Aloha mai e nā ‘ohana o Kamehameha Hawaiʻi,

It’s hard to believe that we are already on the cusp of fall break! We’ve been busy this first trimester with adjusting to a new bell schedule (our K-2 students now eat AFTER our 3-5 students), welcoming in new faculty members (Miss Rachelle Galang-technology teacher; Mrs. Karen Loo-K-2 resource teacher; Kumu Waianuhea Paleka-grade 1 teacher), and finally rolling out the iPads after a bit of a wait sorting out technology issues.

As we greet our students at the bus ramp, we always encourage those who have not eaten or who have traveled far distances to go to Hāʻeamahī for an ‘ono breakfast. We also welcome ‘ohana members to join the keiki. Just stop by the office and purchase a breakfast ticket for $5.00 from Aunt B. Our breakfast and lunch menus can be found on the right sidebar of our blog (hawaii.ksbe.edu/elementary). Lunch tickets can be purchased for $6.00 each.

As we continue on our journey to mālama honua we are reminded to mālama kekahi i kekahi or take care of one another. In light of the lava flow and the possible impact to our Puna ‘ohana, our kula has reached out to support our staff members and keiki. I ask that you support those impacted through your positive thoughts and prayers during this time of uncertainty.

As we journey, there will be challenges that we can overcome if we bail and paddle together. E lauhoe mai nā waʻa–i ke kā, i ka hoe; i ka hoe, i ke kā; pae aku i ka ‘aina. Everyone paddle the canoes together, bail and paddle, paddle and bail, and the shore is reached.

Mālama pono.

Esther Kanehailua
**Food Services Appreciation Day**

Our kula recently honored our Food Services aunties and uncles at our morning oli. ‘Aha ‘Ōpio president, Sean Serville, spoke on behalf of our kula and thanked our honorees for their hard work, ‘ono healthy food choices and warm smiles.

Sonny Lapenia, Food Services Assistant Manager, thanked our kula and offered up three challenges for our students: *aim for balance* (making sure you eat food from four food groups); *look for variety* (be adventurous! Try new foods like salads, stir fry); *practice moderation* (don’t have too much or too little of one food item). Mahalo, Uncle Sonny, for that sound advice for all of us!

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**Imagine Peace...We Can!**

On September 21st, we celebrated International Day of Peace. Over 256 pinwheels were installed on the main campus road and whirled through the week to acknowledge this day. It is really “art from the heart,” as keiki included prayers, poems and wishes for a better world. This will be the eighth year that kula haʻahaʻa has participated in this world-wide project. These pinwheels are a symbol made by our children...they are a symbol that they can make a difference.

Of course this project could not have happened without many helping hands. A big mahalo to parents and ‘ohana who spent many hours constructing these delightful symbols and to our amazing parents who helped install 250+ pinwheels.

Mahalo to Mrs. Rosehill, our Art teacher, for coordinating this project every year with passion and peace in her heart.

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**Health Room News**

**Flu shots coming on Wed. Nov. 12, 2014**

The Department of Health will be on our campus on Wed. Nov. 12, 2014, to administer free flu shots to our students. Parents will receive a letter and a “Student Vaccination Consent” form (sent home with students). Please read the letter and information carefully. There are two types of vaccines that will be offered, nasal or shot. Here are the instructions:

- If you wish for your child to receive the vaccination via the nasal spray, please complete the *yellow form* in the packet and return to your child’s class by **Thursday, Oct. 16, 2014**.
- If you wish for your child to receive the vaccination via the shot, please complete the *green form* in the packet and return to the child’s class by **Thursday, Oct. 16, 2014**.
- If you have any questions or concerns, you may contact our Health Services Provider, Carl deLeon, RN, at 982-0411 or Assistant Health Aide, Julie Riveira at 982-0211.