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Path to college can start now!

It's never too early to start thinking about college and get a "jump start" on earning a degree! While younger students can dream about what they want to be when they grow up, the Academy's High School students are taking more tangible steps on the collegiate path.

As part of the **Early College Program (ECP)**, juniors and seniors can "try their hand" at university-level courses, offered on-campus by Leeward Community College.

Why would an Academy student want to take community college classes? The benefits to jump-starting college are many:

- Advanced classes or subject areas not offered on campus, such as Chinese and Psychology, can be taken;

- Early college courses strengthen transcripts and help applications stand out;

- These classes help prepare students for what to expect and the rigors of collegiate-level coursework;

- Credits earned can be applied to an Academy diploma and undergraduate degree requirements.

This fall, the Academy is offering two Early College courses – Chinese 101 and Sociology 100.

Angie Dolan, grades 10 and 11 counselor, and **Randy Fong**, the college counselor, coordinate the Academy's ECP.



From the Head of School

GETTING JUMP START ON COLLEGE

The dual credit programs with the University of Hawai'i (UH) system are gaining momentum. Last year, 10 percent of the state's high school graduates participated in these programs – which allow them to earn college credit toward a future degree through various UH campuses while satisfying high school diploma requirements.



Sacred Hearts has been involved with Early College Program for the past two years. It is taught here on campus by college faculty after the regular school day is concluded. It is not intended as a recovery for credit type of situation, and students must be in good academic standing to enroll.

Although not mentioned on page one, there is an economical consideration parents might want to think about – a wise financial decision to get some basic degree requirements completed before attending the University system or enrolling in even more expensive mainland schools.

On another note, many thanks to our parents who supported the Aloha United Bake Sale this past week and who are giving many hours to prepare for Fright Night next Friday from 5:30 to 8:30 p.m. See you then for what promises to be a scary good time!

Betty White

Understanding need to nurture nature

The first graders enhanced their classroom learning during a visit to the **Hawai'i Nature Center** on October 10.

Here, the students connected with nature while exploring the **Center's Makiki Valley** location, and they hiked through muddy terrain, went fishing, caught bugs and sang fun songs.



Through their outdoor, hands-on adventure experience, the first graders explored different habitats on Oahu, including meadow, stream and forest.

While developing a greater appreciation for the environment, they also learned about being good stewards of the 'āina by using it responsibly, the importance of food chains in nature and the diverse and prolific environment flourishing in local streams.

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www.sacredhearts.org/tickets

Eighth graders learn to “anchor” their soul

“Life is like a ship in the water. With currents and winds and waves, the ship will go in different directions, so it needs an anchor to stay put. God should be the anchor in our lives so we stay focused and healthy and happy and not drift about, like an untethered ship.”

These words were the focal point of the **Eighth Grade Retreat**, themed **“Anchor Your Soul,”** on October 14 at Saint Anthony Retreat Center.

The students, including (above)



Ashlee Fong, Kara Oandasan, Patience Friedman, Jerica Fang and Amanda Matsukawa, listened to the song “Oceans” to “calm their souls,” meditate and find their anchor. They also made “ships” of themselves that went on a class poster to signify uniqueness and class unity; at the end of the retreat, each received a friendship bracelet for solidarity with their classmates.

The Retreat was directed by **Sr. Katherine Francis Miller,** the school’s Campus Minister, **Junior High Advisor Kaycie Baltunado, Sr. Irene Barboza** and the **Living In Faith Experience Team.**

Commemorating month of Holy Rosary

In honor of the month of **“Our Lady of the Holy Rosary,”** students in grades seven to 12 made personal rosaries in their **Theology class.**

Then, on October 5 and 6, the rosaries were blessed during a special session in the Chapel, and the students, including (below) eight graders **Annika Lindberg** and **Danielle Felipe-Dick,** prayed for world peace and their family and friends.



Over \$4,374 raised with aloha!

The Academy held its annual **Bake Sale** on October 18, and the effort raised over \$4,374 to benefit **Aloha United Way!**

Mahalo to the 23 parent volunteers who staffed the sale and the cadre of parents and family members who donated snack goodies and patronized the event, with much aloha!



Students have HOT evening out

On October 12, members of the Academy's **Choirs** "joined forces" for a night out at the opera at the **Hawai'i Opera Theatre (HOT)** production of Puccini's **La Boheme!**

To set the tone for the evening, the fourth to sixth graders in the **After School Choir** and **Director Deborah Okada** got a "behind-the-scenes" glimpse of the set before the performance began.

With their High School counterparts in the **Select** and **Concert Choirs** and their teacher **Zachary Moore**, the students settled in to hear the love story of "Mimi" and "Rodolpho," as told by the HOT cast through song.

The opera experience did not end with the final curtain call, but served as a focal point for class discussion about the superior quality of the singing tone quality, Italian pronunciation, performer commitment and the detailed, remarkable staging.



TEACHING teachers

Academy educators (right) **Debbie Au, Gaylen Isaacs, Jan Marie Patinio, Melody Coloma, Sarah Vinluan** and **Remie Tam** learned all about "**Revision: How to Teach It, Learn It, Love It!**" a workshop facilitated by **Barry Lane**, a former instructor at the University of New Hampshire.

Lane, a renowned educator, focused on creating a question culture to stimulate writing and putting "voice" into the traditional essay structure by using varied methods to spark creativity.

