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## Founders' work honored during celebrations

During the week of September 10, the Academy 'ohana commemorated the efforts of the **Sisters of the Sacred Hearts**, the founders who laid the groundwork for the current-day school.

Themed activities were held throughout **Founders' Week** in both the **High School** and **Lower School**, and the special assemblies on September 12 marked the celebratory highlight.

At both the High School and Lower School gatherings, a number of Sisters in attendance were recognized and thanked by the students for providing a place for them to thrive, grow and develop life-long bonds.



**TOP:** Sr. Rameka Situmorana, Sr. Jane Francis Leandro, Sr. Marie Lemert, Sr. Katherine Francis Miller and Sr. Dolores Marie Pavao at the High School Founders' Day Assembly; **ABOVE LEFT:** Madison Nutter and Kanoe Kostiha present a collage of birthday cards, each created by a second grader with a personalized picture, to Sr. Katherine Francis Miller; **ABOVE RIGHT:** Members of the Lower School 'ohana and the Sisters representing the school's founders, Sr. Ivy Yim, Sr. Grace Marie Tom, Sr. Augustine Mulyati, Sr. Mary Josephine Araki and Sr. Katherine Francis Miller.

## From the Head of School

### REFLECTING ON HISTORY

*Founders' Day on September 12 was a special day in the "life" of Sacred Hearts Academy – it was a time to honor, share and celebrate our school's history.*



*A lot has changed over the years. We are a bigger and much better school than we were when the Sisters founded the Academy over a century ago. However, one thing has not changed – our purpose, our mission, to be a place where students, like each of your daughters, are inspired to learn and where they can thrive as individuals. A place filled with students who care about each other and are interested in making the school and our world a better place.*

*Founders' Day also provided each of us with a special moment to acknowledge and think about the school's future. Not only did we think about those who have been a part of our history, but I asked each student to say a prayer of thanksgiving for their parents for the privilege of being a part of this outstanding school.*

*And, finally, we acknowledged the many alumnae, foundations and corporations that have supported our mission for the past 110 years and allowed each of your daughters to continue to learn, grow and excel as students.*

*Best wishes for the weekend! I look forward to seeing many of you at the athletic events and the Academy Uncorked fundraiser.*

*Betty White*

## Rocky start to Hawai'i studies

Students in the **fourth grade** focus on exploring the **geology** and **geography** of the Hawaiian Islands.

As part of these studies, **Marian Leong** from **Papahana Kuaola** visited the class on September 6 to give students a "primer" about the Islands.

During Leong's discussion and related activities, the fourth graders learned about the "hot spots" which formed Hawai'i and the "Ring of Fire" in the Pacific, how volcanoes are formed and how to differentiate from two types of lava, *pahoehoe* and *a'a*.

Sharing Hawaiian knowledge, restoring the Island environment and increasing sustainability are the key focus points of Papahana Kuaola, and Leong also shared *mo'olelo* related to some of the beliefs and practices of the ancient Hawaiians.

This presentation helped prep the fourth for a learning trip on

October 5 when they will embark on a "geology tour" around Oahu looking for the unique geology and geography features they have studied, including rejuvenation volcanoes, erosion and varied rock types created from volcanic lava.



Kenzie Pajinag applies what she learned during the Papahana Kuaola activities and places "rejuvenation volcanos" in the proper locations on the "island."

## Science brings understanding to life in Biology

*While understanding the dynamics of life can be daunting, it is a critical area of study for students, and High School Science Chair Erin Flynn regularly implements engaging, hands-on lab activities in her Biology courses to bring the facts "to life" for her students.*

### ADVANCED PLACEMENT (AP) BIOLOGY

During their lab on September 6, the **AP Biology** students focused on the concept of cell size. Specifically, they set out to determine if and how size affects cell growth because of diffusion, the movement of molecules into and out of the cell.

Going into the hands-on portion of the activity, the students shared with their lab partners theories and thoughts. Based on these discussions, each group "designed" a cell the students believed best suited to allow for fast, efficient diffusion using gelatinous agar "cubes."

The results of the students' efforts indicated that diffusion happens most efficiently when a cell has high surface area to volume ratio, so smaller agar cubes diffuse more quickly than larger ones.

The "winning" team designed a rectangular "cell" that had great width and length, but very small height, so it was broad and flat. According to Flynn, this design was amazingly similar, structurally, to human squamous cells, which evolved for rapid diffusion.



### BIOLOGY

To increase their knowledge about life, Flynn's **Biology** students studied a "death" during a lab on September 13 and 14, performing forensics tests during the "investigation of the case."

Key to the investigation was determining the victim's whereabouts the day of the crime, so a forensic pathologist removed the stomach contents for the "biologists" to determine where he had his last meal.

During this analysis, the students followed forensic protocol to conduct the related test to find one of four "macromolecules" - large molecules of protein, lipids, glucose carbohydrates and starch carbohydrates.

In the process of determining that the victim's last meal was Boston Pizza, the students learned that different types of food are comprised of different biomolecules.



**TOP:** Emily Truong and Samantha Seto discuss ideas for their "cell;" **MIDDLE:** Juniors Jennalyn Wong and Isabella Francisco modify their "cell;" **MIDDLE FAR RIGHT:** Shiho Furuta, Amanda Giang and Charstar Kimbu apply lipid to a test paper; **BOTTOM:** Juniors Erika Torres and Chanah Tanioka examine the reaction of their glucose test.

## Celebrating "All About Me"

In August, **Renaye Oyer's Senior Kindergarten (SK)** students focused on their theme for the month, **"All About Me."**

First, they participated in an activity of "self-discovery," employing their five senses to determine unique qualities about themselves.

Using this information, the students enlisted the assistance of their parents to create "All About Me" posters. The results of this effort, their first family project for the year, were presented to the class. Each poster was then proudly displayed for the entire **Lower School** to enjoy.

To conclude this study focus, the kindergartners participated in a **"Me Day Celebration."** Each student was thrilled to assembled a special snack from healthy items which they pattered after themselves.



## Spanning the globe for sharing studies

The **High School Student Council** and **Social Studies** students had a unique learning experience on August 20 when the **C-SPAN Community Outreach Bus** "rolled" onto campus!



The students who boarded to participate in this outreach were absolutely amazed – this was no ordinary bus! The inside more closely resembled a high-tech "control room" decked out with some of the latest cutting-edge equipment.

The C-SPAN Bus is on a nation-wide tour, visiting all 50 States to engage students, educators, elected officials and viewers and sharing more about C-SPAN's multi-platform public service resources.

According to **Representative Shannon Augustus** (above), C-SPAN's focus is not only on televising government proceedings, but to expose the public to what Congress does and how it functions and serve as a research tool about the nation's past history and current affairs.

## Security goes National!

Part of **Deborah Kula's cybersecurity** efforts entails introducing students to career options in exciting, growing fields.

And, on September 13, Kula and a number of students explored the "ins-and-outs" of the **National Security Agency (NSA)** with **Andrea Largent** and **Leila Kahana** (right with sophomores **Jessa Ancheta** and **Jacqueline Balmores**).

They explained what the organization does and how students can serve the country through career, internship and scholarship opportunities with the Agency.

