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Cheering for school pride and spirit

Cheering began when a group of male students chanted and cheered for their first intercollegiate football game in 1898. Girls only joined the cheering effort about 25 years later.

Becoming more than just merely putting on a uniform and supporting a football team under the Friday lights, cheerleading has changed tremendously over the last 20 years and has grown and evolved into a competitive sport.

Until the last decade, cheering usually had only a couple of tumblers, jumpers or acrobats per team who had mastered the skill appropriate for the specific level. Watching videos of cheerleading years-gone-by makes one fully admire and respect the evolution and the progression the sport has made.

Gymnastics, tumbling, chants and acrobatics are all part of the routine, and the competitions are a magnificent floor show.

This year, the Academy has over 60 girls in grades four to 12 cheering on four levels: **Pep**, (below right) **Intermediate**, (right) **Junior Varsity** and (below and above right) **Varsity**.

In 2017, the Academy made a "clean sweep," winning all three **Interscholastic League of Honolulu** competitions as well as the **State Title!**

Cheer Program Director and Intermediate Coach

Chanel Miura has been with the program for eight years and **Cadey Rhinelanders Vakauta**, '11, has added focus and vigor to the Varsity program.

Additionally, the gymnastics curriculum, available to girls in the cheer program starting in the fourth grade, has boosted the Lancers skill set to compete at the highest level.



From the Head of School

EXTENDING THANKS FOR EFFORTS

A resounding "thank you" to the Academy 'ohana for gathering to support last weekend's Academy Uncorked. Because of the diligent work of our parents, students, staff, alumnae and friends, the Uncorked function raised funds for the Academy's Financial Aid Program.



We appreciate the caring power of our school community to mobilize resources and energies to give hope to families who would, otherwise, not be able to give their daughters a Catholic education.

The Admissions season for the 2019-2020 school year is already underway. Admissions Director Karen Muramoto always reminds us that our current parents play a vital role in admissions. According to her, prospective families and students comment most frequently about the:

- Energy and enthusiasm of students and staff;
- Challenging faith-based curriculum and activities;
- Small class size;
- Extensive extracurricular opportunities and science and math programs, including robotics and technology;
- Personal relationships between students and adults.

The Admissions Office joins me in thanking all our parents who are the very best ambassadors in sharing the good news about the Academy!

Betty White

KNOW A GIRL WITH GRIT?

Looking for sophomores and juniors for the

Girls Got Grit

(GGG) Mentorship Program

DETAILS:

- > **GAIN EXPOSURE** while working with prominent business leaders and community mentors
- > **DEVELOP** leadership, business savvy and GRIT, "Grace, Resilience, Initiative, Tenacity"
- > **WORK** in teams with mentors to develop program business plan during spring semester
- > **INTERN** at leading Hawai'i companies to gain first-hand insight into creating organizational success during fall semester of next school year
- > **INCREASE** professional, personal and career-building skills through hands-on, interactive and unique lectures and workshops

DEADLINE TO APPLY: October 29

INFORMATION: **Noe Oliver** in the Development Office at noliver@sacredhearts.org

BEGIN HOLIDAY SHOPPING EARLY!

CHRISTMAS GIFT CARD SALE AND FUNDRAISER

(Sponsored by the Parent Organization)

DETAILS: Buyer will receive gift card for full amount paid, and the Academy will receive a percentage of the total sale (amounts vary by vendor and are posted with online order form at www.tinyurl.com/pbxmas20182)

DEADLINES: October 3 (last day to order online) and October 5 (last day to submit payment with order confirmation)

PICK-UP: November 17 and 21

INFORMATION: parentboardsha@gmail.com



Seventh graders and advisors build bonds by campfire

*This school year has been marked by change and growth for the Academy's 60 seventh graders, s they transition from the routine of elementary school to Junior High. So far, they have experienced a number of "firsts" along their educational path, including a welcome break from the normal academic rigor on September 20 and 21 to go to **Camp!***

This students eagerly anticipated this year's Camp, an annual trip for those in the seventh grade, and the group traveled to Camp Mokule'ia to engage in the activities unique to the site.

Spanning 40 acres between Kalahele Bay and Mount Ka'ala, the highest point of the Waianae Mountains, this location allowed the students to engage in one of the most memorable parts of the experience for the students – having "down time" together in the ocean! According to **Advisor Kaycie Baltanado**, ocean kayaking, paddle boarding and swimming were do-able this year because of the pristine, almost rock-free beach and calm sea currents conditions.

While these were aspects were a favorite of the students, they also engaged in a number of fun, thought-provoking activities aimed at developing teamwork skills and self-confidence.

This Camp trip not only was a catalyst for growth in student relationships, but their homeroom teachers, now referred to as "advisors," were thrilled by the increased focus on building bonds of 'ohana across the school's entire spectrum, which included the adult participants.



ABOVE Seventh graders at Camp; **BELOW LEFT:** Diana Lee on a High Ropes challenge; **BELOW:** Maya Higgins, Emily Izuno, Hayden Yee, Keira Iwamoto, Tettaenia Francis, Malaika Ssebayingiteko and Lovey Beebe



Week of fellowship devoted to jamming on jukebox

Following this year's theme of "Jukebox Jam," the freshman and their junior "big sisters" spent the week of September 17 to 21 immersed in fun, music and spirit-filled activities as part of Freshman Initiation.

The week-long event, an annual school tradition, marked the freshman milestone of transitioning into the High School community, where they were warmly welcomed by their Junior sisters.

According to **Lurline Choy** and **Elizabeth Gabriel**, advisors of the juniors and freshmen, respectively, one of the most striking aspects of this year's Initiation was the effort dedicated juniors, who began planning and preparing weeks in advance. Many went well beyond the basic requirements to "reach out," share notes and treats, foster fellowship and develop strong relationships with their younger sisters in the process, and have even continued fellowship activities after Initiation events ended.

Festivities concluded on September 21, "*Finesse Friday*," with the annual Initiation program, encompassing a wide myriad of music which can be found on a "jukebox." theme. The juniors choreographed the group dance numbers, ranging from K-Pop to "Old School" from the boy-band era to current jams, while the freshmen provided the talent.

The polled freshmen concurred that their favorite parts of the experience were, while daunting, dancing in front of the High School audience, as well as the lasting friendships formed with their new-found sisters.

(See page five for additional Initiation photos)



ABOVE: With each day of the week of Freshman Initiation following a different focus, Isabel Sabea and Rayna Ho display their spirit of 'ohana with each other on "Me and You Monday;"

LEFT: The group "Little Mamas" incorporate a car into their performance of Drake's "In My Feelings."



More memories from Freshman Initiation

RIGHT: The group the "Shista Squad" prepare to dance to a mix of modern favorites; **BELOW LEFT:** The "Sister Society" are honor their big sisters who choreographed their number to a collection of not-quite "old school" tunes, including one by N'Sync; **BELOW RIGHT:** Ashlyn Kim and her big sister, Jaycie Jeremiah.

