

04/17/2024 - Lahaina Intermediate School Enews

IMUA Value of the Month for April: *Creativity - Makakū (Wonder & Resourcefulness)*

Important dates:

APRIL

Thur 4/18

3rd Qtr Renaissance WetnWild Reward Day

Fri 4/19

Teacher Waiver Day (No School)

Wed 4/24

PTSA Mtg 3pm LIS Library

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

Aloha Parents, Our sons and daughters have health and wellness support both on and off campus. Please utilize these free services as needed to support our every growing and changing keiki. We have included several fliers below for various programs. Mahalo!

Campus Friendly Reminders:

Renaissance: The 3rd Quarter WetnWild reward day is scheduled for Thursday, April 18th at LIS campus. **We are in need of parent chaperones to help assist with this fun event for card qualifiers.** If you are interested, please contact Todd Hayase or Lori Koyama at 662-3965 or at (todd.hayase@k12.hi.us or lori.koyama@k12.hi.us) for more details.

Aloha Parents,

We are applying for free meals for Lahaina school for 4 years. To qualify, all students who were displaced from their homes on August 8th, 2023 by the fires for any length of time such as short term displacement due to water or air quality or blocked roads, please fill out and return to the office. Info will be kept confidential in the HIDEOE database, only the number of students will be shared with the federal agency reviewing the application. Your completion to the McKinney Vento form will not impact any other sources of support or aid you are receiving or potentially eligible to receive. **This will benefit our keiki for free meals for the next 4 years!** If you have already filled out a form, you do not have to do anything else. Some students will be bringing home the form with a pink half sheet please complete and return ASAP. Please follow up to ensure your child turns in the form. If you want to complete a new form please contact the office or stop by. Mahalo.


The Learning Lab in the LIS Library is open Before and after school!


Before school: M- F: 7am- 7:45 am; After School: M, T, Th, Fri: 2:15 pm- 3:15 pm

The LIS Learning Lab is a Title I program providing a safe, quiet, study time for students to get academic help from LIS teachers, to study, read, write, and have access to technology such as printing and/ or help with LIS online programs. Students may sign up in advance or come in as needed during Lab hours.

Our PTSA needs you! If you would like to be a part of LIS PTSA, please use our [PTSA Membership Form](#). **Save the date! The next PTSA meeting will be held on Wednesday April 24, 2024 at 3pm in the LIS Library.**

 **Monitor the air quality at our Lahaina Schools at purpleair.com!** click the Map tab at the top and select Real-time Map. Here is a direct [link to our school](#).

 **Health Room:** If your child calls to say they are not feeling well, please ask them to go to the health room. **Students should not be arranging their own departure from school if they are not feeling well.**

 **Gay Straight Alliance Clubs** are student initiated clubs that provide support and interaction for all students regardless of their LGBTQi status. If you have any questions please email Mrs. Kartchner: Kandice.Kartchner@k12.hi.us

In the Community:



INSPIRING THE NEXT GENERATION OF CYBER STARS

Inviting Hawai'i middle and high school students!
This introductory week-long camp will teach students about basic cybersecurity, computer science, cryptography, and more!
No cybersecurity experience or knowledge required!

Island: Maui

Where: University of Hawaii Maui College

When: June 17 - 21, 2024 | 9:00am - 3:30pm

Who: Rising 6th - Rising 12th graders

Registration link: <https://go.hawaii.edu/ndf>

Learn more at <https://gencyber-hi.org>
Questions? Email gencyber@hawaii.edu



GenCyber Maui camp

Where: University of Hawaii - Maui College

When: June 17 - 21, 2024

Who: Rising 6th graders to Rising 12th graders

Registration link: <https://go.hawaii.edu/ndf>



A Celebration of K-12 Student Art
Pupus and Prizes

The Lahaina Student

ART SHOW

Join us at Lahaina Cannery for our show opening
on Friday, April 26, 2024 from 3-5pm

The art show will be open to the public from April 26 - May 9, 2024
from 10am-6pm at the Lahaina Cannery

Hawai'i Technology Academy (Lahaina) - King Kamehameha III Elementary School -
Lahainaluna High School - Lahaina Intermediate School - Maui Preparatory
Academy - Princess Nāhi'ena'ena Elementary School - Sacred Hearts School



CREATING A VILLAGE
A FREE AFTER SCHOOL PROGRAM

COME AND JOIN US!
3 HOUR AFTER SCHOOL PROGRAM
FOR MIDDLE SCHOOL YOUTH

TRAINING IN LIFE MANAGEMENT
SKILLS SUPPORTED BY TEEN
MENTORS, YOUTH-ADULT PARTNERS,
AND CONTENT
EXPERTS.

CONTACT ASOMLLE@HAWAII.EDU

WHY LEARN WITH US?

- It's FREE and all supplies will be provided
- You will develop friendships with kids of different ages and grades (6-8)
- You will learn life development skills such as budgeting, nutrition, travel safety, finding a career, etc.
- Safe, judge free environment
- Opportunity to learn from a wide range of civility experts
- Data backed success of the youth-teen mentorship

If interested, please contact your grade level counselor:

- 6th grade - Todd Hayase: todd.hayase@k12.hi.us
- 7th grade - Cindy Koyama: cindy.koyama@k12.hi.us
- 8th grade - Ivy Navarro: iverly.navarro@k12.hi.us

Project Venture is an evidence and strength-based outdoor experiential program available to middle-school-age youth that increases self-esteem and encourages positive youth development, healthy communication and quality relationships.



- Offered at all middle schools on Maui
- Once a week afterschool until 6pm
- We pick up from school & drop you off at home after program
- Camps offered during school breaks



Contact us:
Phone: 808-579-8414 ext.8203
Email: projectventure@myfs.org



PROJECT VENTURE:

Amazing opportunity for your keiki! spots are limited daily so please be sure to sign up ASAP! Scan the QR code or pick up an application in the office, and return completed forms back to the office.

Student & Staff Spotlight:

🌟 Readers of the month for March 🌟

The Reader of the Month award is given to a student in each grade level that has the most books borrowed from our school library and electronically within the Sora app!

Our awardees are:

- 6th grade: Tylor Meguro with 11 books borrowed.
- 7th grade: Emaly Pacil with 5 books borrowed.
- 8th grade: Mele Faleta with 7 books borrowed.

We also have our Sora Readers of the Month as well. This award is given to the top 3 students who read for the most amount of minutes in the application. Our awardees are:

- Shana Cao with 1561 minutes
- Grayson Guzman with 546 minutes
- Zamantha Nicole Corpuz with 332 minutes

🌟 Up Yours Awards: 🌟

Stay tuned for our students recognized for the "UP YOURS" award. I "Up'd" my grades and behavior, now "Up Yours!"

✨ Achieve 3,000 & iReady Math Activities: ✨

Congratulations to the following students who completed the most [Achieve 3,000 & iReady Math activities in the Month of March!](#)

Achieve 3000

- 6th grade, 14 activities - Serena Chen
- 7th grade, 6 activities - Lawaia Pascua
- 8th grade, 8 activities - Shawn Pasalo

iReady Math:

- 6th grade, 16 activities - Joseph Mason Gacusan
 - 7th grade, 39 activities - Nicole Cabacungan
 - 8th grade, 11 activities - Sienna DeLeon & Harley Freitas
-

✨ Golden Ticket Awards for April: ✨

Stay tuned for staff members & students for the month of April!

✨ Renaissance Student and Staff Awards for March ✨

Congratulations to the following staff members and students for being recognized for the March monthly awards!

Staff of the Month as nominated by the Staff:

- Katrina Thompson
- Krystle Dunn
- Kelly Gallego

6th grade Students of the Month:

- Richter Borrromeo
- Serina Chen

7th grade Students of the Month:

- Khrizlyn Ancheta
- Nainoa Poopaa-Kanohokula

8th grade Students of the Month:

- Izaiah Larrobis
- John Paul Yabo

🎉🎉🎉 **CONGRATULATIONS EVERYONE!!** 🎉🎉🎉

If your child would like to participate in the [Renaissance Program](#) or any of the above awards, check out our website and have your student visit their grade level counselor for more information.

LIS COUNSELORS:

- 6th grade - Todd Hayase - todd.hayase@k12.hi.us**
- 7th grade - Cindy Koyama - cindy.koyama@k12.hi.us**
- 8th grade - Ivy Navarro - iverly.navarro@k12.hi.us**

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.

Hearing Loss and What Causes It

A number of conditions can lead to hearing loss. The most common condition causing hearing loss in adults is presbycusis, a gradually 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 fireworks occurs close to the ear. This type of injury produces severe, 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 moderately loud sounds over a long period of time. Example, blasting a mp3 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 won't eliminate the sound. There are protectors 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 ears. 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.

Prevents noise-induced hearing loss by always wearing ear plugs when around loud noises. The louder the noise 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!

How loud is too loud?

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 is 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 ring 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 abuse. 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.

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.

Decibel Scale:

- 0-20 dB: Reference threshold
- 30-40 dB: Conversation at home
- 50-60 dB: Normal conversation
- 70-80 dB: Vacuum cleaner, hair dryer, power lawnmower, food blender, heavy machinery, wood shop
- 90-100 dB: Power lawn mower, chain saw, rock concert
- 110-120 dB: Jet takeoff, power drill, power sander, power saw, power mill, rock concert
- 130-140 dB: Firecracker
- 150-160 dB: Firearm
- 170-180 dB: Jet takeoff

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



Call Hawaii Center for Children and Families @ (808) 674-6641

Text or Email Dr. Jana Ortiz @ (808) 354-4425 | DrJana@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

- 1 Consent to services**
Give permission for your child to see a Hazel therapist by signing up at my.hazel.co/hawaii/publicschools
- 2 Create an account**
After you complete the consent form, create an account
- 3 Refer your child to therapy by calling Hazel Health**
Call Hazel at 808-784-7363 to refer your child to therapy
- 4 Intake session**
Hazel matches your child with a therapist and schedules an appointment
- 5 Weekly therapy sessions**
Over video, the therapist helps your child cope with what they're feeling
- 6 Therapy completion**
Your child has achieved their therapy goals and is discharged from the therapy program
- 7 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 my.hazel.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

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 Lahaina Civic Center)
Open 7 days a week
9:00 AM-4:00 PM
808-495-5113

Wailuku
121 Mahalanī 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



*Hours and services subject to change

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/35d051W 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

BECOME A HOST FAMILY



We are recruiting host families!

We are looking for welcoming and friendly homestay providers to host our international teachers that will be working at schools throughout Hawaii for the 2023-24 school year.

Do you have a spare room and are willing to provide a home away from home for our Filipino teachers as they get to know our country and culture?

Earn extra income while providing a cultural experience for your family and help teachers transition to their new job in the United States.

For more information, please reach out to us. We would love to hear from you, answer any of your questions and get you started on touching someone's life with a warm welcome to the United States.

Dawn - 925-997-2273

or email

dawn.fcec@gmail.com

Foreign Cultural Exchange Consultants Inc.
<http://www.fcec-inc.com/>