

SEPTEMBER 2022 Newsletter

PAUOA

ELEMENTARY

2301 Pauoa Road, Honolulu, HI 96813

<http://pauoa.k12.hi.us>

808-587-4500

Principal Arakaki's Message



Upcoming Events

- 8/29 - Complex PC Day
- 8/30 - After school program starts
- 9/1 - PTC Request Form
- 9/5 - Labor Day
- 9/6 - After school tutoring starts
- 9/12 - PTC forms due
- 9/15 - PANDA EXPRESS Virtual Fundraiser
- 9/19 - Picture - Taking Day
- 9/20 - 9/23 - Safety Week
- 9/26 - 9/30 - Gogurt Fundraiser
- 9/30 - 1st Quarter Ends
- 10/3 - 10/7 - FALL BREAK
- 10/10 - Quarter 2 Begins

Dear Pauoa Ohana,

It is the month of September already. How quickly the first month of school has passed on by. I hope you and your family have adjusted well to the new school year. We are in full swing with our after school enrichment and tutoring starting up this month. Through our programs, we are hopeful to develop the whole child and close the achievement gap. Be on the lookout for our first school wide fundraiser, Panda Express. We ask if possible to support a local business, Panda Express, and order lunch and/or dinner on our designated day. Twenty percent of the proceeds will go to Pauoa Elementary. More information forthcoming. May we continue to be safe in our protocols and procedures.

The following is a reminder of the changes to this school year:

- Mask indoors are optional but highly encouraged
- Close contacts no longer need to quarantine 5 days
- Social distancing is not necessary indoors or outdoors
- Positive cases results in 5 day quarantine

Lastly, continue to drive with aloha when you are dropping off/picking up your child. Please remember to have your placard visible on the dashboard or hanging from your mirror. Thank you for your understanding and cooperation.

Aloha

Dale Arakaki, Principal

Let's continue to, "Believe to Achieve! Stand up! Be heard! Let's excel now!"

PAUOA OHANA PTA

Aloha Pauoa Parents/Guardians,

Please join us for our next meeting on Tuesday September 6th at 5pm. We will be sending out a reminder with the zoom information to all already on our PTA distribution list. If you would like to be added or have any questions please email pauoaohanapta@gmail.com.

We will be discussing upcoming events, fundraisers and how you can get involved!

You are invited to our
PTA Meeting!



GRADE LEVEL NEWS

Kindergarten: Ms. Derby (D2), Mrs. Hamada (D3), Mrs. Salcedo (D4)

Aloha Kindergarten Families, Wow it's hard to believe your child has been with us for one month already! This month we will continue to work with your child on building their independence in and outside of the classroom and ask for you to also challenge your child at home in doing this. In reading we continue our work with upper and lowercase letter recognition, letter formation, and letter sounds. In math we will be working on number correspondence, number recognition and rote counting. If you have time please continue to work on these skills at home with your child. We appreciate all your help and support this past month and look forward to a great September!

Mrs. Salcedo, Mrs. Hamada, and Ms. Derby

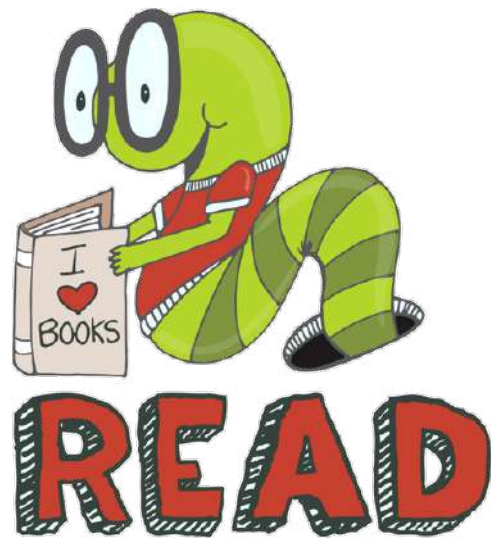
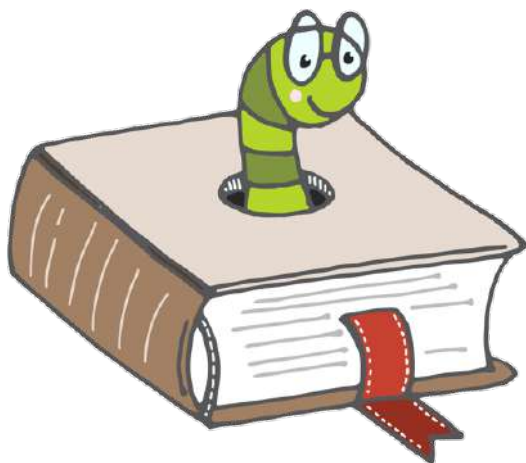


GRADE LEVEL NEWS

Grade 1: Mrs. Sanbei/Ms. Chung (B3), Ms. Bierwert (B4),
Ms. Keith (B5)

Happy September, family and friends of first grade! We have focused this past month on building relationships and learning routines. Now that we have settled in, we will be diving into our Reading and Math curriculum. Please continue to read with your child and ask comprehension questions before, during, and after reading. Please also practice sight words and spelling daily. For math, we will continue to focus on addition and subtraction and applying those skills to word problems. We appreciate your support at home!

Thank you,
First Grade Team



GRADE LEVEL NEWS

Grade 2: Mrs. Obayashi (C2), Mrs. Rickard/Ms. Yoshioka (C3),
Mrs. Guzzardo (C4)

Hello Grade 2 Families,

Thank you for your support at home! Please continue to work with your child on the following important areas:

- 🕒 **Reading Fluency** - Second grade's goal is to be able to read **94 - 127 words per minute** fluently, accurately, and with proper expression. Use a pointer finger to track the words.
- 📖 **Reading Comprehension** - Read chapter books for at least **20 minutes or more every day**. Read out loud to an adult. Also, **adults please read out loud to your child once a week** to model good reading skills. **Ask questions** to check for understanding.
- 🧮 **Math Fluency** - Memorize **addition and subtraction facts** up to **20 total** accurately and quickly, without counting on fingers.

Specials classes will be every other Tuesday:

- 💻 **Computer Programming** with Mr. Sutherland
- 😊 **S.E.L.** (Social Emotional Learning) with Mrs. Fong

Let's continue to work together to keep everyone **safe and healthy**. Please **do daily wellness checks** prior to coming to school and keep us informed of any health-related issues as soon as possible. We will also continue 🧼🧼 hand washing frequently. Mahalo for your help!

Thank you,

Grade 2 Teachers 💕

Mrs. Obayashi, Mrs. Yoshioka, Mrs. Rickard, and Mrs. Guzzardo

GRADE LEVEL NEWS

Grade 2: Mrs. Obayashi (C2), Mrs. Rickard/Ms. Yoshioka (C3),
Mrs. Guzzardo (C4)

Beautiful Artwork by our Talented Second Graders!



GRADE LEVEL NEWS

Grade 3: Mrs. Wong (D6), Ms. Newberry (D7), Mrs. Lau (D8)



Aloha Families,

Our first month of school just flew by! Students have completed their iReady Diagnostics for reading and math. With these results, grade 3 teachers will put the students into groups for our intervention block. This is where we practice the skills needed with the students in small group settings. Please encourage your child to continue to complete iReady reading and math lessons to meet their lesson targets.

We have also started our "Specials" classes, which include Social Emotional Learning with Mrs. Fong, Computer Programming with Mr. Sutherland and an i-Ready intervention block. Please see the dates below for our third graders' dates for the rest of the month: Thursdays, 9/1/22, 9/15/22 and 9/29/22.

Please also support your child to be a self directed learner and be responsible for their learning. They should be doing daily homework assignments and getting their planners signed by an adult family member.

If you have any questions or concerns, please contact your child's teacher. Thank you for all your support!

Grade 3 Teachers



GRADE LEVEL NEWS

Grade 4: Ms. Chung (B8), Mrs. Chanhboursy (B9), Mrs. Takesue (B10)

Aloha 4th Grade Families,

It has been a busy first month for our 4th graders! We have been getting to know each other, learning new rituals and routines, and are off to a great start with the 4th grade curriculum.

Here are a few friendly reminders and announcements:

REMINDERS:

- **Daily Reading:** Read at least 20 minutes each day.
- **Multiplication Facts:** Please encourage your child to review their basic multiplication facts 1-10.
- **Instructions for accessing online programs and sites:**
 - Go to Pauoa School website.
 - Click on "Tech Information " tab.
 - Then click on "Websites for Learning" tab.
 - From there you can access Clever, Mystery Science, Google apps, and IXL.
 - Clever gives access to Wonders, Amplify, BrainPop, and iReady.
 - Google apps gives access to Google Classroom.

ANNOUNCEMENTS:

- **Bike Ed.**
 - In November, students will have the opportunity to learn about bike and road safety through the Bike Ed program. *More information will be forthcoming.*
- **After School Programs** - Start date Aug. 30
- **After School Tutoring** - Start date Sept. 6

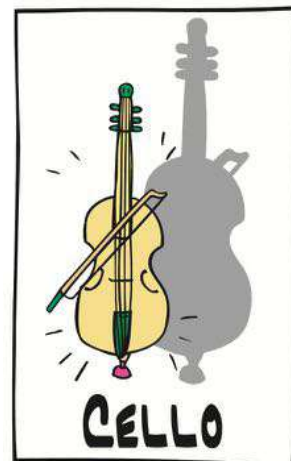
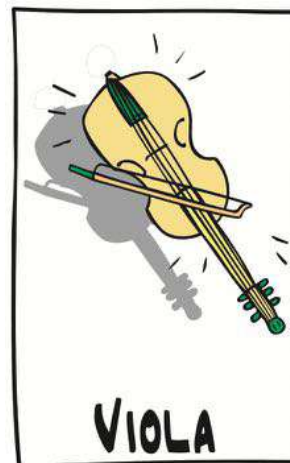
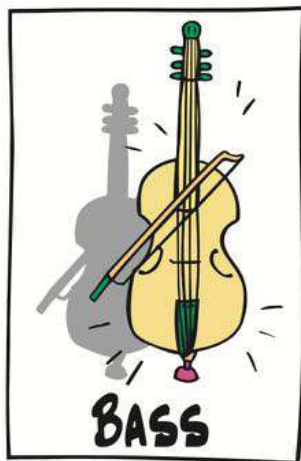
Lastly, thank you for attending our Open House. It was a pleasure meeting our 4th grade families and we look forward to partnering with all of you to ensure a successful school year for our students. Thank you for all you do.

Mrs. Chanhboursy, Ms. Chung, and Ms. Takesue

GRADE LEVEL NEWS

Grade 4: Ms. Chung (B8), Mrs. Chanhboursy (B9),
Mrs. Takesue (B10)

Interested in free after school strings classes for violin, viola, cello, double bass, electric bass, acoustic and electric guitar, ukulele, drums or vocals? Classes for all interested high school, middle school, and elementary school students are offered Mondays and Fridays 2:45 - 4:15 pm at Farrington High School. Parents are welcome too! Please click on this [link](#) for more information. You may also contact karenm@farringtonhighschool.org. Don't hesitate to reach out as classes already started on 8/29.



GRADE LEVEL NEWS

Grade 5: Ms. Luong (C8), Mrs. Takahashi (C9),
Mrs. Oliveira (C10)

Aloha 5th grade families!

The first month of school has passed us by so quickly! In Science, we've been investigating and observing patterns in the night sky. In Math, we've been learning about place value and order of operations in word problems. In Writing, we're starting to read mentor texts about opinion writing. Lastly, in Social Studies we have been studying theories on how the earliest Americans migrated to the Americas.

Fifth graders have completed their iReady diagnostic in Reading and Math. This data helps us determine where each student is individually and how to help them meet or exceed our fifth grade standards. The fifth graders have also begun working on their oral fluency. Oral fluency is an integral part of comprehension. It helps the reader become proficient in vocabulary, comprehension and phonics. Encourage your child to read out loud daily. Practice reading with expressions, attending to the punctuations and pacing.

Please keep up to date with the latest incoming events by checking your emails, signing student planners, and checking Class Dojo daily.

*Your Fifth Grade Team,
Mrs. Oliveria, Ms. Luong, and Mrs. Takahashi*

GRADE LEVEL NEWS

Grade 5: Ms. Luong (C8), Mrs. Takahashi (C9),
Mrs. Oliveira (C10)



C9- Creating and ordering a number line up to the millions



C9- Modeling the Pegasus constellation



C8 - Tallest Tower Challenge



C8 - Tallest Tower Challenge

RESOURCE ROOM

Resource Room: Mrs. Sumida, Teachers Grades K-3 (B2)

WOW! September is already here. We have been busy getting to know routines and what is expected of each other. We are slowly getting there. Parents, please help your child to read each night. Ask them comprehension questions like who the characters are and what is the story's setting. In math, allow them to build groups of objects up to 20 and beyond. We've started slow, but we are building our capacity to learn.

Thank you from B2

Resource Room: Ms. Oyama, Teacher Grades 4-5 (B7)

Aloha B7 Families,

Our students are working on spelling, reading fluency, vocabulary, and various math skills with place value daily. We are learning how to work together as a team and what it means to be a good friend. We are also using new tools on our iPad such as iXL to practice more math and reading skills.

If you have any questions, feel free to let me know!

Some reminders~

- Conduct a daily wellness check every morning before coming to school
- Bring a water bottle and necessary supplies to class
- Come to class ready to learn with a positive attitude!

Mahalo,
Ms. Oyama

SPECIALS

Social Emotional Learning (SEL) Teacher: Mrs. Fong

We have begun 'S.E.L.' classes for all grades K-5. In grades 3-5, we are discussing 'Skills for Learning', 'Empathy', 'Being Respectful' and 'Self-Talk'. In grades K-2, we are discussing 'Listening to Learn', 'Focusing Attention', 'Being Respectful' and 'Self-Talk'. Let's continue to show empathy and kindness towards each other.



Technology Coordinator/Computer Science: Mr. Sutherland

Aloha Pauoa Ohana!

What a great start to the year! All of our students have been enrolled in the Tynker coding platform and are ready to begin their journey as computer programmers. Our first few weeks will be spent learning the basics of computer programming and computational thinking. As we progress, though, the grade levels will branch out into their own specialties. Some will explore Micro:bit controller programming. Others will work on augmented reality systems. We will also have a grade level testing out robotics programming. It's an exciting time for computer science at Pauoa Elementary!

Thank you,
Mr. Sutherland

SUPPORT STAFF

Title I & Curriculum Coordinator: Ms. Nakamura (Front Office)

Happy September!

I hope this newsletter finds your family happy and healthy. If you haven't done so already, **please fill out the Free and Reduced Price Meal application form** either online or hard copy. The online form can be found on our [school website](#). A fellow educator on Maui put together a video that explains how filling out this application form will help our school in the form of Title 1. Please click on this link to view the video, <https://vimeo.com/740164525>. **Applications are due by 4:00pm on Sept. 13, 2022.**

Parent Teacher Conference forms were sent home on Sept. 1, Thursday. **Forms are due by Sept. 12.** If you have more than 1 child at Pauoa, please make sure to list all children's names on each form. A form is needed for every child for scheduling purposes.

Session 1 **After School Programs** started on Aug. 29. You should have received either a confirmation form or waitlist letter last week. There was an overwhelming response, especially from our K-2 families. Unfortunately we do not have enough space to meet the demand; over 60 waitlist letters were sent home. With that said, and because we want your child to have the full experience of the program, please make every effort to ensure that your child attends their program. If your child has 3 unexcused absences, he/she may be replaced by someone on the waitlist. If you know your child is going to be absent, please inform your child's classroom teacher and/or me right away. Thank you for your understanding.

Session 1 **After school tutoring** will start on Monday, Sept. 6. We have tutors for grades 1, 3, and 4, therefore only students in these grade levels were offered tutoring. Grade level teachers determine the tutoring group based on data and needs of the students. While we do know that extracurricular activities are important in the development of the whole child, at this point in time, tutoring takes precedence over enrichment programs as we want to give your child every possible support to be successful in the classroom. Please reach out to your child's classroom teacher if you have any questions or concerns about your child.

That was a lot of information to take in! If you have any questions or concerns, please do not hesitate to email me.

Take care and stay safe,

Ms. Nakamura

lisa.nakamura@k12.hi.us

SUPPORT STAFF

Student Services Coordinator (SSC): Mrs. Nguyen (Front Office)

Dear Pauoa Families,

Reading at HOME... Can Make a HUGE Difference!

Tip: ** Make Reading a Part of Your Family Time! **

Family time is so important.. Why not make reading part of this valuable time with your kids? Here are some tips for integrating reading into your daily family activities:

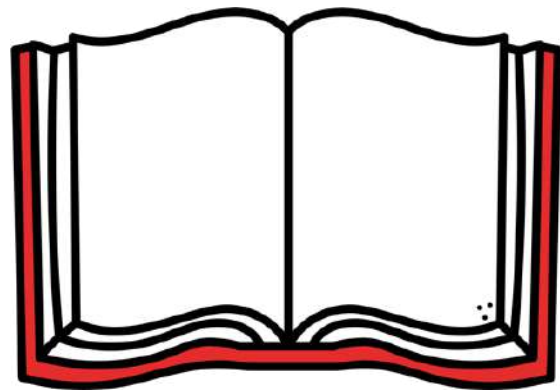
1. Read bedtime stories
2. Play a board game
3. Visit your local library (weekly)
4. Read a recipe and cook something yummy together!
5. Create a comfy reading space in your home.
6. Put your child in charge of reading the grocery list at the market.

READ FOR FUN!

Sign up for your FREE library card! Visit the public Library today!

[Get a New Library Card!](#)

From,
Mrs. Nguyen =)



SUPPORT STAFF

Counselor: Mr. Uetake (Front Office)

*The first month of school has come and gone.
The students have been transitioning well to
school expectations and procedures. Please
continue to be safe, respectful, and responsible.*

*"Always leave things better than you found
them....especially people." Henry Cloud*

English Language Coordinator/ Parent Involvement:
Mrs. Newton (D9)

Students who qualified for EL services are either in a push in or pull out service. Students are provided with targeted instruction based on their language needs. Please have your child read aloud each night to improve oral reading skills and have a conversation with your child in English to develop oral language development.

Parent Notifications packets were sent home on Tuesday, August 30th. Please don't forget to turn in the "acknowledgement page" (pink paper) to your child's teacher.

Our first school wide fundraiser, Panda Express will be on September 15th! Family and friends can participate "NATIONWIDE" at any Panda Express location. Be on the lookout for the Panda Express flyer.

Sincerely,
Mrs. Newton

SUPPORT STAFF

Health Aide: Mrs. Ladines (Front Office)

Please call with any questions in regards to safely returning to school, and getting those doctor notes to keep on file for related allergies. If your keiki(s) is/are returning from an absence or being sent home, remember to be an escort to do a Wellness Check at the Front Office. Let's have a Solid September!

COVID-19-like Symptoms of Illness and Return to School/Work Criteria School Year 2022-2023

If you or your child has any symptoms of illness, stay home. If someone develops symptoms at school, the person will be sent home immediately. If the person who is ill needs to wait for pick-up, s/he will be isolated in a supervised area away from those who are well.

_____ has the following COVID-19-like symptoms on _____:
First and Last Name Date (mm/dd/yyyy)

- | | |
|--|---|
| <input type="checkbox"/> Fever (100* or higher) | <input type="checkbox"/> Headache |
| <input type="checkbox"/> Chills | <input type="checkbox"/> New loss of taste or smell |
| <input type="checkbox"/> Cough | <input type="checkbox"/> Sore throat |
| <input type="checkbox"/> Shortness of breath or difficulty breathing | <input type="checkbox"/> Congestion or runny nose |
| <input type="checkbox"/> Fatigue | <input type="checkbox"/> Muscle or body aches |
| <input type="checkbox"/> Nausea or vomiting | <input type="checkbox"/> Diarrhea |

Return to School/Work Criteria for COVID-19-like Symptoms of Illness (Must meet ALL three criteria in one of these columns)

Negative COVID-19 Test (PCR, Antigen or Home Kit)	Doctor's Note	At Least 5 Days
<input type="checkbox"/> Communication of a negative COVID-19 test result.	<input type="checkbox"/> A signed note from a licensed healthcare provider.	<input type="checkbox"/> At least 5 days have passed since symptoms first appeared.
<input type="checkbox"/> At least 24 hours have passed since last fever without the use of fever-reducing medication.	<input type="checkbox"/> At least 24 hours have passed since last fever without the use of fever-reducing medication.	<input type="checkbox"/> At least 24 hours have passed since last fever without the use of fever-reducing medication.
<input type="checkbox"/> Symptoms have improved.	<input type="checkbox"/> Symptoms have improved.	<input type="checkbox"/> Symptoms have improved.

Return to School/Work Criteria for Someone Who Tests Positive for COVID-19 (Must meet ALL four criteria)

- | |
|--|
| <input type="checkbox"/> At least 5 days have passed since symptoms first appeared or if there are no symptoms, at least 5 days have passed since the date when the positive test was conducted. |
| <input type="checkbox"/> At least 24 hours have passed since last fever without the use of fever-reducing medication. |
| <input type="checkbox"/> Symptoms have improved. |

☐ Must wear a well-fitted mask around others indoors from day 6 to day 10 after completing home isolation.

* Based on the Hawaii State Department of Health's [COVID-19 Interim Return to Work/School Guidance](#).

Please consult with your primary healthcare provider. If you do not have one, please see the following options.

- The Hawaii Keiki Health Hotline and Telehealth Service is available free for HIDOE students by calling (844) 436-3888, Monday through Friday, from 8:00 a.m. - 3:00 p.m., excluding holidays and breaks.
- Community health centers serve all patients regardless of their ability to pay or health insurance status. See the list below to find a community health center near you.

Hawaii Island

Bay Clinic, Inc. – Hilo Family Health Center
1178 Kinoaie Street - Bldg B
Hilo, HI
808-333-3600

Hamakua Health Center
45-549 Plumeria Street
Honokaa, HI
808-775-7204

West Hawaii Community Health Center
75-5751 Kuakini Hwy Suite 104
Kailua-Kona, HI
808-326-5629

Kauai

Kauai Community Health Center
4800 Kawaihau Road
Kapaa, HI
808-240-0170

Lanai

Lanai Community Health Center
333 Sixth Street
Lana'i City, HI
808-565-6919

Mauli

Hana Health
4590 Hana Hwy
Haiku, HI
808-248-8294

Malama I Ke Ola Health Center
1881 Nani Street
Wailuku, HI
808-871-7772

Molokai

Molokai Community Health Center
30 Oki Place
Kaanakakai, HI
808-553-5038

Oahu

Kalihi-Palama Health Center
915 N King Street
Honolulu, HI
808-848-1438

Koolauloa Health Center
56-119 Pualalea Street
Kahuku, HI
808-293-9231

Kokua Kalihi Valley Comprehensive Family Services
2239 N School Street
Honolulu, HI
808-791-9410

Wahiawa Health Center
302 California Ave Suite 106
Wahiawa, HI
808-622-1618

Waianae Coast Comprehensive Health Center
86-260 Farrington Hwy
Waianae, HI
808-697-3300

Waikiki Health Center
277 Ohua Ave
Honolulu, HI
808-922-4787

Waimanalo Health Center
41-1295 Kalanianaʻole Hwy.
Waimanalo, HI
808-259-7948

FRONT OFFICE

Front office: Mrs. Oshiro (SASA), Mrs. Tanoue (Office Assistant), Amy Ramirez (Meal Clerk)

2022 FEDERAL IMPACT AID (Federal Survey Card)

The 2022 FEDERAL SURVEY CARD (Federal Impact Aid) will be distributed on **Wednesday, September 7, 2022.** Every student will need to fill out the card and return the signed forms back to your homeroom teachers the very next day or ASAP. Do you live in a Government Housing Project or Work on Federal Properties. **(Check out the attached list and enter it on your form)**

In Hawaii, Federal Impact Aid helps offset costs for school materials and resources, substitute teachers, student transportation, and other services at schools statewide. All students and schools benefit from Impact Aid. Please kokua and support Pauoa School

LIST OF ELIGIBLE FEDERAL AIDED HAWAII PUBLIC HOUSING AUTHORITY (HPHA) RENTAL PROJECTS

OAHU

- Hale Laukima
- Hookipa Kahaluu
- Kaahumanu Homes
- Kakaia Homes
- Kailhi Valley
- Kamehameha Homes
- Kaneohe Apts.
- Kauhale Nani
- Kauhale Ohana
- Kaulakalani
- Koolau Village
- Kuhio Homes
- Kuhio Park Terrace
- Maali I
- Maali II

- Mayor Wright Homes
- Nanakuli Homes
- Palolo Valley Homes
- Puuwaia Momi
- Salt Lake
- Spencer House
- Wahiawa Terrace
- Waimaha/Sunflower
- Waimanalo
- Waiwahu I
- Waiwahu II

HAWAII

- Ka Hale Kahaluu
- Kaimalino
- Kauhale O Hanalei
- Ke Kumu Ekolu
- Kealahou
- Lanakila Homes
- Noelani I
- Noelani II
- Punahele Homes

MAUI

- David Molo Circle
- Kahale Mui (Molokai)
- Kahala Terrace
- Makani Kai Hale

KAUAI

- Elele
- Hui O Hanalei
- Kaula
- Kapaa
- Kaulahele
- Kekaha Hanalei

LIST OF ELIGIBLE FEDERAL PROPERTIES

OAHU

AIR FORCE PROPERTIES

- Bellows Air Force Station
- Joint Base Pearl Harbor Hickam (JBPHH)
- Earhart Village, Capehart
- Onizuka Village
- Kala Air Force Station
- Kaena Pt. Satellite Tracking Station

ARMY PROPERTIES

- Alameda Military Reservation
- Dillingham Military Reservation
- Ft. DeRussy Military Reservation

- Ft. Shafter Military Reservation
- Heikam Military Reservation
- Kahuku Training Area
- Kaulahele Storage Annex
- Kawarua Training Area
- Kipapa Ammunition Storage Site
- Makua Military Reservation
- Mauna Kapu Communications Site
- Schofield Barracks Military Reservation
- Signal Cable Trunking System
- Tripler Army Medical Center
- U.S. Army Field Station Kunia
- Waianae Kai Military Reservation

- Wheeler Army Airfield

COAST GUARD PROPERTIES

- Coast Guard Air Station-Barbers Pt.
- Coast Guard Base-Sand Island
- Coast Guard Communication Station-Lualaba
- Coast Guard Quarters-Waikele
- Diamond Head Light
- Coast Guard Kilauea Kai Hale (Red Hill)

LIST OF ELIGIBLE FEDERAL PROPERTIES (Continued)

NAVY PROPERTIES

- Consolidated Fire Department -- Pearl Harbor - JBPHH
- Data Processing Service Center Pacific Fleet-Pearl Harbor - JBPHH
- Education & Training Support Detachment-Pearl Harbor - JBPHH
- Environmental Preventive Medicine - Unit 6 - JBPHH
- Fleet Accounting & Disbursing Center U.S. PACFLT DET-Pearl Harbor - JBPHH
- Fleet Industrial & Supply Center (FISC) Ewa Junction Fuel Storage Kurehu Island Manana Supply Area Pearl City Disposal Plant Pearl City Junction Supply Area Pearl City Peninsula Storage Pearl City Peninsula Supply Area Pearl Harbor Fuel Storage Area
- Fleet Intelligence Center-Pacific (FICPAC)
- Fleet Operations Readiness Accuracy Check Site (FORACS) (U)-Hananuli
- Ford Island Naval Air Station - JBPHH
- Human Resource Management Center-Pearl Harbor - JBPHH
- Marine Corps Barracks-Pearl Harbor - JBPHH
- Marine Corps Base Hawaii-Kaneohe
- Marine Corps Camp H.M. Smith-Aiea & Puuloa
- MSCRONO (Military Sealift Command-Honolulu)
- Naval Air Station-Barbers Pt.
- Naval Branch Audit Office-Makalea - JBPHH
- Naval Computer & Telecom Area Master Site Eastern Pacific (NCTAMS EASTPAC) Headquarters-Wahawae Opena Site, TRSS Communication Facility
- Naval Electronics Engineering Activity Pacific - NEEACT PAC Shore Intermediate Maintenance Activity-Pearl Harbor - JBPHH
- Naval Fleet Training Group-Pearl Harbor - JBPHH
- Naval Inactive Ship Maintenance Detachment-Pearl Harbor-Waipio Pt. Access Rd.
- Naval Investigative Service Pacific, Makalea (NCIS) - JBPHH
- Naval Magazine-Lualaba Headquarters
- Naval Magazine-West Loch-Branch
- Naval Radio Transmitting Facility-Lualaba
- Naval Reserve Training Center-Pearl Harbor - JBPHH
- Naval Security Group Activity (NSGA) Kurea
- Naval Shipyard-Pearl Harbor - JBPHH
- Naval Station Pearl Harbor - JBPHH Arizona Memorial Shoreline Facilities CINCPACFLT Boathouse Clubs & Messes Commissary Depoising Station-Waipio Peninsula Hale Keli Day School/Pearl Harbor Nursery Laundry, Area (Disposal) Navy Exchange Operational Department/Port Services Richardson Recreation Center/Marine Security Department Special Services Department Moral, Welfare, Recreation Navy-Marine Golf Course Navy Land Outleased Churches: Moanalua Community Christian Church Aloha Christian Church First Southern Baptist Church Saint George's Episcopal Church Church of Christ

- Naval Submarine Base-Pearl Harbor - JBPHH Naval Submarine Training Center-Pacific
- Naval Western Oceanographic Center (NWOC) - JBPHH
- Officer in Charge of Construction, Mid-Pac (OICC-MIDPAC) ROICC Pearl ROICC PWC Pearl - JBPHH
- Pacific Division, Naval Facilities Engineering Command (PACNAVFACENGCOM) Moanalua Shopping Center Navy Outleased
- Pacific Missile Range Facility (APC-SM)-Maui Kapi
- Pearl Harbor Naval Base CINCPAC, Camp Smith-Halewa COMUSMACV/SEASURV/PAC-Ford Island CINCPACFLT Area CG FMFPAC-Camp Smith, Halewa COMUSPAC COMNAVBASE-Pearl Harbor COMFLETRAGRU COMCOMBAC - JBPHH
- Public Works Center-Pearl Harbor - JBPHH PWC Main Compound Barbers Pt. Independent Water Supply Water Pump Station-Halewa and Waikawa Ewa Drum Filling & Fuel Storage Sewage Treatment Plant-Fort Kam and P.H. Naval Environmental Support Services Publications & Printing Service Office-P.H. - JBPHH Regional Office of Civilian Personnel, Pacific Division-Pearl Harbor - JBPHH Camp Stever Tri-Service Housing Catlin Park Housing Dons Miller Park Housing Ford Island Housing - JBPHH

- Halewa Navy Housing
- Hale Aiea Housing
- Hale Moku Housing
- Halewa Terrace Housing (outleased)
- Hukulea Housing (outleased)
- Hospital Pl. Housing
- Lualaba Housing
- Makalea Housing
- Makalea Housing
- Manana Navy Housing
- McGraw Pt. Housing (outleased)
- Moanalua Terrace Housing (outleased)
- NCTAMS East Pac Wahawae Housing
- Pearl City Peninsula Housing
- Radford Terrace Housing (outleased)
- Red Hill Navy Housing
- West Loch Housing

OTHER

- FCC Waipahu Monitoring Station
- Federal Detention Center 351 Elliott Street
- Honolulu Control Facility-Hickam AFB 750 Winchester Avenue - JBPHH
- Honolulu Relay Station-Transmitter Site
- Immigration District Office 535 Ala Moana Blvd
- National Marine Fisheries Service (NMFS) 2570 Dole Street
- National Memorial Cemetery of the Pacific
- NOAA National Weather Service Pacific Tsunami Warning Center Seismological Lab-Pt. Wever Rd., Ewa
- Office of a Foreign Government

- Prince Kuhio Federal Bldg. (PJOK) 350 Ala Moana Blvd
- Uniformed Services
- USS Arizona Memorial

HAWAII

- Coast Guard Housing-Hilo
- GSA Customs Warehouse-Hilo
- Hawaii Tracking Station (NASA)-Hawaii National Park
- Hawaii Volcanoes National Park
- Kilauea-Ikaho National Historical Park
- Kilauea Military Reservation
- Kilauea Military Reservation
- NOAA Environmental Research Lab., Mauna Loa Observatory
- P.O. Court & Customs House-Kona & Waianae Sts.
- Pohakuloa Training Area-Hilo
- Puuhonua O Honaunau National Historical Park
- Puukohola Heiau (Kauai)

MAUI/MOLOKAI

- Coast Guard Housing Maui-Kahului
- Haleakala National Park
- Marine Training Support Facility-Hoolehua, Molokai
- Maui Light Station-Paowela
- Maui Satellite Surveillance Site
- National Bureau of Standards Radio Station, Kilauea
- NOAA National Environmental Satellite Data & Info Syst., Kona Station-725 Kilauea Road

KAUAI

- Barking Sands Tracking Station
- Coast Guard Kauai Housing-Lawai
- FAA National Weather Service Office-Lihue Airport
- Kilauea Air Force Station
- Kilauea Tracking Station NASA
- Pacific Missile Range Facility Hawaiian Area-MANA Headquarters Barking Sands Makalea Ridge, Kauai Port Allen, Kauai
- Radio Propagation Station-Kapahe
- U.S. Fish & Wildlife Service-Kilauea Pt.

Special Dates to Remember

August is National Back to School Month!

August 12 - International Youth Day

August 28, 2022 - Starhood Day



September 5, 2022 - Labor Day

September 8, 2022 - National Read A Book Day



October is Safe Sleep and SIDS Awareness Month!

October 18, 2022 - Indigenous Peoples' Day

October 31, 2022 - Halloween



Cooking with Young Children

Pumpkin Dip

Ingredients:

- 8oz cream cheese (softened)
- 1 1/2 cups powdered sugar
- 1/2 cup pumpkin puree
- 1 1/2 teaspoons pumpkin pie spice
- 2 cups whipped topping (thawed)
- Apples or graham crackers for dipping



Directions:

1. Place the cream cheese and powdered sugar in a bowl. Using a mixer, beat until smooth and fluffy.
2. Add the pumpkin puree and pumpkin pie spice, then beat until combined.
3. Gently fold in the whipped topping with a spatula. Spoon into a serving bowl and serve.



Spotlight on Safety

Backpacks

Time to carry all those school supplies and books for the entire school year. Backpacks are a practical way for children of all ages to carry their necessities for the school day. When used properly, they are designed to distribute the weight load across some of the body's strongest muscles.

However, when they are too heavy or worn incorrectly, they can cause problems for children of all ages. It may lead to injured muscles and joints, which can cause severe back, neck, and shoulder pain, as well as related problems such as, how do we prevent our children from getting injured?

Here are some helpful tips:

- Having to use both shoulders is key. Wearing a backpack on one shoulder can strain muscles and may impair curvature of the spine.
- Watch the weight and weight. A backpack should never weigh more than 10 or 20% of the child's total body weight.
- Outline and organize items to use all the backpack compartments. Pack heavier items closest to the center of the back.
- Fasten the straps of the backpack so it is close to their body. The straps should hold it against their bodies along their spine.

Even if children manage to avoid pain or discomfort that may be caused by a heavy backpack, they should be checked by a health care provider and ask for further advice.



Suggested Readings

How to Help a Pumpkin Grow

By: Ashley Wolff



We're Going on a Pumpkin Hunt

By: Cathie Hawk

In the Middle of Fall

By: Emily Henkes

Halloween is Coming!

By: Cal Everett

List compiled by the Edna Alyn Rowe for Children
the Hawai'i State Library, Mahakel



A Resource for Parents

Fall 2022

The Parent Line

Managing School Avoidance

It is time for a new academic school year and time to master that routine of getting your child back to school and being punctual. However, with the stress and anxieties of a new school year, you may find your child having school avoidance. This is not uncommon, and they may completely refuse or create reasons why they should not go to school.

They may complain of not feeling well, with unclear and unexplainable symptoms. Some may also have anxiety-related symptoms, in which they have no conscious control like having stomachaches, rashes, dizziness, headaches, or even hyperventilation. These symptoms are more likely to occur on school days and are absent by the weekend. Since the type of symptoms they complain of can be caused by a physical illness, your child should get a medical examination.

So, the first step to managing school avoidance involves an examination by a primary care doctor who can distinguish for physical illness. Once physical illness has been ruled out as a cause of the symptoms, parents should focus on understanding what pressures the child is facing and getting them back to school as soon as possible.

Here are a few tips you can follow to help manage school avoidance:

- Talk and listen empathically to your child about the reasons why they do not want to go to school. Be understanding, supportive, and sympathetic of why they are upset, and avoid lecturing. Try to resolve any stressful situations they identify as causing worries or symptoms.



- Talk and discuss with others about your child's school avoidance with the school staff. This would include their teacher, counselor, principal, and school nurse. Share your plans for your child's return to school and ask for their support and assistance.

- Reassure them that you understand their concerns but insist on their return to school. Give them confidence that they can conquer their problems, let them know they are not alone in how they feel, and the safety reassurance in knowing that you will be there to help them through it.

- Be extra firm on school mornings and make a commitment to it. Set attendance goals with your child and track your child's attendance on a calendar.

- Ensure your child gets a good night's sleep. Most young children need 10-12 hours per night, and teens need around 8-10 hours per night.



- If your child does stay at home, be sure they are safe and comfortable, but do not give them any special treatment. Their symptoms should be treated with consideration and understanding.



For more information on this topic or other parenting support, please contact The Parent Line at (800) 428-1222 or toll-free at 1-800-444-4272.

FRONT OFFICE

Front office: Mrs. Oshiro (SASA), Mrs. Tanoue (Office Assistant), Amy Ramirez (Meal Clerk)

PLEASE LABEL YOUR BELONGINGS

Please label all your personal items such as jackets, hats, and hydro flasks etc so we can return them to their rightful owners. We are not keeping a lost and found section in the office at this time. Thank you!



Box Top for Education

Help our school earn money \$.10 cents at a time. Box Top for Education is digital now!



Please watch the video by going to link below:

<https://www.youtube.com/watch?v=Hh94b2BvFK4&feature=youtu.be>

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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