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## Flourishing retreat program nourishes spirits

The Academy's **Retreat Program**, under the leadership of the **Living in Faith Experience (LIFE)** and **Campus Ministry** team, has flourished this year.

Remarkable strides have been made in fulfilling the program's main goal of nourishing the emotional, mental and spiritual facets of student participants.

In addition to these areas, the secondary focus – depending on the age of the student group – is on personal growth as well as forming bonds with others and as a class.

Development in all of these aspects are important to helping students become well-rounded and well-adjusted individuals, both hallmarks of a successful educational experience which goes beyond academics.

In recent weeks, the seniors and eighth and fifth graders participated in their annual retreat. Highlights of each experience follow.

### EIGHTH GRADE RETREAT – YOU'VE GOT A FRIEND

This year, the eighth graders focused on others at their **Class Retreat**

on October 5, following the theme **"You've Got a Friend in Me"** from Disney's *Toy Story*.

All of the day's activities incorporated three main facets of the Retreat's theme – trust, teamwork and friendship, which are all interwoven.

The memorable Retreat highlights included forming and building

a "circle," requiring the students to trust and rely on one another; acting out a group skit based on a magazine picture; and forming groups based on their individual leadership styles to collaborate and craft a cheer that utilized the talents of each member.

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During their Retreat, a group of eighth graders work together and rely on each other to "build" a pyramid of friends.



## From the Head of School

### CAMPUS FILLED WITH ACTIVITY

We welcomed hundreds of Lower School parents to campus today to discuss the academic growth and personal and social development of their daughters.



Fright Night comes to campus this evening!

Besides providing an outstanding evening for families during the Halloween season, Fright Night is a total school function. Younger students love the excitement, and the older students enjoy serving and working to make the Night memorable for those in attendance.

A gracious "thank you" to Parent Organization President Samantha Spain and her dedicated and hard-working parents for sponsoring this exciting event for Academy families. There will be ghosts and goblins "aplenty" to welcome your family – with many exciting surprises in store.

About 45 percent of our students in grades seven to 12 are involved in sports. Because of the school's size, it often is placed in Division I with Hawai'i's large private schools, usually loaded with lots of players – and sometimes we have a win-loss record that is not too exciting.

However, Athletic Director Ryan Hogue often reminds us that Sacred Hearts is having an outstanding fall season: a State Championship in Riflery; a potential State Championship in Cheerleading (determined next week); third place in the League in Bowling; State qualifiers in cross country and the best volleyball team in near a decade. Plus, our young Lancers finished second in the volleyball Catholic School League!

Best wishes for a good weekend with your family.

*Betty White*

## Student "sisters" foster collaborative learning

The Academy's Lower School students not only develop relationships among classmates, but also with members of other grade levels.

The pairing between students in **Sandy Arnobit's Kindergartners** and **Lacey Teshima's fourth graders** has been going strong, especially after a recent collaborative project. With great enthusiasm, the fourth graders assisted their "little sisters" in creating an **"All About Me"** book, showcasing their special and unique qualities and using the book creator app on iPads.

After competing their book, each partner presented their enlightening findings to the class.



Grandparents' DAY

SAVE THE DATES!

**NOVEMBER 15**  
Grades Seven to Nine at 8:30 a.m. > 10 to 12 at 11 a.m.

**NOVEMBER 17**  
Kindergarten at 8:30 a.m.  
Grades One to Three at 10:30 a.m. > Four to Six at 12:30 p.m.

LOOK FOR INVITATIONS AND RSVP CARDS IN THE MAIL SOON!

## Retreats

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### FIFTH GRADE RETREAT – GARDEN OF GIFTS

The **fifth graders** discovered their individual, unique **"Garden of Gifts"** at their **Class Retreat** on September 29. These gifts, special traits that contribute happiness, also take root and impact the world around each student – resulting in a "wonderful garden of friendship and love."

Each student noted her gifts on a colored flower. This was affixed and added to a banner with those made by the other members of the class to symbolize the greater world community.

The fifth graders also learned a special "synergy" song with motions that were upbeat and performed with much energy.

This was the first retreat experience for these students, and they

were thoroughly engaged and excited throughout the day.

They especially enjoyed the leadership and encouragement garnered from the LIFE team facilitators.

### SENIOR RETREAT – THE TREASURES OF TIME

The tone for their school year was set at the overnight **Senior Retreat** on September 21 and 22 with the students reflecting on **"The Treasures of Time,"** past, present and future.

They began by exploring the memories of their years in school

since kindergarten. The students acknowledged an appreciation for these blessings, studied the obstacles overcome and the growth along the way and reconciled past challenges – often forgiving themselves and others.

During a guided meditation under the stars, each senior developed an understanding of God's goodness and placed value on present circumstances, especially their achievements and friendships.

The students expressed their hopes, confidence and enthusiasm for what lies ahead, through affirmation notes drafted by teachers, their sophomore "little sisters" and their classmates.



**ABOVE:** Seniors Celine Arnobit and Tyson Noguez-Epil focus on a display created by their classmates with post-it notes detailing their most significant class memories.



**LEFT:** During their Retreat, fifth graders Oliva Gentry, Anna Casupang, Keira Mendonca and Aureanna Vendiola plant seeds in special containers to signify their unique "Garden of Gifts."

## Aloha of Bake Sale patrons benefits United Way agencies

Buoyed by the outstanding efforts of students, parents, and other members of the school community, the annual **Bake Sale** on October 19 raised \$3,570.65 to benefit **Aloha United Way**.

Sponsored by the **High School** and **Lower School Student Councils**, the officers, representatives and a corps of student volunteers advertised and released promotional videos in the weeks leading up to the Sale to generate support. They also did a great deal of other “prep” work, collecting and even bagging donations.

In addition, the success of this year’s Sale can also be attributed to the tremendous outpouring of donations to stock the event from parents and families, as well as contributions by two of the school’s community neighbors, **Cookie Corner** and **Donut King**.

Mahalo is also extended to the hard-working crew of parent volunteers (*below and at right*) who staffed the Sale.



## Leos stage drive for school supplies

In early October, the Academy’s **Leo Club**, including (right) **Logan Shiroma, Helen Lin, Sara Cheng, Lauren Chung, Ji Yeon Chun** and **Chloe Kaneshige**, concluded their month-long drive to collect school supplies to benefit children at **Palama Settlement** and **Princess Ka’iulani Elementary** in Kalihi.

The collection amounted to hundreds of pencils, crayons, glue sticks, scissors and other items which will greatly enhance the educational experience of the beneficiaries.

