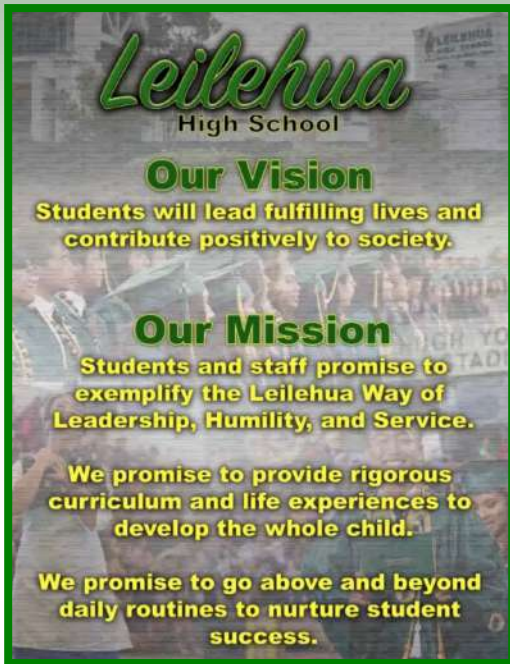


Mule Tracks

Volume 1

September 2021



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 Nagata
Athletic Director: Nolan Tokuda
Student Service Assistant: Melody Kurisu



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,

We would like to thank everyone for their flexibility and understanding as we continue to progress through this pandemic together. As time passes, we are finding students having difficulties following the directive of properly wearing a mask on campus at all times. It is mandatory for everyone to wear a mask on campus. Please help us by reminding your child to be compliant. We will begin issuing disciplinary action for insubordinate students as it is a health and safety concern for everyone on campus.

We also have many supports in place to help your children be successful. We have grade-level support structures in place to personalize and maximize your child's experience at Leilehua. Please contact your child's support team members if you have any questions.

<u>Class of 2025 (Grade 9)</u>	<u>Class of 2024 (Grade 10)</u>
Vice Principal - Deyon Nagato	Vice Principal - Shawn Nakata
Counselor (A-K) - Chad Jicha	Counselor (A-K) - Jennifer Martin
Counselor (L-Z) - Kim Townsend	Counselor (L-Z) - Michele Sales
<u>Class of 2023 (Grade 11)</u>	<u>Class of 2022 (Grade 12)</u>
Vice Principal - Shane Nakamura	Vice Principal - Shelley Ferrara
Counselor (A-K) - Lynn York	Counselor (A-K) - Lois Lozano
Counselor (L-Z) - Erin Chow	Counselor (L-Z) - Cari Higa

College & Career Counselor - Judy Watanabe
Behavioral Health - Rebecca Miyahira

Behavioral Health - Joe Kaaihue

We will continue to implement the core essential strategies:

- Promoting COVID-19 vaccination among all staff and eligible students 12 years of age and older
- Directing staff and students to stay home when sick
- Correct and consistent masking
- Proper hand hygiene

Thank you for your continued support and stay current with updates on our website, school app, and social media feeds.

Sincerely,

Jason Nakamoto



Welcome back to school.



Even though meals are free for everyone this year, we still need your help to reach our Title 1 Funding. Please help our school by applying today!

Title 1 Funds Provide:

1. Teacher positions to help reduce class-size
2. Part-time teacher positions for after school tutoring
3. Mobile computer labs for core content classes
4. Various technologies to support instruction
5. Pre ACT and ACT exam fees
6. Tuition for Early College students
7. Professional Development for teachers
8. Site licenses and memberships to various standards based instructional learning resources

Free/Reduced Lunch Applications
Don't wait...Apply ONLINE NOW

IT'S EASIER! IT'S FASTER! BENEFITS RECEIVED SOONER!



WWW.EZMEALAPP.COM

STUDENTS WITH FREE/REDUCED STATUS

MAY RECEIVE THE FOLLOWING:

- > **REDUCED SCHOOL BUS FARE**
- > **SAT/ACT/PSAT EXAM WAIVERS**
- > **COLLEGE APPLICATION WAIVERS**
- > **REDUCED AP EXAM FEES**
- > **RUNNING START SCHOLARSHIPS**



**YOU COULD SAVE UP TO \$750
BY SIMPLY QUALIFYING FOR
FREE/REDUCED LUNCH!!**

**BENEFITS ARE SUBJECT TO AVAILABILITY AND CHANGES

DO YOUR PART... WEAR YOUR ID!



All Leilehua students are REQUIRED to display their school issued ID badge on themselves via a badge clip on their upper half of clothing or on a lanyard while on campus. This ID badge must be visible at all times.

Parking permits are being enforced immediately. Campus parking is allowed only with a valid parking permit. Students may apply for a parking permit in the school office.



NO SCHOOL SEPTEMBER 6TH 2021

HAPPY LABOR DAY!

LEILEHUA HIGH SCHOOL PTSO

PARENT • TEACHER • STUDENT • ORGANIZATION

Lhs sophomores
and senior serving
2021/2022 teachers
and faculty



The back to school breakfast for the teachers and staff was a success! Thank you PTSO and to all who helped welcome our fantastic faculty back!



Beat the **HEAT!**

Kona Ice is coming to LHS!

Friday, September 3 from 2:30-3:00 pm
Friday, September 24 from 2:30-3:00 pm

Leilehua High School Front Parking Lot, by the Library

Cost is \$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.....MAHALOI!

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



PTSO --- Join Today

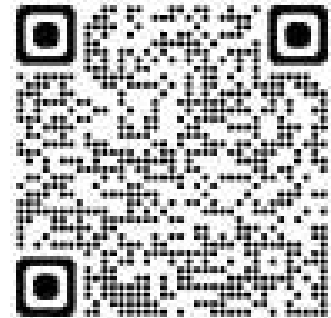


\$500

PTSO Scholarship for Seniors

Available only to active PTSO members

Join by scanning the QR code



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



Fall Sports

Air Riflery
Bowling
Cheerleading
Cross Country
Football
Soft Tennis
JV Girls Softball
Volleyball



Mules






GIRLS VOLLEY BALL

Mules

WANT TO TRY OUT FOR THIS YEARS TEAM?
CONTACT COACH JERRY FOR MORE INFORMATION
BEGINS ON SEPTEMBER 27th | 3:30PM - 6:30PM

All athletes must upload vaccination card to Leilehua website or have all exemption documents submitted to Coach Jerry before attending try outs.



BOWLING

Leilehua High School

TRY OUTS STARTING SOON

SEPT 27th @ 3pm and SEPT 29 @pm

CONTACT

COACH PHIL: 808-623-3009
COACH POJAS: 808-551-7124



LEILEHUA BOYS'

BASKETBALL

**Interested in
BOYS'
BASKETBALL?**

***SEE COACH TOWNSEND IN
P-15
DURING NON-INSTRUCTIONAL TIME***

LHS ESPORTS

*DOWN ABOUT NOT BEING
ABLE TO PLAY SPORTS?*

*WANT TO REPRESENT OUR
SCHOOL IN ESPORTS?*

*MAYBE EVEN GET A COLLEGE
SCHOLARSHIP?*



This year, the national league we are a part of,
High School Esports League is again allowing
Xbox, Playstation 4, Nintendo switch and PC at home play.

**Sign up at
bit.ly/lhsesports to select your
game & be a part of the team**

2021 OIA Football Schedule

2021 OIA Football Schedule (as of 8-24-21)

MEETING/DUE DATES

Start/Tryout Date: Monday, Sept 27 2021
 Helmets only Monday, Sept 27 and 28 2021
 Top Half Wed, Sept 29 - Oct 2 2021
 Full pads Mon Oct 4 2021
 First scrimmage Thurs Oct 7 2021
 Eligibility List Due 8-Oct-21
 Advisory Mtg
 Evaluation Mtg



	Open (O)	Division I (I)	Division II (II)
1	Kahuku	Roosevelt	Pearl City
2	Mililani	Moanalua	Kaimuki
3	Waianae	Aiea	Kaiser
4	Campbell	Castle	McKinley
5	Kapolei	Kailua	Waialua
6	Farrington	Waipahu	Kalani
7	Leilehua		Radford
8			Kalaheo
9			Nanakuli

Week 1 October 15,16 2021									
Date	DIV	TV	HC	Home	Visitor	Site	Time	JV	V
10/15/2021	O			Mililani	Waianae	Mililani	5:00/25mir	x	x
10/15/2021	O			Kahuku	Kapolei	Kapolei	5:00/25mir	x	x
10/15/2021	O			Campbell	Farrington	Campbell	5:00/25mir	x	x
	O			Leilehua	Bye				
	I			Moanalua	Bye				
10/16/2021	I			Waipahu	Roosevelt	Waipahu	4:00/25mir	x	x
10/15/2021	I			Kailua	Aiea	Kailua	5:00/25mir	x	x
	I			Bye	Castle				
	II			Pearl City	Kalaheo	Pearl City	5:00/25mir	x	x
10/16/2021	II			Kaimuki	Radford	Farrington	4:00/25mir	x	x
10/16/2021	II			Kaiser	Kalani	Kaiser	6:00pm	x	x
10/16/2021	II			Mckinley	Waialua	Roosevelt	3:00pm	x	x
	II			Bye	Nanakuli	Nanakuli	7:00pm	x	x

Week 2 October 22,23 2021									
Date	DIV	TV	HC	Home	Visitor	Site	Time	JV	V
10/23/2021	O			Farrington	Kahuku	Farrington	4:00/25mir	x	x
10/22/2021	O			Kapolei	Mililani	Kapolei	5:00/25mir	x	x
10/22/2021	O			Waianae	Leilehua	Waianae	5:00/25mir	x	x
				Campbell	Bye				
10/22/2021	I			Waipahu	Kailua	Waipahu	5:00/25mir	x	x
10/22/2021	I			Moanalua	Aiea	Moanalua	5:00/25mir	x	x
10/22/2021	I			Roosevelt	Castle	Roosevelt	5:00/25mir	x	x
	I			Bye					
10/22/2021	II			Waialua	Kaiser	Waialua	7:00pm	x	x
10/23/2021	II			Kalani	Kaimuki	Kaiser	4:00/25mir	x	x
10/23/2021	II			Radford	Pearl City	Radford	4:00/25mir	x	x
10/23/2021	II			Kalaheo	Nanakuli	Kailua	4:00/25mir	x	x
	II			Mckinley	Bye				

Week 3 October 29,30 2021									
Date	DIV	TV	HC	Home	Visitor	Site	Time	JV	V
10/30/2021	O			Kahuku	Leilehua	Leilehua	4:00/25mir	x	x
10/29/2021	O			Campbell	Waianae	Campbell	5:00/25mir	x	x
10/29/2021	O			Farrington	Kapolei	Farrington	5:00/25mir	x	x
	O			Mililani	Bye				
10/30/2021	I			Castle	Moanalua	Castle	4:00/25mir	x	x
10/29/2021	I			Aiea	Roosevelt	Roosevelt	5:00/25mir	x	x
	I			Kailua	Bye				
	I			Bye	Waipahu				
	I								
10/30/2021	II			Kaimuki	Nanakuli	Farrington	6:00pm	x	x
10/29/2021	II			Kaiser	Kalaheo	Kaiser	5:00/25mir	x	x
10/30/2021	II			Mckinley	Radford	Roosevelt	6:00pm	x	x
10/30/2021	II			Waialua	Kalani	Waialua	6:00pm	x	x
	II			Pearl City	Bye				

Week 4 Nov 5,6 2021									
Date	DIV	TV	HC	Home	Visitor	Site	Time	JV	V
11/6/2021	O			Kapolei	Campbell	Kapolei	4:00/25mir	x	x
11/6/2021	O			Waianae	Kahuku	Waianae	4:00/25mir	x	x
11/5/2021	O			Leilehua	Mililani	Leilehua	5:00/25mir	x	x
	O			Farrington	Bye				
	I			Aiea	Bye				
11/5/2021	I			Roosevelt	Kailua	Roosevelt	5:00/25mir	x	x
11/5/2021	I			Moanalua	Waipahu	Moanalua	5:00/25mir	x	x
	I			Castle	Bye				
11/6/2021	II			Kalani	Mckinley	Kaiser	6:00pm	x	x
11/5/2021	II			Radford	Kaiser	Radford	5:00/25mir	x	x
11/6/2021	II			Kalaheo	Kaimuki	Kailua	6:00pm	x	x
11/5/2021	II			Nanakuli	Pearl City	Nanakuli	6:00pm	x	x
	II			Bye	Waialua				

Week 5 November 12,13 2021									
Date	DIV	TV	HC	Home	Visitor	Site	Time	JV	V
11/12/2021	O			Waianae	Farrington	Waianae	5:00/25mir	x	x
11/13/2021	O			Leilehua	Campbell	Leilehua	4:00/25mir	x	x
11/12/2021	O			Mililani	Kahuku	Mililani	5:00/25mir	x	x
	O			Kapolei	Bye				
	I			Bye	Waipahu				
11/12/2021	I			Kailua	Moanalua	Kailua	5:00/25mir	x	x
	I			Bye	Roosevelt				
11/12/2021	I			Castle	Aiea	Castle	5:00/25mir	x	x
11/12/2021	II			Kaiser	Pearl City	Kaiser	5:00/25mir	x	x
11/13/2021	II			Nanakuli	Mckinley	Nanakuli	6:00pm	x	x
11/13/2021	II			Waialua	Kalaheo	Waialua	7:00pm	x	x
11/13/2021	II			Kalani	Radford	Kaiser	4:00/25mir	x	x
	II			Kaimuki	Bye				

Week 6 November 19,20 2021									
Date	DIV	TV	HC	Home	Visitor	Site	Time	JV	V
11/20/2021	O			Campbell	Mililani	Campbell	4:00/25mir	x	x
11/19/2021	O			Farrington	Leilehua	Farrington	5:00/25mir	x	x
11/19/2021	O			Kapolei	Waianae	Kapolei	5:00/25mir	x	x
	O			Kahuku	Bye				
	I			Kailua	Bye				
	I			Roosevelt	Bye				
	I								
11/20/2021	I			Waipahu	Castle	Waipahu	4:00/25mir	x	x
11/20/2021	II			Radford	Waialua	Radford	6:00pm	x	x
11/20/2021	II			Kalaheo	Mckinley	Kailua	6:00pm	x	x
11/19/2021	II			Nanakuli	Kaiser	Nanakuli	7:00pm	x	x
11/19/2021	II			Pearl City	Kaimuki	Pearl City	7:00pm	x	x
	II			Bye	Kalani				

2021 OIA Football Schedule (as of 8-24-21)

Week 7 November 26, 27 2021									
Date	DIV	TV	HC	Home	Visitor	Site	Time	JV	V
11/26/2021	O			Leilehua	Kapolei	Leilehua	5:00/25mir	x	x
11/27/2021	O			Mililani	Farrington	Mililani	4:00/25mir	x	x
11/27/2021	O			Kahuku	Campbell	Campbell	4:00/25mir	x	x
	O			Waianae	Bye				
11/27/2021	I			Aiea	Waipahu	Waipahu	4:00/25mir	x	x
11/26/2021	I			Roosevelt	Moanalua	Roosevelt	5:00/25mir	x	x
	I								
11/26/2021	I			Castle	Kailua	Castle	5:00/25mir	x	x
11/27/2021	II			Mckinley	Kaimuki	Roosevelt	6:00pm	x	x
11/26/2021	II			Waialua	Pearl City	Waialua	7:00pm	x	x
11/26/2021	II			Kalani	Nanakuli	Kaiser	7:00pm	x	x
11/27/2021	II			Radford	Kalaheo	Radford	4:00/25mir	x	x
	II			Bye	Kaiser				

Week 8 December 3, 4 2021									
Date	DIV	TV	HC	Home	Visitor	Site	Time	JV	V
12/3/2021	O			OPEN #1	OPEN #4	OPEN #1		x	x
12/4/2021	O			OPEN #2	OPEN #3	OPEN #2		x	x
	O								
	O								
	O								
	I								
	I								
	I								
12/4/2021	II			Kalaheo	Kalani	Kailua	4:00/25mir	x	x
12/3/2021	II			Nanakuli	Waialua	Nanakuli	7:00pm	x	x
12/3/2021	II			Pearl City	Mckinley	Pearl City	7:00pm	x	x
12/3/2021	II			Kaimuki	Kaiser	Farrington	7:00pm	x	x
	II			Radford	Bye				

Week 9 December 10, 11 2021									
Date	DIV	TV	HC	Home	Visitor	Site	Time	JV	V
12/10/2021	O			OPEN FINAL	OPEN FINAL	HIGH SEED		x	x
	O								
	O								
	O								
	O								
12/11/2021	I			DIV 1 FINAL	DIV 1 FINAL	HIGH SEED		x	x
	I								
	I								
12/10/2021	II			Nanakuli	Radford	Nanakuli	5:00/25mir	x	x
12/10/2021	II			Pearl City	Kalani	Pearl City	5:00/25mir	x	x
12/11/2021	II			Kaimuki	Waialua	Farrington	6:00pm	x	x
12/10/2021	II			Kaiser	Mckinley	Kaiser	7:00pm	x	x
	II			Kalaheo	Bye				

Week 10 December 17, 18 2021									
Date	DIV	TV	HC	Home	Visitor	Site	Time	JV	V
12/17/2021	O			HHSAA SEMI					
12/18/2021	II			DIV 2 FINAL	DIV 2 FINAL			x	x

Mules

LEILEHUA HIGH SCHOOL

ALOHA



TRANSITION CENTER

Our Mission

- Support and help meet the unique needs of a transitioning population.
- Help foster peer-to-peer connections.
- Be an advocate for these students.

Aloha Ambassador Program

Student to student connection

New Student Orientation

- Campus tour
- School Resources & Program Info
- School Policies and procedures
- Achieve 3000 testing
- Infinite Campus & Google login
- Advisory SEL workbooks
- Bus pass, Lunch Money & ID Card
- Spanish I pretest & iPrep survey
- Problem Solving
- A fun place to hang out

Call Back Program

- Checking in with all new students two weeks after starting in school.
- An opportunity to look for signs of anxiety, depression and school related stress.
- Identify issues early in the process and make referrals when necessary.
- Connecting students with the resources they need.



HOW TO REACH US:

LOCATION: P-6

PHONE #: (808) 305-3031

EMAIL: lhstransitioncenter@gmail.com

EMAIL: christine.okiyama@k12.hi.us

TRANSITION CENTER WEBSITE: welcometoleilehuaahs.weebly.com



Aloha Ambassadors



Benefits of being an Ambassador

- Learn Leadership and diplomacy skills
- Meet and great new students and families
- Improve interpersonal and conversational skills
- Create immediate rapport with students and staff
- Uniform training for students
- Participate in State Level Transition Conference
- Exchange ideas with other Transition Centers
- Work as a team for a common goal
- Work as a team for community service events
- Pathway to college Leadership Programs



Ambassadors are...
Positive
Responsible
Respectful
Dedicated

Roles and Responsibilities of an Aloha Ambassador

When students enroll in a new school, the transition can be very challenging. Aloha Ambassadors help make the move an easier one for new students.

We look for students with school pride. Students will listen and follow directions, be reliable and punctual. Ambassadors need to be able to work as a team player.

Duties

- Welcome new students
- Create a Positive School & Culture
- School connectedness
- Give tours of the school
- Introduce new students to teachers and staff
- Answer questions about LHS
- Ease student transitions



MEET YOUR 2021-2022 ALOHA AMBASSADORS!



PRECIOUS WALKER
Grade 12



GIANNE LEI DUQUEZ
Grade 12



JAMIE OKIYAMA
Grade 12



KAYDANCE RAZON
Grade 12



CAZANDRA CAUDILL
Grade 12



KAYLA BASILIO
Grade 12



BLAZE ALLEN FARIA
Grade 11



SIERRA -LEINE BARIT
Grade 11



PAIGE STARR
Grade 11



Aloha



Think you can't afford to pay for college? Guess again! Attend the FREE virtual financial aid and scholarship information nights to find out more. College is worth the investment and can be affordable for you and your family! All Webinars run from 6:00 p.m. – 8:00 p.m. Check out the flyer for dates, details, and to register! See you there!

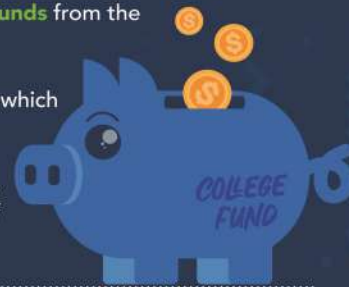
**THINK YOU
CAN'T AFFORD
TO PAY FOR
COLLEGE?**

GUESS AGAIN!

Join us for our **FREE** virtual financial aid and scholarship information nights to find out more.

Our webinars will help you learn

- How to get access to over \$150 billion in grants, loans, and work-study funds from the federal government to help pay for college.
- Tips on filling out the Free Application for Federal Student Aid or FAFSA which opens on October 1.
- How to access over \$70 million dollars in scholarships and grants that are awarded to Hawai'i students each year to help pay for college, regardless of family income.



**COLLEGE IS WORTH
THE INVESTMENT**

and can be affordable for you
and your family!

Webinar Dates 6:00pm - 8:00pm

Financial Aid Info Nights

August 18	September 29
August 25	October 6
September 1	October 13
September 8	
September 15	
September 22	

Scholarship Info Nights

September 9
September 21



To register, scan the QR code or go to:
tinyurl.com/HIFinAidNightsFall2021

Find out more at: collegeiswithinreachhawaii.com/finaidnights2021





LEILEHUA HIGH SCHOOL



COLLEGE CLUB



ACHIEVE YOUR FULL POTENTIAL. JOIN TODAY!

Participate in volunteering & networking opportunities to build your leadership skills, confidence, and readiness for your future college & career goals.

Please contact
Ms. Rocio Alano (N-104) or Ms. Pohai Wong (U-19)
for more info.

The Leilehua Speech and Debate team is holding open tryouts the week of August 30th. Stop by room 8 after school for more information. Be prepared to speak.



Speech and Debate Tryouts



Interested in improving your speaking skills, or want to engage in heated debates? Scan the QR Code for more information, or use the link below.

forms.gle/TyHWT2k58ErTha4Z7

Question? E-Mail Mr. Hinderer
jonathan.hinderer@k12.hi.us



ASVAB



ASVAB for 11th & 12th Graders

Test Date: Friday, October 8th, 2021

Test Time: 9:00AM to 1:00PM

Test Location: LHS Library

Cost: FREE

Registration Deadline: Friday, October 1st, 2021

Registration is limited to the first 40 students (participation number may be lower at the time of testing due to Covid restrictions).

Priority will be given to 12th graders whose military recruitment officer needs ASVAB scores.



Hey 10th and 11th graders!

Interested in **improving** your future **SAT** scores?

Want to be entered into the **National Merit Scholarship Program**, an academic competition for recognition and scholarships (11th graders only).

Why not get a head start **NOW!**

Take the PSAT/NMSQT!

What: PSAT/NMSQT for 10th and 11th Graders

When: Tuesday, October 26, 2021

Where: On our LHS Campus

Time: 8:20 AM - 12:40 PM

Cost: \$18

(A limited number of fee waivers are available for 11th graders who receive free or reduced lunch)

Why should you take the PSAT/NMSQT?

The PSAT/NMSQT will **prepare** you for the **SAT** which can be used for college entrance

- The reports you receive will give you better insights into your strengths
- Your scores will provide you with an early indicator on college readiness
- You and your teachers can use your scores to pinpoint areas of improvement
- The PSAT/NMSQT provides you with practice on tackling SAT type questions
- Free, personalized SAT study on Khan Academy based on your test results (when you access your score report online)

If you are an 11th grader, your scores on the test may automatically enter you into the **National Merit Scholarship Program**

- The National Merit Scholarship Program awards scholarships to students based on their scores
- Students that do not make it into the NMSP receive Letters of Commendation and may still receive Special Scholarships awarded from corporate sponsors

Registration forms are online on our school website or in the College and Career Center! Forms due electronically by Wednesday, September 11, 2021. Payment is made after the test and is due by December 19, 2021 to the front office during non-instructional hours.

Leilehua High School PSAT/NMSQT Registration SY 2021-2022

(10th and 11th Grade students only)

Date of Exam: Tuesday, October 26, 2021

Location: LHS Library

Time: 8:20 AM - 12:40 PM

Cost: \$18.00

Payment Due Date: December 19, 2021

Payment will be collected after the test date. Payment information will be sent to students via email. Students that sign up to take the PSAT/NMSQT but do not show up on the test day or arrive late will still be charged the exam cost or an unused exam return fee.

Fee Waiver: The College Board has a limited number of fee waivers available for 11th graders who receive free or reduced lunch and submitted an application for this school year. Fee waivers will be given based on the order registration forms are received. To apply for the fee waiver, please indicate so on the registration form. If you are verified as free or reduced, you may not be charged the \$18 test fee based on the number of waivers provided by the College Board.

Registration Deadline: Wednesday, September 11, 2021

Registration is limited to the first 80 students Priority will be given to 11th graders.

Registration Form

Registration is online using the following link:<https://forms.gle/SjL36PzNzakahC3v9>

Note: You must be logged in to your school Google Account

You can also scan the following QR Code using your cell phone or computer camera by opening the application you use to take a photo and focusing on the QR Code.

If you are unable to complete the online form at home and need computer or internet access, please go to the Career and College Center during non-instructional hours or through other computers on campus.



Student and parent signatures are required to be uploaded for the form to be submitted. Please make sure to have the screenshot or photo of the signatures ready to upload when completing the form. If you are completing the form at school, please have the signatures saved in your Google Drive prior to completing the form. See the image below for an example:

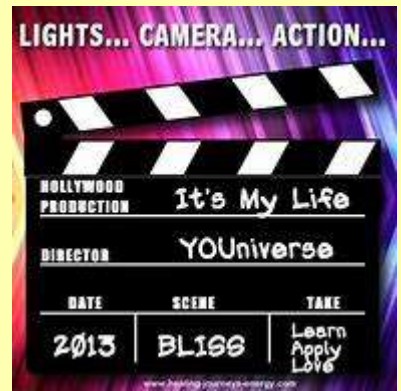
Student *Joseph Wisler*

Parent *Joseph Wisler*

In order to complete the registration form, you will need to agree to the following:

- I understand I will not be allowed to take the test if I am late or do not have my school ID
- I understand I will be missing class that day and will be responsible for all missed work.
- I understand the test is \$18, and that payment is expected by 12/19/21. I understand that I will be charged the test fee if I do not take the test for any reason.

If you have any questions, please contact the Testing Coordinator Mr. Wisler (joseph.wisler.k12.hi.us) or your counselors.



A large graphic for a school event. The background is a stylized illustration of a camera. The main text in the center reads "SCHOOL PICTURE RETAKE/MAKE UP". To the left, it says "When? TUESDAY SEPT 17TH ADVISORY". To the right, it says "Where? LIBRARY". At the bottom, a white box contains the text "Students must fill out Google Form in order to attend." The background is divided into three vertical sections of different colors: red, brown, and blue.

Yearbooks for this school year are available for purchase online or at the front office during non-instructional times. The price is just \$55. If you are purchasing online, only card payment will be accepted. However, if you are purchasing at the front office, only cash and check payment will be accepted.



BUY YOUR *Yearbook*

Go to: www.yearbookordercenter.com

Enter code: 6291

Also available for purchase in
front office

\$55

TIPS

AFTERSCHOOL TUTORING

FREE

MONDAY, TUESDAY, THURSDAY AND FRIDAY

2:45PM TO 3:45PM

@ THE LEILEHUA LIBRARY LEARNING COMMONS

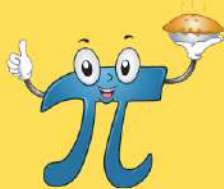
VIRTUAL STUDENTS: TIPS ONLINE TUTORING

[HTTPS://MEET.GOOGLE.COM/SVW-YJNI-QPO](https://meet.google.com/SVW-YJNI-QPO)

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).





Blood Bank of Hawaii

**Hawaii needs more
than 200 blood donors
*every day.***



Did you know that all 18 of Hawaii's civilian hospitals rely on our donors to provide blood for everything ranging from cancer and burn treatments to surgeries and transplants. Your neighbors on every island need your support.

Leilehua High School

BLOOD DRIVE

Leilehua High School Library

Thursday, September 16, 2021

8:00 am – 2:00 pm

Donations by appointment only.

**To schedule an appointment,
see Ms. Ulep in Room 39**



STAY MOTIVATED

PREVENT DEPRESSION



Signs & Symptoms of Teen Depression

- ✦ Lack of enthusiasm & motivation
- ✦ Loss of interest in activities
- ✦ Sadness or hopelessness
- ✦ Restless or agitation
- ✦ Irritability, anger, or hostility
- ✦ Tearful or frequent crying
- ✦ Withdrawal from friends and family
- ✦ Changes in eating and sleeping habits
- ✦ Fatigue or lack of energy
- ✦ Difficulty concentrating
- ✦ Feelings of worthlessness and guilt
- ✦ Thoughts of death or suicide

Ways to Cope

Tip 1: Get Out of Bed & Out of Pajamas

Tip 2: Set Small Realistic & Manageable Goals

Tip 3: Start the day on a positive Note

Tip 4: Show self-compassion & minimize the critical voices

Tip 5: Have routine & structure

Tip 6: Accept Change & Roll With It

Tip 7: Manage your thoughts & feelings

Tip 8: Stay Active & help others

Tip 9: Do what you can & start small

Tip 10: LET OTHERS HELP!
Create a support network. LHS can help.

ADOLESCENT SUPPORT & COUNSELING SERVICES (ASACS)

Claudia Kayatani, LCSW RAS
ASACS Counselor-Direct Counseling for Military Dependents
Magellan Federal/AFSC
Leilehua High School
990-0052/ kayatani@magellanfederal.com

Daily Gratitude Journal

***Things/People I
am grateful for &
why***

1. _____

2. _____

3. _____

4. _____

***The best part of
the day***

1. _____

2. _____

3. _____

4. _____

***Things I look forward
to today***

1. _____

2. _____

3. _____

4. _____

***Steps I can take to STAY
motivated this moment***

1. _____

2. _____

3. _____

4. _____

7 Simple Steps to Protect Your Family's Online Privacy

There have been vast changes to the meaning and importance of a family's online privacy. Our kids have a great number of ways and reasons to be online; simultaneously, there are an increasing number of internet-connected devices inhabiting our homes. With so much data being collected, used, and travelling to and from our homes, protecting our family's privacy in the internet has never been more important.



Here are seven easy steps you can take to make sure that you and your family are keeping your private lives private online:

- 1. Understand what you're saying yes to.** As a first step, you need to know what it is that your kids are doing online, and set rules about how, where and when they can do it. Be involved, knowledgeable, and interested in the devices, apps, and sites they use for school and for fun. There is more information now than ever before about how these sites or apps work, what personal information is collected or tracked by these tools, and how that data is used, stored, and shared.

For sites that your children are using for school, ask their teachers for more information. For apps they're using at home, spend 15 minutes trying it out yourself. And ask your kids to tell you about them, too! This not only shows that you are interested, but that you are willing to learn – and most kids will be happy to teach you what they know.

- 2. Use privacy settings and features in browsers and devices.** Your kids are going to access their favorite sites, apps, and online services through a browser or a mobile or gaming device. Make sure you understand what privacy protections these platforms offer for your family.

Many browsers allow you to prevent sites from tracking what you do and where you go online (mostly to send you ads on other sites you visit later), so spend some time looking at web browser settings (Safari, Chrome, Internet Explorer, etc.) to see what privacy setting options are available to you.

Mobile devices also have settings that will restrict apps from knowing your physical location or accessing your camera, microphone, photos or contacts. Become familiar with your options and use these privacy settings whenever possible to help keep your family's information safe online.

- 3. Use features and services available within an app or website.** Once you've set up privacy controls at the browser or device-level, take a look at the privacy



settings available in the specific apps, websites, or games your family uses. Instagram, Snapchat, and most major social networking sites let you have a *private* account, which means the whole world won't be able to see what you post or who you're connected to. It also means that people have to ask your permission before they can follow you.

There are other privacy options to further protect the things you do even behind those privacy walls. Become familiar with them. The popular sites you use also have good information outlined on their websites in the *support* or *help* sections to walk you through these settings.

- 4. Go through this with your kids.** You may be learning these things for the first time, but so will your kids. Why not make it a chance to learn as a family? Review privacy settings with your kids so they understand their options for keeping what they do online as private as possible. Make sure they are using the strongest settings each service offers, while still allowing them to do what they want to do on that site, app or service.
- 5. Remind your kids that being online is a public life.** Remember, nothing is truly private online. If you and your family keep this in the back of your minds, it can help you all think through what you are about to post, like, and click on, as well as who you connect with online.
- 6. Talk to other families.** One of the biggest challenges regarding privacy issues online is that other kids or families may have a different definition of what is or isn't "private." Ever find out that someone posted a photo online that your kid is in, without you knowing until much later?

Encourage your kids to talk to their friends about how they will respect each other's privacy online. Good friends will understand, think, and ask before posting a photo or information about their friends.

Talk to other parents about your feelings on privacy, too, and ask them for their opinions. The more we all know, the more we can all protect and respect each other's privacy online.

- 7. Check-in regularly.** As your children grow older, they will be out in the world more and more without your supervision. This is true both online and offline. In either case, do your best to stay connected, involved, and interested in what is going on in their lives.

You can simply make it a topic of conversation during family dinner or car rides...or you can friend or follow your kids on Instagram or Snapchat and be part of their online world.

INTERNSHIP



HANDS-ON PAID INTERNSHIP

Our High School Internship Program is designed to expand students' knowledge beyond the classroom.

This internship program will offer hands-on, real-world work experiences for students to develop career readiness competencies in:

**LEADERSHIP
WORK ETHIC
TEAMWORK
DIGITAL TECH
COMMUNICATION**

Interns will learn important values and skills, develop their character and build lasting relationships.

APPLICATION OPEN PERIOD
August 16 - September 5

PROGRAM RUNS
October 4 - December 3

ACCEPTING APPLICATIONS

August 16 - September 5

PROGRAM RUNS

October 4 - December 3

INTERESTED?

To view the internship program criteria & participating locations, go to:

zippys.com/careers

- Click on Career Opportunities
- Search for High School Internship
- Select the location you are interested in
- Click **APPLY** to begin the application



Use our QR code to view and apply to the internship program

Questions?

 (808) 973-0880

 _employment@zippys.com

ZIPPY'S



HIGH SCHOOL FALL INTERNSHIP PROGRAM

2021

[October 4 - December 3]

Application period is open from
August 16 - September 5



THE PROCESS

To make sure that this is the right program for you, students are invited to review the program criteria & participating locations. Go to zippys.com/careers, click on **Career Opportunities**, and search for **High School Internship**.

We welcome students who are eager to learn, are reliable, and respectful to apply!

Once online applications have been completed, students will be contacted to schedule a pre-screen telephone interview. Hiring managers will then schedule and conduct a formal interview. Conditional offers to join our internship program will be extended to qualified students.

Requirements for this program

- 1 You must be an official student, age 17 or 18, enrolled in High School as a Junior or Senior at the time of your application.
- 2 If we do extend an offer to you for this program, we will require a pre-employment background check & drug screening as a standard procedure. Failure to complete and pass this portion may cause for removal from the program.
- 3 Those who have successfully passed Step 2 will be contacted to provide additional documentation (ie: a work permit if 17, TB Clearance, Social Security Card, etc.) to process you onboard with us.
- 4 After we receive and process all required documents needed, a hiring manager will contact you directly for your assignments, work schedule and start date/time.
- 5 An invitation for our Virtual New Hire Orientation will be sent to you where you will learn about our core values, how we got started and where we are heading.
- 6 At the end of the program, you will be recognized for completing your internship. Please complete our evaluation form so that your feedback can help us strengthen our program for success!

CAREER REWARDS

FCH Enterprises, Inc. and Zippy's are committed to offering stepping stone work experiences to High School students. It is our desire to encourage our youth to continue their education and to bridge school and work experiences into long term career success.

Successful program graduates are eligible for rewards and prizes!

This is a PAID Internship program. If all goes well and you receive positive remarks at the end of your internship, you may be offered continued employment within the Company.



ELIGIBILITY

- Worked all hours scheduled; no absences or tardiness.
- Reported to work following dress & appearance standards as instructed.
- Met with designated mentor as scheduled and completed the program evaluation form at the end of the internship program.



REWARDS



CASH REWARD: \$150 will be awarded to those that meet the eligibility criteria at the end of the program. Should one continue employment with us, they will receive an **ADDITIONAL \$100** after 180 days with us.

PRIZES: Laptop, electronic devices, and gift cards.

FREQUENTLY ASKED QUESTIONS

What kind of work will I do?

You may be working at our Corporate Offices or within Zippy's store operations. We are committed to providing you with relevant and meaningful work experiences to help bridge school and real-world experiences together.

How will I know if I'm doing ok?

During the 9-week program, you will meet with your manager once a week & communication with an assigned trainer. We will provide you guidance to ensure our standards of professionalism are met and your performance is on track to build a career. FCH Enterprises and Zippy's believes in the development of the whole person and this program will help you do that.

If for any reason interns are unable to meet goals and coaching does not improve one's performance and productivity, the student may be dismissed from the program and the school advisor will be contacted.

How many hours will I work?

Interns will be able to work up to 30 hours per week (15 hours minimum), not exceeding more than 8 hours per day. Consult with your manager for special arrangements.

How much will I get paid?

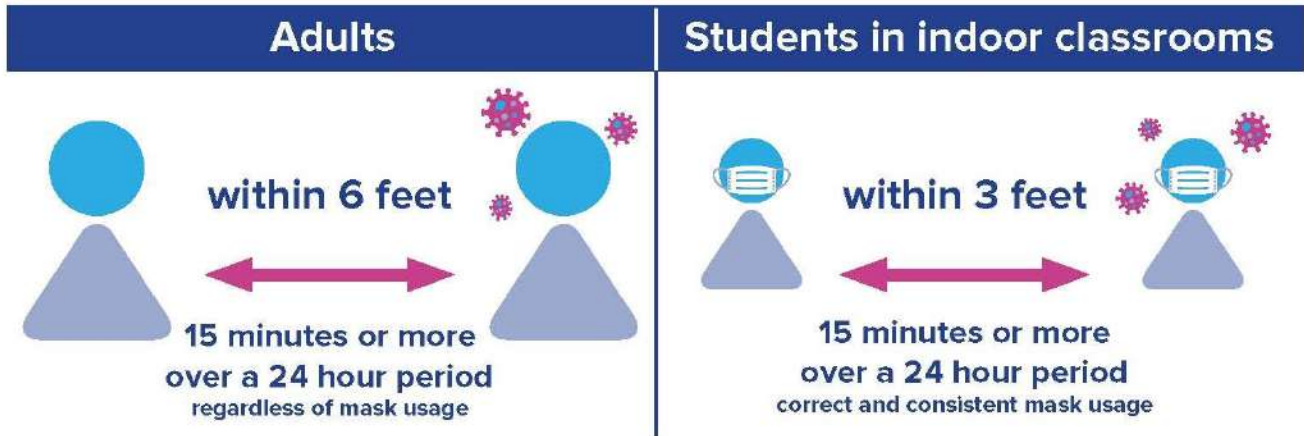
You will be compensated at an hourly rate of \$10.50.

Is there a dress code?

If you are accepted into the program, your dress code will vary depending on where you are working. At FCH, you will be required to wear business attire. At Zippy's, you will receive two uniform shirts and a name tag; **you are responsible for providing your own black non-slip safety shoes and black pants** to complete your uniform. You must ensure that you look presentable at all times.

Some of the items we do not allow are acrylic/false nails, tattoos on the front throat area or face, facial or tongue piercings, gauges, and extreme hair or makeup colors.

WHEN CLOSE CONTACTS ARE IDENTIFIED AT SCHOOL



Cafeterias or indoor rooms (e.g. breakrooms, classrooms)

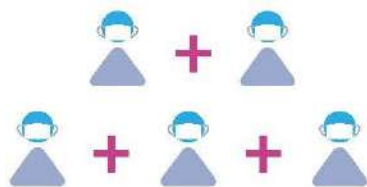
A close contact is any adult or student who was within 6 feet of a person with COVID-19 infection for 15 minutes or more over a 24-hour period where people were eating and drinking and not wearing masks.



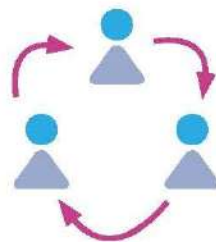
All-class close contact situations

Examples where all persons in the class would be considered close contacts.

Cohorts in classrooms that spend the entire day together and interact with others within the cohort (typically younger grade levels).



Classrooms that do not have assigned seats and/or students are frequently moving around in class.












Cohorts that engage in activities that may increase the risk of transmission while indoors (e.g., eating and drinking, singing, playing brass or woodwind musical instruments).



QUARANTINE

Quarantine is for people who have been in close contact* with a person who has COVID-19.

See [Home Isolation and Quarantine Guidance](#).

Vaccinated	Not Fully Vaccinated
<p>No symptoms</p> <p> If you do not have symptoms, you do not need to quarantine.</p> <p> Should get tested 3–5 days after your last contact* with the person with COVID-19, even if you don't have symptoms.</p> <p>14 Watch for symptoms for 14 days after your last contact with the person with COVID-19.</p> <p>Symptoms</p> <p> If you develop symptoms, immediately self-isolate and get tested.</p>	<p> Get tested immediately for COVID-19, even if you don't have symptoms.</p> <p> You must remain at home in quarantine for 10 days after your last contact* with the person with COVID-19, even if you test negative.</p> <p> If your test is negative, you should get tested again 5–7 days after your last contact with the person with COVID-19.</p> <p> If your test is negative, immediately self-isolate and get tested if you develop symptoms.</p> <p>14 Watch for symptoms for 14 days after your last contact with the person with COVID-19.</p>
	<p>Returning</p> <p>Students and staff can return to school when <u>both</u> of the conditions are met.</p> <p>10 10 days have passed since last close contact with the person with COVID-19.</p> <p>AND</p> <p> No symptoms.</p>

*If you have ongoing close contact with a person with COVID-19 because you live in the same house, you must stay home in quarantine for 10 days after the person with COVID-19 is released from isolation.

Contacts of close contacts

People who were not in close contact with the person with COVID-19.



Do not have to quarantine.



Do not have to get tested.



LEILEHUA HIGH SCHOOL | HOME OF THE MIGHTY MULES

SEPTEMBER 2021

Monday	Tuesday	Wednesday	Thursday	Friday
		1 <u>BREAKFAST</u> CHICKEN SAUSAGE W/RICE <u>LUNCH</u> SPAGHETTI	2 <u>BREAKFAST</u> BANANA BREAD <u>LUNCH</u> CHEESE BITES	3 <u>BREAKFAST</u> BAGEL W/CREAM CHEESE <u>LUNCH</u> SHOYU CHICKEN
6  NO SCHOOL Labor Day	7 <u>BREAKFAST</u> WAFFLE <u>LUNCH</u> HOT DOG	8 <u>BREAKFAST</u> PORTUGUESE SAUSAGE W/RICE <u>LUNCH</u> CREOLE MACARONI	9 <u>BREAKFAST</u> CINNAMON ROLL <u>LUNCH</u> VEGGIE PIZZA	10 <u>BREAKFAST</u> CHEESE STICKS <u>LUNCH</u> ROAST PORK W/GRAVY
13 <u>BREAKFAST</u> CEREAL <u>LUNCH</u> CHICKEN TENDERS	14 <u>BREAKFAST</u> CHICKEN PATTY W/RICE <u>LUNCH</u> KALUA PORK W/CABBAGE	15 <u>BREAKFAST</u> PIZZA BAGEL <u>LUNCH</u> HAMBURGER	16 <u>BREAKFAST</u> COFFEE CAKE W/HAM <u>LUNCH</u> TUNA SANDWICH	17 <u>BREAKFAST</u> FRENCH TOAST STICKS <u>LUNCH</u> NACHOS
20 <u>BREAKFAST</u> MINI HOTCAKES <u>LUNCH</u> PEPPERONI PIZZA	21 <u>BREAKFAST</u> BREAKFAST PIZZA <u>LUNCH</u> SLOPPY JOE	22 <u>BREAKFAST</u> PORTUGUESE SAUSAGE W/RICE <u>LUNCH</u> MAC & CHEESE	23 <u>BREAKFAST</u> CINNAMON ROLL <u>LUNCH</u> CHICKEN TENDERS W/RICE	24 <u>BREAKFAST</u> CEREAL <u>LUNCH</u> ROAST TURKEY W/MASH POTATOES
27 <u>BREAKFAST</u> BAGEL <u>LUNCH</u> CHEESE BITES	28 <u>BREAKFAST</u> CHICKEN SAUSAGE W/RICE <u>LUNCH</u> BEEF PATTY W/GRAVY	29 <u>BREAKFAST</u> PIZZA <u>LUNCH</u> SPAGHETTI	30 <u>BREAKFAST</u> BANANA BREAD <u>LUNCH</u> CHICKEN & CHEESE SANDWICH	

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
Lunch 12:35pm - 1:10pm	Lunch 12:35pm - 1:10pm	Lunch 11:40am - 12:10pm	Lunch 12:35pm - 1:10pm	Lunch 12:35pm - 1:10pm

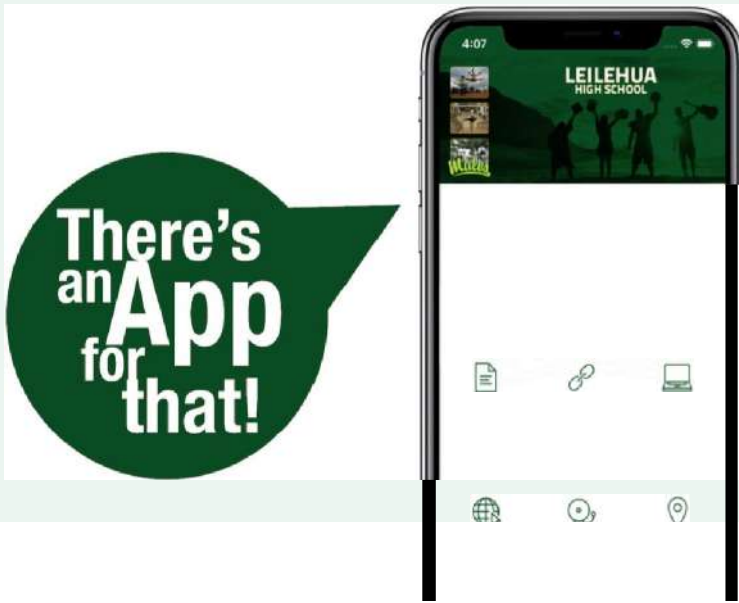
Students must present their school ID to purchase meals.

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

Download our mobile app!



Tell your kids about it too!



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