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Young athletes rush track and field to surge competition

Radford High School was awash with **Lancer gold** and school pride as some of the Academy's youngest athletes tested their skills during the sole **Catholic School League (CSL) Track and Field Meet** of the season on January 26.

The 25 Lancers in the "Novice Division," for grades four to six, outran and outfielded the competition to win their section of the meet by almost 30 points! Their efforts

included an amazing "clean sweep" of the top three places in the *softball throw*.

And, despite only having about four competitors available for the meet, the Academy's seventh and eighth graders made their mark against the larger teams in the "Open Division," including a trio of first-place finishes!

Some of the first-place Meet highlights included:

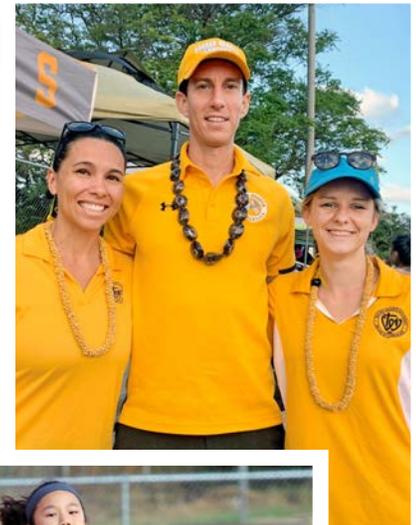
OPEN DIVISION

- **800-Meter Sprint Medley Relay**
(Gianna Toro, Aaliyah-Lynn Manabat, Kiana Kostiha and Cadence Kasprick)
- **4x100-Meter Relay** (Toro, Manabat, Kostiha and Kasprick)
- **800-METER RUN** (Kasprick)

NOVICE DIVISION

- **Softball Throw** (Hayden Kaahanui-Cera)
- **800-Meter Sprint Medley Relay**
(Laura Oliver, Angelina Linda, Na'imah Ford and Jaeda Verano)
- **800-Meter Run** (Verano)

Head Coach Dave Panther and **Assistants Laurel Oshiro** and **Gosia Waz** began helping these athletes learn technique fundamentals in early November to "lay the groundwork" for further participation, and the coaches were extremely proud of the athletes for their dedication and hard work, which paid dividends the day of the Meet.



Lancers!

From the Head of School

NURTURING NON-COGNITIVE SKILLS

The mission of the Academy is not only to educate our girls in the academic realm. Universally, today's students seem to need growth in non-cognitive skills, like emotional literacy, managing emotions, collaboration and empathy.



The non-cognitive skill often mentioned as needing the most attention and nurturing is empathy – the ability to put oneself in other people's shoes. The development of this skill is what makes our daughters more likeable, better friends, more resilient and better citizens and leaders.

A study at the University of Michigan showed that teens today are 40 percent less empathetic than they were two decades ago, and during this period, narcissism has increased 58 percent – not good news!

As educators and parents, we cannot just produce a smart, self-assured generation of young people, of whom some are the most self-centered and stressed on record.

A few ways to nurture empathy following and others will be featured next week:

- *Make kindness a routine part of your daughters' lives. Have a "Two Kindness Rule" for each day by having her share at least two of her day's acts of kindness.*
- *Praise her actions – which will encourage her to see herself as a caring person.*
- *Name the emotions.*
- *Use the media for examples to develop empathy, such as disaster coverage.*
- *Model kindness and let your daughter see you extend kindness to emulate.*

Betty White

Catholic educational system celebrated throughout week

This past week, the Academy joined over 8,400 schools across the United States in celebrating the gift of their unique educational system during **Catholic Schools Week**.

Educators in Hawai'i participated in this celebration of 161 years of providing outstanding Catholic education to students throughout the Islands.

The Academy's students also celebrated the week in special ways – those in the **Lower School** enjoyed daily activities coordinated by their **Student Council**, including (above) "Decades Day."

Those in grades seven to 12 were immersed in **Living In Faith Experience (LIFE)** events, including the annual **LIFE Mass** and **Walk**, following the theme "Water is Life."



Students Cyber “smarts” secure solid spots in State Round

Buoyed by solid showings in earlier rounds, the Academy’s **CyberPatriot** teams carried momentum going into the **State Round** on January 11 to 13, and their efforts did not disappoint! After the points were tallied, the CyberBeans placed third in the State in the **Platinum Tier**, and the CyberLlamas were ranked fourth in the **Gold Tier** among Hawai‘i’s teams.

These two teams, both comprised of seniors, will be joined on the next level, the **Semi-Finals Round**, by **Cyber Team H2A**, the Middle School team of eighth graders **Anna Takegawa**, **Abigayle Vendiola** and **Hyatt Yoshioka**!

On the **CyberPatriot XI State Round**, the teams were tasked with securing three computer “servers,” took a **Cisco Networking Challenge** quiz and conducted an exercise to complete a computer network.

Under the guidance of **Advisor Deborah Kula**, the teams are already diligently prepping for the next Round, where the Cyber challenge increase in intensity once again!



▲ **CYBERBEANS**

CYBER-LLAMAS ▶



Duo is “spell” binding during Bee

Fifth graders (left) **Anna Casupang** and **Sara Inao** put a “spell” on the competition at the **Honolulu District Spelling Bee** on January 26 at Stevenson Middle School, making it all the way to the third round!

Leading up to the District Bee, the fifth graders, who were advised by **Kristen Colburn**, meticulously studied two lists with over 2,000 words, and their confidence during the competition was clearly noticeable.

Casupang and Inao qualified for the District round after leaving their colleagues “spell”-bound during the school Bee in December, and the pair is already prepping for next year’s event!

**STARRING: LANCER ROBOTICS FRC TEAM
SPACE EXPLORERS IN GRADES NINE TO 12**

DESTINATION:
**DEEP
SPACE**

Presented By 

• **LAUNCHING: STAR DATE 01.04.2019**

**FIRST
LAUNCH**
2019 • ALL SYSTEMS CO

**FIRST
ROBOTICS
COMPETITION**



**SPECIAL GUEST
APPEARANCE BY:**

The **Lancer Robotics robot**, designed, built, programmed and tested over the course of only six weeks

DIRECTED BY:

Peter Park and community mentors

THE MISSION:

On Planet Primus, two competing alliances forage to collect vital samples amid the unpredictable terrain and tumultuous weather patterns.

Only minutes until lift-off, the alliance must gather as many cargo pods as possible and prep before the next sandstorm hits. Once it hits, the team must deploy their robot to finish prepping for take-off and return it safely to the habitat.

OPERATION TIMELINE:

> **03.07.2019**

Ship date (to compete in Sydney, Australia)

> **03.28.2019 to
03.30.2019**

State FRC Championships at the University of Hawai'i Stan Sheriff Arena

CO-STARRING:

Four male explorers from Island Pacific Academy