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New year promises "GRIT"-ty progress

The New Year brings 26 new sophomores and juniors to the Academy's **Girls Got GRIT (GGG)** program to join the exciting cadre.

These new participants are working in small group teams, mentored by outstanding business-women in Hawai'i.

The first GGG "planning" meetings commenced this past week, with each team focused on delving into the spring project topic – "If I were Governor of Hawai'i, what would I do to make an impact on improving the State?"

The Academy is extremely grateful to the 2019 GGG community mentors who enable this successful program fulfill its mission.



2019 GGG MENTORS

- ▶ **JOAN BENNET**
*President and Chief Executive Officer
The Bennet Group*
- ▶ **SHARON BROWN**
President – First Hawai'i Bank Foundation
- ▶ **ELIZABETH IGNACIO, MD**
*Surgical Director of Sports Medicine
IMUA Orthopedics, Sports and Health*
- ▶ **KAT LIN-HURTUBISE**
Owner – Gourmet Events Hawai'i
- ▶ **COLLEEN REYES**
Owner – Island Style Innovations
- ▶ **GIDGET RUSCETTA**
Chief Operating Officer – Pali Momi Medical Center
- ▶ **ALETHEA SETO**
*Senior Vice President of Sales, Service and Retail Training
First Hawai'i Bank*
- ▶ **SUZIE SO-MIYAHARA**
*Director of Imaging – Women's Center and Fitness Center
Kapi'olani Medical Center*
- ▶ **JENAI SULLIVAN WALL**
*Chairman and Chief Executive Officer
Foodland Super Market Ltd.*
- ▶ **SHARLENE TSUDA**
*Vice President of Community Development
The Queen's Health Systems*



TOP: Mentors Colleen Reyes and Kat Lin-Hurtubise have a "brainstorming" session during team with their team: Keanaimauliola Char, Reana Ho, Madeline Prislin, Moriah Gilmore and Maria Domingo

BOTTOM: Gidget Ruscetta helps Valerie Wong fine-tune her networking skills.

From the Head of School

RAISING EMPATHETIC GENERATIONS

Last week, I shared some examples how empathy can be nurtured by parents; some are repeated in bold below, with added, specific suggestions following.



- **Make kindness a routine part of your daughters' lives.** Have her share at least two of her acts of kindness for the day on the way home or at dinner.
- **Praise her actions, and your message will encourage her to see herself as a caring person.** "I am so happy that you took care of your little sister this afternoon."
- **Name the emotions.** "Look at Dad's slumped shoulders. Why don't you help him carry the bags."
- **Use the media.** "The fire destroyed their home – is there a way our family can help?"
- **Let your daughter see you extend kindness.** "I am going to phone grandma to see how she is doing."
- **Reflect on kindness.** "What was the nicest thing someone said to you today?"
- **Capture caring moments in photos.** "Let's put the picture of you reading to your brother on the refrigerator."
- **Start a Giving Box.** When full, take to a shelter or your parish. "Let's put a box by the back door for you to place items you no longer use – like books, toys, clothes."

The best moments to nurture empathy are usually unplanned. Look for and capitalize on these moments to help your daughter understand the power of "feeling with others." That's how to raise the next generation to be caring and empathetic – not just smart.

Betty White

Preparing for New Year during cultural exploration

To prepare for celebrating **Chinese New Year**, the Academy's **Senior Kindergartners (SK)** explored locales in and around **Chinatown** on February 4.

The students were on "quest" during their trip, looking for specific items on their scavenger hunt list. In the process, they learned that these items, such as lanterns and lisee, are important not only during the lunar celebration, but also have a cherished significance to the Chinese culture.

The students also browsed the various Chinese shops stocked with cultural delicacies and were fascinated by the diverse items, including fresh fish on ice and local produce, lining the shelves and counters at the People's Markets. Of course, they taste-tested samples and brought some back to share at home.

The students returned to campus with new cultural awareness and a deeper understanding of the aspects comprising Chinese New Year.



Lower School brings cultural aspects of Chinese New Year to life

The Lower School marked the coming of **Chinese New Year** and the new lunar calendar during a festive, cultural celebration on February 5.

The Academy's Kindergartners donned red and Chinese-themed attire and marched in the annual **Chinese New Year Parade**, accompanied by two spirited dragons, brought to "life" by the **Senior Kindergarten (SK)** students.

While the student-dragon danced throughout the Lower School, the **Junior Kindergartners** proudly utilized their noisemakers and lanterns to increase the cultural cheer.

During their study of the importance of this occasion, the students learned that the dragons and "lisee" represent strength and good luck. They also learned several Chinese songs and poems and read some related stories.



A PERIOD OF OVERALL GOOD FORTUNE BE PUNCTUATED WITH **GOOD HEALTH, PROSPERITY, HAPPINESS AND PEACE!**



Scholars exemplify Club's spirit

The **Lawakua Kajukenbo Club** emphasizes education and provides significant training and academic support for its student members, which include a number currently attending the Academy.

Five of these members (*left with Betty White*) benefit from the Club's resources and have excelled in their endeavors, earning them status as "**Lawakua Scholars.**" **Abigail Aguirre** maintains a 4.0

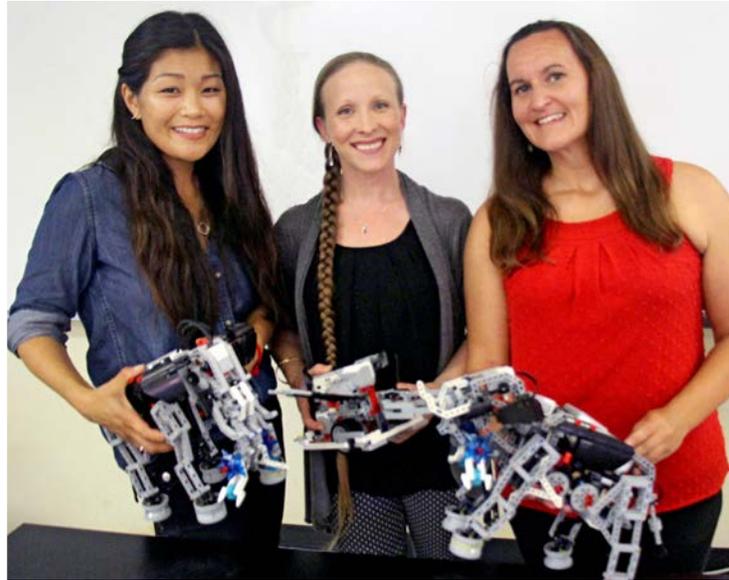
GPA and is a STEM and robotics mainstay; **Tettanenia Francis** excels at playing the euphonium and has a 3.8 GPA; **Natrimaj Francis** is "hooked" on Digital Art, mathematics and science; **Adeline Garcia** is involved in STEM and JROTC while holding a 4.17 GPA; **Serina Ti'a** is excelling while on a full scholarship at Hawai'i Pacific University.

Educators RISE to the summit for STEM studies

A trio of Academy educators were immersed in the **"Realizing Innovation in STEM Education" (RISE) Summit** from January 17 to 20 in Palo Alto, California.

Sixth grade teachers **Kana Takashashi** and **Jennifer Arthur** and **Dawn Robertson**, who teaches Junior High, were allowed to "RISE" as part of their participation in the prestigious **Notre Dame STEM Trustey Fellowship Program**.

At this special Summit, the trio and other members of this Fellows' group received "booster shots" of information to further enhance their knowledge of topics they touched on during one of the



inaugural sessions this past summer.

The areas covered were designed to "push their thinking forward" and enhance their skills in teaching Science, Technology, Engineering and

Mathematics (STEM) curriculum.

Specifically, their focus is on using research-based methods to offer effective and constructive feedback which is based in scientific observations.

The Fellows also benefited greatly from sessions with two professors from Stanford University, who helped participants uncover how to optimize instructional coaching.

Returning to campus with revitalized energy, the trio is now focused

on developing more STEM lessons to benefit their young students and aid other Academy faculty who are excited and eager to utilize this information in their own classrooms.

Bringing efforts for gender equality to light



On January 28, the members of the **Pacific and Asian Affairs Council (PAAC)** received an insightful, first-hand glimpse into the aspects of gender inequality, currently prevalent in Nepal, from **Lakpa Sherpa**.

Especially since an earthquake devastated her home country of Nepal in 2015, Sherpa has been immersed in humanitarian activities as a volunteer, project manager, program support officer and an architect. And, for the last two years, she has worked as an architect for the Nepalese government.

Currently, Sherpa is a Fellow Scholar pursuing a Master's Degree in Urban and Regional Planning; she already holds an undergraduate degree in Architecture. Upon completion of her degree, she plans to advocate for the participation of women and underprivileged members of society to implement strategies to improve local and global premises.