

# Parent Bulletin

## Upcoming Events

### January

25 No School- Professional Development Day

### February

1 Grade 4-Field Trip-Kualoa Ranch  
 15 No School - Presidents' Day  
 26 Grade 4-Makahiki - Parent Involvement Day

### March

4 Grade 4-Field Trip-Mission House  
 9 3rd Quarter Ho'okele CARES Assembly  
 11 Grade 5-Field Trip-Museum of Art  
 16-24 No School - Spring Break  
 25 No School - Good Friday  
 28 No School - Kuhio Day

#### Principal

Laureen Dunn

#### Vice Principal

Melinda Pamatigan

#### Counselor

Jared Yamamoto

#### Support Service Coordinator (SSC)

Shari Villaruz

#### Office Hours:

7:30am-4:00pm

#### Inside This Issue:

- Current Openings
- Principal's Message
- VP Corner
- Geographic Exception
- Kindergarten Registration
- Wellness Policy
- February Breakfast and Lunch Menu



We are still looking to hire adult supervisors to assist in the cafeteria during lunch. If you are interested, the position is available from 10:40-12:40 daily and pays \$8/hour. Please contact Melinda Pamatigan at (808) 305-8500 for more information or to set up an interview!

## Principal's Message

Aloha Ho'okele Ohana,

Below are the results of our School Community Council (SCC). At our first SCC meeting in February, SCC officers will be elected by the council members and announced in the next parent bulletin. Thank you to our Representatives for their willingness to be part of Ho'okele Elementary's first SCC.

### Parent Representatives

Christine Johnston – two-year term

Alyssa Morgan – one-year term

Natalie Hepting – two-year term alternate

### Community Representatives

Lei Hilea – two-year term

Lee Tokuhara – one-year term

Janelle Cuajunco – two-year term alternate

### Certificated (Teacher) Representatives

Laura Rahaim – two-year term

Regina Yamamoto – two-year term

Deborah Eveland – one-year term

Liane Tanigawa – two-year term alternate

### Classified Representatives

Michael Bio – two-year term

Dollinda Sato – one-year term

Elizabeth Teixeira – two-year term alternate

Mahalo,



Laureen Dunn  
Principal

## Vice Principal's Corner

Happy New Year!

I would like to wish you all a happy and healthy 2016! As we get the year started, I wanted to send out some reminders.

1. Wellness Guidelines: Our school has shared wellness guidelines with all of you via the website and parent packet at the start of the school year. Please help us to follow this policy when celebrating your child's birthday. To help minimize the loss of instructional time, **any items brought to share should be individually wrapped for easy distribution for students to take home at the end of the day.** Any food that needs to be served (cake, catered food, pizza) should be reserved for home celebrations. No food items should be distributed that would interfere with mealtimes, such as breakfast or lunch, as this could result in a fine for the school. We would love to help your child feel special on his or her birthday and while we appreciate the time and effort taken to share this day with their classmates, we would like to encourage families to follow the wellness guidelines for treats or consider non food items listed on our policy. As a reminder our library also has a birthday books program that you can take advantage of. We thank you for your understanding and support.
2. Bike and skateboarding: For your safety and the safety of others, please walk your bikes and carry skateboards when you reach the school campus. We ask that you not ride while on the sidewalks on school property. And remember to wear your helmets!
3. No Heelys are allowed on campus for safety reasons! Thank you for your understanding!
4. Week of February 8 is the last week of this session of after school Hula and iReady classes.(Last day is Friday,February 12)
5. Please make sure your child has money in their lunch accounts! Several students are getting second entrees which cost an additional \$2.
6. Students are responsible for keeping their eating areas neat and clean. Please consider this when sending your child with snacks that create a mess (crumbs, rubbish).

I am looking forward to a busy and exciting 2016!

Thank you!

*Melinda Pamatigan*

Vice-Principal

## **Geographic Exception Applications Accepted till March 1, 2016**

Public school students may apply for a Geographic Exception (GE) to enroll at a school other than the school in their home/geographic area. Ho'okele Elementary is accepting GE applications for the 2016-2017 school year until March 1, 2016. Students currently attending Ho'okele Elementary on a GE do not have to reapply. **ALL** GE applicants must return their completed application forms to their "**home school**." (The "**home school**" is the school in the area where your child resides and would attend next school year without an approved GE).

\* \* \* \* Application forms are available at all DOE schools \* \* \* \*



## **KINDERGARTEN REGISTRATION**

February 1-12, 2016

Monday-Friday, 8:00am-3:00pm


➤ What you need to register:

- Birth Certificate (born between Aug. 1, 2010-July 31, 2011)
- Current Form 14 (Health Records)
- Proof of Residence (a **current** document such as an electricity, telephone or cable bill and a mortgage statement or rental/lease agreement that shows the address of your child's home)
- All forms need to be completed and turned into the Ho'okele office

\*\*Please help spread the word to friends and family members that live in the Ho'okele Elementary's Homeschool Area that have a child who will be 5 years old by July 31, 2016. Registering in a timely manner helps the school to determine how many kindergarten teachers will be needed the next school year.\*\*

## Wellness Policy

Hawaii Department of Education

<p>Per serving, a healthy snack has:</p> <p><b>Calories:</b> Equal or less than 200 calories</p> <p><b>Total Fat:</b> Equal or Less than 8 grams</p> <p><b>Saturated Fat:</b> Equal or Less than 2 grams</p> <p><b>Trans Fat:</b> ZERO</p> <p><b>Sodium:</b> Equal or less than 200 mg</p> <p><b>Dietary Fiber:</b> Equal or more than 2 grams</p> <p><b>Sugar:</b> Equal or less than 8 grams</p> <p><b>Sugar should not be listed as the first ingredient on the nutrition label.</b></p>	
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At Ho'okale Elementary, we ask for your support in following the guidelines of the Wellness Policy when providing your child with snacks from home and for celebrations.

We ask that you help us maintain a peanut-free environment for the safety of students with severe allergies. Listed below are suggested items and foods to avoid to help you in determining healthy snacks.















<u>Safe Food Suggestions for snacks/lunches</u>	<u>Foods to Avoid</u>	<u>Other Celebration Ideas</u>
<ul style="list-style-type: none"> <li>◆ Yogurt/Gogurt</li> <li>◆ Raisins</li> <li>◆ Most Fruit snacks</li> <li>◆ Most pudding cups</li> <li>◆ Rice Krispy Treats (packaged)</li> <li>◆ Fresh fruit</li> <li>◆ Crackers</li> <li>◆ Goldfish</li> <li>◆ Most pretzels</li> <li>◆ Jello Cups</li> <li>◆ Popcorn</li> <li>◆ Baked Chips</li> <li>◆ 100 Calorie Snack Packs</li> </ul>	<ul style="list-style-type: none"> <li>◆ Bakery items</li> <li>◆ Chocolate candies which may have contact with nuts</li> <li>◆ Cereal products and bars</li> <li>◆ Any other products containing peanuts or peanut trace</li> <li>◆ Sunflower seeds</li> </ul>	<ul style="list-style-type: none"> <li>◆ Pencils</li> <li>◆ Erasers</li> <li>◆ Bookmarks</li> <li>◆ Stickers</li> <li>◆ Stamps</li> <li>◆ Classroom board game</li> </ul>

**LET'S HELP OUR KEIKI MAKE HEALTHY CHOICES!**



# FEBRUARY 2016














**Breakfast: \$1.10**  
 \*Menu subject to change  
 \*All meals include a choice of  
 Half-Pint 1% or Skim Milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> BREAKFAST BURRITO GRAPE JUICE  OFFER: MIXED FRUITS	<b>2</b> WHOLE GRAIN PANCAKES APPLE JUICE  OFFER: DICED PEARS	<b>3</b> HAWAIIAN STYLE SAUSAGE, RICE, TOAST APPLE JUICE  OFFER: PEACHES	<b>4</b> BREAKFAST BREAD GRAPE JUICE  OFFER: TROPICAL PINEAPPLE	<b>5</b> PORK SAUSAGE PATTY RICE, TOAST ORANGE JUICE OFFER: APPLESAUCE
<b>8</b> YOGURT CINNAMON TOAST APPLE JUICE  OFFER: PEACHES	<b>9</b> PORK LINKS RICE, TOAST GRAPE JUICE  OFFER: PINEAPPLE	<b>10</b> PORK SAUSAGE PATTY CEREAL GRAPE JUICE OFFER: ORANGE WEDGES	<b>11</b> PEPPERONI PIZZA STIX ORANGE JUICE  OFFER: MIXED FRUITS	<b>12</b> BLUEBERRY PANCAKE ON A STICK APPLESAUCE  OFFER: CRAISINS
<b>15</b> 	<b>16</b> PORTUGUESE SAUSAGE RICE, TOAST APPLE JUICE OFFER: MIXED FRUITS	<b>17</b> MINI PANCAKES APPLE JUICE  OFFER: DICED PEARS	<b>18</b> BREAKFAST CHICKEN PATTY, RICE, TOAST GRAPE JUICE OFFER: PINEAPPLE CHUNKS	<b>19</b> CINNAMON RAISIN BAGEL GRAPE JUICE  OFFER: ORANGE WEDGES
<b>22</b> CINNAMON SNACK WAFFLE APPLE JUICE  OFFER: APPLESAUCE	<b>23</b> WHOLE GRAIN FRENCH TOAST GRAPE JUICE OFFER: PAPAYA & PINEAPPLE	<b>24</b> CEREAL YOGURT DICED PEARS OFFER: CRAISINS	<b>25</b> BREADED CHICKEN PATTY, RICE, TOAST GRAPE JUICE OFFER: PEACHES	<b>26</b> HAWAIIAN STYLE SAUSAGE, RICE, TOAST APPLE JUICE OFFER: MIXED FRUITS
<b>29</b> PORK LINKS RICE, TOAST GRAPE JUICE OFFER: MIXED FRUITS				

**"This institution is an equal opportunity provider"**  
 Menu is subject to change without notice. Meal Includes 1/2 pt milk.

# FEBRUARY 2016

**Lunch: \$2.50**  
 \*Menu subject to change  
 \*All meals include a choice of  
 Half-Pint 1% or Skim Milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> CHICKEN PATTY ON BUN OVEN FRIES <i>OFFER:</i> LETTUCE LEAF, TOMATO SLICE, ORANGE WEDGE	<b>2</b> ITALIAN SPAGHETTI W/MEAT SAUCE, PINEAPPLE CHUNKS <i>OFFER:</i> SPINACH ROMAINE SALAD WG FRENCH BREAD	<b>3</b> BREADED PORK CHOP WHIPPED POTATOES WHOLE GRAIN ROLL <i>OFFER:</i> EDAMAME & CORN APPLE WEDGE	<b>4</b> CHEESE PIZZA  MIXED FRUITS <i>OFFER:</i> MIXED GREEN SALAD BABY CARROTS	<b>5</b> TUNA ON WG BUN  FRUIT JUICE <i>OFFER:</i> CORN CHOWDER GREEN SALAD
<b>8</b> BBQ PORK SANDWICH DICED PEARS  <i>OFFER:</i> BAKED BEANS CORN	<b>9</b> CHICKEN PASTA W/BROCCOLI ORANGE WEDGE <i>OFFER:</i> GARDEN GREENS W/TOMATO BABY CARROTS	<b>10</b> SLOPPY JOE ON WG BUN OVEN FRIES <i>OFFER:</i> SPINACH ROMAINE SALAD APPLE WEDGE	<b>11</b> BEEF STEW  STEAMED RICE WG CORNBREAD <i>OFFER:</i> MIXED FRUITS	<b>12</b> OVEN BAKED CHICKEN ON SHREDDED CABBAGE WG ROLL, RICE <i>OFFER:</i> BROCCOLI & CARROTS W/DIP, PINEAPPLE
<b>15</b>  Presidents' Day	<b>16</b> CHICKEN TENDERS ON SHREDDED CABBAGE STEAMED RICE, WG ROLL <i>OFFER:</i> BROCCOLI & CARROTS, APPLESAUCE	<b>17</b> ITALIAN SAUSAGE & CHEESE PIZZA DICED PEAR <i>OFFER:</i> GARDEN SALAD BABY CARROTS	<b>18</b> CORN DOG  POTATO SMILES <i>OFFER:</i> BAKED BEANS APPLE WEDGE	<b>19</b> KALUA PORK W/CABBAGE RICE, SWEET ROLL <i>OFFER:</i> LOMI TOMATO  PINEAPPLE
<b>22</b>  WIENER IN ROLL POTATO ROUNDS <i>OFFER:</i> BAKED BEANS VEGETABLE STICKS APPLE WEDGE	<b>23</b> CHICKEN NUGGETS ON SHREDDED CABBAGE WG ROLL, RICE <i>OFFER:</i> MIXED GREEN SALAD PINEAPPLE	<b>24</b>  CREOLE MACARONI PEACHES <i>OFFER:</i> GARDEN SALAD FRENCH BREAD	<b>25</b> TURKEY PASTRAMI ON WG BUN, OVEN FRIES <i>OFFER:</i> RAINBOW SALAD W/TOMATO FRUIT JUICE	<b>26</b> CHICKEN W/GRAVY WHIPPED POTATOES, WG ROLL <i>OFFER:</i> EDAMAME, CORN & CARROTS ORANGE WEDGE
<b>29</b> FISH NUGGETS, STEAMED RICE, WG ROLL <i>OFFER:</i> RAINBOW SALAD BAKED BEANS				

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