

Ka Lau

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Great Little Greeters and Early Morning Eaters

Remember the Papahana Waipunalei Initiative? It was the subject of an earlier newsletter. It was established last fall as part of a social and emotional learning (SEL) emphasis at LCPCS and it has been so successful that there are now five programs, and nine staff under its umbrella. First, the S.P.R.I.N.K.L.E.R.S. (Student Providers of Responsiveness Involving Kindness, Love, Empathy and Respect through Stewardship) Program is a morning greeting program led by 2nd and 3rd graders. Second, a before-school physical activity program, called Ho'omākaukau, brings fun physical fitness activities to elementary students in the hour before school. Third, the SEL spaces on campus provide behavioral, social, and emotional support for all students; middle and high school SEL spaces have been revamped and improved, and are widely used. Fourth, there is the ongoing peer mediation program led by our 4th and 5th graders, and fifth, there is the SEL curriculum that is taught to all of our students.



*Mayhem in a good way:
Ho'omākaukau participants*

The S.P.R.I.N.K.L.E.R.S. Program will run for the entire semester and is offered to ten volunteers from 2nd grade and ten volunteers from 3rd grade. These students (two at a time on any given day) will be expected to man the front entry-way of the school and greet incoming students, staff, and visitors. The responsibility of these students is to "act as stewards of the program through the use of positive social and emotional skills" (including smiling, waving, and saying hello). It's good experience for the kids, and by all accounts, they love it.

Ho'omākaukau, or the before-school exercise program, will run for a minimum of 12 weeks. Its intention is to prepare children for a day of learning through burning off a little of their extra energy, while also helping them gain a lifetime appreciation of the benefits of exercise and healthy choices. It is loosely modeled on the BOKS curriculum, which was inspired by Dr. John Ratey's book

Spark. The author speaks to the connection between physical exercise and mental performance, saying "exercise is the single most powerful tool that we have to optimize the function of our brains." Classes are filled with team-oriented games and provide plenty of opportunity for play. Forty or more kids have been participating each day.

First grade teacher Dani Smith says she's noticed a big difference. "It's been really positive," she says, noting that she has been thrilled to see the keiki enjoying the games in the morning, and then using what they've learned to organize games at recess. Both physical and social skills are at work. Fourth grade teacher Meagan Patten adds that "It puts the kids at a happy medium." The excitable kids are calmer, and the sleepy kids are more alert.

One requirement for both S.P.R.I.N.K.L.E.R.S. and Ho'omākaukau is that participants eat a healthy breakfast, either at home or at school. LCPCS is now serving breakfast earlier to allow program participants time to eat a balanced meal before welcoming fellow students to school, or running around a little before class.



Greeters (L to R) Angel Licus, Kyla Crowley (both 2nd grade) and SPRINKLERS staff member Moana Cornelio out front last Friday

Information about Dr. Ratey and the BOKS program is available on the web – just Google them. For more information about any of the SEL programs, contact Papahana Waipunalei Program Administrator Jessica Kaneakua at the school.

Calendar

- TOMORROW Wednesday, February 17, 4:30 to 7:00 pm — Hui Makua, for students grades 6 through 12 and their parents
- Saturday, February 20, 9:00 am to 3:00 pm — Friends of the Laupāhoehoe Library Book Sale; used books, DVDs and CDs
- Monday, February 22, 1:00 to 7:00 pm — Friends of the Laupāhoehoe Library Book Sale
- Monday, February 29 through Saturday, March 5 — LCPCS/Scholastic book sale in the art room; new books for all ages



Hui Makua*: A student/parent event for grades 6 through 12

Wednesday, February 17, 4:30 to 7:00 pm; LCPCS cafeteria and middle school lawn

Makahiki Games hosted by class of 2017

Hamburger Steak Plate \$10 (please purchase tickets in advance**)

Gallery Walk and Talk Story Session

Spirit points awarded to class with most parent attendance and participation

*Makua = parent, or a relative of the parents' generation, be it aunts, uncles or cousins

**This is a senior class fundraiser. Please purchase tickets from a handy senior, or from the front office.

A Message from Director Okoye...

Aloha, Seaside Ohana! It's hard to believe we're already halfway through the third quarter. As we head into the last few weeks before spring break, I want to reflect on how far we've come this school year. In the second quarter, our secondary honor roll doubled from 16 to 32 students. School-wide disciplinary referrals have fallen by over 50 percent compared to last year. Our before- and after-school programs are robust and thriving. Our enrollment is the highest it's ever been under our charter. And, most importantly, our students are starting to take ownership of their learning. I am grateful to our faculty and staff for choosing to be excellent to each other and our students every day. I am grateful to our students for choosing to get better every day. All of us still have a long way to go, but please take a moment to reflect on how far we've come, and congratulate your children on all of their hard work. — Director Okoye

Seasider Spotlight



Shantell Urbano

Most parents probably know Student Activities Coordinator Shantell Urbano, because she's everywhere. "She's a huge help, a very critical component of the team," says Director Okoye. Born in Hilo, Ms. Urbano moved to Laupāhoehoe in the seventh grade, and graduated from LHES in 2003. Her son is now attending LCPCS.

There are a lot of student activities at LCPCS, and for things like the winter program, the service project, the music festival, May Day and many others, Ms. Urbano is one of the key people behind the scenes making it all happen. Her tasks include communicating with the teachers; obtaining commitments from key players; lining up outside help like Kumulua to teach hula for the May Day festivities; gathering flowers and setting up decorations; choosing the MCs and writing the MC scripts; finding volunteers; coordinating with the cafeteria when food is involved; and finally, breakdown and cleanup.

"I love it," she said recently. "It keeps me busy." Office Assistant Loida Navalta walked by and interjected "She lives here, actually." Ms. Urbano laughed and added. "I'm just missing my blanket and pillow."