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How does the garden grow? Lush and green!

Learning comes alive in the school garden! This effort is an innovative tool and strategy that allows educators to incorporate hands-on activities in a diversity of interdisciplinary, standards-based lessons.

Gardening provides a dynamic environment in which students observe, discover, experiment, nurture and learn!

Students in the Lower School can now delve into this exciting world with second grade teacher **Veronica Prislín**, who is conducting gardening lessons from 2:30 to 3:15 p.m. each week on Monday and Thursday.

Prislín will use the garden as a laboratory to introduce students to scientific methods through plan-related experiments.

She commented, "Gardening provides a place to study weather, insects, soil and other environmental factors. It also provides students with knowledge of

the benefits of living a more healthy lifestyle by being more receptive to eating fruits and vegetables, and it encourages them to be aware of their choices and eat nutritious meals."

This gardening endeavor is part of a wide array of after-school options available for Lower School students to explore – from **Musical Theatre** to **Smart Karate** to **Violin**.

WANT MORE DETAILS OR TO SIGN-UP?

Parents of students interested in exploring Gardening and other **After-School Program** options should contact **Melanie Ah Soon** at mahsoon@sacred-hearts.org.



From the Head of School

PITCHING IN TO SUPPORT OTHERS



It has been a challenging week "waiting out" the effects of Tropical Storm Olivia. Some of your areas and homes may have had a more detrimental impact than the Academy suffered here in Kaimuki. Let us join in remembering and praying for the many on our Neighbor Islands who did not fare as well. And, we definitely send our best wishes to those on the East Coast. Staying in touch with family and friends there may become more of a challenge as Hurricane Florence reaches landfall this week.

*I take this opportunity to thank our parents who are volunteering with Parent Organization President Samantha Spain, to help with **Academy Uncorked**, a fundraiser in our "backyard" on September 22. Another important part of the success of this event depends on students volunteering with Mindy Rocha, who leads our Student Activities efforts. The support of every parent and student is greatly appreciated.*

Academy Uncorked's proceeds from table sales, the live auction, "Wall of Wine" and raffle drawings will benefit scholarships and financial aid for our students.

We are grateful for parents and students joining with a faithful band of alumnae and staff to generate additional revenue to ensure the longevity and expansion of our mission to educate Hawai'i's girls!

Betty White

On the road again!

College Counselor Randy Fong is packing his bags and "hitting" the road again for another fun and informational **Fall College Tour** – this time stopping in a myriad of **San Francisco** and **Bay Area** colleges and universities.

OCTOBER 6 TO 11

COLLEGIATE STOPS

Dominican University, Saint Mary's College, San Francisco State University, Santa Clara University, Sonoma State University, Stanford University, the University of California-Berkeley, University of the Pacific and the University of San Francisco

TOUR COMPONENTS

At each campus, Academy students will have an overview meeting with Admissions staff and current students, take a tour of the facilities and visit with current Academy graduates enrolled at the school

OTHER INCLUSIONS

Site-seeing at various locales, including Alcatraz Island, Pier 39/Fisherman's Wharf and Downtown San Francisco

COST

Tour fee of \$1,850 includes airfare, hotel accommodations, breakfast and lunch, ground transportation and a guide book

MORE INFORMATION

The trip is being planned in conjunction with students from Saint Louis School and is open to current sophomores, juniors and seniors. Interest parents and students can obtain more information from Fong at 734-5058, ext. 231.



Lower School leaders inducted

The Lower School community recognized its elected "leaders," the members of the **Student Council**, during an **Induction Ceremony** on September 4 in the Auditorium.

Council members excited and motivated their peers to become involved and enthused about this year, unveiling their theme for the year, **"ROAR."** and sharing a clip from **Disney's "Meet the Robinsons"** about the importance of learning from challenges and failure.

A large number of parents, grandparents and friends, were on-hand to show their support for Council officers **Ainsleigh Kasprick, Janela Tabios, Anastasia Lee** and **Madeleine Eakin** and seven representatives in grades four to six.

This year, they are advised by **Kristin Colburn** with assistance from **Lacey Tashima**.



LOWER SCHOOL'S ROAR

- > **R** – Respect others and their feelings
- > **O** – "Own" personal mistakes and behaviors
- > **A** – Attitude remains positive, even when facing challenges
- > **R** – Responsible for meeting expectations as an Academy student

A friend is one of the nicest things that you have

Fifth grade retreats together

The **fifth graders** explored the concept, gleaned from **Winnie the Pooh** and friends, that **"A Friend Is the Nicest Thing That You Have,"** the theme of their **Class Retreat** on August 31.

With assistance from members of the **High School Living In Faith Experience (LIFE)** team and **Sr. Katherine Francis Miller**, who organized the day, the 42 fifth graders delved into all-things related to "friendship," including how to bring out the qualities each appreciates in her friends. They also explored the individual characteristics needed to be a good friend to others.

To reinforce these concepts, the students participated in activities that required them to work together and support one another to reach the end goal.

This was the first Class Retreat experience for the students, and they enjoyed building their friendships with peers and being "mentored" by the LIFE team.



Shooting for a repeat

After the second match of the regular season "in the books," the **Lancer Sporter Air Riflery** team remains undefeated on both the **Varsity** and **Junior Varsity (JV)** levels.



The younger shooters continue to dominate the league rankings and is the only JV team to have ever broken 1,000 points in a single match, scoring 1039 versus Kamehameha on September 8.

The JV athletes hold six of the top seven rankings in the **Interscholastic League of Honolulu (ILH)**, and their efforts are led by **Morgan Harrison, Anna Sakai, Therese Valdez** and **Elena Amando**, the top-ranked shooters currently in the League.

Carrying over from last year, the Varsity also continues to score well as a team with **Maile Fox** and **Dahee Jung** ranked second and third, respectively, in the ILH. Next up, both squads take on Saint Francis School on September 15.

Students encouraged to get involved!

Thirty-one Academy extra-curricular groups were showcased at the **Club Fair** on August 31.

Students in grades seven to 12 "shopped" the Fair, exploring the mission and activities of each unique group, with interests ranging from Science to international culture to Athletics and service.

No matter what her strengths and "likes," there is a Club to meet each student's interests, and parents should encourage their daughter to participate and get involved!



MORE ATHLETICS

▶ CROSS COUNTRY

For the first time in 10 years, **Lancer Athletics** is fielding its own **cross country** team with a healthy roster of 10 runners!

Seventh grader **Anna Pinkerton**, is a solid runner who is working on "leading the pack." She finished sixth in the two-mile **League Meet** on September 8 at CORP.

The runners next race is the **Iolani Invitational** on September 15 at Kualoa Ranch.

They are led by **Head Coach Malia Nanbara** and **Assistant Coaches Connie Fanelli** and **David Panther**.

▶ VOLLEYBALL

This year, bolstered by the largest turnout ever for the sport, the Academy is fielding six **volleyball** teams starting with the **Christian School Athletic League (CSAL)** and **Catholic School League (CSL)**. **Lancer** participants in League play include an **Intermediate**, two **Junior Varsity (JV)** and one **Varsity** squad.

The Varsity athletes are coming off a fifth-place State finish last year and, after a challenging start versus the four toughest teams in the League, are set to pick up steam.

The **JV White** and **Gold** squads had their latest matches against Damien High School postponed because of Hurricane Olivia.