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Chieffess Kapi'olani Elementary School

Kolea Pride

March 2023

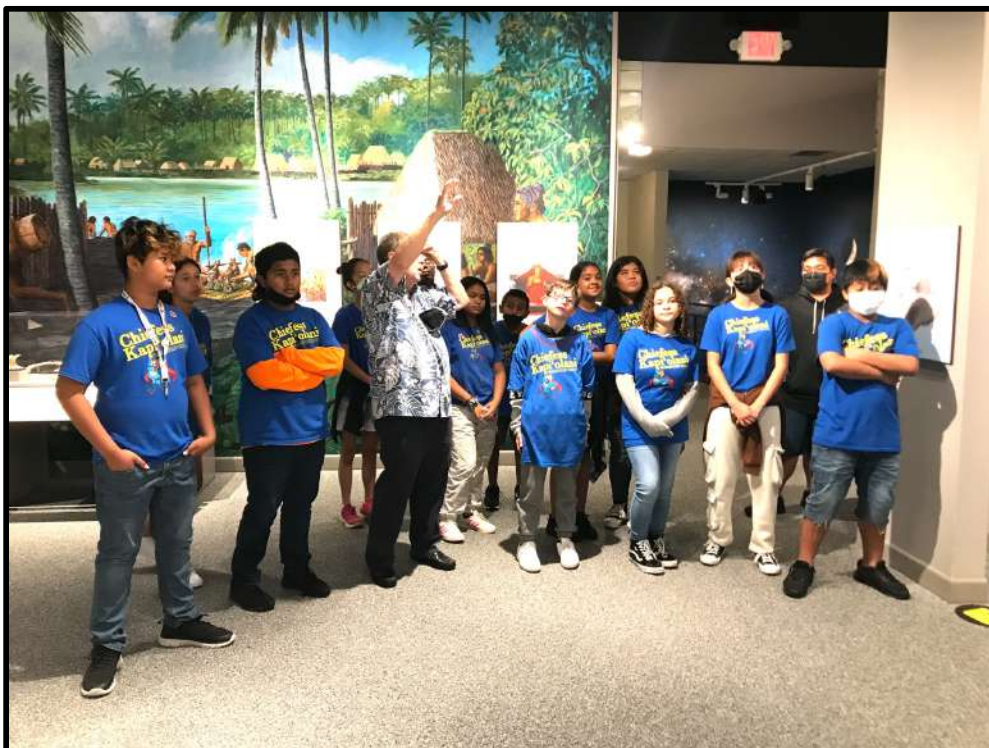
966 Kilauea Ave.
Hilo, HI 96720

Planning for The Future

On February 7, 2023, our sixth graders went on their first field trip in years. Their field trip included a visit to the Hawaii Island Career Expo held at the Arc of Hilo and a visit to the Lyman House Museum.

The Career Expo allowed students to learn more about the job opportunities out there for them in the future. Some of the community organizations present included, KVIKs, the US Department of Agriculture, and Hawaii State Department of Labor and Industrial Relations.

The event allowed our students to meet others and start planning for their future, as they learned more about each organization when they walked through the ARC of Hilo facility and received useful items and information.



Principal's Message



Aloha Chiefess Kapi'olani Elementary 'Ohana,

The month of March is finally upon us and that means only three more months left in this school year.

As we begin this month, I am sure many of you are looking forward to spring break and taking a week off from school. This time will be a much needed break for our 3-6th grade students who have been working hard to prepare for the Standards Based Assessment (SBA) testing and our 5th graders, who in addition to these tests, have been preparing for the HSA Science test. It will also be a good break for all students and staff as we prepare to begin the 4th quarter.

As a school we'd like to take this time to thank you all for your support of our school's PTO fundraiser. All students did a great job of selling cookies and the profits earned will go towards supporting our students.

Speaking of support to our students, we need to send a huge mahalo out to Project Vision and the Lion's Club for conducting a vision screening for our students and the Lion's Club for doing a hearing screening for our K-2 students.

The month of February also was a time for focusing on heart health with our Kid's Heart Challenge Kick-off. Please don't forget our students are collecting donations until March 10, 2023, with money collected going to support the American Heart Association.

Speaking of the month of March, we'd like to invite all 4-6th grade and PreK parents to our Student Showcase on Friday, March 24th, where students will share their science knowledge with their parents. The event will begin in the school cafeteria at 1:15pm and it will end at 2:15pm. For students in grades K-3, the event will take place on May 5, 2023 at 1:15-2:15pm.

The month of March also brings the start of our testing season, with the 5th Grade HSA Science Test taking place on March 2, 2023. We remind all students to continue to study and prepare for the test, to get a good night's rest the night before the test, eat a healthy breakfast on the day of the test, and try your best.

Lastly, as we close out the month, I'd like to remind all families to please complete our school's SQS Survey. Information from this survey is used by our school for continuous improvement efforts.

As a reminder, should you have any questions or concerns, please do not hesitate to contact me at Kimberly.Castillo@k12.hi.us or (808) 313-5100.

Have a wonderful March!

Mahalo,
Kimberly Castillo
Principal

Important Dates

February 27 – March 3, 2023
Journey Through The Universe

March 2, 2023 - Thursday
HSA Science Testing
Grade 5

March 3, 2023 - Friday
Kapi'olani Kash Shopping Day

March 6 – March 10, 2023
Spirit Week
(Schedule located on page 7)

March 10, 2023-Friday
Kids Heart Challenge Donations Due

March 11, 2023 - Saturday
Cookie Corner Fundraiser
Pick-up at the Library
8:00am to 11:00am

March 13 – March 17, 2023
SPRING BREAK
No School

March 20, 2023 - Monday
SCC Community Meeting
3:30pm

March 23, 2023-Thursday
Deposit Days- 7:15-8:00

March 24, 2023 - Friday
Science Student Showcase
Preschool, Grades 4-6
1:15pm to 2:15pm

March 27, 2023 - Monday
Kuhio Day
No School

March 31, 2023 - Friday
***Q3 Awards Assembly**
8:30-9:00- Grade 5-6
9:15-9:45-Grade 3-4
10:00-10:30- Grade Pre-K-2

*Awards Assemblies: Students receiving an award will come home with a parent/guardian invitation to attend the assembly by March 29th. Assemblies will start on time and parking will be available on the softball field.



March

Reminders

- **Uniforms should be worn every day to school.** Uniforms are available for purchase at Creative Arts Hawaii.
- **Attendance Matters!** If your child is not ill or out due to a mandatory quarantine, they should be in school. Also, if your child is absent, please make sure to call the school office at (808) 313-5100 on the date of absence by 8:00 am to report the absence.
- **After School Pick-up Reminders:**

Monday	Tuesday	Wednesday	Thursday	Friday
2:15	2:15	1:10	2:15	2:15

We kindly ask when picking up your student(s), to please arrive at the times listed above (unless picking up a preschool student). If arriving before these times, our friendly staff will ask you to please drive around the block. We appreciate your compliance with this rule as it helps to create a safer pick up environment for all students, parents and staff.



KINDERGARTEN REGISTRATION

Who Should Enroll for Kindergarten?

Children born between
8/1/17 and 7/31/18

When Do I Enroll my Child?

Today! Kindergarten registration has begun and is ongoing, so please stop by our office to pick up an application.

When Can I pick Up an Application?

Monday-Friday from 7am – 4pm
at our school office.

Who Can I Call if I have Questions?

Please call our friendly office staff at
(808) 313-5100

EOEL PRE-K REGISTRATION

Who Should Enroll for Kindergarten?

Children born between
8/1/18 and 7/31/19

When Do I Enroll my Child?

Today! EOEL Pre-K registration has begun and is ongoing with limited spots available. Stop by our office to pick up an application.

When Can I pick Up an Application?

Monday-Friday from 7am – 4pm
at our school office.

Who Can I Call if I have Questions?

Please call our friendly office staff at
(808) 313-5100

HSA Testing Tips

Parents, please help our students do the best they can by having your child(ren):

- *Get enough rest the night before
- *Eat a nutritious breakfast
- *Arrive at school on time



Hawaii Keiki Waiakea Complex RN's Message

Nurse's Corner: Tips for Healthy Eating



If you are trying to improve your eating habits, there are many different strategies that could help you and your family. A few of the strategies are to have meals with your family regularly, avoid battles over food, and avoid any lectures or arguments at the dinner table. It is important to make eating a fun activity for you and your family, and choosing what to put on your plate is even more important. The U.S. National Heart, Lung and Blood Institute suggests we use **Go**, **Slow**, and **Woah** as a way to think about food.

Go foods

are things you can eat all of the time:

- Vegetables & Fruits
- fresh or frozen
- Whole-grain breads, pitas, tortillas, and breakfast cereals
- Beef and pork with no fat
- Skinless chicken and turkey
- Tofu
- Seafood
- Egg whites

Slow foods

are OK to eat sometimes:

- Oven baked fries
- Pasta
- French toast, waffles, pancakes
- Chips and pretzels

Woah foods

are once in a while foods:
(the least healthy)

- Donuts, cupcakes, cookies, and muffins
- Cheeseburgers/hamburgers
- Chicken nuggets
- Hot dogs
- Ice cream

Visit <https://kidshealth.org/en/kids/go-slow-whoa.html> to find out more about **Go**, **Slow**, and **Woah** foods. And remember, the better you eat the better you feel!

Kyra Lopez
Waiakea High School Senior

Sarah de Silva, BSN, RN
Hawai'i Keiki Waiakea Complex RN

PTO Message



Dear CKES Families,

Thank you for all your hard work in fundraising for our school. We sold 2,992 bags of cookies! Due to

the weather we experienced over the long weekend, our cookie order was put on hold. Our new cookie corner pick-up date is Saturday, March 11th, from 8-11AM. Please assign one person to pick up your order; if alternate arrangements need to be made please let the office know as soon as possible. Your original order envelopes have been sent back with this letter for your records.

Please reach out to the office or the CKES PTO remind with any questions or if alternate pick up arrangements need to be made.

Thank you!
CKES PTO

Cookie Corner Pick-up:
Saturday, March 11th
8:00 AM to 11:00 AM



AWESOME JOB!!!

Our school sold a total of 2,922 bags of cookies!
Total sales: \$23,376

Grade level Class winners

K-Nettrour-1,738
1-Torres-1,736
2-Oda-2,091
3-Fullerton-592
4-Apao-2,184
5-Santos-1,672
6-Luna-1,192

Overall winners in the whole school

1st place: Kahanuola Enomoto
(4th grade) -\$848-106 bags of cookies

2nd place: Marcus Barber
(5th grade)-\$800-100 bags of cookies

3rd place: Hezekiah Mangaoang-Aquino
(1st grade)-\$704-88 bags of cookies

Aloha CKES Families!

Our Cookie Corner Cookie orders will arrive soon! Instead of a general membership PTO meeting this month we will be organizing our cookie orders. Please let me know if you are available to volunteer your time to help with sorting orders as well as distributing cookies.

Volunteer dates and times:

- Cookie Sorting:
3/9 (Thursday) 3pm-4:30pm
- Cookie Distribution:
3/11 (Saturday) 8am-11am

You can reach out on the CKES PTO Remind (@ckespto) or call the office at (808) 313-5100!

Thank you,
Nanea Fukuda
PTO President

Kindergartners: Always Dream Reminders



Hello Kindergarten Families,

Great Job on continuing to read books on your Always Dream Tablet. We have new book drawing winners from each class. Again, these students were put into a drawing for reading over 100+ minutes on their tablet per week.

Nettrou's class: Gianni-John Castro Muragin
 Yagi's class: Tatiana Andrew
 Zane's class: Malachi Mahi

NEW: We will begin to have students bring their tablets to school on the following days:

March 3, 2023 (Friday)
March 10, 2023 (Friday)

PLEASE send the Always Dream tablet with your child to school on those days ONLY.
 PLEASE also make sure the tablet is charged before sending it to school.

Thank you,
 Kindergarten Teachers



Librarian's Message

Our Top Ten #808Reads readers for February are listed to the right. These students will receive a special Reading Lover Badge from Zoobean, the company that provides the #808Reads/Beanstack program.

Students who read and log the minimum minutes for their grade level during 3rd Quarter will receive gift books and prizes. The #808Reads program encourages our students to read for 20 minutes every day to develop a lifetime habit of reading.

Student	Logged Minutes	Grade
Ethan James Hookano	2432	3
Xynahstee Eblacas	2080	5
Taleila Isabel	1585	6
Bryn Okamoto	1173	4
Sheaven Picar	1131	5
Asher Arulong	1036	3
Michelle Doan	922	6
Tyrus-Dontrell Villon	830	6
Gianna Castro-Muragin	770	5
Julie Cross (top reader for lower grades)	446	1

SQS Survey

Parents/Guardians:

Beginning January 9th-March 10th, we ask that you please complete the School Quality Survey (SQS). There are three options for completing the survey:

1. Complete the hard copy survey you receive. Surveys will be sent home on January 9th. Surveys can be submitted to the office in the sealed envelope and we can mail them out for you.
2. Use the QR code on the letter to complete the survey online after January 9th
3. Complete the SQS Survey online at <https://www.surveymonkey.com/r/2023SQSParent>



If you have questions about the survey, please contact SQS@k12.hi.us or call (808)733-4008 from 7:45am-4:30pm, Monday through Friday.

This survey measures your perceptions of the safety and well-being of your child and your satisfaction and involvement/engagement with our school. The information will be used by our school for continuous improvement purposes. We thank you in advance for supporting us by completing this survey!

Counselor's Message



The skill on the month is:

Communication

Conversation Tips:

Avoid open ended questions like "How was your day?"

Instead, be specific and say...

- Tell me two good things about your day.
- What was one challenge you had today?
- What is one thing you learned today?
- What was your favorite part of the day?



Tech Message



Aloha CKES `Ohana!

As March approaches, our technology department has been preparing our school's Chromebooks for upcoming HSA exams. In the coming weeks, we will continue to roll out new and replacement laptops, and classroom video equipment.

As always, CKES' IT is available to assist with any tech related issues that you have. Feel free to contact us directly at (808) 313-5153, or dial the main office at (808) 313-5100. Mahalo!

-Khalil Blake (DPUST)



Kids Heart Challenge

Are you ready? Our students were ready and they got busy getting their hearts pumping with a running in place activity and showing their support in being a part of the American Heart Association's Kids Heart Challenge. Our Kick-off Rally was held on February 17 and we at Chiefess Kapi'olani are so excited to work with this special organization.

Check out the website by scanning the QR code.



KIDS HEART CHALLENGE HAS KICKED OFF!

Aloha Families!

Our goal is to have 100% of our families learn Hands-Only CPR by completing Finn's Mission. Help us save lives and Be the Torch that will light the path of hope in the fight against heart disease and stroke! If you haven't yet, join our team TODAY!

1. **LOG IN/SIGN UP** at <http://www.heart.org/khc>
2. **SEND 10 emails** or texts to family and friends through the Kids Heart Challenge App for Apple or Android.
3. **COMPLETE FINN'S MISSION** in your HQ to learn:
 - Hands-Only CPR
 - How to spot a stroke F.A.S.T. and
 - How you can help kids with special hearts!

Students who complete Finn's Mission will earn Finn's Lifesaver Award!

Thank you for supporting our school and this lifesaving program!



www.heart.org/khc



HAWAII STATE
DEPARTMENT OF EDUCATION

CHILD FIND



scan this code

If your child is between the age of 0 to 22 and is having difficulty speaking, listening, seeing, hearing, walking, using their hands, behaving, getting along with others, or learning, there are professionals who can help. For information and to get help, contact the following:

FOR CHILDREN 3 TO 22, CALL
HAWAII STATE DEPARTMENT OF EDUCATION
AT (808) 305-9810 OR 1-800-297-2070



For youths 22 years of age or older, contact Hawaii State Department of Human Services, Division of Vocational Rehabilitation, Services for the Blind Branch at (808) 586-5269

or
Hawaii State Department of Health - Case Management and Information Services Branch at (808) 733-9172.

For children under the age of 3, call Early Intervention Referral Line at (808) 594-0066 or 1-800-235-5477.

Additional Resources:
Special Parent Information Network (SPIN) at (808) 586-8126.

RS 23-0435 November 2022

CKES Robotics

Our first year of the Vex Robotics Competition was a major success!

Congratulations to KoleaBots:
Melemele and Polu
who won the Hilo League's Sportsmanship Award!

Shout out to our 6th grade captains:
Janay and Makua
for their leadership this year.

We look forward to continuing to improve our skills and take on next year's challenge!



Chiefess Kapi'olani's Spring Spirit Week

March 6-10, 2023



My Culture Monday

3/6/23

Dress inspired by a culture
(Does not have to be your culture)



Tie-Dye Tuesday

3/7/23

Dress in tie dye or rainbow colors



Wacky Wednesday

3/8/23

Get wacky from head to toe



Throwback Thursday

3/9/23

Dress like someone from the past



Fit Friday

3/10/23

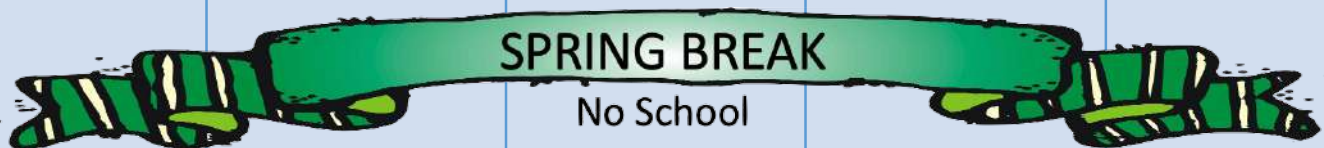
Dress in your workout or sports gear





March



Monday	Tuesday	Wednesday	Thursday	Friday
27	28	1 <i>Breakfast:</i> Portuguese Sausage w/ Rice Apples Pineapple <i>Lunch:</i> Beef Curry Steamed Rice & Roll Steamed Corn Broccoli Pog Slushie	2 <i>Breakfast:</i> Country Breakfast Scramble w/Rice Applesauce Paradise Punch Juice <i>Lunch:</i> Asian Chicken Steamed Rice Broccoli Baked Beans Apple Chips	3 <i>Breakfast:</i> Breakfast Pizza Peaches Apple Chips <i>Lunch:</i> Tuna Sandwich Garden Veg Soup Celery Sticks Cherry Tomatoes Applesauce
6 <i>Breakfast:</i> Bagel w/ Cream Cheese Applesauce Pears <i>Lunch:</i> Cheese Bites w/ Marinara & Concord Berry Slushie Celery & Cucumber Sticks	7 <i>Breakfast:</i> Banana Bread (School made) Grape Juice Peaches <i>Lunch:</i> Creole Macaroni w/Cheese Applesauce Green Salad Edamame	8 <i>Breakfast:</i> Country Gravy Pizza Pineapple Craisins <i>Lunch:</i> Teriyaki Burger Potato Wedges Lettuce Sliced Tomato Pears	9 <i>Breakfast:</i> Pork Sausage Patty w/ Biscuit (School Made) Mixed Fruit Fruit Punch <i>Lunch:</i> Chicken Tenders Steamed Rice Edamame Corn Peaches	10 <i>Breakfast:</i> Cereal & Toast Applesauce Oranges <i>Lunch:</i> Roast Turkey w/ Gravy Mash Potatoes & WG roll Zucchini Sticks Carrots Pears
13	14	15	16	17
 SPRING BREAK No School				
20 <i>Breakfast:</i> French Toast Sticks Apple Chips Pineapple <i>Lunch:</i> Chicken Tenders Steamed rice Applesauce Cucumber Sticks Baby Carrots Edamame	21 <i>Breakfast:</i> Cereal & Toast Applesauce Pears <i>Lunch:</i> Beef Patty w/ Gravy Steamed Rice Steamed Corn Broccoli Peaches	22 <i>Breakfast:</i> Chicken Patty w/Rice Apples Peaches <i>Lunch:</i> Beef Chili Nachos Strawberry Kiwi Juice Green Salad Salsa	23 <i>Breakfast:</i> Pizza Bagel Mixed Fruit Grape Juice <i>Lunch:</i> Chicken Sandwich Emoticon Potatoes Pears Lettuce Tomato Slices Edamame	24 <i>Breakfast:</i> Coffee Cake w/ Pork Sausage Patty Oranges Apple Chips <i>Lunch:</i> Kalua Pork & Cabbage Steamed Rice Lomi Tomato Pineapple
27 PRINCE KUHIO DAY OBSERVED NO SCHOOL	28 <i>Breakfast:</i> Breakfast Kit Mixed Fruit Craisins <i>Lunch:</i> Mac & Cheese Baby Carrots Edamame Pineapple	29 <i>Breakfast:</i> Cinnamon Roll (School made) Oranges Pears <i>Lunch:</i> Pepperoni Pizza Steamed Corn Cucumber Sticks Pears	30 <i>Breakfast:</i> Portuguese Sausage w/ Rice Apples Pineapple <i>Lunch:</i> Beef Curry Steamed Rice & Roll Steamed Corn Broccoli Pog Slushie	31 <i>Breakfast:</i> Country Breakfast Scramble w/Rice Applesauce Paradise Punch Juice <i>Lunch:</i> Asian Chicken Steamed Rice Broccoli Baked Beans Apple Chips

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Hawaii State Department of Education, P.O. Box 2360
Honolulu, Hawaii 96804 (808) 586-3322 or relay, CRCB@k12.hi.us

Beth Schimmelfennig, Director
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