

# Mule Tracks

Volume 5

January 2022

**Leilehua**  
High School

**Our Vision**  
Students will lead fulfilling lives and contribute positively to society.

**Our Mission**  
Students and staff promise to exemplify the Leilehua Way of Leadership, Humility, and Service.

We promise to provide rigorous curriculum and life experiences to develop the whole child.

We promise to go above and beyond daily routines to nurture student success.



### Administration

Principal: Jason Nakamoto  
 VP Class of 2022: Shelley Ferrara  
 VP Class of 2023: Shane Nakamura  
 VP Class of 2024: Shawn Nakata  
 VP Class of 2025: Deyon Nagato  
 Athletic Director: Nolan Tokuda  
 Student Service Assistant: Melody Kurisu

**HAPPY  
NEW YEAR**

School Address/Phone:  
 1515 California Avenue  
 Wahiawa, HI 96786  
 808 305-3000

The Hawaii State Department of Education (HIDOE) and its schools do not discriminate on the basis of race, sex, age, color, national origin, religion, or disability in its programs and activities. Please direct any inquiries regarding HIDOE nondiscrimination policies as follows: ADA/Section 504 inquiries to Krysti Sukita, ADA/504 Specialist Civil Rights Compliance Office Hawaii State Department of Education P.O. Box 2360 Honolulu, Hawaii 96804 (808) 586-3322 or relay crco@notes.k12.hi.us Title VI, Title IX, and other inquiries Anne Marie Puglisi, Director Civil Rights Compliance Office Hawaii State Department of Education P.O. Box 2360 Honolulu, Hawaii 96804 (808) 586-3322 or relay crco@notes.k12.hi.us

# Principal's Message



Dear Leilehua Families,

Happy New Year! I hope everyone had a great Winter Break and is having an amazing 2022 so far. We are past the midway point of the school year and it is vital all students put themselves in a position to pass all classes. Also, please remind your child to be on time to class so they don't miss out on important learning opportunities.

Parents of Seniors and Graduating Juniors, please plan to attend a mandatory meeting for students wanting to participate in our Graduation Ceremony. The meeting will be held sometime during the third quarter. Please be on the lookout for the announcement of the meeting date and time. The meeting will cover the Department of Education Notice of Expectations for Commencement Exercises.

This year, ACT day is on March 1, 2022. This is a day reserved for the administering of the American College Test (ACT). The scores from this test can be used for college application purposes, and the best part, it's free. Signing up for the ACT on your own could cost anywhere from about \$40-\$120, and you may have to commute to another location. Remind your child(ren) to get a lot of rest the night before and have something to eat before coming to school. The ACT has stringent guidelines and timelines, so it is critical students are on time, or they may not be allowed to take the test.

Finally, as we continue to deal with the ever-changing pandemic guidelines, we thank you for being understanding and supportive. We will update everyone when information is made available to us. Please remember that accurate information will come through official DOE channels.

Thank you everyone for your continued support.

**GO MULES!**

Jason Nakamoto







The PTSO designed and gifted each staff member at Leilehua with these hand-crafted ornaments. What an amazing surprise that was for everyone!

**THANK YOU**

to our wonderful PTSO who always know how to make everyone at Leilehua feel so special.



Ornaments made by Janssen's Creations  
<https://JanssensCreations.etsy.com/>



# Kona Ice

**is coming back to Leilehua!**

**Wednesday, January 12th  
at 12:40 PM**

**Leilehua High School Front Parking Lot, by the Library**

Cost is \$3, \$4, \$5 or \$6 depending on size



**Sponsored by  
Leilehua Parent-Teacher-Student Organization (PTSO)**





**2021 – 2022  
STUDENT / FAMILY  
REGISTRATION**

Aloha Awesome Mighty Mules Families!

Welcome to Leilehua High School, home of the Mighty Mules! We are the Mighty Mules PTSO! We support better education, greater parent involvement, better resources, and safer schools for every child. Working together, we can accomplish more!

**PTSO MEMBERSHIP  
BENEFITS**

- \*Seniors of active PTSO Families compete for a valuable PTSO scholarship.
- \*Gain first-hand knowledge of current and upcoming events
- \*Reserved 50-yard line seating at all home football games (for immediate family members) (Must have membership card)
- \*Make a difference in our youth's education and school community
- \*Let your voice be heard
- \*A chance to develop a relationship with other parents, teachers, staff members, and administrators

Help determine what your child's school experience will include and be a vital part of their education process during their years here at Leilehua. Join us in making a difference in the lives of all the youth at Leilehua! PTSO dues support student scholarships and teacher appreciation.

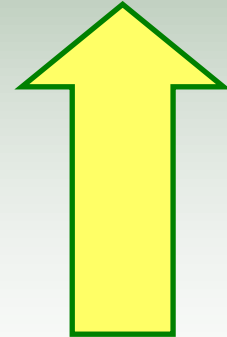
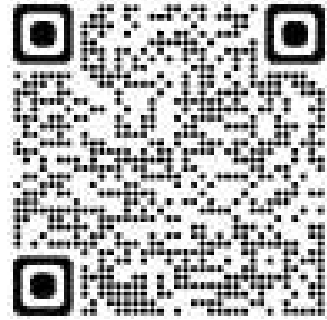
**JOIN THE PTSO TODAY.....MAHALO!**

Meetings are held the second Monday of every month at 5pm, unless school is not in session. In which case, it will be held on alternative Monday in that month. Meeting Dates for 2021-2022 are:

- August 9, 2021 September 13, 2021 October 25, 2021 November 8, 2021**  
**December 13, 2021 January 10, 2022 February 28, 2022 March 21, 2022**  
**April 11, 2022 May 9, 2022**

If you have questions or concerns contact PTSO at

[leilehuaptso@gmail.com](mailto:leilehuaptso@gmail.com)



**Join Now!**



The PTSO is looking for a Vice President and a Secretary. We'd love for you to join our team where you can make a difference for the students and staff at Leilehua.





On December 1st 2021, soldiers from the 325 BSB came to Leilehua to volunteer and help clean up a decades old pile of debris that needed clearing from behind the football field. Thank you to all who volunteered their time to help get this project complete!



*Mules*







*Thank you to our Japanese students for creating holiday cards to be mailed with gifts sent by the 2/27 Infantry Battalion to an orphanage in Osaka Japan.*







For student athletes wanting to join our JV or Varsity Football for the 2022 season, we have a mandatory meeting to sign up on Thursday, January 13th during lunch in the gym. Doors will close at 12:50. Please visit, call, or email Coach Kurisu (Varsity) or Coach Mookie (JV) if you will be tardy or have to miss the meeting. Make sure that you have a current physical or are in the process of completing a new physical and emergency card for the start of practice on Monday, February 14th. All documents can be found on the school website.

Thank you!

*Mules*



# **CONGRATULATIONS!**

MR. YIM AND HIS STUDENTS WERE JUST SELECTED AS THE SAMSUNG SOLVE FOR TOMORROW, HIGH SCHOOL CATEGORY, STATE WINNERS!

THEY WON \$6500 OF SUPPLIES AND WILL BE WORKING ON A PROJECT TO DEVELOP A SOLAR-POWERED REAGENT-FREE DEVICE THAT MEASURES THE PERCENT OF NITRITE IN WATER. THIS WILL HELP WITH AQUACULTURE FARMING AND FIELD TESTING.

THEY COULD ALSO TAKE THEIR PROJECT TO COMPETE NATIONALLY FOR \$50,000!

IF YOU ARE INTERESTED IN STEM AND WOULD LIKE TO JOIN THE TEAM, PLEASE SEE MR. YIM IN ROOM N206.



**#SOLVEFOR  
TOMORROW**



The Aloha Ambassadors held their annual Christmas Sock Exchange on December 9th, 2021. A fun time was had by all.





# Chromebook Distribution

## **PICK UP YOUR CHROMEBOOK DURING NON-INSTRUCTIONAL TIMES FROM THE LIBRARY LEARNING COMMONS**

- **DEVICE AGREEMENT FORM**
- **TECHNOLOGY ACCEPTABLE USE  
FORM ON FILE WITH SCHOOL**
- **SCHOOL ID**



### **BENEFITS OF BORROWING A DEVICE:**

- **WIFI ACCESS ON CAMPUS**
- **MORE FUN, INTERACTIVE, ENGAGING LEARNING  
OPPORTUNITIES**
- **FASTER TEACHER FEEDBACK**
- **CHECK SPELLING AND GRAMMAR EASILY**
- **PREPARES YOU TO BE COLLEGE & CAREER READY**
- **BIGGER SCREEN AND FULL SIZE KEYBOARD FOR DOING  
ASSIGNMENTS**

*Have you heard?*

# The Library Learning Commons is Open!

7:45 am to 3:00 pm (3:45pm when there is tutoring)

Sanitize your hands upon entry.

Masks must be properly worn at all times, no warning.

Chairs and tables should be left as is, no grouping.

When looking for a book, put books you don't want on book carts.

Drinks should be left at the table near the entrance.



# What is Tutor.com for U.S. Military Families?



Tutor.com for U.S. Military Families ([Tutor.com/military](https://www.tutor.com/military)), is a program that allows eligible students in grades kindergarten through college to connect to a live tutor online at any time (24/7/361) for one-to-one help with homework, studying, test prep and more, at no cost.

## Who is eligible to use Tutor.com/military?

Active Duty Military, ROTC, Wounded Warrior, Reserve, DoD and Coast Guard military service members, civilian personnel, and ALL dependent family members are eligible to use Tutor.com/military when the service member is in either active/full-time or parttime/traditional drilling status, wherever they are located. Also, all DODEA students are eligible to use Tutor.com/military regardless of their parents connection to the military.

## Which subjects can students get help with?

Tutor.com/military has expert tutors in over 150 subjects.

Access the subject list at [www.tutor.com/military](https://www.tutor.com/military).



# How does Tutor.com work?

Tutor.com has more than 3,000 background-checked tutors that provide expert, on-demand academic support, 24/7.

Eligible students worldwide can access the online service from any Internet-enabled device for real-time help in more than 150 subjects, plus standardized test prep and more.

Students and tutors work one-to-one in a secure online classroom; that uses text or voice chat, interactive whiteboard, graphing calculator, file sharing, text editor and more.

In addition to receiving real-time tutoring and homework help on demand, students can also choose to schedule future online tutoring sessions and submit papers for offline tutor review. Feedback on papers, essays and other writing projects that a student uploads and submits for tutor review will be available in “My Sessions” in a student’s Tutor.com account within 12 hours.

Regardless of how a student works with a tutor, a tutor will not simply provide answers, but will help a student learn how to approach a question and come to an answer. Our tutors do not “teach” topics or lessons, but rather help students better understand how to answer the questions students bring to their tutoring sessions.







## **Class of 2022 Seal of Biliteracy Application Window Reopened**

The HIDOE has reopened the Class of 2022 Seal of Biliteracy application for students who missed the November deadline. The application window will be open from 8:00 a.m. on Tuesday, January 4 **until 12:00 p.m. on Monday, January 31.**

The Seal of Biliteracy is for ANY graduate who meets the criteria. It is NOT only for students who take a world language class.

### Eligibility Criteria:

- Must be graduating in the Class of 2022
- Demonstrate a minimum overall (cumulative) 3.0 GPA upon graduation
- Successfully complete courses required for English Language Arts for a high school diploma with a minimum 3.0 GPA upon graduation
- Attain the HIDOE determined requisite score on a HIDOE-approved language assessment.

The following is a list of all languages for which an assessment is available:

American Sign Language, Amharic, Arabic, Armenian, Cantonese Chinese, Chin (Hakha), Chuukese, Czech, French, German, Haitian-Creole, Hawaiian, Hebrew, Hindi, Hmong, Ilocano, Italian, Japanese, Kannada, Korean, Latin, Mandarin (Simplified), Mandarin(Traditional), Marathi, Marshallese, Polish, Portuguese (Brazilian), Russian, Samoan, Somali Maay Maay, Somali Maxaa, Spanish, Tagalog, Tamil, Telugu, Thai, Turkish, Urdu, Vietnamese, Yup'ik

Students must be screened by the school before submitting an application with the State. Interested students should contact Ms. Brenda Nomura as soon as possible at [Brenda.Nomura@k12.hi.us](mailto:Brenda.Nomura@k12.hi.us) or in room N101 during non-instructional time.

# CYS Health & Wellness

## TEENS AND STRESS

The COVID-19 health crisis has brought about many changes to daily life, and teens know that things are different. Like adults, teens experience stress too. While small amounts of stress are a normal part of life, some young people may have worrisome responses to disrupted routines, school closures, social distancing, event cancellations and missed milestones.

Reacting negatively to current events, school stress or other common stressors can lead to decreased academic performance, social isolation and even declines in mental health. Parents, family members and mentors are often the first to recognize signs of stress in children and help them learn coping skills to navigate challenging times.

A study found teens' stress levels are higher than that of adults. Furthermore, teens identify their stress as unhealthy. As our nation's future, we want to take a closer look at what stresses teens nowadays.

### Common Triggers of Teen Stress

In 2017, the American Psychological Association released a Stress in America survey. After compiling data, they conclusively found many teens struggle with stress at very significant levels.

Teenagers understand that their stress levels are unhealthy. However, most aren't aware of how negatively stress impacts both their mental and physical health. Data from a 2017 survey identified the most common triggers.

First, a whopping 83% of teens report school as a source of stress.

69% followed up with stressing about what to do after high school or getting into a good college.

An unfortunate 65% report financial concerns within their family. Since stress trickles down, it's easy to see how teens might absorb stress from other family members.

35% of teens report that they lie awake at night from stress. Meanwhile, 26% find themselves eating unhealthy foods or overeating due to stress.

Alternatively, 23% choose to skip meals. All of these habits are a direct result of stress.

Teens may show physical, emotional and behavioral signs of stress. These signs are relatively consistent throughout children of all ages; however, some indicators are less obvious than others. Pay special attention to any sudden shifts in behavior or unusual complaints your child brings up to you.



### Physical signs of stress in children

- Headaches
- Upset stomach
- Chest pain
- Heart palpitations or increased heart rate
- Insomnia
- Nightmares
- Bed wetting
- Decreased appetite, comfort-eating, or bingeing
- Pretending to be sick to avoid activities

### Emotional symptoms of stress in children

- Anxiety
- Mood swings
- Restlessness
- Clinginess
- New or recurring fears
- Increased crying, anger, stubbornness, or aggression
- Decreased concentration or motivation
- Emotional overreactions to minor incidents
- Regressing toward comforting behaviors from early childhood
- Social isolation or unwillingness to participate in enjoyed activities

### Things Parents Can Do

- Ensure your child is safe
- Talk to your child
- Help your child develop healthy coping habits
- Spend quality time together
- Manage your own stress

Finally, don't pressure your child into immediately telling you what's wrong. If they are feeling scared or anxious, they may take longer to confide in you. Remember to always be loving and patient, and allow your kid to talk openly when they're ready.

Source: [www.bgca.org](http://www.bgca.org) BGCA Parent Resource (2020), Choose Mental Health Article, <https://choosementalhealth.org/category/support-articles/>



UNITED STATES ARMY INSTALLATION MANAGEMENT COMMAND

ArmyMWR.com / CYS





## Happy 2022 and Welcome Back Announcements from the College and Career Center

### **Classes of 2025, 2024, 2023, and 2022:**

Have you signed up for Signal Vine? Signal Vine is another means of communication between students, parents or guardians, and counselors. For students, it is a two-way communication tool with your counselors and for parents or guardians, it is a one-way communication tool from the counselors. Keep informed and sign up! Sign up information was sent with the second quarter report cards.

### **Virtual Free Application for Federal Student Aid (FAFSA) Completion Webinar Nights:**

**Class of 2022** – if you need help completing your FAFSA, please attend one of our in-person Webinars. Our first Webinar will be held on:

Date: Tuesday, January 18, 2022

Place: Leilehua High School Library

Time: 6 p.m. to 8 p.m. (you leave when you are done)

What to bring: Student and parent 2020 federal tax returns and W2s

Refreshments distributed as you leave the Webinar.

**Class of 2023** – This is your most important year of high school. Please be sure to do your best and get the best grades possible because this is the last full year of high school colleges will see before they make an admissions decision. Additionally, please continue to challenge yourself in your senior year. Take a full schedule of academics to keep your brain active for full time work, full time military service, full time college, or part time, full time combinations. Register at the College Board Website to get started on scholarships only available to the Class of 2023!

**Classes of 2024 and 2025** – Get involved in high school! Join clubs, join athletics, take challenging classes throughout high school! Volunteer in your community, join outside organizations with your parents or guardians approval of course. Apply for scholarships, check out scholarships, see what you need to do to earn them. There are scholarships waiting for you, yes as freshmen and sophomores too!

### **Scholarships abound, here's a start:** (Most of them are for seniors.)

<http://takitanifoundation.org/for-students/>

<https://www.hawaiirotaryyouthfoundation.org/sitepage/apply-now>

[https://hcf.scholarships.ngwebsolutions.com/CMXAdmin/Cmx\\_Content.aspx?cpld=544](https://hcf.scholarships.ngwebsolutions.com/CMXAdmin/Cmx_Content.aspx?cpld=544)

[https://registration.salliemae.com/college-planning/registration/?mode=scholar&lnkid=5M-ScholarshipsCat-ss-register&dtd\\_cell=GO99999CHRME](https://registration.salliemae.com/college-planning/registration/?mode=scholar&lnkid=5M-ScholarshipsCat-ss-register&dtd_cell=GO99999CHRME)

<https://www.raise.me/>



Interested in finding out more about college? Check out the upcoming college visits. Be sure to sign up through your Naviance account and print your confirmation to attend the presentation. All presentations will be held in the College and Career Center HH101. The ones highlighted will be virtual. Questions?? Please visit the Counseling Center.

<u>College</u>	<u>Date &amp; Time</u>
DigiPen Institute of Technology	1/10/22 8:50 AM
United States Army	1/10/22 1:35 PM
University of Hawaii-West Oahu	1/24/22 8:50 AM
Western Colorado University	1/26/22 8:50 AM





# Build a full stack future

## Apply to Amazon Future Engineer Scholarship program

The Amazon Future Engineer Scholarship awards 100 high school seniors with a \$40,000 scholarship for college, plus a guaranteed paid internship programming at Amazon.

For high school seniors seeking to continue their computer science education at a four-year college, the Amazon Future Engineer Scholarship program can make all the difference for a bright and developing future.

We want you to apply, here's how:

### 1: Engage



Our past winners are not very different from you. They come from neighborhoods all around the nation and are passionate problem solvers, ready to build the next big thing. Meet a recent winner below:



*"The Amazon Future Engineer Scholarship not only shaped my perspective on a career in computer science, but helped me solidify that I belonged in one."*

**Jailynn Primus**  
Howard University  
2023

### 2: Prepare



Start gathering your thoughts and docs. You'll need to think about

- Some answers to some short Essay questions (1000 character limit including spaces)
- Looking around for someone to provide you a solid recommendation

### 3: Apply



Applications open November 1, 2021 and close January 25, 2022.

And this year, it's easier than ever to apply on our partner sites like Scholarship America or with the Common App.

Scan here to apply:



amazon

future >>  
engineer

### Continous Notice of Non-Discrimination

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Rhonda Wong, Compliance  
Aaron Oandasani, Title VI  
Toby Yamashiro, Title VII  
Nicole Isa-Iijima, Title IX  
Krysti Sukita, ADA/504

Civil Rights Compliance Branch  
Hawaii State Department of Education  
P.O. Box 2360 Honolulu, HI 96804  
(808) 586-3322 or relay  
[CRCB@k12.hi.us](mailto:CRCB@k12.hi.us)



## PURPOSE

To encourage members of the HawaiiUSA Federal Credit Union to pursue a college/university/professional education, including graduate degrees, at any two- or four-year accredited institution of higher learning. Students who are presently attending an institution of higher learning are also eligible.

## NUMBER AND AMOUNT OF SCHOLARSHIP

- Twelve (12) awards at \$2,000 for graduating high school seniors planning to attend any two- or four-year accredited institution of higher learning. Recipients must be enrolled as a full-time college student during the 2022-2023 academic school year.
- Eight (8) awards at \$2,000 for undergraduate or graduate students for the 2022-2023 academic school year. Undergraduate recipients must be enrolled as a full-time college student. Graduate recipients must be classified as a full-time college students.

## ELIGIBILITY CRITERIA

- Applicant must be a primary member with their own HawaiiUSA FCU account in good standing for a minimum of 12 consecutive months prior to the application deadline.
- Prior recipients of HawaiiUSA FCU scholarships may reapply and will be evaluated with current applicants.

## SELECTION

- **ACADEMIC** - Based on applicant's certified transcript.
- **LEADERSHIP** - Based on leadership and/or school/employment activities, honors and awards and other experiences.
- **SCHOOL/COMMUNITY SERVICE** - Based on quality and frequency of service to communities, institutions, etc.
- **MERIT** - Based on explanation of why applicant should be selected for this scholarship.
- **RECOMMENDATION** - Based on letters of recommendation.
- **FINANCIAL** - Based on need as indicated by applicant's general and financial information and full disclosure of parental financial status.
- **CREDIT UNION MEMBERSHIP** - Based on number of years of HawaiiUSA FCU membership.

## REQUIREMENT CHECKLIST

Use this checklist to ensure your application is complete:

- Completed application form with original signatures. Signature of parent or legal guardian is required if applicant is considered a dependent. Failure to have original signatures will disqualify application.  
**Please include all information on this application. Attachments to this application will NOT be reviewed. Application form MUST be postmarked by February 11, 2022.**
- Two (2) current signed letters of recommendation from individuals not related to or living with the applicant. Letters of recommendation must be dated within one year of application submission. Letters of recommendation MUST be postmarked by February 11, 2022.**
- Certified school transcript, including 7th semester or most recent college transcript, if applicable. **Certified transcripts MUST be postmarked by February 11, 2022.**

**HawaiiUSA FCU • Attn: Scholarship Committee • 1226 College Walk • Honolulu, Hawaii 96817-3995  
Hand carried applications will not be accepted.**

## DEADLINE

**Completed application, certified transcripts and two (2) letters of recommendation MUST all be postmarked no later than February 11, 2022. Any applications received after the postmarked date will NOT be reviewed.**

## REVIEW

The Scholarship Program Committee will review and evaluate each application before final selections are made. Scholarship Program Committee selections will be final. Applicant will be notified by April 11, 2022. For questions, please call 844.8024 or toll-free at (800) 379.1300.

**\*\*Note:** We at HawaiiUSA recognize that COVID-19 has impacted all of us educationally, professionally, and personally. How have you adapted to the changes in your goals and objectives as related to academics, economics, and community related activities? We commend you for continually striving for excellence during these challenging times as "Life Matters". Best wishes, and thank you for being a part of HawaiiUSA's educational journey. *"It is often in the darkest skies that we see the brightest stars."* - Author Richard Paul Evans





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Nicole Ise-Iijima, Title IX	<a href="mailto:CRCL@hawaii.gov">CRCL@hawaii.gov</a>
Kristi Sukita, ADA/504	

**2022-2023**  
**CHARLES R. KENDALL &**  
**RUSSELL K. OKATA SCHOLARSHIPS**

**\$3,000 & \$2,000**

Awards are available to HGEA members and their dependents.

*Apply now!*

[www.hgea.org/kendallscholarship](http://www.hgea.org/kendallscholarship)

Deadline to apply is January 18, 2022. Email [scholarships@hgea.org](mailto:scholarships@hgea.org) for more information.



**HAWAII**  
SELF STORAGE®

# Hawaii'i Self Storage Student Scholarship

DEADLINE - Feb, 13, 2022

Amounts = Up to \$1000 available

**Apply at**  
**bit.ly/hawaiiselfstorage**



## Who is the scholarship for?

This program is designed to help and support students financially to develop into future leaders in our community. 10 students will be selected for the scholarships, and it will be awarded based on required written essay and eligibility.

## Eligibility

- Be a Hawaii'i resident
- be a current High School senior
- Be accepted and enrolled full-time at a 4-year college<sub>or</sub> University
- be able to complete the essay question

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Krysti Sukita, ADA/504	

**Apply at bit.ly/hawaiiselfstorage**



## The Application Process

Once again, the Hawaii Community Foundation has been selected to administer the Hawaii State FCU Scholarship Program. Interested applicants may apply directly through Hawaii Community Foundation's website.

Please see below for information on eligibility requirements and how to apply.

Twenty Lucky Recipients will Each be Awarded \$5,000 Scholarships!



## Scholarship Program



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Krysti Sukita, ADA/504	

Applications for Our 2022 Hawaii State FCU Scholarship Program will be accepted November 15, 2021 through January 31, 2022.

Since 1996, Hawaii State FCU has awarded nearly \$900,000 to some of Hawaii's best and brightest students to support their efforts to pursue a higher education.

## THE PROFILE IN COURAGE ESSAY CONTEST IS A CHANCE FOR STUDENTS TO:



Strengthen research  
and writing skills



Build a relationship  
with a nominating  
teacher



Win \$10,000  
for college



Learn about  
political courage

JOHN F. KENNEDY  
LIBRARY FOUNDATION

*John Hancock*

As we approach the holiday season, our team at the JFK Library wanted to remind you of a scholarship opportunity that you can share with a high school student in your life—the JFK Library’s **Profile in Courage Essay Contest**.

This contest is a way for high school students across the country to share inspiring stories of brave leaders from years past, and learn about President Kennedy’s lessons of political courage. Even more, participants can win up to \$10,000 for college by participating.

Whether it’s a niece, a brother, or a family friend, take a moment to encourage a student you know to submit an essay before our upcoming **January 14, 2022 deadline**.

Thank you for sharing our resources with the students in your life, and on behalf of the entire JFK Library, we wish you a happy and healthy holiday season!

Thank you,

Esther Kohn  
Profile in Courage Essay Contest  
John F. Kennedy Library Foundation

For more information: <https://www.jfklibrary.org/learn/education/profile-in-courage-essay-contest>



More Scholarship Opportunities. See the CCC for more information.

Looking for some money for college? Hawaii Rotary Youth Foundation (HRYF) is offering scholarships. Each participating Hawaii Rotary Club awards one \$5,000 scholarship to a deserving high school senior. Stop by the Counseling Center for more information. Deadline: January 31, 2022

Engineering students want some money? Build a full-stack future, apply to Amazon Future Engineer Scholarship program. This is a \$40,000 scholarship for college, plus a guaranteed paid internship programming at Amazon. For more information please visit the Counseling Center. Deadline: January 25, 2022

Seniors/Juniors looking for a scholarship? Actor, Athlete, Comedian and Activist Terry Crews partners with Bold.org is offering a \$20,00 Terry Crews "Creative Courage" Scholarship. This scholarship will provide an incredible opportunity for a struggling artist chasing their dreams. Deadline: January 12, 2022

Seniors check out this scholarship. Each year, the U.S. Junior Chamber International (JCI) Senate Foundation grants \$1,000 scholarships to graduating high school seniors who plan to continue their education at accredited post-secondary colleges, universities or vocational schools. Deadline: January 14, 2022

Hello Seniors, are you planning or to major in Psychology or Applied Behavior Analysis? Apply for the Dr. Meme Heineman Scholarship. Award is \$6,000. For more information stop by the Counseling Center. Deadline: January 14, 2022

The Society of The Friends of St. Patrick Hawaii has scholarship available. Up to a maximum of \$2,000 for tuition, fees, or books at any 4-year or 2-year accredited U.S. university or college during the upcoming school year. For more information stop by the Counseling Center. Deadline: January 30, 2022

Scholarships available. Washington Crossing Foundation is offering a \$5,000 scholarship. Student must be a high school senior who is a US citizen and be planning a career of service to the United States in local, state, or federal government. For more information stop by the Counseling Center. Deadline: January 15, 2022

Are you looking for Scholarships? Interested in becoming a Lawyer? Hunnicutt Law Group has a \$1,000 Award. To apply for the scholarship, submit an essay of no more than 500 words that answers the question: What has made you pursue a career in the law? Submit proof of enrollment or intent to enroll in an accredited undergraduate program, or law school for the upcoming 2021-2022 academic year. For more information stop by the Counseling Center. Deadline: January 15, 2022

American College Foundation (ACF) Visionary Scholarship is available to High School Students. Offered is a \$5,000 Award. Stop by the Counseling Center for more information. Deadline: May 1, 2022

Scholarships Scholarships. The Abbott and Fenner Scholarships are available to all high school juniors and seniors as well as all students currently registered in any accredited post secondary institution. Student will need to write an essay on the topic below. The essay should be between 500 - 1000 words. Topic: Describe your educational career and life goals. Explain your plan for achieving these goals. Include your degree/major, why you selected it, and how this degree/major will help you achieve your goals. Award: \$1,000 For more information please see the Counseling Center. Deadline: June 12, 2022

Are you a student who loves to help animals? Graduating class of 2022 - we want to hear your story! P.L.A.Y. has always made a point to promote compassion towards animals in both our personal and professional lives. From working directly with local shelters to donating products to animals in need through our Warm Bellies Initiative with the Petfinder Foundation, animal welfare has always been a staple of our business. P.L.A.Y. will be awarding its 7th annual \$1,500 scholarship to a graduating senior (2021-2022) who best exemplifies our core beliefs. Deadline: February 28, 2022 for more information please visit the Counseling Center.

Are you looking for more scholarships? Hawaii State Federal Credit Union is offering the Lowell Kalapa Scholarship. Eligibility: Student must be a member or a dependent of a member of the Hawaii State FCU. Must attend a fully accredited university, college or trade/vocational school in the 2022-2023 school year. Must demonstrate financial need. Must attend as a full-time student (as determined by your school's financial aid office). May apply as an Undergraduate or Graduate degree-seeking student. Minimum 2.5 cumulative GPA. Stop by the Counseling Center for more information. Deadline: January 31, 2022





**HOURS OF OPERATION**  
 Monday - Friday  
**1 PM - 7 PM**  
 Saturday/Sunday  
**CLOSED**

OPEN RECREATION  
 TECH LOUNGE & COMPUTER LAB  
 ART ROOM  
 TRIPLE PLAY & HEALTHY HABITS  
 MUSIC ROOM  
 GAME ROOM  
 LEADERSHIP CLUB & VOLUNTEER OPPORTUNITIES  
 COLLEGE PREP  
 HOMEWORK HELP  
 BGCA & 4H SCHOLARSHIPS  
 SHUTTLE BUS  
 AND LOTS MORE...

**SCHOFIELD BARRACKS**  
**BENNETT YOUTH CENTER**  
 FREE after school Activity center for youth in grades 6 - 12

Registration & Participation is **FREE**  
 Register through Parent Central Services at 655-5314

**NEED A RIDE?**  
**\$15/month**


2251 MCMAHON ROAD BLDG 9090  
 SCHOFIELD BARRACKS, HI 96857  
**(808)655-0451**

Follow us @SBYChawaii  
  

After School Shuttle Bus directly from LHS to Bennett Youth Center for registered youth members  
 Bus Departs 15 min after final bell

FREE Shuttle Bus available in evening from the SBYC to neighboring community centers.



**Scholarship & College Applications are due soon...**

If you need help writing your **Resume** or **College Essay**, come by **Rm N104**

**Mules**

See Mrs. Alano  
 Rm N104  
 Mondays & Fridays  
 Starting 11/5 Fri  
 2:35-3:15 pm



# Hawai'i Pacific Health Medical Assistant Program

**HAWAI'I  
PACIFIC  
HEALTH** | KAPI'OLANI  
PALI MOMI  
STRAUB  
WILCOX  
CREATING A HEALTHIER HAWAI'I



## VIRTUAL INFORMATION SESSION Tuesday, January 18 from 6:00 PM - 7:00 PM

Zoom Meeting: <https://hawaiiipacifichealth-org.zoom.us/j/83301113764?pwd=Y1IQRjR4YkVsSjQrMHNObXlKTzJZz09>  
Meeting ID: 833 0111 3764  
Password: HPHMA

## PROGRAM OVERVIEW

As part of an ongoing commitment to education and community involvement, Hawai'i Pacific Health in partnership with local high schools offers a ground-breaking Medical Assistant certificate program to train high school students for careers in the health care field. This sponsored program will enable students to learn the skills necessary to enter the health care field upon graduating from high school and excel in a career as a Medical Assistant.

- Classes and labs held on week days and Saturdays to accommodate student's schedule
- Classes taught by experienced health care professionals
- Successful completion of this program prepares students to sit for a nationally recognized Medical Assistant certification exam
- Program combines classroom training and clinical experience for immediate application of new skills
- Priority consideration for employment with HPH and/or other community partners for each student who successfully completes the program and passes the certification exam

## WHAT IS THE ROLE OF A MEDICAL ASSISTANT?

Medical Assistants play a key role in delivering the highest quality care to patients and their families. This includes assisting with patient care and procedures, administering medications, documenting routine office laboratory and diagnostic tests, as well as performing administrative medical office and business practices such as coding and billing.

## TOPICS COVERED AT INFORMATION SESSION

- Application requirements
- Application and interview process
- Program curriculum
- Program demands and expectations

For more information, please contact Shelli Ihori at [Shelli.Ihori@hawaiiipacifichealth.org](mailto:Shelli.Ihori@hawaiiipacifichealth.org) or Mae Dorado at [Mae.Dorado@hawaiiipacifichealth.org](mailto:Mae.Dorado@hawaiiipacifichealth.org).



# TIPS

## AFTERSCHOOL TUTORING

MONDAY, TUESDAY, THURSDAY AND FRIDAY  
2:45PM TO 3:45PM

@ THE LEILEHUA LIBRARY LEARNING COMMONS  
-OR-

TIPS ONLINE TUTORING  
[HTTPS://MEET.GOOGLE.COM/ZSI-NJWC-DIM](https://meet.google.com/zsi-njwc-dim)



SCAN ME



Tutoring will be first come, first serve. Max capacity at this time is 10 in-person students.

Bring all work, books and questions.

Students who need computer access only can go to the computer lab (open till 3:15pm).



# LHS CLASS OF 2024 BLOOD DRIVE



**GIVE THE GIFT OF LIFE!**

**January 27, 2022**

**8:00 AM - 3:30 PM**

**in the library**

**To make an appointment, please see Ms. Ulep in  
Room 39 (during non-instructional times)**



Mark your calendars for Junior Prom on March 19th, 2022 at the Prince Waikiki Hotel. Guests are welcomed to attend, however all attendees must be fully vaccinated in order to purchase a prom ticket. If you have any questions, please see Mrs. Freitas in room 56 or Mr. Antonio in room 36.



SAVE THE DATE  
JUNIOR PROM

19

MARCH 2022

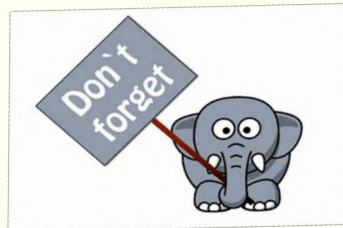
PRINCE WAIKIKI  
GUEST ARE WELCOMED  
*MUST BE FULLY VACCINATED*

# MARK YOUR CALENDAR!

School resumes for students on January 5th 2022

No School: January 17th 2022

Martin Luther King Jr Day



**Need to take the SAT?**

**The next SAT will be held at Leilehua on March 12th, 2022**

**Registration deadline is February 11th, 2022**

**Late registration deadline is March 1st, 2022**

**Register at [mysat.collegeboard.org](https://mysat.collegeboard.org)**



LEILEHUA HIGH SCHOOL | HOME OF THE MIGHTY MULES

# JANUARY 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3 <b>NO SCHOOL</b> Winter Break	4  <b>NO SCHOOL</b> Teacher PD Day	5 <b>BREAKFAST</b> PIZZA BAGEL <b>LUNCH</b> CHICKEN TENDERS	6 <b>BREAKFAST</b> CHICKEN PATTY W/RICE <b>LUNCH</b> CHEESE BURGER	7 <b>BREAKFAST</b> CEREAL <b>LUNCH</b> KALUA PORK W/CABBAGE
10 <b>BREAKFAST</b> MINI HOTCAKES <b>LUNCH</b> PIZZA	11 <b>BREAKFAST</b> BREAKFAST PIZZA <b>LUNCH</b> MAC & CHEESE	12 <b>BREAKFAST</b> PORTUGUESE SAUSAGE W/RICE <b>LUNCH</b> SLOPPY JOE	13 <b>BREAKFAST</b> CINNAMON ROLLS <b>LUNCH</b> CHICKEN TENDERS	14 <b>BREAKFAST</b> CEREAL <b>LUNCH</b> ROAST TURKEY
17  <b>NO SCHOOL</b> Martin Luther King Jr. Day	18 <b>BREAKFAST</b> BAGEL <b>LUNCH</b> CHEESE BITES	19 <b>BREAKFAST</b> BREAKFAST PIZZA <b>LUNCH</b> MOZZ CHICKEN SANDWICH	20 <b>BREAKFAST</b> CEREAL <b>LUNCH</b> BEEF PATTY W/GRAVY	21 <b>BREAKFAST</b> CHICKEN SAUSAGE W/RICE <b>LUNCH</b> SPAGHETTI
25 <b>BREAKFAST</b> CHEESE STICKS <b>LUNCH</b> HOT DOG IN A BUN	26 <b>BREAKFAST</b> PORTUGUESE SAUSAGE W/RICE <b>LUNCH</b> PIZZA	27 <b>BREAKFAST</b> CEREAL <b>LUNCH</b> CREOLE MACARONI	28 <b>BREAKFAST</b> CINNAMON ROLL <b>LUNCH</b> FISH SANDWICH	29 <b>BREAKFAST</b> WAFFLE <b>LUNCH</b> ROAST PORK
31 <b>BREAKFAST</b> FRENCH TOAST <b>LUNCH</b> CHICKEN TENDERS				

All meals include a choice of 1% White or Chocolate Milk. MENU SUBJECT TO CHANGE WITHOUT NOTICE

### HOURS OF SERVICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast</b> 7:40am - 8:10am	<b>Breakfast</b> 7:40am - 8:10am	<b>Breakfast</b> 7:40am - 8:10am	<b>Breakfast</b> 7:40am - 8:10am	<b>Breakfast</b> 7:40am - 8:10am
<b>Lunch</b> 12:40pm - 1:10pm	<b>Lunch</b> 12:40pm - 1:10pm	<b>Lunch</b> 12:40am - 12:10pm	<b>Lunch</b> 12:40pm - 1:10pm	<b>Lunch</b> 12:40pm - 1:10pm

Students must present their school ID to purchase meals.

All students will receive one free breakfast & lunch a day.

If students desire another meal, they will need to pay regular meal rates.

**\*\*THIS INSTITUTE IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER\*\***

# Mules



There's an App for that!



Download for Free Today!



## How we Communicate: Website, Mobile App, social media and more!

Our Website: [www.leilehua.k12.hi.us](http://www.leilehua.k12.hi.us)

Download our mobile app!



Tell your kids about it too!



Click Register  
Create own username & password.