

08/15/2024 - Lahaina Intermediate School Enews

IMUA Value of the Month for August:
Respect - Hō'ihi (Acceptance & Kindness)

Important Dates:

AUGUST

Fri 8/16 Statehood Day - No school
Thu 8/22 Open House/ Title 1 Meeting
Thu 8/27 Picture Taking Day (*more info to come*)
8/19, 8/22, 8/26, 8/29 - iReady

SEPTEMBER

9/2 - Labor Day - No School

For the most up to date LIS information, please visit our website: WWW.LIS.K12.HI.US

Back to School Reminders:

Aloha! We hope that your child had a great first week here at LIS!

Paperwork that went home needs to be filled out by **both student and parents** and returned immediately:

- Cell phone policy
- Chromebook agreement

***** additionally for 6th graders & new 7th & 8th graders:*****

- Technology Use Form
- Student Publication Release Form (*if you would like your child in the yearbook yes needs to be checked*)

We understand that a lot may have changed over the summer, so if you have yet to do so, please stop by the main office to update your child's information.

Student Transportation Information:

[Bus Transportation letter from Superintendent Hayashi](#)

[24-25 Bus Routes](#)

Campus Friendly Reminders:

Our PTSA needs you! If you would like to be a part of LIS PTSA, please use our [PTSA Membership Form](#).



During Open House, The LIS Annual Title 1 Meeting, information share will be held in the school cafeteria on August 22, 2024, from 5:00- 5:30 pm

The Learning Lab in the LIS Library is Open!

Before School: M - F: 7:00 am - 7:45 am & **After School:** M,T,Th, Fri: 2:15 pm - 3:15 pm

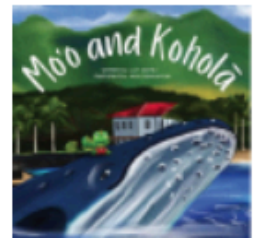
Students can get classwork help & enrichment, read, write, study, and have access to technology from LIS teachers! No need for students to sign up ahead of time; students sign in as-needed. However, arrangements for attending Learning Lab can be made in advance through your child's school counselor or contact Ms. Baagoe (rose.baagoe@k12.hi.us) if you have any questions.

WE ARE HERE TO HELP!

In the Community:

Reading Opens the World with the University of Hawaii Professional Assembly (UHPA) and the **AFT 5,000 FREE BOOKS!**

- Books are available on a first-come, first served basis, so please arrive early!
- Parents and guardians are welcome to choose up to **5 FREE BOOKS** per keiki with a 20 books maximum limit per family.
- Enjoy music, fun family activities, free popcorn, cotton candy, and more from University of Hawai'i Maui College!
- Keiki activities and readings by Lori Abreu, a Maui childhood education specialist and author of "Mo'ō and Koholā," a tale about a gecko and a humpback whale who develop a friendship in the waters off Lahaina.



SATURDAY, AUG. 24
9 A.M.–12 P.M.

Princess Nāhi'ena'ena Elementary School
816 S Niheu Street, Lahaina, HI 96761

For more information, please contact UHPA at 808-593-2157.



School and community program staff must be registered with First Book to receive free books. Registration is free and takes about 10 minutes. Advanced registration ahead of the event is encouraged. To register in advance, please go to info.firstbook.org/2024ROTW or scan the QR code. First Book-eligible educators include [educators](#) serving in Title 1 or Title 1 eligible schools, early childhood educators, librarians and library staff, and community and non-profit program providers. If you are already a First Book member, you do not need to register again; show event staff a screenshot of a previous [e-mail](#) or communication

Ho'opono

LAHAINA

CULTURALLY ROOTED
FAMILY PRACTICE FOR HEALING

- Join Ho'opono practitioners Leni English and Momi Awo as they teach families the restorative practice of Ho'opono
- Healing with your 'ohana (family) to deepen spirituality and breathe life and hope to the people of Lahaina
- Tuesdays 5:30 - 7:30 PM
- May 14th - September 21st, 2024
- Location TBD
- Dinner included
- Momi Awo - waiehukai@gmail.com or Leni English - kulagleni@yahoo.com



The event was made possible by Hawaii's Department of Health Grant Number 2021-2023-0055 from the Governor's Behavioral Mental Health Services Administration (BAMHSA). Its contents are solely the responsibility of the author and do not necessarily represent the official views, policies, or positions of BAMHSA, or the U.S. Department of Health and Human Services (HHS).

Ma Ka Hana Ka 'Ike

FUN - Join us for fun and engaging family workshops with Ma Ka Hana Ka 'Ike!

FAMILY - Our Family Fun Days are designed to bring families together through hands-on activities that promote learning and creativity.

CRAFTS & FOOD - From making a lei together to learning about cultural practices that can build our sense of place, there is something for everyone to enjoy. Lunch included.

SIGN UP NOW - Don't miss out on this opportunity to make lasting memories with your loved ones. Sign up now!

Dates and Activities to Choose From:

- May 11 - Lei-making with LĀI: From Plant to Protector
- May 18 - Pīka: a Hawaiian Cultural Cleansing Process
- June 15 - TBD
- June 22 - E Ho'i Ka Nani o Moku'ula: Return the Beauty of Moku'ula
- July 15 - Unleash Your Creativity: Haku Lei Workshop
- July 27 - TBD
- August 10 - Unlock the Secrets of Pa'ala, Hawaiian Salt
- August 24 - Kilo Mahina, The Beauty of Hina
- September 21 - 'Aha'oiwa LĀ'au together



FAMILY FUN DAYS



HAWAIIAN CRAFTS



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TRAUMA-FOCUSED COGNITIVE BEHAVIORAL THERAPY (TF-CBT) FOR WILDFIRE SURVIVORS



Child & Adolescent Mental Health Division

Do you know a child or teen deeply impacted by the wildfires?

What is Trauma Focused-Cognitive Behavioral Therapy?

Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) is an evidence-based, short-term intervention for addressing behavioral health issues related to traumatic events relating to disasters and grief.

How can it help children and teens?

TF-CBT helps children and teens manage and reduce negative emotions and behaviors and offers skills to help parents support their children and teens.

Where do I start?

Scan the QR code or use this [link](#) to complete the online form to connect with a Hawai'i provider trained in this evidence-based approach.



Teen Health Matters!

Hawai'i schools are providing a new community mental health resource, as an addition to our school-based supports. Click [here](#) for more information.

ParentTeen Connect: is a free resource for parents that provides expert advice and practical tools for dealing with real parent-teen issues. ParentTeenConnect.org interviewed parents and teens from across the country about the issues that cause conflict in their lives, including screen time, independence, responsibility, and communication. Parenting expert Dr. Laura Kastner gives [advice on how to tackle these issues](#). Using these interviews and Dr. Kastner's expertise, we created a website especially for teens and their caregivers, where they can hear from real families, get expert advice, and learn about practical tools to help them connect and communicate with each other.

6th Grade Lesson 1a: Starting Middle School

- **Summary:** This week's lesson will introduce your child to Second Step® Middle School. Your child will identify challenges they might face when starting middle school and identify resources in their school where they can get help.
- **Question:** Tell your child about something that made you nervous when you started middle school. Ask what makes them nervous and who they can go to for help at school.

7th Grade Lesson 1b: Helping New Students

- **Summary:** In this week's lesson, your child will help brainstorm ways to support new students.
- **Question:** Ask your child what feelings they had when they started middle school. Did they get support from other students? Ask your child how they can support students who are new to their school.

8th Grade Lesson 14: Understanding Stress and Anxiety

- **Summary:** This week's lesson will show your child how Second Step® Middle School can help them navigate physical, social, and emotional changes in adolescence.
 - **Question:** Have a conversation with your child about what you felt was the most difficult part of being an adolescent. Ask your child about any changes they've noticed in friends and what they think about these changes.
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Hearing Loss and What Causes It

A number of conditions can lead to hearing loss. The most common condition causing hearing loss to develop is presbycusis, a gradual, age-related reduction in the ability to hear high-pitched sounds. The second most common condition, noise-induced hearing loss, is caused by one-time exposure to extremely loud sounds, or by exposure to sounds at high decibels over months or years.

Hearing loss caused by noise can occur, in people of any age, it may develop suddenly or gradually, depending on the source and intensity of the noise. Noise can affect hearing in several ways:

Acoustic trauma occurs when a sudden, extremely loud sound, such as an explosion, a gunshot, or a firecracker occurs close to the ear. This type of injury produces instant and sometimes permanent hearing loss.

Temporary threshold shift occurs when loud sounds (such as from a rock concert) causes a temporary ringing and/or muffled hearing. These effects usually don't last more than a few hours, although they may sometimes last several days or weeks. Repeated exposure to sounds that cause temporary threshold shifts can gradually lead to permanent noise-induced hearing loss.

Noise-induced hearing loss—is the result of repeated, frequent exposure to loud or extremely loud sounds over a long period of time. Example: listening to a loud player or iPod in your ears.

SAY WHAT? Hearing Loss Prevention

The safest way to protect hearing is to wear ear plugs when around loud noises. Ear plugs lower the noise level, but they aren't eliminate the sound. There are precautions that lower the sound enough to be safe but allow speech to be heard at a comfortable level.

There are hundreds of special ear plugs and earmuffs. Some ear plugs are pre-molded and others can be molded to fit the ear. Earmuffs come with large and small ear cups. Different kinds of earmuffs and different types of ear cushions. The time it takes to adjust to wearing hearing protectors is no different than the time it takes to get used to wearing other safety equipment.

Prevent noise-induced hearing loss by always wearing ear plugs when around loud noises. The louder the sound level and the longer the exposure, the greater the risk of hearing loss.

Remember once hearing loss occurs it is permanent and irreversible.

BE AWARE! PROTECT YOUR HEARING!

Sponsored by The Honolulu Sertoma Club
http://www.hawaii.sertoma.org/

How loud is too loud?

The loudness of a sound is measured in units called decibels (dB). Loud noises over 85 dB can damage the inner ear hair cells permanently.

Hearing loss is caused by both the level of the noise and the duration of the exposure. Sound is measured in decibels (dB). A normal conversation takes place at 60 dB. Prolonged or repeated exposure to noise above 85 dB can cause hearing loss. If the average level of noise in a workplace over an eight-hour period is 85 dB or higher, there is a risk of hearing loss. Chain saws, hammer drills and bulldozers drop in at over 100 dB.

Noise-induced hearing loss is usually permanent and cannot be reversed. Both presbycusis and noise-induced hearing loss result in what is called sensorineural hearing loss, which occurs when the delicate hair cells in the inner ear that translate sound waves into nerve impulses are damaged either by aging or noise. A small amount of damage may have no effect on hearing, but with repeated exposure to noise, more hair cells are damaged resulting in hearing loss. Hair cells do not grow back once they are damaged.

NOISE LEVELS:

- 120 dB: FIREWORKS, ROCK CONCERT
- 100 dB: CHAIN SAW, HAMMER DRILL, BULLDOZER
- 85 dB: NOISE IN A WORKPLACE
- 70 dB: NORMAL CONVERSATION
- 60 dB: NORMAL CONVERSATION
- 50 dB: REFRIGERATOR
- 40 dB: QUIET LIBRARY
- 30 dB: QUIET ROOM
- 20 dB: QUIET ROOM
- 10 dB: QUIET ROOM

COUNSELING SERVICES

For Maui community members affected by the wildfires

Offered at zero-cost, covered by: DOH SERG Grant-Papa Ola Lokahi

CHILDREN, ADOLESCENTS, ADULTS & FAMILIES AVAILABLE IN-PERSON OR ONLINE Provided by Trained Mental Health Professionals

- Wildfires Aftermath
- Crisis and Trauma
- Loss and Grief
- Mental Health Support

Maui X HCCF

Call Hawaii Center for Children and Families @ (808) 674-8641 or Text or Email Dr. Jana Ortiz @ (808) 354-4425 | Dr.Jana@HawaiiCCF.com (When calling, please specify that you are a Maui community member impacted by wildfires)

Connect your child or teen to virtual mental health support

With Hazel Health, your child can get the mental health support they need, at school or at home, at no cost to you.

Virtual sessions with licensed therapists

- Consent to services**
Give permission for your child to see a Hazel therapist by signing up at myhazel.co/hawaii/publicschools
- Create an account**
After you complete the consent form, create an account
- Refer your child to therapy by calling Hazel Health**
Call Hazel at 808-784-7363 to refer your child to therapy
- Intake session**
Hazel matches your child with a therapist and schedules an appointment
- Weekly therapy sessions**
Over video, the therapist helps your child cope with what they're feeling
- Therapy completion**
Your child has achieved their therapy goals and is discharged from the therapy program
- Care coordination**
If needed, Hazel helps connect your family with long-term mental health services in your community

During weekly therapy sessions, Hazel Health therapists help students understand and cope with what they're feeling

- Anxiety
- Depression
- Grief/loss
- Self-esteem
- Change
- Academic stress
- Bullying
- and more

Services are available at school during school hours, and at home Monday to Friday between 7am-7pm local time

Scan to learn more

Call 808-784-7363 to learn more and sign up

In order to better help you, please consent for services before you call at myhazel.co/hawaii/publicschools



WEST MAUI HEALTH SERVICES Local Clinic Services

Lāhainā Comprehensive Health Center

Medical Services

Hours: Monday - Friday
9:00 AM - 4:00 PM
Contact: (808) 871-7772

Appointments Recommended

Insurance Accepted: Medicare, Medicaid & major insurance plans (except Kaiser, Humana & Tricare)

Services

- Adult Medicine: M-F 9:00 AM - 4:00 PM
- Pediatrics: Monday 9:00 AM - 4:00 PM
- Integrated Health: Tuesday 9:00 AM - 4:00 PM
- Dental Care: Wednesday 9:00 AM - 4:00 PM

Behavioral Health

Hours: Monday - Sunday
9:00 AM - 4:00 PM
Contact: (808) 495-5113

Walk-ins Welcome

Insurance Accepted But Not Required

Adult & Youth Services

- Resource Guidance
- Supportive Counseling: Individual, Group, and Family
- Medication Management
- Psychiatric Services
- Outpatient Substance Use Disorder Services
- Wellness Support Groups - Parenting, Stress Management & Mindfulness

Partners



Questions? Call (808) 495-5113

LCHC
Updated 10/15/23



*Hours and services subject to change

Mental Health Support Is Available



FOR MAUI RESIDENTS IMPACTED BY WILDFIRES

The Hawai'i Department of Health is offering crisis mental health services and expanded hours for those experiencing emotional or psychological distress as a result of the Maui wildfires.

Services include

- Mental health counseling
- Trauma processing
- Psychiatric services
- Resource guidance

We're Here to Help:

Lahaina
Ākoakoa Place
 (just below Lāhainā Civic Center)
Open 7 days a week
 9:00 AM - 4:00 PM
 808-495-5113

Wailuku
 121 Mahalani Street
Open Monday-Friday
 7:45 AM - 4:30 PM
 808-984-2150

Email: mauiwellness@doh.hawaii.gov

After hours, contact Hawai'i CARES to speak to a local crisis counselor at **1-800-753-6879** or call/text/chat 988.



PLEASE FOLLOW ALL INSTRUCTIONS FROM LOCAL AUTHORITIES.

Mental Health Support
Updated October 6, 2023
English



We have what you're looking for!

- 1 Work closer to home**
Public schools and offices are conveniently located within your community and throughout the state.
- 2 Stability and work-life balance**
Having a regular schedule can support a greater work-life balance for overall health and wellness.
- 3 Paid time off**
Gain the peace of mind that comes from having a steady income even when you're at home sick, taking a vacation, or enjoying a state holiday.
- 4 Support Hawai'i's keiki**
Student success requires a vibrant, dedicated team working together whether it's in a classroom, cafeteria, campus, office, or worksite. Everyone matters!
- 5 Health and retirement benefits**
Get the care you and your family needs for strong and sustainable wellness, and invest in your future in order to thrive during your golden years in retirement. Visit bit.ly/35d05iw for more information.
- 6 Career opportunities**
Conveniently start and advance your career all within the same Department from entry level to managerial. We have jobs in accounting, education, engineering, food service, health, human resources, technology, psychology, security, speech language, physical, and occupational therapy, and more!

How do I get started?
Apply online at ehr.k12.hi.us/jobs

Need help? Tell us how by connecting with us via email at cssp.recruitment@k12.hi.us or calling our office at (808) 441-8411, Monday through Friday from 7:45 a.m. to 4:30 p.m. (except state holidays). We are evolving and improving our processes and response times to get you hired fast!



INTERESTED IN A FREE SUBSTITUTE TEACHER CERTIFICATION COURSE?



Apply here!



For questions about advising, email halipach@hawaii.edu