



THRIVE!

# NĀ PŌKI'I

Ke Kula Ha'aha'a o Kamehameha ma Hawai'i

Aloha mai kākou e nā `ohana! Welcome to the 2012-2013 school year! We are eager to meet our new haumāna and to see the beautiful faces of our returning students.

Nā Pōki'i has changed! It is now a newsletter designed to inform you of highlights and announcements. Each month, you will receive a calendar of schoolwide events, additional information about those events, and relevant parenting information. To stay abreast of events as they occur, please visit our website at [blogs.ksbe.edu/hes](http://blogs.ksbe.edu/hes). All of our teachers also host blogs which can be accessed through the same website. Please note that, along with this edition of Nā Pōki'i, a calendar for the 2012-2013 school year has been included for your benefit.

The two events that we are highlighting this month are the back to school transition, and beginning of the year testing.

## 'Aukake Highlights

Wed., Aug 1	PTO School Store – 11 am-2 pm
Fri., Aug 3	PTO School Store – 3 pm – 4:30 pm
Sat., Aug. 4	PTO School Store – 11 am-2 pm
Mon., Aug. 6	PTO School Store – 3 pm – 4:30 pm
Mon., Aug. 7	PTO School Store – 3 pm – 4:30 pm
Tues., Aug. 7	First Day of School for Students (Drop off between 7:00 – 7:40 am)
Fri., Aug. 10	Open House – 5:30 pm Hā'aeamahi Dining Hall
Thur., Aug. 16	Yearbook Picture Taking (packets Will be sent home w/ your keiki)
Fri., Aug. 17	K-12 Convocation (keiki wear special event attire)
Wed., Aug. 22	Early Release at 1:30 pm
Fri., Aug. 24	Aloha Wear Day (please refer to the Student and Parent Handbook)
Mon., Aug. 27	'Aha 'Ōpio (Student Council) Elections
Fri., Aug. 31	NO SCHOOL FOR STUDENTS Faculty In-Service

Check out our website : [blogs.ksbe.edu/hes](http://blogs.ksbe.edu/hes)

## August Testing

Each August, all students take the Measures of Academic Progress (MAP) or Measures of Academic Progress – Primary (MAP-Primary) assessment. This test is designed to inform teachers about the current math and reading skills of their students so that they can purposefully plan and instruct. The testing window for all students is from August 8-15. Results of the tests will be shared with parents during the student led conferences in November.

As always, we view this test as just one of many indicators of ability. In order to prepare your child for testing, please be certain that he or she has the opportunity to have a full night's sleep and a healthy breakfast in the morning. (Remember that breakfast is served daily in Hā'aeamahi Dining Hall each day.) Thank you for supporting your child in bringing his or her best thinking on the test days!

## Back to School!

Returning to school or starting school after the “lazy days of summer” can cause a variety of feelings in children. While experiencing the excitement and/or anxiousness of starting a new school year, children also need to make adjustments in their schedules. All of these changes can cause stress in the family.

Helpful tips for helping your child (and your `ohana) make this transition include:

- Help your child get into a regular bedtime routine. Establish a bedtime that allows for ample sleep at night and time to get ready in the morning.
- Plan and shop for healthy breakfasts before school starts. This will save you time and prevent stress during the busy first week back to school. If you want your child to breakfast at school, Hā`aeamahi Dining Hall begins free breakfast service at 7:00 a.m. each morning.
- Make sure that shoes, socks, and outerwear meet the dress code. Check the Student and Parent Handbook (p. 20) for details. The PTO Bookstore has a variety of approved Kamehameha logo outerwear.
- Support positive study habits early! Create a homework center- a specific area in the house where your child can do homework each evening. Make sure it is a quiet place that has supplies such as pencils, erasers, and paper.
- Pack light- a backpack should never weigh more than 10-20% of your child's body weight. Always use both shoulder straps to prevent muscle strain.
- Talk about bus safety, including what happens if you or a guardian should ever get delayed in meeting the bus after school.
- If your child is anxious about starting the next grade, assure him or her that other children have the same feelings.
- Establish a school day schedule for homework, bath, and bedtime.
- Establish a “get ready the night before” policy. Pack the backpack the night before and lay out the uniform for the next day. This will save precious time in the morning.

Tips were adapted from ParentFurther.com and greatschools.org.  
<http://www.parentfurther.com/10-back-school-tips-parents-elementary-school-aged-kids>  
<http://www.greatschools.org/back-to-school/preparation/71-back-to-school-blues.gs>