



Kalāheo High School

Newsletter

Issue 138

October 2014

Schedule of Events

Fall Break: October 6-10

Sun., Oct. 5 10 am-3pm

Children & Youth Day; State Capitol (p. 10)

Tues., Oct. 14 5:30 pm 2nd

PTSA mtg of the year

Tues., Oct. 14 : Papa John's

Fundraiser (p. 9)

Wed., Oct. 15 Happy Birthday U.S. Navy!

BAYFEST: Oct. 17-19

Open to the Public:

www.bayfesthawaii.com

Fri & Sat: Oct. 24 & 25:

Haunted House! Kalāheo Gym

Sat., Oct. 25 8 am-11:30am

"Make A Difference Day" on Kalāheo campus

Tues., Nov. 18 5:30 pm 3rd

PTSA mtg of the year

(Veterans' Day Holiday is 11th)

The Kalāheo High School Parent Newsletter is published monthly for the Kalāheo PTSA by Kalāheo High School:

730 Iliaina Street, Kailua, HI 96734-1815

For more information, contact PCNC Meg Barth Gammon at kalaheopcnc@gmail.com.

From PTSA President Ray Benzing

One person can make a difference

Our beautiful campus is a welcoming, positive environment that is conducive to learning and academic achievement. If you look closely, however, there are many projects that could be addressed to improve the atmosphere of our school.

Every year since 1999, our Kalāheo community has gotten together on the fourth Saturday of October to Make a Difference and to improve our campus.

This year, Kalaheo's "Make a Difference Day", will be held on **Saturday October 25, 2014 from 8:00 to 11:30 AM.**

Our students, faculty and parents will be joined by community members from the Marine Base, church parishioners, alumni, and civic groups. Please join us! It's a great opportunity to meet our students, staff, fellow parents and community supporters.

If you cannot make the event, please help by contributing food, refreshments and monetary donations for supplies. **(See special tear-off on p. 4)**

The PTSA Hospitality Committee is requesting donations for this and upcoming events. We will need water, orange slices and snacks for the October 25th "Make a Difference Day" and Halloween candy or other bagged goodies for October staff treats. Please contact Pam at pam.focht@gmail.com to donate hospitality items.

Please join us at our next PTSA meeting on **Tuesday, October 14th** at 5:30 in the teacher's lounge of H Building.

Aloha, Ray Benzing

PTSA President and Kalaheo Alumnus



Haunted House
October 24 & 25
Kalaheo Gym



2nd quarter calendar/bell schedule/release times available online: kalaheohigh.org

COLLEGE & CAREER CENTER NEWS

College & Career Speakers

- Oct. 3 10:20 am Notre Dame de Namur University (CA)
- Oct. 3 12:55 pm Reed College (OR)
- Oct. 14 11:25 am U.S. Marine Corps
- Oct. 16 10:20 am Embry-Riddle Aeronautical University (AZ)
- Oct. 16 12:55 pm Mount St. Mary's (Women's) College (CA)
- Oct. 17 11:25 am Hawaii Air National Guard
- Oct. 17 1:55 pm Hawaii Tokai International College
- Oct. 21 1:10 pm Lewis & Clark College (OR)
- Oct. 23 11:25 am Grand Canyon University (AZ)
- Oct. 24 9:05 am Pacific University (OR)
- Oct. 28 9:05 am Linfield College (OR)
- Oct. 28 10:20 am U of Hawaii, Manoa: College Opportunities Program (COP)
- Oct. 29 8:05 am Colgate Univ. (NY)
- Oct. 29 11:25 am U.S. Navy
- Oct. 31 11:25 am University of Hawaii at West Oahu
- Nov. 5 1:40 pm University of San Diego (CA)
- Nov. 10 9:05 St. John's University (NY)
- Nov. 12 8:05 am Kenyon College (OH)
- Nov. 13 9:05 am Marist College (NY)



Contact:
April Inouye,
College & Career
Counselor (254-7924) or
email:
April_Inouye@notes.k12.hi.us

For the most updated information: <http://kalaheohigh.org>, click on College & Career Center

Common Application Workshop

The Common Application (www.commonapp.org) is used by 500+ colleges and universities. Come and learn how to complete the Common Application and all parts of the "uncommon app"! The Common Application workshop will be held on **Thurs., Oct. 16** from **1:55 to 3 pm** in H-202. Sign up in the C&C Center to reserve a computer. Limited to 30 students.



Christian College Fair

The Christian College Fair will be held on **Thurs., Nov. 13** from **6-8 pm** at Hawaii Baptist Academy-Stan Sagert Campus. Free admission and financial aid workshops offered. Visit myblueprintstory.com for more info and to register to get your barcode

Honolulu College & Career Fair

The Honolulu College & Career Fair will be held on **Friday, Nov. 14** from **8:30 am -11 am AND 5 pm to 8 pm** at the Blaisdell Exhibition Hall. To see the participation list, visit: www.hawaiicollegecareerfair.org. Students need to listen for announcements regarding a field trip to the College & Career Fair. There will be a permission form and bus fee in order to participate.

Univ. of Hawaii at Manoa's College Opportunities Program (COP)

The College Opportunities Program (COP) provides a summer and first-year residential college experience for individuals who are Hawaii residents and who may not meet the minimum requirements for admission to the University of Hawaii at Manoa, are academically under-prepared, economically disadvantaged, represent a positive role model to communities underrepresented at the UHM, non-traditional or in need of a structured college entry. Students interested in applying to COP should plan to attend the presentation in H-208 on **Tues., Oct. 28** from **10:20 to 11:15 am**. The COP application is much more involved than the regular admission to UHM. Deadline for the COP application to be RECEIVED is Friday, Dec. 5 no later than 4 pm Visit: www.hawaii.edu/cop for more info or see Ms. Inouye ASAP.

The **Gromet Foundation Scholarship** is a scholarship for financially disadvantaged students who excel academically. If your senior plans to attend college and if your family income meets the Federal Poverty Guidelines (for a family of four=income is \$41,145 or less) you may be eligible. The application, SAT/ACT test scores, 1040 Federal Tax Return for 2013, two letters of recommendation and essay are required. Deadline to submit the application is Nov. 15, 2014. Come to H-208 for an application.

SAT and ACT 2014-2015

To register for either the ACT or SAT, students must create their “login” and “password” for each test. Students register online, paying with a credit card. When asked for the high school code, **Kalaheo High School’s Code is 120143 for both tests.** Students are encouraged to send their scores to four colleges for free at the time of registration. Scores released AFTER testing may incur a cost per each release.

NEW- For both the SAT and ACT, you must upload your headshot photo AT THE TIME OF registration. Read the instructions to ensure the correct type of photo.

Fee waivers are available to juniors and seniors who are eligible for free/reduced lunch. Be sure to submit the necessary paperwork with Kalaheo High School to determine your eligibility. See Ms. Inouye in H-208, if you have any questions.

SAT: Reasoning Test & Subject Tests

website: www.collegeboard.org

<u>Test Date</u>	<u>Registration Deadline</u>	<u>Late Deadline (add'l fee)</u>
November 8, 2014	October 9, 2014	October 10-28, 2014
December 6, 2014	November 6, 2014	November 7-24, 2014
January 24, 2015	December 29, 2014	December 30, 2014-January 13, 2015
March 14, 2015	February 13, 2015	February 14-March 3, 2015
May 2, 2015	April 6, 2015	April 7-21, 2015
June 6, 2015	May 8, 2015	May 9-27, 2015

ACT Assessment

website: www.actstudent.org

<u>Test Date</u>	<u>Registration Deadline</u>	<u>Late Deadline (add'l fee)</u>
October 25, 2014	September 19, 2014	September 20—Oct. 3, 2014
December 13, 2014	November 7, 2014	November 8-21, 2014
February 7, 2015	January 9, 2015	January 10-16, 2015
April 18, 2015	March 13 2015	March 14-27, 2015
June 13, 2015	May 8, 2015	May 9-22, 2015

Combination ACT/SAT Prep Workshops

With the generous subsidy of the Kalaheo PTSA, we are offering a combination ACT/SAT prep workshop on campus. Students interested in taking the Spring course can pick up a registration form from the College & Career Center (Rm H-208) Cost for the course is \$75.00. Checks payable to the Kalaheo PTSA.



Spring 2015 class: Saturdays, Feb, 7, 14, 21 & 28, 2015 from 9-11:30 am; Friday, March 6 from 3 pm to 4:30 pm.

Low Cost SAT & ACT Test Prep Programs for Military Families

eKnowledge Military Donation Project covers the sponsorship for the \$250 purchase price for the SAT or ACT Test Prep Programs for military dependents. Recipients, relatives and dependents from any branch of the military who are active duty, retired, Veterans, Guard, Reserve, DOD employees, Contractors and Federal employees qualify. The student pays for just the cost of delivering the program: **DVD student fee** of \$17.55 for the cost of materials, support and shipping. **Online Cloud student fee** of \$19.99 for student support and streaming. Each SAT or ACT PowerPrep Program has a one-year license from the day the product is ordered. For more information or to sign up, visit www.eKnowledge.com/USMCSLP or call #951-256-4076.

Windward Community College's **Upward Bound** program is looking for applicants in 9th, 10th and 11th grade. This free college preparation program is funded by the U.S. Department of Education. The program requires students to actively participate during the academic school year in addition to a summer residential component. Student must meet one of the following categories: first generation to college student OR meet low income federal guidelines. For more information on the program or an application, see your Alpha counselor or come to H-208. Questions, contact Fran#235-7488 or email ubwcc@hawaii.edu.



Off-Campus College Receptions:

The **University of Hawaii at Manoa's Direct Entry to Nursing** program invites students in grades 11 and 12 to an Open House on **Saturday, October 18 from 9-11:30 am**. This is an RSVP event and the agenda will include demonstrations in our Translational Health Science Simulation Center, resource fair, student panel, eligibility/application presentation, as well as nursing faculty interaction. RSVP online by October 15 at www.nursing.hawaii.edu/hsdentestdrive.

Free College Planning Workshops are offered around the state to all 9th-12th graders and their families. Sponsored by Hawaii USA Federal Credit Union and the Hawaii Association for College Admission Counseling, presentations will cover high school preparation, choosing a college, financial aid and more. Each family who attends will receive a free workbook, "College Planning - A Family Affair." Schedule as follows:

- Oct. 15 6 pm Campbell High School
- Oct. 30 6 pm Kapolei High School
- Nov. 6 6:30 pm Castle High School
- Jan. 29 7 pm Mililani High School
- Jan. 30 6 pm Moanalua High School
- Feb. 5 7 pm Kalani High School
- March 25 6 pm Radford High School

"Make A Difference Day" at Kalāheo: Saturday, October 25

8 am to 11:30 am

Yes!! I want to make a difference. I will:

Come to the event !

Name _____

Donate water!

Contact info (phone & email) _____

Donate food!

Return this to Kalaheo's office-Mahalo!

Questions: Meg 236-4230/kalaheopenc@gmail.com



Kalaheo NJROTC



A BIG Mahalo to Boutiki Gift Shop for their generous donation to Kalaheo NJROTC. Boutiki is a non-profit gift shop located on Pearl Harbor. Proceeds help support military and military family support organizations on Oahu.

AMI

AMI, also known as Area Manager's Inspection, occurs annually. Captain Daniel Wenceslao, the current manager for Area 13 will be inspecting our unit on Thursday, September 25. Our cadets have been busy preparing for this all important opportunity to display our unit's high-level of preparedness and aloha spirit.

Upcoming Events:

September 27- Blue Angels Air Show
October 1- Kailua Elementary Fitness Festival
October 15- Navy Birthday Celebration
October 17-18 SOPS Warrior Challenge
October 24-25- Basic Cadet Training
November 1- Veterans Day Parade and Drill Meet

9/11

Kalaheo cadets participated in this year's 9/11 remembrance ceremony, held at Kalaheo High School. Our cadets stood in formation as the National Anthem was sung by C/ LT. Hasina Shah. The ASK, Associated Students of Kalaheo, read a dedication to Christnie Snyder, a former graduate of Kalaheo, who was aboard hijacked UA flight 93. The ceremony was held adjacent to building A where a monument to Christine's memory sits under a beautiful shower tree.

Ka'elepulu Fun Fair

Many of our cadets went to Ka'elepulu Elementary school to help with their annual Fun Fair. Our cadets spent the afternoon mentoring and interacting with students from Ka'elepulu. The fair was a great experience for our cadets to reach out to the community and to serve as ambassadors of Kalaheo High School.

Cadet of the Month

The following cadets received the Cadet of the Month (COM) Award for September. One awardee was selected from each platoon. To be considered for the COM, cadets must display a high level of citizenship, integrity, and personal responsibility. Each awardee received a COM medal and a certificate.

Congratulations cadets for a job well done.

Cadet PO1 Kahanu Zimmerman (Alpha)

Cadet SR Miyuu Handa (Bravo)

Cadet SR Chloe Thompson (Charlie)

Cadet PO1 Malcolm Peterson (Delta)

Support
Kalaheo
Athletic
Department

Kalaheo Athletics Booster Club

Student's Name: _____

Kalaheo Athletics Booster Club, in conjunction with Habilitat, is selling Christmas trees to raise money for The Athletics. We need your help to make this fundraiser a success! Parents, please share this wonderful opportunity with your family, friends and co-workers. All of the trees remain in refrigerated containers until the customer picks them up. Habilitat's customer service is second to none. They will help you select, trim, stump, bale, carry and tie the tree to your car. **NEW...order online, at www.habilitat.com/trees** and we will mail your tickets to you. Share it with family and friends! **Mail to:** 730 Iliaina Street Kailua, HI 96734
Make checks payable to: Kalaheo Athletics Booster Club (KABC)

NAME	ADDRESS	PHONE	TREE TYPE	TOTAL
Johnny Doe	45-555 Kamehameha Hwy., Kaneohe, HI 96744	555-5555	4-5' Douglas	\$56.00
				\$
				\$
				\$
				\$
				\$
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				\$
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				\$
				\$

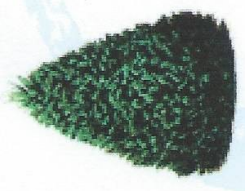
Redemption Tickets will be distributed to you in mid November
Tree pick up is on December 6th at any one of the following locations (locations will be listed on your tickets.)

- Kapolei High (Kapolei)
- Waimalu Elementary (Aiea)
- Mililani-Waena Elementary (Mililani)
- Kalaheo High (Kailua)
- Central Middle School (Honolulu)
- Koko Head Elementary (Hawaii Kai)

Payment and order forms are due by Friday, October 24th



Douglas Fir
4'-5': \$56 6'-7': \$66



Grand Fir
6'-7': \$96



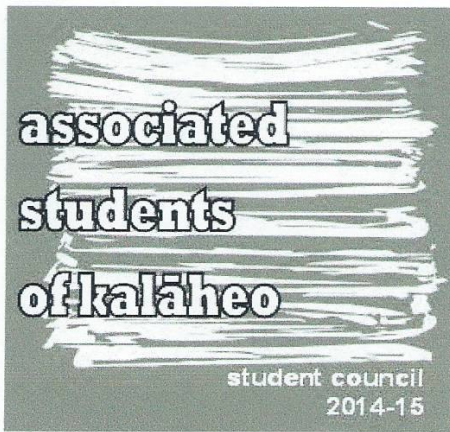
Noble Fir
6'-7': \$96



Wreath
20": \$25



Door Charm
28": \$25



NEWS BULLETIN

October 2014

Mustangs Travel Back to the Future

Homecoming was held from September 20-26. The celebration kicked off with a Homecoming Dance held on September 20 in the cafeteria. Over 150 students and guests attended the event.

The annual building decorating contest was held on Sunday before the spirit week. Students from all grade levels decorated their assigned building using the theme "Back to the Future". Seniors took first place in the contest, followed by Sophomores in second place, Juniors in third place and Freshmen in fourth place.

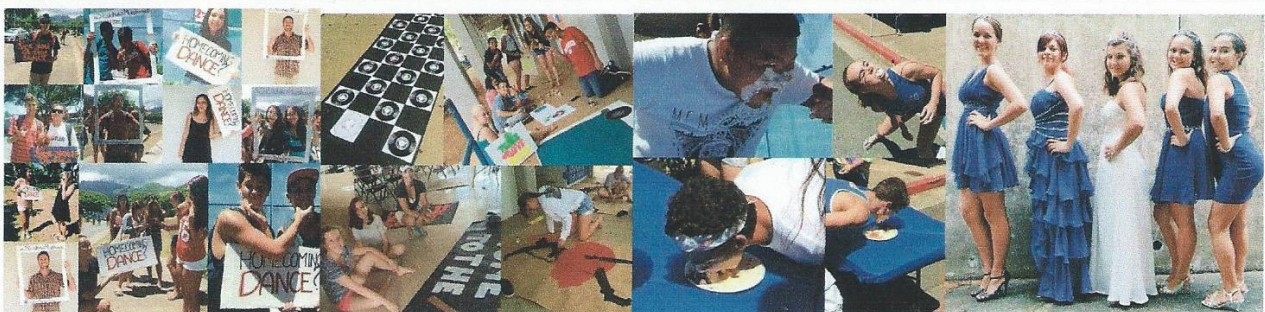
Students dressed up throughout the week and participated in various activities during lunch. Monday was Rock-n-Roll 50s Day with a tug-of-war competition. Tuesday was Psychedelic 60s Day with a Diner Dash food relay. Wednesday was Disco 70s Day with a Dodge Ball competition. Thursday was Pop 80s with a beach ball volleyball game.

On Homecoming Day, the Senior Class held their annual Senior Parade before school. Students dressed up and made signs to show off their Mustang Pride. Spectators lined up to watch the parade.

The week concluded with the Homecoming Pep Rally. The assembly featured performances by Emily Vaioleti, Libby Lafitaga, the cheerleaders, Mrs. Gomez's Drama Class, NJROTC Color Guard, Honor Guard and Exhibition Teams. Mr. Mark Brilhante, Athletic Director, also recognized all Fall athletes.

The highlight of the assembly was the assembly was the announcement of the Homecoming Court. Autumn Grant and Justin Covington were crowned Queen and King of the Homecoming celebration. Members of the court also included Freshmen Grace Benton and Justus Neufeldt, Sophomores Serina Cervantes and Noah Bertelmann, Juniors Lauren Nahale and Nathan Hernandez, and Seniors Ana Dona and Matthew Jalomo. The court wowed the crowd with a choreographed dance performance featuring our Competition Cheerleading Team.

The Homecoming football game was held that night at Kailua Football Field. The Mustangs lost the game to the Radford Rams. After the football game, senior players were recognized on the football field.



ASK CALENDAR

OCTOBER

- 1 Yearbook Picture-Taking Make-up and Retake
During lunch in the cafeteria
- 4 Service Activity: American Cancer Society's
Making Strides Charity Walk
- 21 Student Senate Meeting (P2)
- 22 OC Officer Training, 9am-12pm
- 23 Organization of Clubs Meeting,
Library, 3-4pm
- 24-25 Project Graduation's Haunted House
- 25 Make a Difference Day, 8am-12pm
- 27-29 Kalaheo Complex Leadership Camp
- 31 Halloween Costume Contest,
Cafeteria @ Lunch

NOVEMBER

- 7 Senior Luau, 5:00-11:00pm
- 18 Student Senate Meeting (P3)
- 19 Organization of Clubs Meeting
Library, 3-4pm

COMING SOON...

February 2-6 Drug Free Week

Associated Students of Kalaheo High School

730 Iliaina St., Kailua, HI 96734, (808) 254-7909

<http://kalaheohighschool.blogspot.com>

email: kalaheomustangs@yahoo.com

Jessica Dickerson, President

Lauren Nahale, 1st Vice President

Marlowe Wilson, 2nd Vice President

Austin Maglinti, Rec.Secretary

Alyssa Reyes, Cor. Secretary

Sarah Benzing, Treasurer

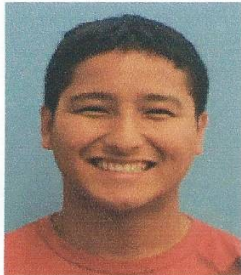
Mr. Richard Lau, Student Activities Coordinator

CAN FOOD DRIVE

October 1-29

During Period 2 Classes

*All cans collected will be donated
to the Hawaii Food Bank*



Student & Staff of the Month October



Kristian Manibusan

- Grade 11
- Member of JROTC and SOPS
- Always keeps a positive attitude
- Demonstrates school spirit
- Very responsible and hard working
- Positive role model for peers

Vanessa Pickart

- Spanish Teacher
- Spanish Club and Junior Advisor
- Always Smiling
- Encourages and challenges students to do their best
- Fun and fair

*Nomination forms are available in the front office or in the Student Activities Center (C102).
Forms must be submitted by the 15th of each month by the nominator (students or staff).*

***Mahalo to Fun Factory and Black Sheep Motorcycle Club
for sponsoring the October Student and Staff of the Month.***

Kalaheo High School Competition Cheerleaders 2014-2015



Row #1, left to right: Kambri, Celeste, Serina, Kaelin.

Middle, (Row #2): Esther, Summer, Hailey.

Row #3: Coach Lilli Brown, Devin, Pomaikai, Brianna, Coach Chad Godinez.

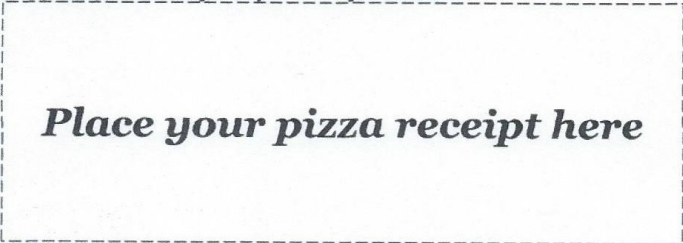


Order on Tuesday Sept 30th & Oct 14th, 2014
Call (979-7272)

Order from any Papa John's Pizza and we will donate 25% of the sales before taxes back to your school! You can now use any coupons on your order.

Here's how Papa John's fundraiser day works:

1. Purchase your product
2. Remove the price label from the side of your pizza boxes
3. Adhere the label to this sheet where indicated below.
4. Return to Kalaheo's office (or cheerleader) by end of the week.



Medium Specialty

Medium pizza up to 3 toppings or any specialty	or	2 Medium pizza up to 3 toppings or any specialty
\$14⁹⁹		\$23⁴⁹

Online Promo Code 1499MS / 2349MS

Large Specialty

Large pizza up to 3 toppings or any specialty	or	2 Large pizza up to 3 toppings or any specialty
\$16⁹⁹		\$27⁴⁹

Online Promo Code 1699L3 / 2749LS

2 Medium Pizzas

2 Medium 1 Topping Pizza	or	2 Medium 2 Topping Pizzas
\$19⁹⁹		\$21⁹⁹

Online Promo Code 1999M17 2199M2

Large Pizzas

2 Large 1 Topping Pizzas	or	2 Large 2 Topping Pizzas
\$23⁹⁹		\$25⁹⁹

Online Promo Code 2399L2 / 25992L

Kalaheo's eScrip needs your help!

Do you shop at Safeway?

If so, you have an eScrip card:

Go to www.escrip.com click on "sign-up"--follow instructions to register your grocery card. Please include Kalaheo as the school you want your contributions to support. Easy!



See Page 12





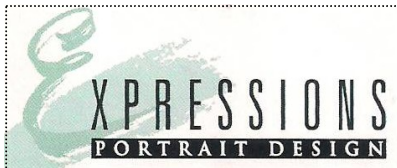
Celebrating our Keiki!

By Rep. Cynthia Thielen (Kailua-Kaneohe Bay)

Come join the fun at the annual Children & Youth Day on Sunday, October 5th, from 10 a.m. to 3 p.m. at the Hawai‘i State Capitol and surrounding Capitol District. This free event includes educational activities, games and rides, non-stop entertainment and guided tours for the whole family. Children & Youth Day is a time to recognize the potential and special gifts of our keiki (children) and ‘opio (youth).

Parking is available at all State and County parking lots in the Capitol District, and Central Pacific Bank at the corner of Alakea and King Streets. For more information, please call 586-6130 or visit www.HawaiiCYD.org.

Tues., Sept. 9 5:30 pm by
Kalaheo's Mokapu gate:
Is he thinking:
"You mean I can't go
through chain link?!"



Seniors of the Class of 2015!

Expressions Photography at Windward Mall is your yearbook photographer.

All seniors must go to the studio to have their photos taken for the yearbook from now to October 15, 2014.

You must CALL 951-7827 (Option 2 for Windward Mall location) to schedule an appointment today.

The price for the photo session will be: Regular Sitting Fee: \$26.18 tax incl. (all boys & girls not getting make-up done)

OR: Make-up Sitting Fee: \$46.07 tax incl. (hair & make-up for girls)

Please note that the girls who choose to have their make-up done—only pay the make-up sitting fee.

NOT both the regular and make-up sitting fees.

School dress code will be enforced for the yearbook photo. Each student will be allowed one outfit and will get multiple poses taken. Don't forget to bring in props (sporting equipment, musical instruments, surf boards, etc.) to personal- (808) 951-7827 Option 2 ize your session. No animals, other people or inappropriate messages or gestures will be allowed in the yearbook. Check with Mrs. Shaffer at Kalaheo if you're not sure if something is allowed. The photos will be available to view immediately after the session, and you will get to choose which one appears in the yearbook.

Expressions Photography is offering special prices on their Senior Portrait Packages.

Please visit www.expressionshawaii.net for more information.

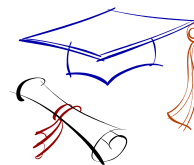
Windward Mall 951-7827 Option #2
46-056 Kamehameha Hwy #223, Kaneohe



Haunted House (Oct. 25 & 25 in Kalaheo's Gym) fundraiser for Project Grad: volunteers contact Millie at 371-0283 or millie.gilmore@twtelecom.com.

Next meeting: Thursday, October 30, 6 pm in Koopman's room (H-208) ?'s: kalaheoprojectgrad2015@gmail.com

Kalaheo Project Graduation 2015



Early Bird Sign Up! \$150 due by January 31, 2015 (SAVE \$200.00)

What is Project Graduation? It is an all night, adult chaperoned, drug and alcohol-free celebration for graduating seniors in a safe and fun environment. It starts right after graduation and ends the next morning.

Seniors and parents of seniors... **WE NEED YOUR HELP!** All seniors and families enrolling are expected to participate in fund-raising efforts. Otherwise, parents will pay the entire cost of the event (approx. \$350 each). For the Project Grad Planning Committee, we are looking for a registrar, treasurer, party planner, fundraising chairpersons.

All other parents... please feel free to join us this year to learn more about Project Grad. We welcome you to sit in on a planning meeting or join us for one of the fundraisers.

Please complete the form below and have your student turn in to Mr. Pregitzer or Ms. Koopman or turn into the office: Attn: 2015 Project Graduation Committee, or mail to Kat O'Malley, 251 Ilihu St, Kailua 96734). **Make Checks out to: Kalaheo PTSA.**

1. Student Name: _____
2. Parent Name(s): _____
3. Parent Cell #: _____ Do you text? Y N
4. Home Phone: _____
5. Parent(s) Email: _____
6. Parent Home Address: _____
7. Student T-shirt Size: SM MED LG XL 2XL
8. Parent(s): I volunteer for:

<input type="checkbox"/> Project Grad Committee	<input type="checkbox"/> Fundraising Event
<input type="checkbox"/> Requesting Community donations	<input type="checkbox"/> Other _____



Questions? Contact Kathi or John O'Malley at 375-1298 or 372-6018

or email: KalaheoProjectGrad2015@gmail.com

Kalaheo Boys Soccer

TRY OUTS

Begin Monday, November 17
4pm @ Athletic Field



Sports Physical, Concussion & Consent Forms REQUIRED

More Info: Coach John 282-2155 kalaheosoccer@hawaii.rr.com

Kalāheo Girls Soccer



Conditioning begins
Monday, October 13
and Wed., Oct. 15.

4:00 pm

Meet at the athletic locker room with running shoes and soccer cleats. All student athletes must have completed their physical, concussion and parent consent forms to participate.

Questions? Contact Coach Alan Heu

Email: ah96734@yahoo.com

Phone: 753-1463

SHOP
at **Times** between
Sep. 4 - Oct. 15, 2013

BUY
participating
products

look for the
Shop & Score Jersey...



SCORE
POINTS by telling your cashier
which school you're cheering for!

See store for complete rules and participating products list.
Promotion runs from September 4 - October 15, 2013.



Times Supermarket "Shop & Score" helps our school to earn points for sports equipment. Shop Times from now to October 15, 2014.

Kalaheo Athletics

Kalaheo is beginning its 42nd year of athletic competition. All students are encouraged to get involved in the OIA (Oahu Athletic Association),

All athletes must have a current physical exam (within 1 year) and a signed parent consent form and a concussion management form completed before participating in a sport. You may download these forms from the school website or pick them up from the main office. Call the Athletic office at 254-7914 if you have questions about the sports available.

To participate in extra-curricular activities, all school obligations must be cleared with the account clerk (Ms. Soares) in the office.

Sports available by season:

Fall: Air Riflery, Girls' Volleyball, bowling, cross country, cheerleading, JV softball, soft tennis and football.

Winter: Girls' basketball, boys basketball, JV baseball, canoe paddling, girls soccer, boys soccer, swimming & diving, JV tennis and wrestling.

Spring: Girls golf, boys golf, tennis, girls water polo, softball, judo, baseball, boys volleyball and track & field.



Mark Brillhante

Kalaheo Athletic Director

254-7914

Competitive Cheer begins the season...

Play Positive for Parents

Avoid yelling verbs.

When you're watching a competition you should enthusiastically support all the players.



Cheer their effort and successes, BUT if you are yelling verbs like

"run, throw, kick, pass"

you are coaching.



...by hosting the first pre-season competition on Oct. 11 at 3 pm in the Kalaheo Gym.

Their first competition will be Oct. 18 3 pm @Nanakuli

(who ARE these energetic youngsters?)

Find out on page 9)



Be sure to check out the Papa John's fundraiser for competitive cheer on p. 9: Tuesday, October 14th.

Swim Team News

Wednesday, October 15 during lunch (12:30 - 12:40) there will be an important meeting for students interested in swimming for Kalāheo. Please be on time. Come and meet Coach Peggy Tester and find out more about the upcoming season.

(be sure to turn in your forms: physical, concussion and parent consent; before getting in the pool.)



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Check out our new
PTSA FB page: [facebook.com/
KalaheoPTSA](https://facebook.com/KalaheoPTSA)

Looking for school release times? Go to kalaheohigh.org



Zumba! "Wellness Activity" in Kalaheo Gym with Kaipo, AD Mark Brillhante & sweaty others.



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