Kuhio Elementary School Monthly News

VISION

Together, in partnership with our faculty, staff, students, families, community…

Kuhio School's Vision is to create a culture that embraces the belief that everyone is a learner, teacher and a leader because they possess the knowledge, skills and behaviors that will enable them to…

COLLABORATE to support and help, ADAPT to changes, PERSEVERE despite difficulties and SUCCEED in all their efforts.

MISSION

Kuhio School's Mission is to prepare our students for 21st century careers and citizenship by engaging all learners in quality teaching and learning experiences that are rigorous, challenging, meaningful, diverse and exciting in a safe and supportive environment.

Principal's Message for March 2020

Coming together is the beginning. Keeping together is progress.Working together is success! - *Henry Ford*

Dear Faculty/Staff,
Students/Families/Community,

Spring has finally arrived and, with renewed energy and hope, we shall forge ahead (48 days left of SY) with determination to give our best shot to meet our goals for SY 2019-2020.

Rebirth, renewal, and growth are words we associate with spring. We feel refreshed and ready to tackle all we have to learn in order to become lifelong learners, leaders, and teachers with the attitude we will "Never Stop Growing"!

We will come together, help each other, and work toward success! We are each unique and beautiful, but only together can we create a masterpiece.

One of our goals this school year is to address our students' social and emotional needs. We do this by teaching our students skills to meet the 5 core competencies of social emotional well being: self awareness, self management, social awareness, relationship skills, and responsible decision-making.

Every month we introduce traits or skills that will help students to become proficient in the 5 competencies. The word for this month is **Self Discipline**. We must learn how to control our feelings, emotions, thoughts and behaviors effectively in different situations.By controlling our impulses, motivating ourselves we can set and achieve our goals.

Self managing ourselves is not easy, but will help us to become learners, leaders and teachers. This skill of exercising self discipline will help us as we continue to grow through the many experiences that our teachers provide. Parents, we need <u>your</u> support; we can't do it alone.

Students, do your best as we look forward to the final quarter of the year!.

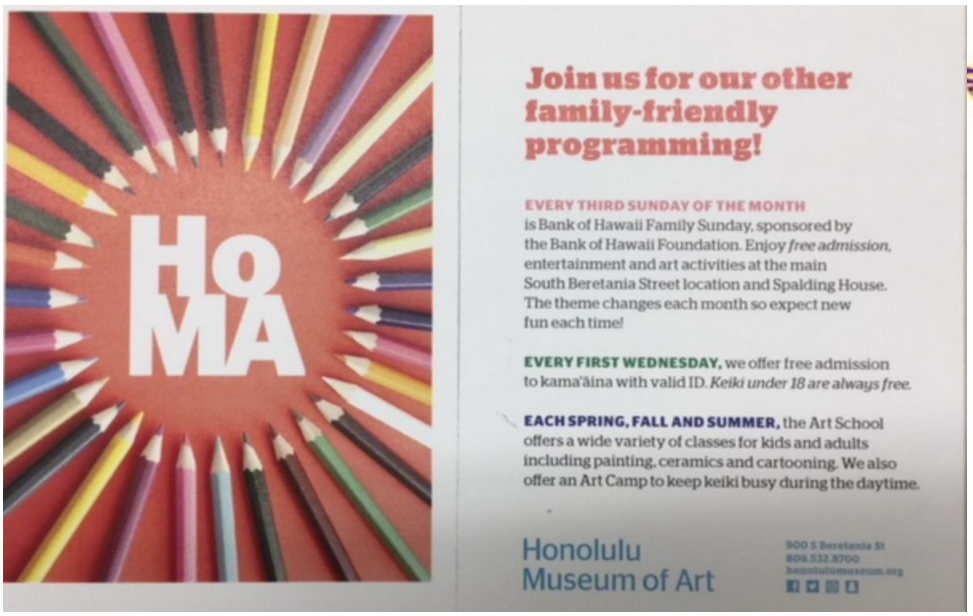
Gambate! (Japanese) - Go For It!

Announcements & Important Dates

<u>Register Now!</u>

Do you know someone who will be 5 years old by July 31, 2020? If so, they can register for Kindergarten! Come by the Kuhio School office for more information on registration!

3/4 - Kuhio PTA monthly meeting, 5:30 PM
3/6 - Prince Kuhio Celebration, 8:30 AM
3/9 - School Community Council, 2:30 PM
3/16 - 3/20 - Spring Break - NO SCHOOL
3/26 - Kuhio Day Holiday - NO SCHOOL
3/28 - Keiki Rainbow Run - 7:30 AM



Pablo Picasso - "Every child is an **artist**"

Kindergarteners Make Art at the Museum

The kindergarten students had the opportunity last month to visit the Honolulu Museum of Art. The students were given a guided tour around the museum and learned about the elements of art: **Pattern, Value, Color, Line, Shape, Space, Form, and Texture.** Each student was given a small sketchbook to use throughout the day. When the students identified a pattern they liked, they were invited to sketch it. The students got many hands-on learning opportunities throughout the trip to practice using the elements of art. At the end of our trip, the students were able to work with various mediums and create their own art. The students practiced painting, sculpting clay, and mixing colors. The students had an amazing day at the museum!

If you would like to check out the Honolulu Museum of art with your family, the following days are free:
- Family Sunday - Third Sunday of the month, 10am-4:30pm (Activities for children)
- First Wednesday of every month is free for Hawai'i residents (with ID)
- July 31: Admission is free for Hawai'i residents (with ID) in honor of La Ho'iho'i Ea (Restoration Day)

Our Kinders were able to create their own artwork using shapes and strings.

Students learned about value, and camouflage. They matched up geckos to the same color on an art piece. →

← Students learned about patterns, and sketched the patterns they saw.

We raised
$650
at McTeacher Night.
Thanks everyone!
♡

PARENT WORKSHOPS

In January and February, we were fortunate to have Nutrition Education for Wellness classes provided to our parents free of charge. Throughout the 6 sessions, parents learned about nutritious foods, how to plan meals, safe food prep and storage, and how to shop for the family to include budgeting and how to save money!

Each class also featured a food demonstration. Recipes included here are a few examples. For the full cookbook, please visit the following site:

https://www.ctahr.hawaii.edu/NEW/cookbook/SINGLECookbook.pdf

SIGN UP TODAY!

For March and April, we have planned a series of 5 gardening classes. Learn about how to get started, planting, feeding, watering, composting, harvesting, and food safety.

Please join us:

"Grow Your Own"
Classes will be held on
Friday, 3/27, 4/3, 4/17, 4/24, and 5/1
from 8:30-9:30 a.m. in the cafeteria

CHOW FUN

Number of servings: 8

Ingredients:
- 5-6 stalks green onion and/OR ½ medium round onion
- ¾ pound lean meat
- 2 (14-ounce) packages refrigerated chow fun noodles
- 2 (9 or 10-ounce) packages chop suey mix and/OR bean sprouts
- Optional: sesame seeds, Chinese parsley

Marinade:
- 1 thumb size piece ginger
- 1 tablespoon soy sauce
- ½ teaspoon sugar
- ½ teaspoon salt

Seasoning:
- 1 thumb size piece ginger
- ½ teaspoon salt
- 1 teaspoon sugar
- 3 tablespoons soy sauce

Nutrition Facts
Serving Size 1 cup (229 g)
Servings Per Container 8

Amount Per Serving	
Calories 190	Calories from Fat 15
	% Daily Value*
Total Fat 2 g	3%
Saturated Fat 0.5 g	3%
Trans Fat 0 g	0%
Cholesterol 20 mg	7%
Sodium 660 mg	28%
Total Carbohydrate 31 g	10%
Dietary Fiber 2 g	8%
Sugars 5 g	
Protein 12 g	
Vitamin A 6% • Vitamin C 15%	
Calcium 2% • Iron 8%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

Directions:
1. SLICE green onion and/OR round onion. SET aside.
2. CRUSH ginger for marinade and seasoning. SET aside.
3. SLICE meat into strips.
4. In a small bowl, MIX marinade ingredients and ADD meat.
5. In another small bowl, MIX seasoning ingredients.
6. In a large pot or skillet, SAUTÉ meat until BROWN.
7. ADD chow fun noodles to meat, MIX.
8. ADD seasoning and vegetables to noodles, MIX WELL.
9. STIR FRY until vegetables are tender but crisp.
10. Optional: ADD sesame seeds and Chinese parsley as garnish.

Variations:
Use various vegetables.
Use various fresh or canned meats.

MILK SMOOTHIE #1

Yield: 5 cups

Ingredients:
- 1 cup water
- 1 cup nonfat powdered milk
- 2 cups of fresh fruit
- 3 cups ice

Directions:
1. In a blender, ADD water and gradually BLEND in powdered milk.
2. ADD fruits and BLEND.
3. To prevent spillovers, DO NOT pass the top line of blender.
4. BLEND while gradually ADDING ice. SERVE.

Nutrition Facts
Serving Size 1 cup (183g)
Servings Per Container 5

Amount Per Serving	
Calories 80	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol less than 5mg	1%
Sodium 80mg	3%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Sugars 12g	
Protein 5g	
Vitamin A 10% • Vitamin C 40%	
Calcium 20% • Iron 2%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

Variations:
Fresh fruits may include: banana, mango, papaya, strawberry, etc.
Use frozen or canned fruits.
The more ice used, the more frosty the drink becomes.
Liquid/fluid milk may be used (2 cups) in place of powdered milk and water.

MILK SMOOTHIE #2

Yield: 4 cups

Ingredients:
- 1 cup 100% frozen juice concentrate
- ½ cup nonfat powdered milk
- 1 cup fresh fruit
- 2 cups ice

Directions:
1. In a blender, ADD juice and gradually BLEND in powdered milk.
2. ADD fruits and BLEND.
3. To prevent spillovers, DO NOT pass the top line of blender.
4. BLEND while gradually ADDING ice. SERVE.

Nutrition Facts
Serving Size 1 cup (170g)
Servings Per Container 4

Amount Per Serving	
Calories 170	Calories from Fat 0
	% Daily Value*
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	1%
Sodium 50mg	2%
Total Carbohydrate 38g	13%
Dietary Fiber 1g	5%
Sugars 35g	
Protein 5g	
Vitamin A 10% • Vitamin C 180%	
Calcium 15% • Iron 2%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

Variations:
Use fresh, frozen, or canned fruits.
Use only 100% fresh, frozen, or canned juices.
Liquid/fluid milk may be used (1 cup) in place of powdered milk. Reduce ice to 1 cup.