



October 2016 | Vol. XXVIII, No. 10

Reflection and renewal garnered on retreat

Each year, Academy students and their teachers take time away from the normal activities of academic life to participate in the school's flourishing **Retreat Program**.

Beginning during the sixth grade

and continuing through senior year, each division "goes on retreat," the purpose being as **Sr. Katherine Francis Miller**, the Campus Minister, summarized, "This getting away is to achieve inner, spiritual renewal and to experience 'JOY' – that is, greater bonding with Jesus, others and self."

In the serene environment of Saint Anthony's Retreat Center in Kalihi Valley, students and teachers have the opportunity for greater spiritual reflection and prayer, interaction with peers in fun and relaxed activities, the chance to support individuals and the class as a whole and make positive changes after leaving the confines of the Retreat.

Each year, the Retreat Program's success is the result of the efforts of the **Campus Ministry** team, the **Living In Faith Experience** students and the division advisors.



The seniors and their teachers reflect and renew at their class' overnight Retreat themed "Hold On We're Going Home" on September 30.

"This getting away is to achieve inner, spiritual renewal and to experience 'JOY' – that is, greater bonding with Jesus, others and self."

From the Head of School

REFLECTION AND RETREATS



"Going on Retreat," as noted on page one, is a term that one hears often in Catholic Schools in Hawai'i and across the country.

The Academy is very appreciative of the kindness of the Marianists who have continuously invited our students to participate in their Living In Faith Experience (LIFE) Program. LIFE is one of the most outstanding programs in the United States to help teens develop Christian leadership skills in an educational environment.

The success of the Academy's Retreat Program, which officially starts in grade six, is due, in part, to the leadership of Sr. Katherine Francis Miller, the school's Campus Minister. She collaborates with the LIFE team and the division advisors to make these important "get-aways from camps" a meaningful experience for each student.

However, retreats are not just for students, but faculty and administration look forward to at least one experience each year. These are held primarily in the beginning of the year so that educators can return to school – ready in mind and spirit – for the new school year.

The first quarter is now behind us, and several individual conferences are being scheduled. However, do not wait for these appointments if there

Betty White

Kindergartners investigate and discover possible careers

For their unit on "**Community Helpers**," the **Junior Kindergartners (JK)** in **Carrie Knebel's** class transformed their classroom into a "**Pet Hospital**" to explore the role of a veterinarian.

The students learned how to keep their furry and aquatic friends healthy and safe using Maggie, the class' resident guinea pig, who went to the veterinarian with a "stomach ache."

Dr. Callie Minn assessed the patient and discovered that Maggie was indulging by eating too many carrots! After the diagnosis, she was put on a strict diet of only two carrots per day, along with much love.

Then, on October 5, Knebel's students joined those in **Sandra Arnobit's** class for a learning trip to the **Children's Discovery Center** in Kakaako.

Here, the students had the opportunity to be "grown-up" for a day, similar to when they opened the class Pet Hospital, taking on the roles of key community members in the "**Your Town Exhibit**."

Through play and hands-on activities, they enjoyed the newest exhibit, "**Rainforest Adventures**," and the Center's other attractions.





Students VEX competitors at meet

Twenty-two aspiring robotics experts faced fierce competition at the 2016 **VEX Pan Pacific Championships** at Kamehameha Schools from October 7 to 9.

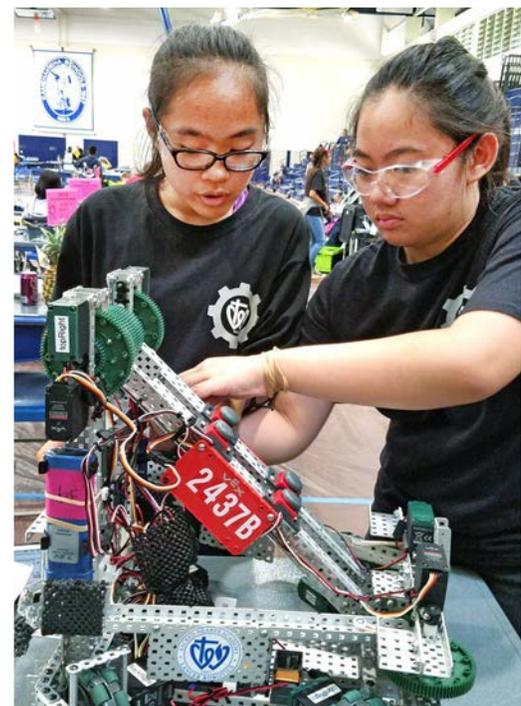
The Lancer robotics students comprised six of the 90

teams in the Championships – four in the **VEX IQ** portion for Lower School and Junior High students and two of High School students on the **VEX** level.

The Lancer VEX IQ teams successfully took on the “Crossover” challenge – requiring robots to score points in an alliance, as a solo unit and autonomously without driver input – with the two Junior High teams finishing third and fifth and their Lower School counterparts ranking sixth and ninth.

The High School Lancers also had a strong showing in their VEX challenge, “Starstruck,” and worked in alliances to score the most “Stars” and “Cubes” in designated zones.

Advisor Peter Park and his teams are grateful for the help of adult mentors, including **Ward Hakikawa, Dawn Robertson, Juliet Won** and **Aaron Yoshioka**.



ABOVE: The VEX teams and adult mentors

ABOVE RIGHT: Katelyn Amoroso and Aiyana Arnobit



LEFT: The Academy’s Aureanna Vendiola, Juliet Won and Abigail Vendiola discuss their strategy with a member of their alliance from Windward Nazarene School

Junior Varsity Lancers cheer way to top

The **Lancers** definitely showed their spirit at the first of three **Interscholastic League of Honolulu (ILH) cheerleading** competitions on October 1 at Punahou School!

The seven Lancers on the **Junior Varsity (JV)** squad took the top spot, outscoring the closest competitor by almost 40 points!

Their **Intermediate**-level counterparts also fared well, finishing second overall.

During these competitions, each squad performs an entire routine, lasting about three minutes and comprised of dance and cheer portions, for a panel of judges.

With their strong showing in the first meet, the Lancer cheerleaders are fine-tuning their routine to participate in the second competition at Iolani School on October 15.

The ILH Championships follow on October 28 at Kamehameha Schools.



Cheered on by (right) Coach Cadey Rhineland and (fourth from right) Varsity cheerleader Taylor Yee, the members of the Junior Varsity squad, Chanah Tanioka, Melina O'Reilly, Mahealani Sims-Tulba, Tiana-Lynn Manabat, Kelsi Carter, Lexy Freitas and Kayla Oka, celebrate their win at the first meet of the season.



- ▶ **BAKE SALE**
October 18
(Benefiting Aloha United Way)
- ▶ **FALL PLAY TICKETS-Thoroughly Modern Millie**
(Now on sale at www.sacredhearts.org)
- ▶ **FRIGHT NIGHT**
October 28
(Register now at bit.ly/frightnight2016)
- ▶ **COSTUMES FOR A CAUSE**
October 31
(Benefiting Aloha United Way)
- ▶ **THANKSGIVING CANNED FOOD DRIVE**
Begins November 1

TEACHING teachers

Earlier this year, (right) **Mathematics Chair Deborah Kula** and teachers **Kimber Brown** and **Kristen Jones** attended "**Mindset in Mathematics**," a workshop with **Dr. Jo Boaler** at Punahou School.

Boaler, from Stanford University, focused on teachers' roles in developing "growth mindsets" in their students. She shared that to help students develop this type of mindset, teachers need to utilize visual math, collaboration and well-drafted challenges that help students see, understand and extend mathematical ideas.

Developing this growth mindset is important because it supports a greater understanding and comprehension of mathematics in future.

