



April 2019 | Vol. XXV, No. 28

Service projects spotlight sustainability and beautify campus

Learning through service to others and the community is an integral part of the Academy's mission to cultivate well-rounded individuals – from the youngest students to the seniors. This was clearly evident on March 29 as a 83 maroon-clad juniors permeated campus for a "Day of Service," including a contingent working on planting special lemon trees in conjunction with the Lower School Garden Club.

The juniors spent their **"Day of Service"** focused on their division's service-learning theme for this year – **"Sustainability"** – with specific magnification on the school's physical campus.

The students formed eight groups and embarked across campus on their mission to "beautify" one of six key areas.

Armed with gloves, rakes, trash bags and other tools, they raked leaves, collected stray rubbish, removed invasive plants, weeded planter boxes and trimmed and "manicured" shrubs and flower beds.

In addition, members of one group teamed with first and second graders in the **Lower Shool Garden Club (LSGC)** and **Club Advisor Veronica Prislin** on **"Project Lemon Tree."** (See page three for more about this Project)

According to **Junior Advisor Lurline Choy**, the day not only allowed the juniors to bond as a class, but left them with an increased awareness of the impact of their actions have on the environment. It also spawned feelings of fulfillment and increased pride in caring, beautifying and improving the school. In fact, many of the juniors were heard reminding fellow students to "pick up" their rubbish at the outdoor assembly held that afternoon!

Special thanks are also extended to **Silikivai Langi Sunia**, father of junior **Lavina Sunia**, and his crew who assisted with the beautification efforts.



LEFT: Xun He and Sophia Camara remove an invasive vine off a fence in the Lower School playground;
BELOW: Jingya Xia, Richelle Kikiloi and Qaydenz Montgomery carefully eliminate weeds from one of the planter areas.



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From the Head of School

FINDING HEALTHY PARENTING BALANCE

The recent college admissions scandal has reignited concerns about over-involved parents. Sometimes parents with the best intentions fall into practices that are referred to as "helicopter" or "snowplow parents" – those who hover or remove obstacles so their kids do not have to deal with frustrations. As a parent myself, I was probably did some of both!



Often, I hear parents struggling to find the line between healthy and unhealthy help. Recently, a parent asked me if she was being a helicopter parent by picking up her daughter's books so she could "catch up" on her homework if feeling better over the weekend.

There is a lot to be said for going out of one's way for your children – it is one of the "perks" of parenting and making your daughter happy, probably, makes you happy, too.

In essence, we teach our daughters how they should expect to be treated. When we warmly extend ourselves at home, we point them toward friends and romantic partners who also enjoy serving as a source of support to them when needed.

But, we must try to keep help from going too far, and having it become harmful habits. If we consistently "rescue" daughters from their own bad choices, then we are preventing them from learning how to be accountable.

Try not to allow your daughter's mistakes to become habitual, but understand that, often, growth often comes from feeling the sting of a mistake. And, weathering setbacks, helps your daughter learn to take disappointment in stride and develop mechanisms to cope with developing good habits.

Betty White

PWH participants work to help sustain beauty of 'aina

Eighteen **PWH Scholars** from the Academy, including (right) **Tominiko Sole** and **Chanah Tanioka**, and members of their families immersed themselves in a ser-vice-learning effort on March 31 focused on sustaining the Island.



The weather looked to dampen the activity, with rain falling when members departed campus and throughout the scenic drive to **Sherwood Beach** in Waimanalo, but conditions cleared soon after!

The scholars and members of their 'ohana grabbed gloves and their gear and spent the next few hours carefully combing and sifting through the sand for micro plastic and other human-deposited debris.

While these dedicated individuals worked the beach, other family members "fired up the grill" and prepped lunch for the hard workers.

In addition to **PWH Advisor Cleo Eubanks**, other Academy staff members serving that day were **Karen Muramoto** and **Dawn Tello**.

This was one of a number of service outreaches these Scholars conduct throughout the year. Another beach effort with **808 Cleanups** and making about 7,000 packets for **Make-A-Wish Foundation's Jingle Rock Run** were two of the Academy's other PWH efforts conducted this school year.



Lemons flourish amid service

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Project Lemon Tree, the “brainchild” of the **Bizgenics Foundation**, creates a “living, outdoor classroom” at Hawai’i schools utilizing lemon trees.

Ten lemon trees, which were “started” and fostered at the University of Hawai’i, were brought to the **Garden** nestled along the Ewa-side of the **Student Center**.

Here, on March 29, (right) the juniors, members of the **Lower School Garden Club** and **Advisors Lurline Choy** and **Veronica Prislín** planted the lemon trees (bottom) in pots.

The students also received a “primer” on proper care and conditions for the trees so they not only flourish and beautify the school but provide an additional forum for future learning!



WHY LEMON TREES?

Ecologically, lemons are one of the best-cultivated plants for removing carbon dioxide from the atmosphere – thus, helping reduce global warming, and also boast a myriad of health benefits.

In the **learning** realm, the cultivation of lemons provides an abundance of educational opportunities in a variety of academic areas including. farm-to-table agriculture, soil science and water conservation.



Band marches to new beat on Maui

A group of members of the Academy's **Band** program "got a jump" on Spring Break during a trip to Maui from March 14 to 17.

One of their first stops was at **Iao Middle School (IMS)** (right) where the Academy students joined members of the **IMS Band** for a special educational music session.

Led by IMS **Director David Kuraya** and Academy **Director Keith Higaki**, the musicians fine-tuned their musical and collaborative skills while rehearsing to perform the pieces "Choreography" and "Beauty and the Beast."

After devoting time to music, the Academy musicians, including (below right) **Samantha Allen** and **Logan Robago**, spent the remainder of the trip exploring the Island and building relationships – which will translate into improved teamwork and better collaborations. Some of these highlights of these included:

- ▶ Feeding, petting and learning all about goats at the *Surfing Goat Farm*, a purveyor of goat milk.
- ▶ Getting an up-close look at some of the inhabitants of Hawai'i's waters at the *Maui Ocean Center*.
- ▶ Exploring the beautiful environment and some of Maui's diverse landscapes at *Ali'i Lavender Farm*, *Kula Botanical Gardens* and *Iao Valley State Park*.
- ▶ Seeing humpback whales frolicking off-shore during a whale-watching cruise.



Counselor enhances knowledge about collegiate admissions and STEM

To enhance his ability to assist students with the collegiate admissions process, **Randy Fong** went on a special group tour of **Arizona State University (ASU)** with about 25 other counselors from March 6 to 8. Included in trip was an explorative segment of each of ASU's three campus, special presentations about the school's activities by student participants and an overview of the academic offerings. Fong was also thrilled to be able to "test" the school's flight simulator, a highlight of ASU's Science, Technology, Engineering and Mathematics program!

