



# THE COUGAR CONNECTION

October 2019

Kea`au High School Parent Newsletter

Volume 20 Issue 3

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Aloha Students, Parents, Guardians and Community,

This quarter has gone by in a blink of the eye. We have reached the first days of Fall and the days will soon become shorter with sun time, and cooler. Now that the weather is turning please make sure our students have full zip up and button up jackets so we can at least see the shirts from the front.

Our Seniors now only have three quarters left before they go out into the world of college. We would like to see at least 50% go to college. With your help we can make this happen by making sure you complete the FAFSA application required for our seniors PTP this year. This way we can make sure they are first to access the money in October. Even if they decide to wait to go to college.

This year we have the need for our community to assist us with the one day visit for the Western Association of Schools and College (WASC) so look for a time that we ask you to attend a meeting to make sure we keep this accreditation so our Diplomas are recognized by all Universities and Colleges.

I hope you all have a great fall break and I will see you at either our next Parent Teacher conference on October 24<sup>th</sup> from 3:30 -5:30 in the Cafeteria or our next Parent/Community Walkthrough on October 18<sup>th</sup> starting at 9 AM. Please call 313-3321, if you will attend the Walkthrough.

*Aloha, Dean Cevallos, Principal Kea`au High School*

### 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*



### 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>

### Parent/Teacher Conference

Wednesday, Oct. 23rd  
3:30-5:30pm  
Cafeteria

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

### Dates To Remember

#### October 4– End of 1st Quarter

October 7-11– Fall Break (No School)

October 17-Parent/Community Walkthrough

**October 23-Parent/Teacher Conferences**

**October 24-Quarter 1 Report Card Distribution**

**November 8– Middle of 2nd Quarter**

November 11-Veterans' Day (No School)

November 21-Parent/Community Walkthrough

**November 19– Mid-Qtr. Report Card (Quarter 2)**

November 28,29-Thanksgiving Holiday (No School)

December 23-January 7—Winter Break (No School)

# School and Community Announcements

## Food Basket Distribution Center at Keaau HS

If your family is going through a hard time right now, you can stop by the PCNC room located in Main Office to pick up grocery bags of food to cook at home. Keaau High School Food Basket pantry is open to all in our community.



**No questions asked!**



Parent/Community Walkthrough  
and Coffee Hour

**Thursday, October 17th, 9-11am**

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

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



## Purpose and Meaning Add Years to Life



Okinawans call it *ikigai* or “reason for being.” Costa Ricans call it “*plan de vida*.” Most commonly, though, it’s simply referred to as your life’s purpose. In the blue zones regions of the world, purpose has always played a major role in well-being and the resulting extreme longevity. It’s also believed that the strong sense of purpose possessed by older Okinawans may act as a buffer against stress and help reduce overall inflammation, in turn lowering chances of suffering from Alzheimer’s disease, arthritis, and stroke. There continues to be a growing body of research to support the impact of purpose on mental and physical health and how it can lead to longer life expectancy.

Dr. Robert Butler, the first director of the National Institute on Aging, estimated that an ability to define your life meaning adds to your life expectancy. Dr. Butler and collaborators led an NIH-funded study in 2014 that looked at the correlation between having a sense of purpose and longevity. His study found that individuals who expressed a clear goal in life—something to get up for in the morning, something that made a difference—lived longer and were sharper than those who did not.

A more recent study published by the Journal of the American Medical Association has linked a strong sense of purpose with a lower risk of all-cause mortality after age 50. The study followed about 7,000 adults over the age of 50. The participants were interviewed using a questionnaire to rank their life purpose. Researchers assigned life-purpose scores based on participants’ responses and followed up with them five years later. They found that participants who had the lowest life-purpose scores were twice as likely to have died than those with the highest scores.

While this recent study was based on correlative data, there is evidence to suggest that having a strong sense of purpose can impact health and longevity for the long haul.

## Finding Your Purpose

Finding your sense of purpose doesn’t necessarily have to be through your career. It could be found in your hobbies, the volunteer organizations to which you donate your time, the garden in your backyard, or watching your grandchildren grow up. If you’re still looking to find purpose and need an extra boost, take The Purpose Checkup and join the Blue Zones Life Challenge where you will learn how to put your newfound purpose to work.

(Retrieved From: <https://www.bluezones.com/2019/05/news>)

# School Announcements

## Parent Teacher Conference

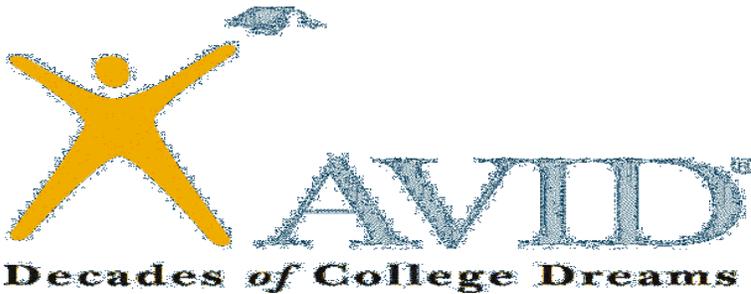


October 23, 2019  
3:30-5:30pm

- ⇒ Pick Up Qtr. 1 Report Card
- ⇒ Discuss Your Child's Progress

## Score Report Distribution

Smarter Balance and End of Course score reports (for students who took exams in the 2018-19 SY) will be distributed to students in their Advisory class on **October 15th**.



**AVID**

### College Fun Facts

(AVID-*Advancement Via Individual Determination*)

How many students will attend colleges and universities in Fall 2019?

About 19.9 million students will attend colleges and universities in fall 2019

- 12.1 million students will attend full time
- 7.8 million students will attend part time
- 16.9 million undergraduate students
- 3.0 million students in graduate programs
- 14.7 million students in public institutions
- 5.2 million students in private institutions
- 6.0 million students in 2-year institutions
- 13.9 million students in 4-year institutions

**visit our website:  
keauhs.com**

### *More College Fun Facts:*

The College of Rhode Island was renamed Brown University after Nicholas Brown donated \$5,000 to the school in 1804. To put things in perspective, tuition was only \$5(!).

The University of Pennsylvania was founded in 1740. You did not misread that. Yes, it existed 47 years before PA even became a state.

The University of Michigan at Ann Arbor has an officially sanctioned Squirrel Club. Its sole purpose? To feed peanuts to squirrels. It has 400 members and counting.

The first college football game took place in 1869 between Princeton and Rutgers University. Each team had 25 players on the field, and no forward passing was allowed. Rutgers won by a score of 6 to 4.

The LSU mascot, Mike the Tiger, is kept in a pen in the back of the stadium. Before home games, he's placed in a cage and moved near the visiting team's locker room, so that opposing players must pass by him on the way to the field.

# College and Career

## Upward Bound - Attention 9th, 10th & 11th Graders!!

Are you a first generation college bound student? Are you motivated to earn a Baccalaureate Degree (4 year college degree) after high school graduation?

Upward bound is a college preparatory program funded by the United States Department of Education that is sponsored by the University of Hawaii at Hilo.



### Services they provide are:

- Academic Advising and Counseling
- PSAT, SAT, ACT Preparation
- College and Career Exploration
- Tutoring and Mentoring
- College Tours
- Residential Programs at UH Hilo
- Summer Exchange Opportunities to Other Colleges

*All interested students can see their counselor or the Transition Center for a Pre-Application.*

### Transition Center Calendar

- 10/3 November SAT registration deadline
- 10/15 Portland State University presentation Pd.7
- 10/15 FAFSA Completion Workshop, 5:30, Library
- 10/16 PSAT exam for 10th and 11th graders that signed up
- 10/18 Last day to sign up for Running Start—Gear Up scholarship
- 10/22 Hawaii Air National Guard presentation Pd. 4



### Scholarships to make the road to college easier

**November 15, 2019**—First day to start application

**January 31, 2020**, 4:00pm Hawaii Standard Time—Deadline

Log onto the Scholarship Manager via the HCF website and begin your 2020-2021 Common Application.

Gather your required supporting materials to upload to your online application:

1. 2020-2021 Student Aid Report (SAR): Your 2020-2021 Federal Student Aid (FAFSA) must be submitted and processed in order to obtain your 2019-2020 SAR.
2. Grade Transcript: Obtain your most recent grade transcript from your school's registrar's office.

Need Help? Contact HCF at:  
scholarships@hcf-hawaii.org or  
call the scholarship hotline at 808-566-5570 or  
toll free 1-888-731-3863



### Free Application for Federal Student Aid (FAFSA) Completion Workshop

**October 15, 2019**

**5:30pm, Keaau High School Library**

#### You will need:

- ⇒ 2018 IRS tax documents
- ⇒ 2018 W2
- ⇒ Date of parent's marriage, divorce, separation
- ⇒ Birthdates for parents and student
- ⇒ Social Security Numbers for parents and student (all 9 numbers)
- ⇒ FSA ID (one for parent, and one for student, if you already have one). If you want to create one before the workshop go to: [fsaid.ed.gov](https://fsaid.ed.gov)
- ⇒ Amount of money you have in cash, checking and savings on the day you submit your FAFSA.
- ⇒ Laptop (if you have one). If not, we will have them on hand for you to borrow.
- ⇒ If you are not a US citizen, you will need your Alien Registration Number.
- ⇒ Colleges/Universities that student plans to apply to.
- ⇒ Valid email address for student and parent
- ⇒ If you want to start your FAFSA before the workshop, it opens on October 1, 2019. The website is: [fafsa.ed.gov](https://fafsa.ed.gov)