



Kūlia Ka Nu'uz

Newsletter

Vol. 2, Issue 8



<http://www.kuhioschool.k12.hi.us/>

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Collaborate, Adapt, Persevere to Succeed!

Principal's Message

A feeling of excitement and extreme energy flows through Kuhio School because the weather has become suddenly warmer. It's SPRING FEVER!!!

Symptoms of spring fever include the following:

- Feeling of laziness or restlessness...
- Thoughts that summer is around the corner and the school year is almost over...
- Feeling of invigoration and excitement...
- Feeling of love...

What symptom do you have? With eight weeks left, my hope is that you haven't given up yet. There is time left to leave your 2018-19 school year with **SUCCESS** written all over it!

Get with the Program! Get excited! Get invigorated! Get with it!

End your year on a high note, TOOT! TOOT! Give it all you've got! We are so close to our destination and just have another hill to climb! **YOU CAN DO IT!**

End of the school year testing begins on April 23 through May 17.

Do Your Best On the Test!

Repeat after me, "I think I can, I think I can, I think I can!" **Just DO IT!**

Remember the story of the **Little Engine That Could**.

In life, you have ups and downs, but you should never give up.

You should always try to get ahead. ~ Yalitzta Aparicio

Let the feeling of **SPRING FEVER** drum up the energy, spirit and perseverance in you.

We believe in each one of you!

Malama Pono.

Sincerely,

Lynn M. Kobayashi

Principal



Upcoming Events

April 12 – JPO Field Day

April 15 – 19 – Spirit Week

April 15, 17, 22 - Gr. 2 HAA Lessons, Kaimuki HS pool

April 18 – Pre-Plus Orientation to Kindergarten, 10:00 – 10:45am

April 22 - Student Council Field Trip To Hawaii News Room Studio

April 23-26- SBA Testing (Gr. 3)

April 25 – Super Star Savers Deposit Day, 7:30 am, Cafeteria

April 27 – Speech Festival, Kaimuki High School, 8:00 – 12:15 pm

April 30- May 8– Grs. 4 & 5th SBA Testing

May 10 – Gr. 1 Field Trip to HTY: The Adventures of Pinocchio

May 13, 14 – Gr. 5 Field Trip, Hilton Waikiki Hotel, 8:30 – 12:30 pm

May 17– Student Council Elections, 1 – 2 pm, Cafeteria

-HSA Science Test (Gr. 4, 2nd opportunity)

May 20-24– SBA Make-up Testing

Togetherness Quote of the Month

"A dream doesn't become reality through magic; it takes sweat, determination and hard work."

~ Colin Powell



Box Tops for Education! Please cut out, save, and drop off your Box Tops for Education at the office or with your teacher. Mahalo!

For more information about Box Tops: <https://www.boxtops4education.com/>





Grade 1 Healthy Happenings

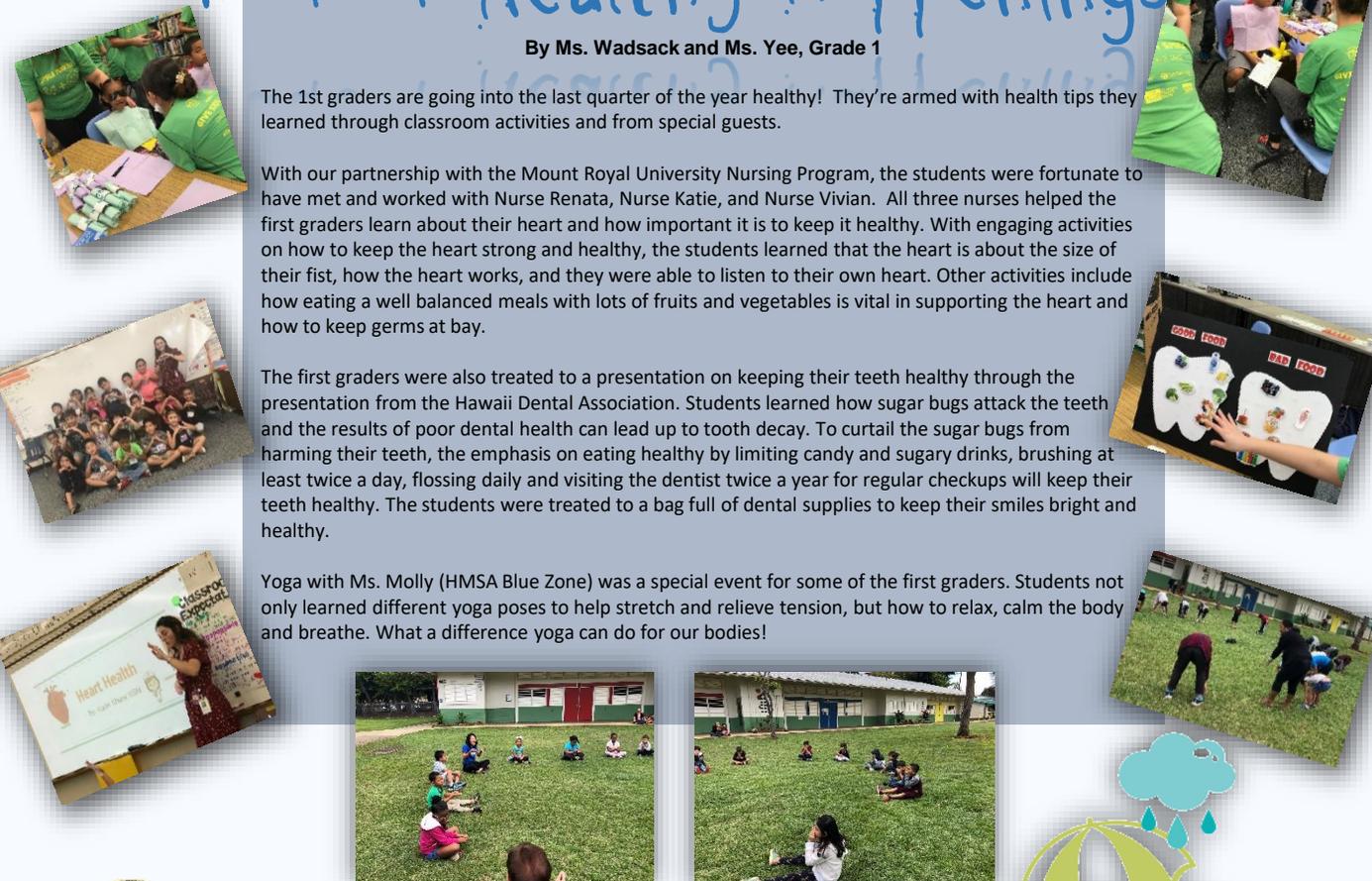
By Ms. Wadsack and Ms. Yee, Grade 1

The 1st graders are going into the last quarter of the year healthy! They're armed with health tips they learned through classroom activities and from special guests.

With our partnership with the Mount Royal University Nursing Program, the students were fortunate to have met and worked with Nurse Renata, Nurse Katie, and Nurse Vivian. All three nurses helped the first graders learn about their heart and how important it is to keep it healthy. With engaging activities on how to keep the heart strong and healthy, the students learned that the heart is about the size of their fist, how the heart works, and they were able to listen to their own heart. Other activities include how eating a well balanced meals with lots of fruits and vegetables is vital in supporting the heart and how to keep germs at bay.

The first graders were also treated to a presentation on keeping their teeth healthy through the presentation from the Hawaii Dental Association. Students learned how sugar bugs attack the teeth and the results of poor dental health can lead up to tooth decay. To curtail the sugar bugs from harming their teeth, the emphasis on eating healthy by limiting candy and sugary drinks, brushing at least twice a day, flossing daily and visiting the dentist twice a year for regular checkups will keep their teeth healthy. The students were treated to a bag full of dental supplies to keep their smiles bright and healthy.

Yoga with Ms. Molly (HMSA Blue Zone) was a special event for some of the first graders. Students not only learned different yoga poses to help stretch and relieve tension, but how to relax, calm the body and breathe. What a difference yoga can do for our bodies!



Bookie Bookie Corner

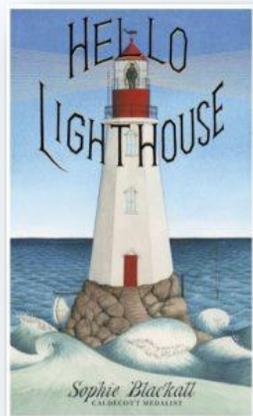
★ Review

Hello Lighthouse

by Sophie Blackall; illustrations by the author

Blackall's (*Finding Winnie*, rev. 9/15) picture book opens as a new keeper arrives to take up his solitary duties at a lighthouse "on the highest rock of a tiny island at the edge of the world"; it ends with his departure, machinery and automation having made his job obsolete. In between we are treated to a series of snapshots of lighthouse-keeper life — a mix of routine (tending the oil lamp, updating the logbook, household maintenance chores) and excitement (rescuing shipwrecked sailors; welcoming the arrival of his wife and the birth of their child). Much care has been put into the book's production, from the appropriately tall, narrow trim size to the choice of pen and watercolor for the artistic medium. Blackall's gorgeous illustrations are a mix of homey detail (especially in the interior cutaways of the lighthouse) and spectacular scenery (as the seasons pass, we see stormy nights and foggy days; northern lights; icebergs and whales). Throughout all changes, the lighthouse stands steadfast, sending out its constant beacon, echoed in the text's refrain: "Hello! Hello! Hello!" Circles are a repeated motif, with frequent circular insets into larger illustrations; with the round rooms and rugs of the lighthouse. An extensive and lively author's note provides needed context for many of the events in the story (apparently some lighthouse keepers really did "mail" their letters ashore via bottles tossed into the sea!).

~ MARTHA V. PARRAVANO, *From the March/April 2018 issue of The Horn Book Magazine.*





On March 26th, 2019, Prince Jonah Kuhio Kalaniana'ole Pi'ikoi's birthday, the late Prince was celebrated at the Hilton Waikiki Beach Hotel. The Kuhio Elementary School Student Council was one of many groups who attended. They participated, paid tribute to, and performed at this auspicious occasion honoring Prince Kuhio. A great experience for our haumana keiki!



SBA Testing Tips!



The Smarter Balanced Assessment standardized test is coming up soon! Here are some tips for our Grades 3-5 students so that they can start preparing and do well on the tests.

1. Practice, practice, practice.
2. Studying for the test over an extended period is much more effective and lasting than cramming for the test at the last minute.
3. Eat a good breakfast the morning of the test.
4. Get a full night's sleep before the test.
5. Stay calm, don't panic.
6. Pace yourself.
7. Answer the easiest questions first.
8. If you have time left over at the end of the test, review your answers. Also double-check all your answers
9. Eliminate any answers that you know are incorrect,
10. Consider all the answer choices before writing down your final answer.



What Is Special About The Month Of April?

April is named after the Greek goddess of love, Aphrodite. In the Roman calendar, the fourth month April is spelled Aprilis, meaning "to open." ... The name Aprilis, then, fits April, because in so many places in the northern hemisphere April is the month when trees and flowers begin to bloom and go on to flower.

