



February 2017 | Vol. XXVIII, No. 25

## Students urged to be a hero and be kind

Organized by the *Lower School Student Council* to include “*Random Acts of Kindness Day*” on February 17, teachers and students spent the week engaging in a myriad of positive activities during *Kindness Week*, including completing a checklist of kind gestures, exchanging kindness coins with others who deserved to receive one, writing a kind note of love and appreciation for a family member or friend and receiving special bands for showing positive practices towards others. They also participated in a number of other activities following the week’s theme, “*Be a Hero, Be Kind*,” such as visiting the *Sisters of the Sacred Hearts*, learning about the concept of “bucket-filling,” opening the “*Love Bakery*” and more.

### LOVE BAKERY OPENS

A group of *Junior Kindergarten (JK)* students celebrated the opening of their class’ “*Love Bakery*” on February 14.

Before entering the Bakery, the youngsters (*right*) needed to purchase a cupcake and the supplies needed for decorations, so each carefully counted out five pennies to pay the cashier.

Once payment was made, the kindergartners got hands-on experience as bakers, choosing frosting and sprinkles which they carefully applied to their special treat, which was packed away to take home to share.



*LEFT:* The Junior Kindergartners proudly display their loving spirit while holding their heart bags filled with Valentine’s cards.

## From the Head of School

### WEEKEND FOCUS ON HEALTH AND STEM

*This will be a busy weekend for the Academy and its families!*

*On Saturday, the 1.5-mile Keiki Great Aloha Run will take place downtown near the Neal Blaisdell Center. About 100 Academy students and family members are registered for this event. Also, that afternoon, a group of Academy athletes will join with Crusaders from Saint Louis School for the Great Aloha High School Mind and Body Fitness Challenge.*

*Come sunrise on Monday, over 100 Academy students and family members will participate in the Great Aloha Run from Aloha Tower to Aloha Stadium. Several students are volunteering throughout the Run, and a number of parents are helping with Kaiser Permanente's Medical Station at the Stadium.*

*Also, on Saturday, approximately 500 parents and students in grades five to eight will be on campus for the Science Symposium for Girls. Dr. Holly Olson from the John A. Burns School of Medicine will headline sessions for both students and parents.*

*Also, featured in the parents' portion will be Dr. Helen Turner of Chaminade University.*

*Of course, this annual event would not be possible without major assistance from the Bank of Hawai'i and a corps of volunteers – students, parents, teachers and members of the community – all joining together to ensure that participants have an energy-filled and fun morning talking about the importance of Science, Technology, Engineering and Math (STEM).*



*Betty White*

## Senior wrestles past challenge

Senior *Lainey Sanborn* will cap off her high school wrestling career at the *Hawai'i High School Athletic Association Wrestling State Championships* on February 17 and 18 at the Blaisdell Center.

In her first match, she will go up against a tough competitor from Konawaena High School.

Sanborn, who is earning her third Lancer wrestling letter this season, qualified to vie for the State title after finishing second in her weight class at the *Interscholastic League of Honolulu Championships*.



## TEACHING teachers

Three student-teachers from *Luther College* in Iowa "shadowed" members of the Academy's Lower School faculty on campus on January 19 and 20.

Specifically, the Luther College students examined the dynamics of effective education practices in a setting boasting a diverse ethnic and cultural student population, which is somewhat different from what they experience in Iowa.

The college students visited various Junior Kindergarten to grade six classrooms and the *Lower School Library*.



## Air Riflery team aims to be precise in quest for League title

Coming off *Varsity* and *Junior Varsity (JV)* victories against Saint Louis School this past weekend, the *Lancer Precision Air Riflery* squads are winding down the season with momentum on their side.

Both squads take on the shooters from

Island Pacific Academy on February 18 before heading into the *Interscholastic League of Honolulu (ILH) Individual Championships* on February 25.

Academy junior *Dorothy Sanidad* continues to lead the League in the individual rankings and looks to continue her winning ways during her quest for the Varsity ILH title.



In addition, freshman *Lauren Matsukawa*, a rookie to Precision Air Riflery competition, has improved rapidly throughout the season and hopes to crack the top ten individually.

Other shooters taking aim on the Varsity are *Clarissa De Smet*, *Maile Fox*, *Lindsey Young* and *Ashley Zeidler*.

On the JV level, a trio of novices to the sport, *Quinn Lum*, *Richelle*

*Kikiloi* and *Anna Sakai*, who are all freshmen, have also posted rapid improvement through the season and may also finish in the top ten individual rankings.

Other members on the JV looking to move up are *Morgan Harrison*, and *Chazzlynne Luna*.

The squads are headed by *Carlton Lum*, with assistance from *Fred Sanidad* and *Haunani Akana*.

## Doctor honored for mentoring skills

*Dr. Richard Kasuya*, the *Lancer Junior Varsity (JV) basketball head coach*, (right with *Sweetie Pacarro* and *Athletic Director Ryan Hogue*) was honored as an *OC-16 Coach of the Week* in early February for his outstanding mentoring and leadership skills.

Dr. Kasuya not only works diligently to equip his players to be successful on the court, but off as well. While winning is important, he also seizes every opportunity to teach his athletes about leadership, focus, setting goals, teamwork and giving back to others.

He has organized various workshops on these topics, and this year, helped his JV squad organize a fundraiser with proceeds benefiting a local charity.

In addition to his experience coaching basketball athletes, Dr. Kasuya has mentored many students during his long tenure with the University of Hawai'i's John A. Burns School of Medicine.



## Visit to School of Medicine provides inside view of health

Twenty-five members of the *Science Club* and *Elizabeth Sutter's Anatomy and Physiology class* visited the *University of Hawai'i's John A. Burns School of Medicine (JABSOM)* on February 15, touring the facility's *Anatomy Lab* and *Native Hawaiian Garden*.

In the Lab, students received a first-hand look at the cadavers used by JABSOM's students in their study of the human body.

They also examined – and even got to hold – healthy and dis-

eased hearts, lungs, livers and brains.

In addition to the resources of the Lab, the students viewed JABSOM's collection of medicinal plants.

*Science Club Co- Advisors Chelsea Zaniboni* and *Sutter* concur

that viewing the resources at the facility was an invaluable and awesome experience for the group, fitting with the Club's mission of fostering student interest and excitement in pursuing a healthcare-related career.



## Soroptimist members lead and serve in community

Membership in the Academy's *Soroptimist Club*, or "*S*" Club, numbers over 40, and the group logged a busy schedule this past fall, participating in at least one project each month.

The Club's mission is to foster leadership and service skills in students in grades seven to 12, and activities in which the group has been involved include:

- Ringing bells at Longs Drugs on Pali Highway (*right*) for the *Salvation Army's Red Kettle Program*;
- Touring the *Menehune Chocolate Factory* and having the opportunity to make their own candies;
- Assisting in a beautification and clean-up project at *Kaimuki Community Park*;
- Ushering patrons attending various plays at the *University of Hawai'i*;
- Working with special needs students and helping run activities for *the Youth Action Program* at Kaiser High School.



The Club is advised by *Randy Fong*, and members plan on keeping equally busy through the end of the year.