



January 2016 | Vol. XXVII, No. 23

## Parents and teachers feel power of Force

*"A long time ago in a galaxy far away. . . ." (Star Wars: Episode IV A New Hope)*

Actually, not so long ago – January 20, and not so far away – the Student Center, the *Parent Organization* channeled *Star Wars'* aura during the annual *Teachers' Appreciation Luncheon*.

The *Star Wars* "universe" included galaxy-themed food, pictures with a Stormtrooper and a Tusken Raider, shiatsu massage by *Parent Board Vice President Janet Moya* and recognition of *Deborah Kula* and *Margy O'Kelly*, who are celebrating anniversary years as educators in Hawai'i Catholic Schools.

Of the event, planned and organized by the *Parent Organization*, *President Levin Matsukawa* concluded, "On behalf of the parents, we aim to show the school's educators and staff how much we appreciate their hard work and dedication towards helping our daughters succeed and aim for the stars far out in the galaxy."



*ABOVE:* Parents assisting at the Teacher Appreciation Luncheon: Lisa Oka, Tracy Hakikawa, Cathy Wehrman, Rhonda Kostiha, Danielle Taketa, Kelly Gillis, Lesley Shibata, Janet Moya and Candy Crowley; (not pictured) Edie Libby and Kathy-Lou Ayano

*LEFT:* Sophomore Catherine Palmer, Gaylen Isaacs with the Stormtrooper and Tusken Raider who attended the party.

**DATE TO  
NOTE**

ANNUAL CONFERENCE OF CATHOLIC EDUCATORS

February 5 (No school for students)

## From the Head of School

### PROGRESS THROUGH STRUGGLE

*Raising our daughters can often feel like groping in the dark, but some truths are quite clear – children forget; children fail; children fall down. Simply put, children, like we as adults, often mess up. It*



*is painful for most parents to watch the consequences unfold. I speak from a bundle of experiences and can say with certainty that allowing children to experience disappointment, frustration and sadness is very hard.*

*Never mind that we have read 100 times that mistakes are the building blocks of learning, and that acknowledging strong effort is far more important than praising outcomes. Never mind that we have the "Lesson of the Butterfly" pinned on our bulletin boards to remind us that the butterfly's struggle to squeeze out of a tiny hole was nature's way of strengthening its wings.*

*If the soccer cleats are left at home, we will often carry them to practice later. If her lunch bag is still in the backseat of the car after drop-off, we'll circle the block in heavy traffic. Even though we know progress often isn't possible without struggle, we don our firefighter gear and run to the rescue as soon as we smell the smoke of impending failure.*

*Definitely, when our children were younger, my husband and I had trouble adopting a "No Rescue Policy."*

*If you have successful practices in your families, please share them with us. I will add them to some key messages I have developed over the years in an attempt to help parents alter some habits that do not serve their girls – and boys – well in the long run.*

*Betty White*

## Learning about nature's cycles

The second graders discovered amazing facts about the "Cycles in Nature" during a recent trip to *Hawai'i Nature Center*.

After exploring the Center's forest, the second graders have a new appreciation of nature's five cycles and how they interact, and they now understand that each person has a responsibility to maintain nature's natural ability to sustain life through several practices, such as recycling.



## Singing with the pros

Stars from the *National Football League (NFL)* will not be the only notable ones taking the field at the 2016 *Pro Bowl* at Aloha Stadium on January 31 – six members of the Academy's *Select Choir* will join about 35 singers from the University of Hawai'i and Rachel Platten for a pre-game performance.

The festivities, including the pre-game portion, which will include choral music arranged by *Dr. Alec Schumacker*, will be broadcast to an estimated 1.5 million viewers. Be sure to tune in!



## Science inquiry takes class to Coconut Island

On January 22, *James Bell* took his *Advanced Chemistry* class and fellow science teacher *Chelsea Zaniboni* to the *Hawai'i Institute of Marine Biology (HIMB)* facility on *Moku o Lo'e*, better known as "Coconut Island," for some hands-on learning.

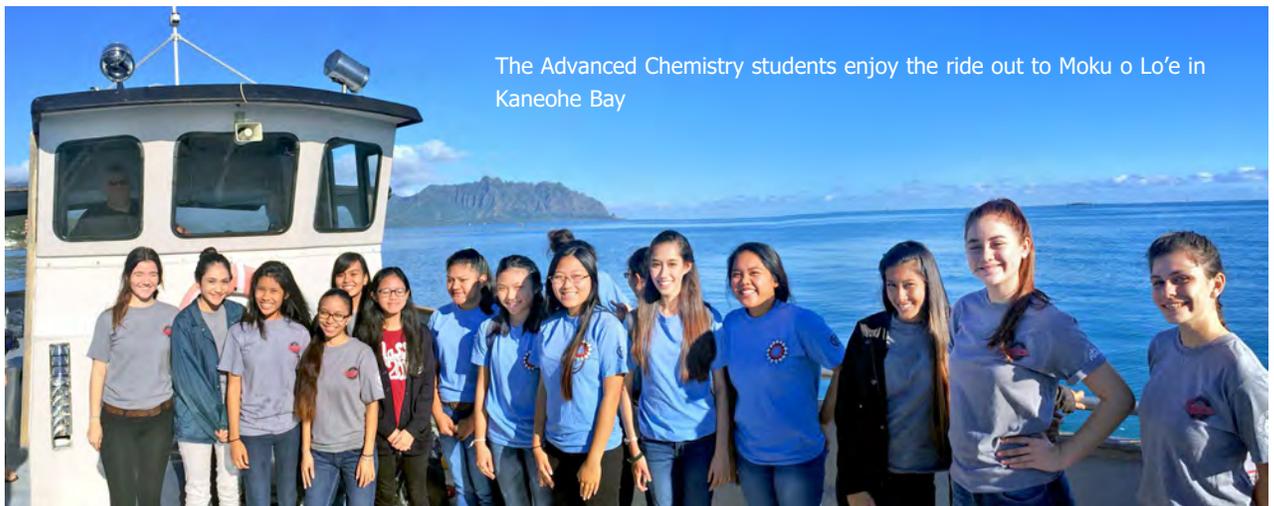
The Island, situated in Kaneohe Bay, supports a rich and diverse marine environment, making for a dynamic arena for research

and scientific discovery.

The students focused on learning more about the chemistry behind ocean acidification, the process by which carbon dioxide is absorbed by seawater, resulting in various chemical reactions.

While much of their day was

spent in the classroom environment with the HIMB staff, the group had the opportunity to explore part of the Island's 29 acres, including visiting one of the six acres of adjacent lagoons – this one housing the shark pond!



The Advanced Chemistry students enjoy the ride out to Moku o Lo'e in Kaneohe Bay

## Paddling hard till the end

The *Lancer paddlers* concluded their season on January 23 with a six-plus mile race, the longest of the season. While the Varsity paddlers finished in the middle of the league, buoyed by a win in the first race of the season, the Junior Varsity (JV) was third behind powerhouses Punahou and Kamehameha.

Leadership for the 16-member *Varsity* and *Junior Varsity* teams was provided by senior *Katie Uekawa*. And, with only three seniors on the roster, the future looks bright for the program, which is anchored by sophomore *Chasry Lum-King* and her classmates *Kau'ilani Murakami* and *Rebecca Kaleleiki*, the "steersmen."

*Head Coach Queenie Loo* was aided in her duties by assistants *Ku'umea Gora* and *Jordan Nelson*.



## Duo to serve on ILH Athletics Advisory group

Kaycee Selga (left) and sophomore Pakalana Kam are representing the Academy on the inaugural Interscholastic League of Honolulu (ILH) Student Advisory Committee (SAC).

Under the guidance of new League Director Blaine Gaison, the ILH formed the SAC to give student-athletes a "voice" in local and national sports-related matters, help them develop leadership skills and relate what is learned in their advisory roles to make the school, League and community a better place.

For the Lancers, Selga competes in sporter and precision riflery, soccer and track and field and Kam in volleyball and basketball.



Get stoked with scientist and arctic adventurer Dr. Naoko Kurahashi Neilson



## SCIENCE symposium

FEBRUARY 20, 2016  
7:45 to 11:30 a.m.

> FREE, fun hands-on science, technology, engineering and mathematics activities

> Parent workshop "Helping Daughters Soar!"

> Register by February 15 at [www.sacredhearts.org/sciencesymposium2016](http://www.sacredhearts.org/sciencesymposium2016)

## Happy Chinese New Year's

On January 29, the Academy's Junior and Senior Kindergartners rang in Chinese New Year's with Lion dances, red noise makers and other treats in celebration of the Year of the Monkey, which officially begins on February 8.



## PRESCHOOL TO GRADE 12 OPEN HOUSE

February 21, 2016  
2:30 p.m.



**APPLICATIONS:** Being accepted for the 2016 to 2017 school year

**LEARN MORE:**  
[www.sacredhearts.org](http://www.sacredhearts.org) or  
808-734-5058, ext. 224

*Where Girls Soar!*