



THE COUGAR CONNECTION

January 2018

Kea`au High School Parent Newsletter

Volume 18 Issue 6

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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>

Aloha Students, Parents/Guardians and Community,

I hope you all had a great Holiday break and are rested and ready for the new year and the second half of our school year.

We are now in the second semester of our year and the start of our 3rd quarter. There is a lot going on and we hope you will assist our students in all they involve themselves with. We have Winter sports going on with Paddling, Basketball, Wrestling, Soccer, Swim and Dive. Please come and support our athletes.

We are in the middle of our cold months. Please make sure we have full zip up and button up covers to keep our students warm. We take those covers that are not full zip up or button up from the students as it does not allow us to see the T-Shirts while they are on campus to continue to keep the campus safe from those that do not belong here. The students then pick them up from the front office at the end of the day.

We have a Parent/Community Walkthrough this month on the 18th. I would love to see you all come and see what is happening on the campus. We start at 9:00 am with a short introduction and then walk through the campus to see what is happening in the classrooms. Refreshments are served. Please try to free yourself up to come and see what Kea`au is all about. Again call Ms. Chow at 313-3321 if you would like to attend, but we do welcome walk-ins.

I look forward to a wonderful and safe 3rd quarter. I hope to see you all at either the bus stop or at our Parent Community Walkthrough.

Aloha, Dean Cevallos, Principal

Kea`au High School Vision

We will inspire, change and create positive outcomes for students to achieve and succeed.

Kea`au High School Mission

We will challenge and motivate students to learn and succeed with P.R.I.D.E. Perseverance, Respect, Integrity, Diversity, Excellence



RECEIVED

- January 15—Martin Luther King Jr. Day (No School)
- January 17—Report Card Distribution (Qtr. 2/1st Sem. 1)
- January 18—Parent Community Walkthrough / Coffee Hour
- February 2—Middle of 3rd Qtr.
- February 12—Mid-Qtr. Distribution (Quarter 3)
- February 15—Parent Community Walkthrough / Coffee Hour
- February 16—Teachers' Institute Day (No School)
- February 19—Presidents' Day (No School)

Kea`au High School does not discriminate on the basis of race, sex, age, color, national origin, religion, or disability.

Announcements

A FREE Health & Wellness Event

Kea'au Carnival 'OHANA FUN DAY

Saturday, January 27, 2018
Buddy Perry Soccer Fields at the Shipman Park in Kea'au
8:30am - 1pm

ON SITE OPEN REGISTRATION BEGINNING AT 7:30 AM for the FUN RUN

FEATURING... **FUN RUN**

Middle School — 1 Mile	8:30 a.m.
Preschool & Parents — 400 Meters	9:00 a.m.
Elementary School — 800 Meters	9:30 a.m.
High School/Open — 1 Mile	10:00 a.m.

PARTICIPANTS MUST WEAR COVERED SHOES & RUNNING ATTIRE (Wear your school shirt or favorite jersey) & PLEASE BRING A WATER BOTTLE.

A PERPETUAL TROPHY will be given to the school that has the highest registered participants.

CERTIFICATE OF PARTICIPATION given to all and **AWARDS TO TOP FINISHERS** IN EACH AGE GROUP will be awarded.

For more information, call Jaime at 808-966-5803

A Drug, Tobacco/E=Cigs, and Alcohol Free and Family Event Sponsored by: Puna Community Action Team (PCAT) Members: County of Hawai'i Department of Parks & Recreation, Community Policing, The Kamehameha Schools, Uli'uokalani Trust, The Salvation Army - Family Intervention Services, Department of Education Hawai'i Public and Charter Schools, Big Island Substance Abuse Council, United Health Care, Bay Clinic, The Food Basket, the Men of Pa'a and dedicated Community Volunteers.

POLICY OF NON-DISCRIMINATION ON THE BASIS OF DISABILITY
The Department of Parks and Recreation provides recreational opportunities without regard to race, color, national origin, age, sex, religion or disability. Please call Alisa Mitchener, Recreation Specialist, at 961-8681 to discuss your need for reasonable accommodation or for more information on site accessibility.

Hawai'i County is an Equal Opportunity Provider and Employer

Entertainment
Games
Resources
Prizes
Meal in a Bag Giveaway
Music
Food

Parent Community Walkthrough / Coffee Hour

January 18, 2018

Sit and talk with Principal Cevallos, tour the campus, visit classrooms and stay for refreshments.

If you would like to attend, please call 313-3321. Walk-ins are also welcome. Check in at the main office.



Monthly Parent Meeting

January 29, 2018
6pm, Keaau HS Library

"Getting the Work Done"

Topics: Study Skills, Homework, Sleeping, Time Management, Parent Involvement

Astronaut Ellison Onizuka Science Day

Paying tribute to the legacy of Hawaii's first astronaut

January 27, 2018 University of Hawai'i at Hilo

Students in Grades 4-12, parents, teachers of any grade level

For further information and enrollment materials, contact:

Future Flight Hawaii (808) 934-7261 (Hilo) email
art@higp.hawaii.edu.

You may register on line at

<http://www.spacegrant.hawaii.edu/OnizukaDay/>

pre-registration required on a first come, first serve basis...limited seating



Wishing you 12 months of good health, 52 weeks of success, 365 days of laughter, 8,760 hours of joy, 525,600 minutes of fun and 31,536,000 seconds of happiness.

ATTENTION PARENTS!

Parents' School Quality Surveys
were distributed to students on
January 9th in Period 1.

*Please be sure to get the survey from
your child, complete and submit by
March 9, 2018*



**Spring
Parent
Teacher
Conference**

April 4, 2017

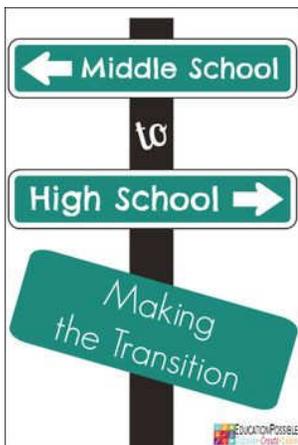


ACT Testing for JUNIORS
Feb 27, 2018

*Please be sure your child gets enough rest
the night before the exam, and a healthy
breakfast the day of the exam.*

College and Career Important Dates and Deadlines:

- January 8—Running Start/Early College begins
- January 12 - February ACT Registration Deadline
- January 16 - PSAT Results - Library - 10:20 am
- January 17 - World of Hospitality King Kamehameha Hotel Field trip
- January 29,30,31 - Accuplacer Testing at HawCC for seniors, as well as Junior and Sophomores planning to do Early college or Running Start in Summer or Fall
- January 31—Hawaii Community Foundation Scholarship Deadline
- February 1—Takitani Scholarship applications due to Mrs. Yamamoto
- February 1 - UH Hilo Priority Admission Deadline
- February 8 - 5th Annual Hawaii Community College Day
- February 9—Deadline to register for the March SAT
- February 28—ASVAB exam
- March 1—UH System Scholarship Application Deadline



2018 Freshman Summer Bridge Program

FREE Summer School for all incoming Keaau High School Freshman

Who: All incoming 9th grade students for the 2018-2019 school year
What: Summer Bridge Program 2018 - All students enrolling in 9th grade the summer of 2018 are invited to participate.

- Students will engage in hands-on learning activities in the areas of English, Math, Science, Art, and Technology in a blended learning environment.
- Those who participate for the full program will earn 1/2 an elective credit toward their high school graduation requirements.
- Transportation, breakfast, and lunch are all provided free.
- Students will take field trips at least three times during the program, transportation is also provided at no cost.

When: June 7-29, 2018, Monday - Friday

Where: Kea'au High School Campus

Why: To provide incoming freshmen with an opportunity to become familiar with our campus, faculty, and expectations and to help bridge the transition to high school.

FLYERS AND APPLICATIONS WILL BE DISTRIBUTED IN THE NEAR FUTURE!



Happy New Year! We hope you had a wonderful winter break with family and friends this holiday season. At the start of each year, it is a very common trend to come up with New Year's resolutions. When you think about your resolutions for this year, please consider one that deals with your physical health. Whether your goal deals with weight loss, weight gain, cardiorespiratory endurance, muscular strength, or flexibility, there is an important factor that you need to control and that is CONSISTENCY. It is very easy to tell yourself that you'll make up a day of exercise, but understand that doing so will delay your progress towards reaching that goal. The same thing can be said for nutrition, if you decide to consume more or less of what your requirements are, that will impede your progress towards weight gain or weight loss. Inconsistency in following your fitness or meal plan may eventually lead to a lack of motivation because you are not seeing the results you want. With consistency and patience, you will see your resolution come to fruition.

The challenge for this month: Stay consistent for 5 days each week. #keaaucougarsstrong

Habits for a Healthier Happier Life

(Retrieved From: <https://bluezones.com/>)



From our research in the healthiest and happiest places in the world, here are some habits to take up in 2018—they'll enrich your life and boost your health and happiness levels too. Instead of focusing on an outcome like "lose 20 pounds" or "exercise every day," focus on acquiring life-enhancing new habits. We are

creatures of habit and products of our surroundings, so optimizing our environments and routines will yield a much higher rate of success. Don't try all of the things below at one time. Choose a few, make them habits, and revisit when they're part of your daily routine.

Don't ditch your morning coffee! In original Blue Zones areas, people drink up to two or three cups of black coffee per day! The American Heart Association found that consuming coffee, both caffeinated and decaf, was associated with a lower risk of total mortality. However, if your morning joe is filled with cream and sugar, then slowly weaning off the sugar and switching to a non-dairy milk is a new habit to take up this year.

Invest in Smaller Plates. To avoid meal stuffing, use ten-inch plates. Research shows that when you go from a 12-inch plate to a 10-inch plate, you end up eating 23 percent less.

Eat more beans and pulses. Instead of focusing on what you're going to cut out of your diet, start the New Year by focusing on what you need to add into your meals. Beans are the #1 longevity food and a staple in all five Blue Zones regions. A cup of beans are standard among the world's longest-lived peoples, so stock up on chickpeas, lentils, black beans, kidney beans, soybeans, and all other beans and pulses. You can enjoy them in hummus, soups, stews, and salads. (See recipe below)

Know and nurture your purpose. Having a purpose in life is a proven link to living longer. "Embrace your ikigai," as they say in Japan. "Ikigai" is your reason to get up every morning.

Get enough sleep. Do your best to always sleep 7.5 hours a night, which helps keep your immune system functioning at its best. People who sleep 6 hours a night are 30% less happy than people who sleep more.

Move more. Moving naturally throughout the day — walking, gardening, doing housework — is a core part of the Blue Zones lifestyle. A day of sitting down—at work, in your car, on your couch—can't be fixed by spending 30 minutes in the gym. So get up and move throughout the day, taking frequent stretch breaks, choosing the stairs over the elevator, and 5-10 minute walks throughout the day.

White Bean Hummus

- 1 ½ tablespoons minced garlic
- ½ teaspoon kosher or coarse salt
- 3 cups drained and rinsed canned white beans, such as great northern or cannellini
- ¼ cup extra-virgin olive oil
- 2 tablespoons fresh lemon juice

Place the garlic and salt in a mortar (or food processor) and grind with the pestle until a coarse, grainy paste is formed. Scrape into a large bowl. Add the beans, olive oil, and lemon juice. Use a potato masher to create a thick, smooth, creamy spread. Serve with bread slices, pitas, or vegetable sticks.

(For more delicious and healthy recipes, go to: <https://bluezones.com/recipes/>)



KEAAU COUGARS STRONG MERCHANDISE
 PLEASE SEE ANY PE TEACHER TO PURCHASE
 Cash or Checks Written To: PE Club

Student prices are for Keaau High School students only. All others pay non-student prices.

Fit Uniform Shirt with school dress standard design.
 must be purchased FOR KEAAU HIGH SCHOOL STUDENTS ONLY!!
 used in place of dress standard shirt.)

Price: X-SMALL-X-Large \$12, 2XL-4XL \$15

Fit PE shirt with "Cougars Strong" logo (pictured above) printed on the front of the shirt.
 CANNOT be used in place dress standard shirt!!)

Price: Students \$10 / Non-Students \$12

"Cougars Strong" Lanyard (Red with "Cougars Strong" logo)

Price: Students \$3 / Non-Students \$5

Richardson Fitted Baseball Hats

Price: Students \$20 / Non-Students \$25

Keaau Cougars Strong Visors—See Mr. Taketa

Price: \$20-\$25

Please see the school website
 (keaauhs.com) to view Keaau Cougars
 Strong designs and merchand
 (shirts, zipped hoodies, lanyard
 baseball hats. Emails will also be
 for you to view merchandis

PRE-ORDER FORM FOR KEAAU COUGARS STRONG ZIPPED HOODIE
 PLEASE GIVE ORDER FORM AND PAYMENT TO ANY PE TEACHER BY FEBRUARY 2, 2018
 Cash or Checks Written To: PE Club

(ZIPPED HOODIES ARE NOT A UNIFORM SUBSTITUTE! DRESS STANDARD SHIRTS MUST BE WORN UNDER HOODIES!)

HOODIES-Dress Standard Shirt Design

navy blue, gray, black, red, teal blue	Amount: _____	Color: _____	Size: _____	Student/Non-Student: Yes / No	Cost: _____
Price: Student- \$30 / Non- Student - \$35	Amount: _____	Color: _____	Size: _____	Student/Non-Student: Yes / No	Cost: _____
Price: Student - \$35 / Non-Student - \$\$)	Amount: _____	Color: _____	Size: _____	Student/Non-Student: Yes / No	Cost: _____
	Amount: _____	Color: _____	Size: _____	Student/Non-Student: Yes / No	Cost: _____
	Amount: _____	Color: _____	Size: _____	Student/Non-Student: Yes / No	Cost: _____

Zippered Hoodies Total Cost

Name _____ Advisory Teacher _____ /Teacher's Name _____ Room _____