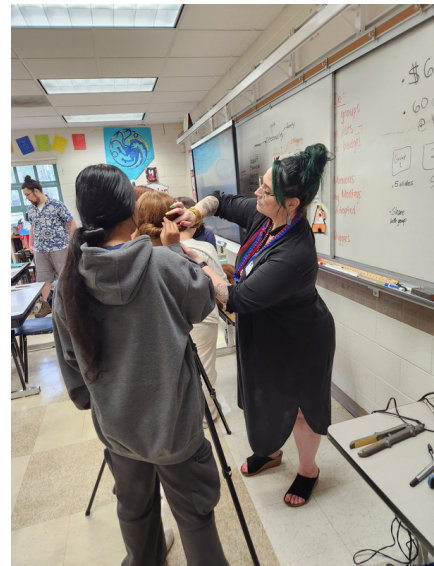


Jordan was elected State FFA Secretary and Tracen was elected State FFA Reporter and will be traveling to Washington DC this summer to participate in the Washington Leadership Camp and later this year both will attend the National FFA Convention in Indianapolis.

KEA'AU HIGH SCHOOL

FRESHMAN EXPLORATION DAY

On February 27th, the Freshman Academy held our first Career Exploration Day. Guests from all types of careers came in to speak to the 9th graders about opportunities in different career fields. We were also happy to welcome twelve of our alumni back to campus (virtually) to present about their experiences and different careers they have entered. In addition to listening to presenters, the 9th graders also participated in a Life Simulation Activity where they had to budget within a given salary. Thank you to everyone who helped make this event great!



Reality Fair :

April 5th, in the school gym. This will be for the senior class, hosted by CU Hawaii.

Student Credit Union :

April 12th, around H Building. We have a grand opening ribbon cutting ceremony at 3PM. There will be light refreshments and games.



CU HAWAII
Federal Credit Union

KEA'AU HIGH SCHOOL

Country Market



VENDORS
TO SHOP

GREAT
FOOD

SUPPORT
LOCAL

4-8PM | APRIL 10TH | KEA'AU HIGH LOWER
STADIUM PARKING LOT

MUSIC & ART NIGHT

KEA'AU HIGH



Photo by : David Sumiki

ENJOY TALENTED STUDENTS WORK

- STUDENT MUSICAL PERFORMANCES
- STUDENT ARTWORK SHOWCASE
- SCHOOL COMMUNITY COUNCIL MEETING FROM 4:30-5:00PM
- LIGHT REFRESHMENTS WILL BE SERVED

RSVP HERE : (OR EMAIL 20389643@K12.HI.US)

[HTTPS://DOCS.GOOGLE.COM/FORMS/D/E/1FAIPQLSEL4QF943ULFEANSZ35_ABLVZHYQILGIXDRVA87PLF94CWAUG/VIEWFORM?USP=PP_URL](https://docs.google.com/forms/d/e/1FAIPQLSEL4QF943ULFEANSZ35_ABLVZHYQILGIXDRVA87PLF94CWAUG/VIEWFORM?USP=PP_URL)



Photo by : Malyka Despain

FOR MORE INFORMATION:



16-725 KEAAU-PAHOA RD, KEAAU, HI 96749



313-3321

KHS PERIOD Education Fair for Students

April 16, 2024

KHS LIBRARY | 8:30 TO 12:30

You Matter...PERIOD

Come eat a healthy snack, learn yoga poses to support your cycle, get a free bag of period products and other goodies!



This free event is for menstruating individuals on campus and those interested in learning about periods. Understanding our bodies is crucial for a healthy life. Want to learn more about menstruation and how to feel your best during your cycle? Or perhaps you want to support those who experience it? Join our KHS Period Education Fair!

Featuring educational tables by:

- Hawai'i Keiki nurses
- Cyd Hoppfeld (HCHC Community Health Educator)
- The Mai Movement

Topics include the menstrual cycle, types of period products, male and female system health, period hygiene tips, and healthy habits for a happy cycle.

Brought to you by:

- KHS Library
- Hawai'i Keiki Nurses
- KHS Health Room Staff
- KHS HOSA Club

A special mahalo to:

KHS FFA
&
KHS Blue Zones Club!



**KMS & KM-PTSA
working together**

**CALLING ALL
NON-PROFIT & COMMUNITY
ORGANIZATIONS -**

**For the Kea'au Middle School
Resource Fair & Rummage Sale
on SATURDAY, APRIL 27**

**4/27
9AM- 1PM
SHIPMAN
GYM**

**If your organization
is rooted in :
education, community,
medical/health, sports,
safety, or finances,
please contact us!!**

**If you would like to
donate to the
rummage sale or
volunteer with
class fundraisers
or at the event,
please contact us!**

**Contact KeaauMiddlePTSA -
on Facebook or Instagram,
keaumiddlepts@gmail.com,
or by phone Vanessa (808)825-0611**



PRESENTED BY



WITH PARTNERS



3 DAY COMMUNITY FAIR

'OHANA FRIENDLY LOCAL VENDORS ENTERTAINMENT FREE WORKSHOPS

MELE MANAKA WEEK

APRIL 4-6 | 9AM- 4PM

THURSDAY - SATURDAY

SCP HILO HOTEL

126 BANYAN WAY HILO, 96720

WITH EMCEE ALAKA'I PALEKA

THURSDAY

THE STEPPAS

LOEKA LONGAKIT & 'OHANA

LEHUA KALIMA

SHAWN PIMENTAL

KOMAKAKINO

GENESIS PUA-KAIPO

DILLON PAKELE

FRIDAY

SUDDEN RUSH

KIMIÉ MINER

PAULA FUGA

BRAD WATANABE

JUST US BAND

DILLON PAKELE

HĀLAU HULA KAULUOLA

KIPAPA SISTERS

SATURDAY

HO'AIKĀNE

KALANI PE'A

WELDON KEKAUOHA

LEHUA KALIMA

SHAWN PIMENTAL

KIPAPA SISTERS



**EARN A
FREE TRIP
TO OAHU!!**



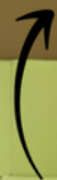
endent

LifeCraft:

Building Blocks for the future



Join a workshop series designed for students AND parents. Prepare for life after high school. Learn skills for the workforce and more!



Scan me

To learn more, visit us at bit.ly/LifeCraft2024.

Starting - April 3, 2024 in the library!
Dinner & Childcare provided. Register by March 15, 2024.





EUTF WELLNESS PROGRAM March 2024

Take time for your well-being!

Monthly Health & Wellness Goal

- ✓ March.-Set Preventative Care Appointments!
- ✓ Feb.-Create Healthy Habits!



HEALTH AND WELLNESS GOALS There are many services included in your health plan benefits to help you reach your wellness goals. Checkout EUTF's Spring health & wellness benefit message, [Well Aware](#), for more information on your preventative health care visits.

CHALLENGES - Participate and Move! Click on Challenges for more info!



10K-A-Day CHALLENGE Congrats to the 373 registered participants, including retirees and 22 State/County departments, getting active with the 10K-A-Day 4-week wellness challenge! The challenge ends on March 10, so make sure to record all exercise minutes to earn a chance to win a \$250 VISA gift card. Almost to the finish line, YOU GOT THIS!

WEBINARS- Click titles below to register!

MARCH 2024
WELLNESS
EVENTS

Take time for
YOU!



HEALTH & WELL-BEING WEBINAR

Preventative Care: An Intro to Health Screenings & Proper Self-Care Practices

Discuss how certain behaviors help keep us healthy. Review the benefits of getting screenings before you have symptoms.

March 21 at 12 pm -12:45 pm



Preventive Care: An Introduction to Health Screenings and Proper Self-Care Practices

Ever heard the expression "an ounce of prevention is worth a pound of cure" and wonder if it's true? It is! In this session, we'll review the benefits of getting screenings before you have symptoms. Topics include screenings specific to women and men and screening for diseases that affect us all. Learn how certain behaviors help keep us healthy, both on paper and in the way we feel. Webinar attendees will be entered to win an HMSA prize pack!

WHAT PARTICIPANTS ARE SAYING ABOUT THIS WORKSHOP:

This workshop offered lots of information but in a way that made it easy to understand what steps we should take to better our health. Thank you!

PARTICIPANT

Enjoyed the questions the speaker used to engage audience participation! Really interactive and helpful info. Took a lot of notes I'll be sharing with my family!

PARTICIPANT

February Health Education Webinar
Taking Care of YourSELF
February 22, 2024



Thanks to the 87 participants, from 14 departments, who attended the [Taking Care of YourSELF](#) webinar. Congrats to the gift card winner!

Webinar attendee \$100 Gift Card drawing winner!!!!

Congratulations
Carolyn Caires
Department of
Human Services



Host a "Group Watch" at your worksite: Anyone can setup a group watch, simply reserve your conference room and invite your colleagues. After the event, email the [Group Watch Form](#) to the webinar host to be entered in any prize drawings offered.

Webinars on-demand: Unable to attend or want to re-watch a previous webinar? Most [Wellness Webinars](#) are recorded and available for the year!

- Upcoming in April
- ❖ April 11-Hello Health-Mental Health Matters (HMSA Members)
 - ❖ April 16-Hello Health-Finding the Best Pharmacy Fit for You (Kaiser Members)
 - ❖ April 24-Advance Care Planning Workshop (All employees and EUTF retirees)

HAWAII EMPLOYER-UNION HEALTH BENEFITS TRUST FUND
EUTF HEALTH AND WELLNESS

Visit our website today at <https://eutf.hawaii.gov/health-and-wellness/>
Contact us at eutfwellness@hawaii.gov

