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Learning goes ON THE ROAD

The Academy's teachers understand that many learning opportunities and "teachable moments" to build on what is covered in their classroom exist beyond the confines of campus – some of these exciting "on the road" activities and adventures to enhance student development and success are detailed throughout this issue.



EXPLORING NATURE IN HAWAI'I

On January 27, the Academy's second graders explored an often overlooked aspect of the local environment – the forest and freshwater streams – during a learning trip to the *Hawai'i Nature Center*, nestled in Makiki Valley.

The students spent the day on the multi-acre site learning about the five "*Cycles in Nature*." These cycles interact and are interconnected, and humans play a large part in maintaining this delicate balance.

The second graders explorations included:

- Reviewing the "*Water*" and "*Animal Life Cycles*," at Makiki Stream (top left) using nets and buckets to fish and discover and examine stream life up-close.



- Working as "investigative scientists" (left) to explore details of the "*Nutrient Cycle*" by digging through the damp soil to find "decomposers," hidden organisms that break down debris and allow the forest to exist.

- Hiking through the forest and collecting samples of flowers, fruits and seeds that produce oxygen – the "*Plant Life Cycle*" and "*Gas Cycle*."

From the Head of School

PROVIDING SOUND ADVICE

The second semester is well on its way with our high school students already planning to register for 2017 to 2018 classes next week. Each student will meet with her counselor to review and refine her four-year plan.



Handling academics for all grade levels is often much easier than working with the normal developmental changes girls experience on a daily basis.

Our school personnel are quite liberal in passing on lots of well-meaning advice to the students. Some of it, listed below, may sound familiar to you.

- "We are not only developing your intellect, but your heart and hands as well – whole child, whole time!"
- "You are a Sacred Hearts girl 24-hours-a-day, on-campus, off-campus and on the Internet. In all you do, bring honor to your family and your school."
- "Blame your parents or Sacred Hearts for good decision-making not to participate in unwise activities and steer clear of a troubling situation." I like when the response to peers is "No, do you want my parents to 'kill' me!"
- "It is okay to make mistakes – learn from them, lay them down and move forward."

We would enjoy hearing about some of your family mantras and have a good weekend with family!

Betty White

ON THE ROAD – Leo Club WORKING THE LAND AND LO'I

Members of the *Leo Club* and *Hawaiian History class*, including (below) *Chloe Kaneshige*, participated in the *Ka Papa Lo'i o Kanewai's First Saturday* event on February 4 at the University of Hawai'i at Manoa.



This event introduces students to facets of Hawaiian culture and options for local sustainability and helps them develop the a sense of "*malama 'āina*" or "caring for the land."

In the process, participants got hands-on experience while helping to cultivate *kalo*, clear the lo'i's waterways and prep the *kalo* for poi.

The next service project lines up for the Leo Club is at the *Great Aloha Run* on February 20.

It is maika'i to support the school – *Shop for Higher Education*



Through March 28, please help the Academy earn scholarship monies for deserving seniors during the "*Shop for Higher Education*" program.

Participating is simple - when shopping at *Foodland*, *Sack N Save* or *Foodland Farms*, provide the Academy's code, #7587, and a *Maika'i Card* at check-out.

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ON THE ROAD – Advanced Chemistry

CULTIVATING CONCERNS ABOUT CORAL ON COCONUT ISLAND

On January 26, James Bell took 19 *Advanced Chemistry* students to the *Hawai'i Institute of Marine Biology (HIMB)* facility on *Moku o Lo'e*, better known as "Coconut Island," to experience science in a different laboratory setting.

Here, the students were immersed into facets of the unique and diverse marine environment supported by the Island, located in Kaneohe Bay.

Specifically, the HIMB staff discussed the chemistry behind ocean acidification, the reaction caused when carbon dioxide is absorbed by seawater and the resulting effects this process has on the marine ecosystem. This phenomenon has increased with changes in the climate.

The students also learned about the various types of coral living in the ocean, their importance in keeping the environment healthy and the relationship between acidification and coral bleaching.



LEFT: Raelynn Chu and Samantha Ishihara test the effects of carbon dioxide absorption on a sea urchin; *BELOW RIGHT:* Justine Sison carefully extracts a sample for her group's experiment; *BELOW:* James Bell and the Advanced Chemistry students travel by boat to Coconut Island.



Then, teamed in small groups, they developed a unique hypothesis about acidification and coral. And, during a two-hour "inquiry lab," the groups tested their theories using the countless samples, resources and supplies, including a large stock of various types of coral and sea urchins, available in the HIMB's collegiate facility.

Bell concluded, "The students returned with an increased awareness of environmental issues.

"They had the unique opportunity to experience a science lab as it would be conducted on the collegiate level

using university-type supplies and resources over the course of two to three hours – as opposed to our labs at school which are only about one-third as long."



ON THE ROAD – Video Production/News Broadcast

TAKING NEWS CUES FROM PROFESSIONALS WHILE ON-SET

The Video Production / News Broadcast class had the unique opportunity to see some professionals “in-action” and on-set during a visit to the Hawai’i



News Now television station on February 1.

These students produce “Lancers Lately,” the Academy’s bi-weekly newscast, and they gathered valuable insight into what it takes to produce television news from start to finish.

Their behind-the-scenes tour of the station included a stop in the Control Room, where they watched

the producer and director switch camera feeds, add graphics and control the “action” on-set during the station’s “Sunrise” morning show.

The students also watched the anchors read from the news desk and report live from the traffic station before visiting with (above middle) the show’s Grace Lee, Steve Uyehara, Lacy Deniz and (not pictured) Mileka Lincoln.

These news professionals discussed the industry and gave the students valuable tips and advice, including how to look natural while delivering news reports and reading from the teleprompter.

Advisor Alyssa Myers commented, “We all left feeling inspired after hearing from some of the very best in the State in this field.”

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- > Increases opportunities for collegiate JROTC scholarships



CONTACT COLLEGE COUNSELOR RANDY FONG FOR MORE INFORMATION