



# **Project Ho‘oku‘i IV: ‘Ohana Lōkahi**

## **To Join Things Together: Family Harmony**

Mentor Manual by

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College of Education

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**Objective**

The manual describes the timeline, materials, process and technology needed to implement a similar program, namely, to prepare students and their ‘ohana for college success. Student participants qualify for financial aid for early college classes, preparation for college success, and academic skill building through mentoring and tutoring using strength-based, place-based and cultural-based activities. ‘Ohana participants receive online training on family engagement, nutrition, well-being and how to support their high school student through the transition from high school to college. In addition, a Native Hawaiian culture focus engages student participants and their ‘ohana. Each month, there is a new theme and focus. The format of the monthly module includes five categories: (1) academic conversations (2) family engagement, (3) Native Hawaiian culture, (4) nutrition, and (5) well-being.

**Acknowledgements**

Special appreciation is given to our team and project partners...

**Funding Source**

This material is based upon work supported by the U.S. Department of Education, Native Hawaiian Education (NHE) Program, Grant Award #S362A200006. Any opinions, findings, and conclusions or recommendations expressed in this manual are those of the author(s) and do not reflect the views of the U.S. Department of Education, Native Hawaiian Education Program.

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## **The Basics: Learning about college admission, timelines and academic calendars**

### **College Admission**

Hawai‘i Department of Education (HIDOE) high school students have the opportunity to apply for admission to the University of Hawai‘i and, once accepted, can register to take courses and earn dual credit (for example, ENG 100 would qualify for both high school and college credit. There are a variety of Dual Credit programs described below.

### **Dual Credit Programs and Early College**

High school students enrolled in dual credit programs have the opportunity to earn credits toward both a Hawai‘i high school diploma and a University of Hawai‘i degree. All UH campuses are participating. Below you will find a brief overview of each dual credit program available:

#### **Early College (Sheltered)**

The Early College program allows high school students to take college courses with their high school peers. These courses are taught by university instructors and can be delivered in varying ways including face-to-face on the high school campus, online (synchronous or asynchronous), or hybrid. Programming and delivery varies by high school. Early College classes are free of charge to participants. Please visit this [website](#) to learn more.

#### **Running Start**

The Running Start program allows “eligible” high school students to enroll in a college course at a UH campus as part of their high school coursework. Students may take courses during the fall, spring and summer terms. To be eligible, students must meet the campus admission requirements, attend a HIDOE public or charter school, and are under the age of 21 as of September 1st of the school year in which the college course is taken. Please visit this [website](#) to learn more. Please visit this [website](#) for more information.

#### **GEAR UP Hawai‘i Running Start Scholarship**

A scholarship opportunity for low-income student participants is available through GEAR UP Hawai‘i, which provides support for tuition, fees, and required textbooks for one 3 or 4 credit class. Eligible student participants are Hawai‘i public high school students who are economically disadvantaged (defined as receiving free lunch, reduced lunch, or the equivalent for schools not participating in the National School Lunch Program, or as participating in the Supplemental Assistance for Needy Families – SNAP – or Temporary Assistance for Needy Families – TANF – program). The award is conditional upon verification of socioeconomic status by HIDOE, as well as admission to the UH campus the student is planning to attend. Please visit this [website](#) for more information.

### **Jump Start**

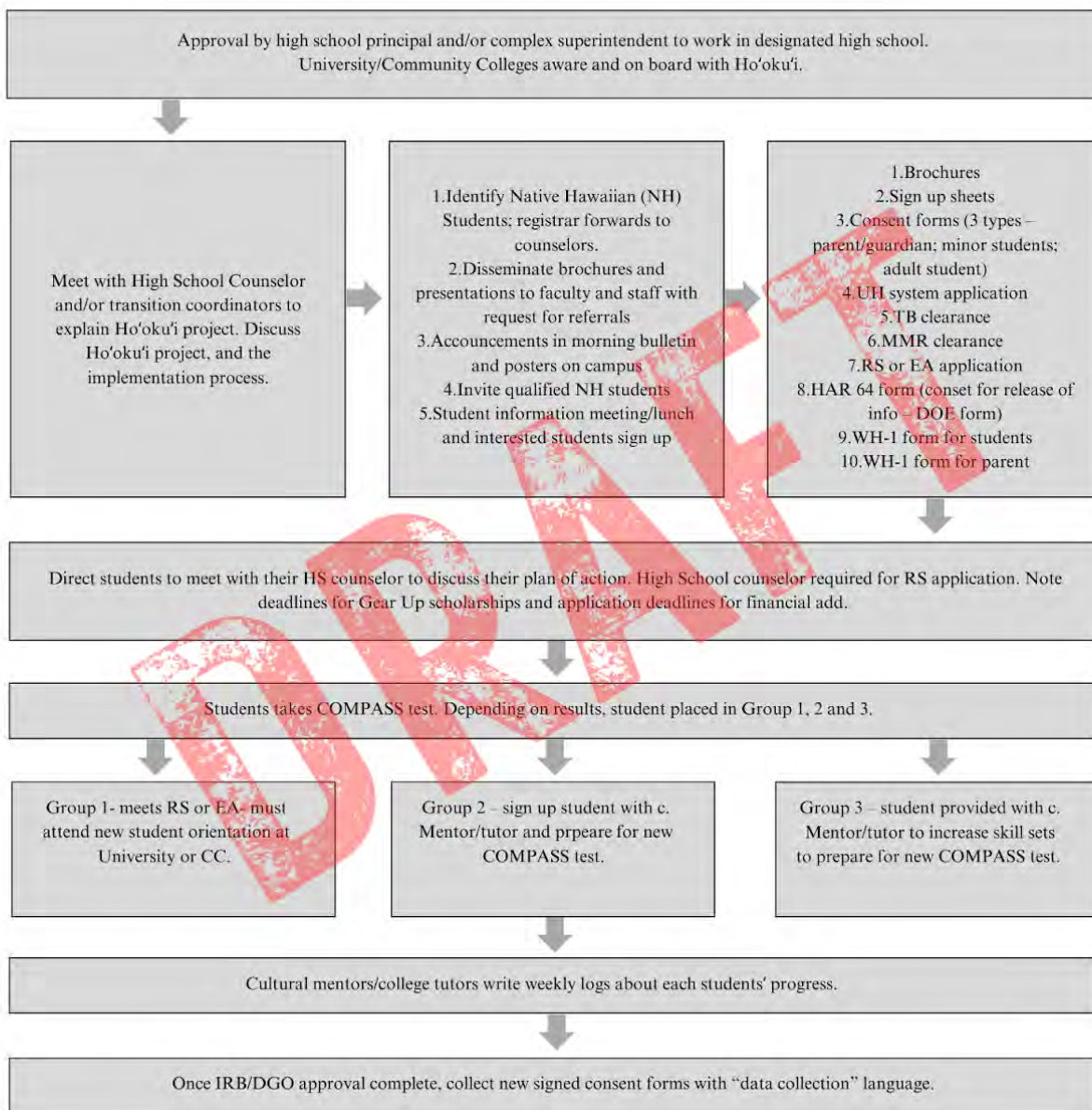
Jump Start provides an opportunity for high school students to get a taste of college life and a head start on their career path by allowing them to enroll full-time at UH community colleges. Its purpose is to provide opportunities to high school students whose interests are not currently available at their high school. This program is suitable for students who are interested in developing a specialized skill or “trade,” such as automotive, cosmetology, culinary, electrician, etc., which are categorized under Career and Technical Education (CTE). Students spend their senior year taking courses at a UH community college for credit toward an associate’s degree in a CTE program of their choice, while satisfying high school graduation requirements simultaneously. Students are still able to participate in their high school co-curricular activities (e.g. sports, clubs, band, prom, and special committees). They would then return for another year to earn their chosen career-focused degree that would provide them the knowledge and skills to get a jump-start in an entry-level job.

### **Mānoa Academy**

Under the College of Social Sciences, Mānoa Academy allows qualified Hawai‘i high school juniors and seniors who are enrolled in partnering institutions and meet UH Mānoa admission requirements. The program strives to increase college access and success, ease the transition from high school to a university setting, and inspire students to become leaders in their local and global communities. Students admitted to Mānoa Academy enroll in college-level courses taught by UH Mānoa instructors and earn dual credits (high school and college). To ease the financial burden of college for participating students and their families, partner schools and programs pay a special predetermined rate. In addition to gaining academic preparedness, students have the opportunity to dive into transformational learning experiences, civic engagement and study abroad opportunities, as well as exposure to university research. Depending on the interest of students, there are four different ways to participate, including in the high schools, at UH Mānoa, online and their student abroad experience called the “Global Capstone.” Please visit the [website](#) to learn more.

The Project Ho‘oku‘i Model involves: (1) Mentoring students on cultural, academic and career issues to develop postsecondary education and career goals; (2) Preparing students to transition to postsecondary education through three-tiered supports groups (ranging from meets criteria for dual enrollment in both high school and college courses to needs intensive support to meets criteria); (3) Individualized computer-based accelerated instruction in reading and math; (4) Academic tutoring (by project staff or through University of Hawai‘i’s online services; and (5) Financial assistance to cover college course tuition.

### Ho‘oku‘i Flow Chart



## **Ho'oku'i Process Flow Chart Companion Notes**

**(1)** The Complex Superintendent and High School Principals have approved Ho'oku'i staff to work in their high school. A written consent form with the High School Principals' signature is on file.

**(2), (3), & (4)** Meet with High School Counselor and/or transition coordinators in charge of Running Start to explain the Ho'oku'i project. Discuss the Ho'oku'i project, and the implementation process and student selection:

- Identify Native Hawaiian (NH) Students; registrar forwards to counselors.
- Presentation or Information Brochures disseminated to faculty and staff with request for referrals.
- Arrange to have an announcement in the high school morning bulletin and posters on campus.
- Invite qualified NH students.
- Conduct student informational meeting/luncheon and interested students sign up.
- Conduct evening parent meeting – orientation to the project, disseminate Ho'oku'i consent forms and UH System application forms.

Materials Checklist: (You should have the following materials at each meeting with students & parents/legal guardians.) (Many of these forms will be available on Dropbox for your convenience).

- Brochures
- Sign-up sheets (sign-up sheets for students and/or parents/legal guardians) should be utilized at each meeting. This is necessary for both follow up (email addresses and/or phone numbers) and to have a "record" for the project.
- Consent forms (3 types – parent/guardian; minor student; adult student). If the student is a minor, then you will need the student assent form completed and signed by the student, PLUS their parent or legal guardian's consent form completed and signed by the parent or legal guardian in order for the minor student to be a part of the Ho'oku'i project. If the student is 18 years of age or older, then the student will need to fill out and sign the adult student consent form and it is not necessary for a parent/legal guardian form to be completed.
- UH System application. If the student will be part of the Running Start or Early Admission program at ANY UH system campus (HCC, LCC, UHWO, MCC, etc.) the student MUST complete a UH System application.
- TB clearance. A TB clearance form signed and completed by a physician is necessary for any student entering the UH System. TB tests are generally good for one year.
- MMR clearance. A MMR clearance form signed and completed by a physician is necessary for any student entering the UH System.

- Running Start or Early Admission application. A Running Start or Early Admission application must be completed by the deadline. Generally, a high school counselor must sign the application or letter of recommendation must be acquired (see Running Start Table).
- HAR 64 form (consent for release of information on student – Department of Education form) must be completed in order for data information to be released. Copies from all schools are necessary. Copies to the high school registrar office, Ho‘oku‘i, and student file. The form allows Ho‘oku‘i to confirm all NH students, addresses, phone numbers, grades, referrals, etc. The information is also used to complete the Ho‘oku‘i Student Record Form.\*
- WH-1 form for student: A WH-1 form is a tax form that must be completed by the student, signed, and dated. The form is necessary for tuition payment, books, and COMPASS re-take financial assistance. WH-1 forms must be the original, filled out and signed by the student in pen (no red ink). UH fiscal will NOT accept WH-1 forms filled out in pencil or red ink. UH fiscal will NOT accept a Xerox copy, scanned copy, etc.
- WH-1 form for parent: A WH-1 form must be filled out by the parent/legal guardian in order to be reimbursed for any transportation or other expenses. Again, WH-1 forms must be the original, filled out and signed by the parent in pen (no red ink). UH fiscal will not accept a Xerox copy, scanned copy, etc.

\*Note that it is unlikely that we will be able to collect any data such as grades until the final consent forms are approved by the IRB and the DGO.

**(5)** After you have met with each student to connect and assess, discuss and draft a “Plan of Action” (what Running Start or Early Admission classes the student plans to take) according to student career goals. Create a file for each student. Direct students to meet with their High School counselor to discuss their plan of action. The counselor’s signature is required for the Running Start application (in some cases it may be a letter of recommendation). Note the deadlines for Gear UP scholarships and application deadlines for financial aid. (See Running Start Table).

- Help the student complete the online RS application at [www.hawaii.edu/runningstart](http://www.hawaii.edu/runningstart) - All Running Start students must apply to RS every semester to continue in Running Start. Pay attention to Gear-Up scholarships and application deadlines.
- Students need to obtain and attach immunization records from HS health aide or physician, along with signatures from Parent, Principal, and Counselor on RS applications.
- TB test – direct students to get a current test. The college will only accept TB tests done within one year of the beginning of the semester. TB and MMR clearance is **REQUIRED** before a student will be allowed to register for classes. This is free at the State Department of Health or UH Campus Center (call for days and times).

- Complete the UH System application (the application can be started at the evening parent meeting). In order to obtain a UH ID number and UH e-mail account (remember/save username/password). Remind student to check e-mail account regularly for important communication.
- Proof of residency has been a requirement for acceptance at HCC/RS (can be in the form of employment, rental agreement, tax records, voter's registration, welfare records, etc.)

**(6) COMPASS Test** (Note. Replaced with the ACCUPLACER): A UH I.D. # is required for testing at college. The number can be expedited through Mobile Compass Test (MTC) where a social security number is required. Always consult the designated Running Start person on the high school campus for process details. For COMPASS test retakes, there is a \$25.00 fee- the student submits the Ho'oku'i voucher to college testing center or to MCT. Depending on the COMPASS test results, a student is placed in Group 1, Group 2, or Group 3.

**(7a) Group 1:** The student meets Running Start or Early Admission requirements and the student must attend a new student orientation at the University or Community College they will be attending. The student will continue to receive cultural mentoring and any tutoring services they may need to pass their college classes.

- New students entering RS or EA are required to attend a new student orientation (NSO) at HCC or any of the other campuses with a parent or guardian. Two letters will come in the mail: (1) Gear Up Scholarship Notification, (2) University or Community College acceptance letter with a list of new student orientation dates. The student must call the phone number provided or go online to reserve a NSO date.
- Student schedules a counseling appointment with the RS counselor at college. Orientation and Counseling is mandatory prior to registering for a class. ( MyUH). Students should print the confirmation page for their own records, and write down the password and put it in a safe place. Student registers for classes. Keep records of class registration number (CRN), class dates and days, and the instructor's name.
- Tuition & Books: If a student qualifies for Gear-UP Scholarship, assist student in obtaining an "award form" from the college RS counselor. The form will also enable students to obtain books at the UH Bookstore. For Ho'oku'i tuition vouchers, notify Project Coordinator with Student's name, UHID#, Class Title, CRN #, and instructor's name. (Students must be registered in order to process any payment for class(es). A separate book request must be made for books (or class supplies), because Ho'oku'i vouchers will be sent to different addresses. In either case, Project Coordinator will cc: the Mentor a copy of the voucher request to the University/Community College business office or UH bookstore; then advise students to confirm their tuition has been paid, and/or present an ID to UH bookstore to acquire books (or supplies). This process applies to Group 2 and Group 3 if the student will be attending college classes.

- Transportation arrangements: stipends for transportation assistance may be awarded. A separate WH-1 form must be submitted from the parent or guardian receiving the stipend.

**(7b) Group 2:** The student is assigned a cultural mentor and a college tutor to prepare for new COMPASS test. The student may qualify for some college courses and can enroll in RS or EA if he/she meets the minimum requirements of the course.

- Student will receive accelerated instruction/tutoring to retake COMPASS test, and/or proceed toward registration for RS or EA classes (that he/she currently qualifies to enroll).

**(7c) Group 3:** The student is provided with a cultural mentor/college tutor to increase his/her skill sets to prepare for new COMPASS tests. The student is assessed to determine whether he/she qualifies for any college classes through RS or EA.

- Student will receive accelerated instruction/tutoring to retake COMPASS test, and/or proceed toward registration for RS or EA classes (that he/she currently qualifies to enroll).

**(8)** Cultural mentors/college tutors write weekly logs about each students' progress.

**(9)** Once IRB/DGO approval is complete, distribute approved consent forms and collect new signed consent forms with the new "data collection" language.

### **'Ohana Yearly Curriculum**

The 'Ohana Yearly Curriculum was offered from the start to the end of each school year. It entailed holistic training guided by HIDOE's Na Hopena A'ō (HĀ), which is a department-wide framework that aims to develop "students' skills, behaviors and dispositions that are reminiscent of Hawai'i's unique context, and to honor the qualities and values of the indigenous language and culture of Hawai'i" [Cite HIDOE]. It underlines the competencies that students need to develop to have a deeper sense of their purpose, including a strengthened sense of Belonging, Responsibility, Excellence, Aloha, Total Well-Being and Hawai'i, which spells out to BREATH, thus translates to HĀ. Through shared knowledge and collaboration, the curriculum enforces project participants, staff and partners to assess what kind of support best strengthens the HĀ outcomes. The curriculum included at least seven monthly modules that were delivered online as well as the opportunity to participate in two community days (in-person and virtual).

For more information on HIDOE's Nā Hopena Framework, please visit their [website](#).

### **Monthly Modules**

Each month throughout the school year, there were different modules that families would have one month to complete. The main components of each module included lesson plans for the main

topic categories: academic conversations, family engagement, Native Hawaiian culture, nutrition, and well-being. Each category included online materials, curriculum supplies, and ha‘awina or assignments for the students and their families to complete together. Ha‘awina for each module included required attendance at one of two Zoom meetings, an activity for parents to do with their student(s), two original Slack posts and two replies to others, and completion of a parent feedback form. ‘Ohana members will learn how to prepare and support high school students to be successful in college classes using the Ho‘oku‘i Model (mentioned above).

Participating parents and guardians were required to attend one meeting a month. If a participating student did not have a participating parent/guardian, an adult was assigned to them. In the monthly meeting, students and their parent/guardian/assigned adult engaged in one Native Hawaiian cultural activity during and after each monthly meeting. Each monthly focus will have two options for the monthly meeting. These meetings were recorded and available to participants.

To help facilitate the curriculum, collaboration and community building online, Ho‘oku‘i used these technology tools: Zoom, Google Workspace (formerly known as Google Suite) and Slack. Descriptions for each online platform and how they were used can be found in the next section titled “Technology.”

Here is example of a monthly module. Monthly Module 5 on “Organization is One of the Keys – overview [write-up](#) and [video](#).

### **Community Days**

Community days were organized by site coordinators and lead teachers and are tied to Native Hawaiian and/or ‘Āina-based education. ‘Āina-based education is grounded in teaching and learning through ‘āina, which encompasses the land, ocean, air, and all living things. Through ‘āina-based activities, families participated in hands-on learning, deepened their relationship with the environment, and its natural elements, cultivated connections within their communities and helped preserve indigenous knowledge.

One community day to highlight took place in Spring 2023. Project participants (high school students of Farrington High School) were hosted by Herb Lee, Jr., Kumu and CEO of Pacific American Foundation, at the Waikalua Loko I‘a (Waikalua fishpond) in the ahupua‘a of Kāne‘ohe. They were joined by Kahuna and Kumu, Frank Kawaikapuokalani Hewitt who shared mo‘olelo and his mana‘o of the plac , which encompassed history, cultural significance and importance of the ahupua‘a. Project participants also engaged with the ‘aina through a hands-on activity that taught them more about the past and current challenges that the loko i‘a face in its journey towards complete restoration such as pollution and invasive species. To learn more about other community days, please refer to the newsletters.

## Technology

### Zoom

Zoom is a communication platform that allows users to connect with video, audio, phone, and chat. The project utilized Zoom at least twice a month for each monthly module. In the monthly zoom sessions, the project staff delivered lesson plans with student participants and their ‘ohana, HIDEOE teachers and site coordinators in attendance. ‘Ohana participants included kupuna, hānai parents, siblings and cousins, aunties, uncles, and biological parents. Please visit [this](#) website to learn more.

### Google Workspace

Google Workspace, is a collection of Google applications that provides professional email, online storage, shared calendars, video meetings, and more. Workspace makes collaboration and communication for project staff, participants and partners simple and effective. Please visit [this](#) website to learn more.

### Slack

Slack is a channel-based messaging platform that helps teams of people work together more effectively. It served as an online community platform for project staff, participants, and partners to communicate, collaborate and engage with one another. Slack channels organized conversations and groups to better disseminate project information and facilitate dialogue as it related to online curriculum. It was also used as a messaging platform that encouraged casual conversation and community building among all project participants. Project staff supported community building and learning of ‘ohana members through their participation in the module discussions with one another.

Channel	Description
#aloha-introductions	<b>‘OHANA POSTS</b> A social space to get to know each other.
#important-information	<b>HO‘OKU‘I POSTS</b> important information such as announcements, resources, events, recordings of Zoom meetings, etc.
#monthly-modules	<b>HO‘OKU‘I POSTS</b> all the learning materials here. If you are not sure what to do for module, go to this channel. You will find the following for each module: <ul style="list-style-type: none"><li>● Overview checklists summarizing everything you need to do</li><li>● Learning videos</li><li>● Link Online Parent Feedback Form</li></ul>
#talk-story	<b>‘OHANA POST</b> The main channel ‘ohana post in. This is where ‘ohana will share <b>NEW POSTS</b> for each monthly module and <b>REPLY</b> in threads to others’ new post.

Please visit [this](#) website to learn more.

The screenshot shows a Slack interface for a channel named "# important-info". The channel header includes "2 Pinned" and "Add a bookmark". A post from "Project Ho'oku'i 4" is pinned, dated "Monday, May 8th" at "9:00 AM". The post content includes:

- Aloha Ho'oku'i 'Ohana,
- Just a friendly reminder, the following will be due this Friday, May 12, 2023:
  - Parent post-survey: <http://go.hawaii.edu/WZP>.
  - Please have your teen(s) complete the student post-survey: <https://tinyurl.com/z53hv477>.
  - Late assignments of the semester (Focus 13-16), which includes Slack posts and replies, na ha'awina and parent feedback forms.
- Please add an emoji to this post to let us know you've seen this post. Mahalo!

The post includes an image titled "Spring 2023 Post-Survey Final Reminder.png" with the following text:

**ALOHA**

**FINAL REMINDER: POST-SURVEY FORMS & LATE ASSIGNMENTS ARE DUE ON FRIDAY, MAY 12, 2023**

*Mahalo nui loa!*

A Google Docs link is provided: "Project Ho'oku'i IV: 'Ohana Lōkahi PARENT Post-Survey Mahalo for participating in this survey!".

The interface also shows a sidebar on the left with navigation options like "Unreads", "Threads", "Later", "Direct messages", "Mentions & reactions", "Drafts & sent", "Canvases", "Slack Connect", "Files", "More", and a list of channels including "# important-info". A right-hand sidebar shows a detailed view of the channel navigation menu, with "# important-info" highlighted.

## Ho'oku'i Website

Direct Link: <https://cds.coe.hawaii.edu/hookui4ohana/>

To access the project's website, please click the link above. You will find general and participant project information such as history and goals, staff and partners, relevant resources and how to join. The resources are categorized for prospective and current student and parent participants and each one is hyperlinked for easy access.

### Resources for Students

E komo mai, na haumana! Besides the project resources (on the left side menu bar), we encourage you to visit the following websites. If you are interested in Running Start or Early Admission at a UH System community college: <https://www.hawaii.edu/dualcredit/running-start/> If you would like to know the academic requirements and skills needed for your future college, visit here: <https://edready.org/home>

If you would like to see some of the available scholarships, visit this website: <https://www.scholarships.com/financial-aid/college-scholarships/>

- Minor Student Assent Form  
For students how are minors (younger than 18), please use this form **Minor Student Assent Form**
- Adult Student Consent Form  
For the student who is over 18 years old, please use this form **Adult Student Consent**
- Pre-Survey  
Click Here for Student Pre-Survey
- Post-Survey  
Click here for Student Post Survey
- WH-1 Forms  
Click here for the WH-1 Form

### Resources for Parents

E komo mai, na makua! Are you new to Project Ho'oku'i IV: 'Ohana Lōkahi? If you need some help with Slack, please see these instructions: <https://bit.ly/3sgEKqP> (PDF) Please note that our Slack community is just for participating na makua and na kumu.

You can also learn more about the different initiatives between the Hawai'i Department of Education and the University of Hawai'i at Mānoa through the P20 website: <https://www.hawaiip20.org/about-us/>

- Slack Channel for Participating Parents
- Parent Participant Brochure  
Click Here for the Parent Participant Brochure
- Pre-Survey  
Click Here for the Parent Pre-Survey
- Post-Survey  
Click here for the Parent Post-Survey
- WH-1 Forms  
Click here for the WH-1 Form
- Assent/Consent

## Evaluation: Data collection tools and tracking methods

### Pre- and Post-Surveys

At the beginning of the project, student and parent/guardian participants were asked to complete a pre-survey that included background information of them and their initial thoughts on cultural identity, college and career goals, academic motivation and school engagement. At the end of each semester, participants are asked to complete a post-survey that covers the same topics in the pre-survey. Each survey will take about 30 to 45 minutes to complete. This helped the project measure student progress and effects of family engagement as families go through the project. Here are the links to the [pre-survey](#) and the [post-survey](#).

### Parent Feedback Forms

Towards the end of each monthly focus, parents have the opportunity to share their feedback through a Google Form. They can be accessed through the links provided in the modules overview. Here is an example of a Parent Feedback Form for Monthly Focus 14 - Student Self-Inventory and Career Interest: <https://forms.gle/cvz5s57FJ82iAXwW6>.

### Using Excel Spreadsheets

Our external evaluators created an excel spreadsheet for the site coordinators to collect participant data. Here is a screenshot of the “Status Summary” that provides an overview of the type of data that is collected.

School		Kapa'a HS				
		Year 1		Year 2		Year 3
Status by semester		Spring 2021	Fall 2021	Spring 2022	Fall 2022	Spring 2023
Enrollment	Number of students in program	4	5	5	2	9
	Number of ohana in program	4	4	0	4	0
Ohana Participation	Amount of ohana participating in all monthly modules	1	2	0	0	0
	Amount of ohana participating in at least half of weekly zoom meetings	2	0	0	1	0
Student Support & Progress	Group 1 (start of semester)	1	1	5	1	8
	Group 1 (end of semester)	0	1	5	0	8
	Number of students receiving mentoring	4	5	5	2	9
	Number of students receiving tutoring	4	5	0	1	0
	Number of students receiving financial aid	0	0	3	1	8
Ohana Progress	Number of students earning college credits this semester	0	0	3	0	8
	Amount of ohana participating in at least two courses per semester	0	0	0	0	0
	Average number of college credits per ohana	0	0	0	0	0

# Ho'oku'i IV Monthly Focus Overview 2021-2022

## Spring 2021 (2 Modules)

### CALENDAR LINKS

- PDF Version <http://go.hawaii.edu/ADP>
- Doc Version <http://go.hawaii.edu/PD3>

### Monthly Focus 1– Welcome to Ho'oku'i

- Zoom Meeting Video- Option 1: Friday, April 9, 2021  
<https://youtu.be/BF2WSE8lOn0>
- Zoom Meeting Video- Option 2: Tuesday, April 13, 2021  
<https://youtu.be/7gVbWtf3-cM>
- Talk Story Partial Video Recording, Friday, April 23, 2021  
<https://youtu.be/0mV6TdaBtjE>
- Overview Write Up <http://http://go.hawaii.edu/JDP>
- Overview Video <https://youtu.be/0mV6TdaBtjE>
- Overview Video Slides <http://go.hawaii.edu/PDP>
- E Komo Mai! Project Ho'oku'i IV: 'Ohana Lokahi Video  
<https://youtu.be/bRRbfsm9NXk> and [Slides](#)
- Well-being Video 5 Minute Long Deep Breaths <https://youtu.be/Z8emmFOuhxE>
- [Slides for Family Engagement: Vision](#)
- Nutrition Video <https://youtu.be/HZK4SC2xWlw>
  - [Total Well-being Goals Handout](#)
  - [Nutrition and Wellness Journal Prompt Module 1](#)
- Ku'u Home Aloha (Moku Activity) Worksheet <http://go.hawaii.edu/Pdy>
- Moku Jamboard link: <https://bit.ly/3cJvNlo>
- Online Parent Feedback Form- Module 1 <http://go.hawaii.edu/PD2>

### Monthly Focus 2– Where is Your Wa'a Going and 'Aha Cord

- Zoom Meeting Video- Option 1: Friday, May 7, 2021  
[https://youtu.be/0pm7BZvBr\\_8](https://youtu.be/0pm7BZvBr_8)
- Zoom Meeting Video- Option 2: Tuesday, May 11, 2021  
[https://youtu.be/\\_kTEFYA6buM](https://youtu.be/_kTEFYA6buM)
- Overview Write Up <http://go.hawaii.edu/VDP>
- Overview Video <https://youtu.be/gTaPpycoD80>
- Overview Video Slides <http://go.hawaii.edu/amP>

- Well-being video. One more reason to get a good night's sleep | Jeff Iliff <https://youtu.be/MJK-dMIATmM>
- Where is Your Wa'a [Slides](#)
- Why Go to College [Slides](#)
- Share and Break Out Activity with Parents and Teens: [Worksheet and map](#)
- Directions in the [Project Manual](#)
- [RIASEC test](#) (Google Doc Version) or [PDF Version](#)
- [Handout: Directions on How to Braid a Five-strand Aha Cord](#)
- Allyson's Video Tutorial <https://youtu.be/qrGvBOZwf2c>
- Handout- Monthly Focus 2: Nutrition Lesson with Nicole <http://go.hawaii.edu/XdP>
- Overview video with Nicole Olayon: [https://youtu.be/a2mg1\\_bzaXI](https://youtu.be/a2mg1_bzaXI) (3 minutes)
- Hawai'i 'Ulu Coop Video: [Nutritional Benefits of 'Ulu](#) (5 min)
- Kamehameha Publishing Video: [No ke Kumu Ulu/The Ulu Tree-English](#) (7 min)
- [Ulu Nutrition Handout](#)
- ['Ulu Recipes – Hawai'i](#) via the Hawai'i 'Ulu Cooperative <https://eatbreadfruit.com/pages/recipes>
- [Cookbook Recipe Format](#) <https://bit.ly/32ZIxP9>
- Online Parent Feedback Form- Module 2 <http://go.hawaii.edu/xDP>

## FALL 2021 (3 Modules)

### CALENDAR LINKS

- PDF Version <http://go.hawaii.edu/PUN>

### Monthly Focus 3– Welcome Back/Refresher

- Overview Video [https://youtu.be/NBvD\\_ZwUoSU](https://youtu.be/NBvD_ZwUoSU)
- Overview Write Up <http://go.hawaii.edu/PDj>
- Overview Slides <http://go.hawaii.edu/PDX>
- Zoom 1 on Friday, 9/3/21 <https://youtu.be/H2Zo5DJFqSU>
- Zoom 2 on Tuesday, 9/7/21 <https://youtu.be/-j6UjQticig>
- Where is Your Wa'a Going- Review of Highlights and Family Engagement [Slides](#)
- [My Personal Voyage Worksheet](#)
- Jamboard Interactive Activity for Hopes & Dreams/Careers <http://go.hawaii.edu/dSP>
- Nicole's overview video Nutrition Focus 3: 'Uala (Sweet Potato): <https://youtu.be/KTGo9n1slPg> (5 mins)
- Handout- Monthly Focus 3: Nutrition Lesson with Nicole <http://go.hawaii.edu/Pc4>
- Hawai'i 'Ulu Coop: 'Ulu & 'Uala Salad (Breadfruit & Okinawan Sweet Potato) (1 min) [www.youtube.com/watch?v=rxwohQu5Sgg](http://www.youtube.com/watch?v=rxwohQu5Sgg)
- Kelsey Bunting: Planting 'Uala (2 min) [www.youtube.com/watch?v=TkO8XshLsZI](http://www.youtube.com/watch?v=TkO8XshLsZI)
- [Total Well-being Goals Handout](#)

- [Nutrition and Wellness Journal Prompt Module 1](#)
- ['Uala Nutrition Handout](#)
- [Hawai'i 'Ulu Coop's Okinawan Sweet Potato Pie Recipe](#)
- [Hawai'i 'Ulu Coop's Nutrition Facts Sheet on 'Uala](#)
- Wa'a Navigation Presentation with Allyson video (27 mins)  
[https://youtu.be/w2\\_M3idbiWA](https://youtu.be/w2_M3idbiWA)
- Mod 4. NH Presentation - Navigation <http://go.hawaii.edu/P6G>
- Navigating Your Personal Compass Ha'awina <http://go.hawaii.edu/A6P>
- Navigation Resources <http://go.hawaii.edu/P63>
- Online Parent Feedback Form- <http://go.hawaii.edu/K6P>

## Monthly Focus 4– Student Self-Inventory and Career Interest

- Overview video [https://youtu.be/FUkqD\\_W5TAs](https://youtu.be/FUkqD_W5TAs)
- Overview Write Up <http://go.hawaii.edu/oDP>
- Overview Slides <http://go.hawaii.edu/Pmb>
- Zoom 1 on Friday, 10/1/21 <https://youtu.be/GjleTf0lyXg>
- Zoom 2 on Tuesday, 10/5/21 <https://youtu.be/QzxwFxiI5SY>
- Self-Inventory of Skills.pdf <http://go.hawaii.edu/xhP>
- RIASEC.pdf <http://go.hawaii.edu/Ph2>
- Dear Future Me | Episode 1: Class of 2020 (8 minutes). Video Link:  
[https://youtu.be/c3yRStCM\\_rA](https://youtu.be/c3yRStCM_rA)
- Student Self Inventory and RIASEC Overview [Slides](#)
- Family Engagement: Exploring Why Educational Partnerships with Families Are So Powerful [Slides](#)
- High School Student-Led Conference Video and discussion  
<https://vimeo.com/43992567>
- Interactive Jamboard lei activity Jamboard <http://go.hawaii.edu/JhP>
- [Hawai'i Long Legacy of Lei Making](#) (4 mins)
- [Best Ways to Make a Lei](#) with ka 'ohana Punua (14 mins)
- [How to make a Lei](#) with Hawaiian Airlines Employees (10 mins)
- Nicole's overview video Nutrition Focus 4: Papaya (Mikana):  
<https://youtu.be/ELISL4gVe8Q> (6 minutes)
- Handout- Monthly Focus 4: Nutrition Lesson with Nicole <http://go.hawaii.edu/LcP>
- [TEDxMontrealWomen and Courtney Jackson "Healthy Digestion- Not What, But How?"](#) (15 minutes)
- [Mikana \(Papaya\) Nutrition Handout](#)
- [Hawai'i 'Ulu Coop's Chicken Green Papaya Soup Recipe](#)
- [Hawai'i 'Ulu Coop's Green Papaya Nutrition Facts Sheet](#)
- Online Parent Feedback Form- <http://go.hawaii.edu/3QP>

## Monthly Focus 5: Organization is One of the Keys to Success

- Overview video <https://youtu.be/qYnP6lKlByg>
- Overview Write Up <http://go.hawaii.edu/5mP>
- Overview Slides <http://go.hawaii.edu/8mP>
- Zoom 1 on Friday, 11/5/21 <https://youtu.be/PcLfguAHQ6U>
- Zoom 2 on Tuesday, 11/9/21 <https://youtu.be/1Vek7wUvlqs>
- How to be Organized for School, College or Life - The 6 Habits of Highly Organized People (5 minutes) <http://youtu.be/88MjoZalHpM>
- Student Schedule Worksheet <http://go.hawaii.edu/P4A>
- Organization is One of the Keys to Success [Slides](#)
- Student Schedule Worksheet <http://go.hawaii.edu/P4A>
- Family Engagement: Exploring Why Educational Partnerships with Families Are So Powerful. Slides <http://go.hawaii.edu/9gP>
- Hawaii Family Engagement Center Resource Guide: Ohana Tips for Parents <http://go.hawaii.edu/P4k>
- Nicole's overview video Nutrition Focus 5: Kalo (3 mins): <https://youtu.be/xAaQTclo39A>
- Handout- Monthly Focus 5: Nutrition Lesson with Nicole <http://go.hawaii.edu/X4P>
- [Mālama Hāloa – Protecting the Taro](#) by 'Ōiwi TV to learn more from the renown kalo mahi'ai (farmer) and cultural practitioner Jerry Konanui (9 minutes)
- [Kalo Nutrition Handout](#)
- [The Past is Present: Kalo Farming on Hawai'i Island](#)
- Waiwai & Kalo Slides <http://go.hawaii.edu/cMP>
- Jamboard activity (<http://go.hawaii.edu/PMg>) What Feeds Your Lo'i?
- What Feeds Your Kalo PDF <http://go.hawaii.edu/6MP>
- Online Parent Feedback Form- <http://go.hawaii.edu/PQb>

## SPRING 2022 (4 Modules)

### Monthly Focus 6– Investing in Student Postsecondary Education Success While in High School

- Overview video <https://youtu.be/zhRCvyaxKlQ>
- Overview Write Up <http://go.hawaii.edu/Pcv>
- Overview Slides <http://go.hawaii.edu/Pmr>
- Zoom 1 on Friday, 1/7/2022 <https://www.youtube.com/watch?v=5pRy5ltJzFc>
- Zoom 2 on Tuesday, 1/11/2022 <https://www.youtube.com/watch?v=ABMqW9SggnS>
- Early College & Dual Credit Programs: Getting a Head Start [Slides](#)
- [Available scholarships in Hawaii.](#)
- (Well-being). Active Constructive Responding (5 Minutes) <https://youtu.be/qRORihbXMnA>

- Nutrition Focus 6: Mai'a (Banana) Video: <https://youtu.be/qX47zgSMukE> (6 mins)
- Handout- Monthly Focus 6: Nutrition Lesson with Nicole <http://go.hawaii.edu/ANP>
- Article by the National Tropical Botanical Garden: "[Kahanu Garden Safeguards Banana Heritage](#)"
- Nutrition [Journal prompt](#)
- [Mai'a Nutrition Handout](#)
- [Get to Know Banana Fact Sheet](#)
- [Home Recipe Banana Bread](#)
- Weaving Overview and Big Idea: Start at the Center (*Piko*) [Slides](#)
- Lau Hala Bracelet Instructions with Marques Marzan (9 mins) <https://youtu.be/Qb1sFp-Swg4>
- Online Parent Feedback Form- <http://go.hawaii.edu/Pqv>

## Monthly Focus 7– Show Me the Money! Financial Aid and Scholarships

- Module 7 Overview Video (4 minutes) <https://youtu.be/PU9MeL4iJqs>
- Overview Write Up <http://go.hawaii.edu/uKP>
- Overview Slides <http://go.hawaii.edu/vmP>
- Zoom 1 on Tuesday, 2/4/2022 <https://www.youtube.com/watch?v=ms48-5c6GtQ&t=49s>
- Zoom 2 on Friday, 2/8/2022 <https://www.youtube.com/watch?v=W7RczmwcU9s>
- How to Get College Scholarships | Tips, Tricks, and My Experience (13 mins) <https://youtu.be/wNuMSnCfv7s>
- EXAM MOTIVATION - Before You Doubt Yourself, You Need to See This!! With Michelle Obama (11 mins) <https://www.youtube.com/watch?v=Rq6CL0nYQnk>
- After-School Programs by Caryl <https://youtu.be/G3LMXbuoWL8> (8 mins) and [Slides](#)
- (Well-being). Uncle Kanoa Switzer- Hakalau (9 mins) [https://youtu.be/M5pyh\\_tESxs](https://youtu.be/M5pyh_tESxs)
- Finding Scholarships [Slides](#)
- An Opportunity for an Honest Conversation [Worksheet](#)
- [Available scholarships in Hawaii](#)
- Nutrition Focus 7: Niu Video: <https://youtu.be/Pntwh8YAQgc> (3 mins)
- Niu (New Beginnings): Focus on Coconut. Presentation [Slides](#)
- [Niu Print Out PDF](#)
- Handout- Monthly Focus 7: Nutrition Lesson with Nicole <http://go.hawaii.edu/xNP>
- Nutrition [Journal prompt](#)
- [Niu Nutrition Handout](#)
- Niu (Coconut) Nutrition by Nicole [Slides](#)

- Online Parent Feedback Form- <http://go.hawaii.edu/V48>

## Monthly Focus 8– Investing in Student Postsecondary Education Success (Section 2)

- Module 8 Overview Video (5 minutes) <https://youtu.be/QXjqoD-kX24>
- Overview Write Up <http://go.hawaii.edu/PmT>
- Overview Slides <http://go.hawaii.edu/PmL>
- Zoom 1 on Tuesday 3/4/2022 <https://youtu.be/Ri9v9HbXac0>
- Zoom 2 on Friday 3/8/2022 <https://youtu.be/WRK6j30Nr9k>
- Writing Your College Application and/or Scholarship Essay [Slides](#)
- Worksheet: [Writing the Application or Scholarship Essay](#)
- The Science of Gratitude <https://youtu.be/JMd1CcGZYwU> (2 minutes)
- Family Engagement: Parent Profile for Student by Caryl <https://youtu.be/MSRELcUSX0A> (12 minutes) and [slides](#)
- Nutrition Focus 8: ‘Olena (Turmeric) Video: <https://youtu.be/5v6Xo9aU5e4> (4 mins)
- Handout- Monthly Focus 8: Nutrition Lesson with Nicole <http://go.hawaii.edu/Pc4>
- ‘Olena [Nutrition Handout](#)
- One page) of your teen for his/her teacher. More information and a sample at <https://cde.coe.hawaii.edu/hfec/2020/08/06/parent-profile-for-student/>
- Kōnane Presentation: [Slides](#)
- Online Parent Feedback Form- <http://go.hawaii.edu/iHP>

## Monthly Focus 9– Reading and Comprehension: Pillars of a Successful Career

- Module 9 Overview Video (6 minutes) <https://youtu.be/3deKjBernbc>
- Overview Write Up <http://go.hawaii.edu/PDG>
- Overview Slides <http://go.hawaii.edu/fDP>
- Zoom 1 on Friday 4/1/2022 [https://youtu.be/BmDennXq\\_ow](https://youtu.be/BmDennXq_ow)
- Zoom 2 on Tuesday 4/5/2022 <https://youtu.be/31s5fPGybE>
- [SQ3R Handout](#)
- Video [SQ3R - How to study effectively \(evidence based study tips\)](#) (5 mins)
- Teacher Training - the power of reflection (2 minutes). Video Link: <https://youtu.be/xMLKI3vcRAg>
- Caryl’s Family Engagement information on Slack
- Family Engagement, Reading, and Comprehension Video (8 mins) <https://youtu.be/gv0GH1bb7Tw> and [Slides](#)
- [Literacy Tips for Parents with Adolescents Handout](#)
- [Family Guides: Supporting Learning in the 2020-21 School Year](#)

- Kumulipo Presentation [Slides](#) and [Jamboard](#)
- Makaha Sons of Niihau: Kumulipo / E Pua Ana Ka Makani  
<https://youtu.be/YmWSLzORS7I>
- Online Parent Feedback Form- <http://go.hawaii.edu/9fV>

# Ho‘oku‘i IV Monthly Focus Overview 2022-2023

## Fall 2022 (3 Modules)

### Calendar Links

- PDF Version <http://go.hawaii.edu/jX2>
- Google Doc Version <http://go.hawaii.edu/2Cx>

## Monthly Focus 10– Reflecting: Where am I at and where am I going on my journey?

- Overview Write Up <http://go.hawaii.edu/xCx>
- Overview Video <https://youtu.be/2knS0jb3-tA>
- Overview Video Slides <http://go.hawaii.edu/tWx>
- Zoom Meeting Video– Option 1: Friday, September 2, 2022  
<https://youtu.be/m1XBzsVu5Yk>
- Zoom Meeting Video– Option 2: Tuesday, September 6, 2022  
<https://youtu.be/pXFIqprUNIM>
- Now is the time to hone my writing skills: common grammatical mistakes [Slides](#) and Common Grammatical Mistakes [Worksheet](#)
- Family Engagement: Presentation: Exploring Why Educational Partnerships with Families are so Powerful [Slides](#), [Personal Voyage Worksheet](#), [Student Biographical Data Sheet](#), and [Senior Year Checklist](#)
- Native Hawaiian: Painting Through Your Journey [Slides](#)
- Nutrition: Intro & Recipe Book <http://go.hawaii.edu/tk2>; Template for new recipe to include in your recipe book <http://go.hawaii.edu/Yk2>
- Well-being: Working Towards Wellbeing: Talking About What Really Matters (3 min) <https://youtu.be/VJNMxYNzSUE> and [Wheel of Life Assessment](#) activity
- Online Parent Feedback Form– Module 10 <http://go.hawaii.edu/xuR>

## Monthly Focus 11– Navigating the western academic world while honoring Hawai‘i and kanaka maoli culture

- Overview Write Up <http://go.hawaii.edu/xCV>
- Overview Video <https://youtu.be/Ct4cyF2HKSM>
- Overview Video Slides <http://go.hawaii.edu/YWx>
- Zoom Meeting Video– Option 1: Friday, October 14, 2022  
<https://youtu.be/aMJseyvjVdU>
- Zoom Meeting Video– Option 2: Tuesday, October 18, 2022  
[https://youtu.be/ToTLe\\_1hnbE](https://youtu.be/ToTLe_1hnbE)
- A valuable skill– Avoiding writing in fragments and run-on sentences [Slides](#) and [Fragment & Run-ons Worksheet](#)
- Family Engagement: Career Conversation Starters [Slides](#) and [Recording](#)

- Family Engagement Handouts: Career Conversation Starts [Handout](#), OELA CTE [Infographic](#), and College Career Resources [Handout](#)
- Native Hawaiian: 'Ai Kole Time [Slides](#)
- Nutrition: Basic Kitchen Skills <http://go.hawaii.edu/2k7>; Kitchen Conversions [Cheat Sheet](#) and Following Recipes [Handout](#)
- Well-being: The attitude of gratitude introduction and instructions [handout](#) and Examples of Gratitude Prompts [handout](#)
- Online Parent Feedback Form– Module 11 <http://go.hawaii.edu/Sux>

## Monthly Focus 12– Exploring possibilities and opening your mind

- Overview Write Up <http://go.hawaii.edu/PCx>
- Overview Video <https://youtu.be/ZTUzI9oGCKA>
- Overview Video Slides <http://go.hawaii.edu/xWW>
- Zoom Meeting Video– Option 1: Friday, November 4, 2022 <https://youtu.be/ap0YJC7eG9w>
- Zoom Meeting Video– Option 2: Wednesday, November 9, 2022 <https://youtu.be/RCLyWFSK3PE>
- Discovering the unknown: the Pythagorean theorem [Slides](#) and Pythagoras Pile-Up [worksheet](#)
- Family Engagement: Finding a College that Fits [Slides](#) and [Recording](#); Finding Colleges that Fit [handout](#), College Information [Sheet](#)
- Native Hawaiian: Presentation: Vision Kapa Towels [Slides](#); The Ancient Hawaiian Art of Bark Cloth (4 min) <https://youtu.be/S5nCKvz83No>
- Nutrition: Budgeting & Meal Planning <http://go.hawaii.edu/Tk2>; Meal Plan and Grocery List/Item Price Template [Worksheets](#)
- Well-Being: Best Possible Self (Writing Activity) Introduction & Instruction [handout](#) <http://go.hawaii.edu/2k5>
- Online Parent Feedback Form– Module 12 <http://go.hawaii.edu/xuK>

## Spring 2023 (4 Modules)

### Calendar Links

- PDF Version <https://go.hawaii.edu/Ry2>
- Google Doc Version <http://go.hawaii.edu/DY2>

## Monthly Focus 13– Staying Pono

- Overview Write Up <http://go.hawaii.edu/xCJ>
- Overview Video [https://youtu.be/J0J\\_zRgfvX8](https://youtu.be/J0J_zRgfvX8)
- Overview Video Slides <http://go.hawaii.edu/CWx>
- Zoom Meeting Video– Option 1: Friday, January 6, 2023 <https://youtu.be/1c-DciswgeY>

- Zoom Meeting Video– Option 2: Tuesday, January 10, 2023  
<https://youtu.be/8w49eDu8FJs>
- Family Engagement: Winter Coat [Slides](#); College Landing Plan [Handout](#)
- Native Hawaiian:Lauhala Coaster [Slides](#) and watch the Lauhala Coaster tutorial [Video](#)
- Nutrition: Get to Know Your Local Food Resources <http://go.hawaii.edu/2YX>;  
Food Resources [Handout](#)
- Well-Being: Language Matters– speak to yourself with kindness; Positive Self-Talk (4 min) [https://youtu.be/71\\_NkXgAK1g](https://youtu.be/71_NkXgAK1g)
- Online Parent Feedback Form– Module 13 <http://go.hawaii.edu/gux>

## Monthly Focus 14– Putting more tools in your toolbox

- Overview Write Up <http://go.hawaii.edu/3Cx>
- Overview Video <https://youtu.be/ZIDpFI8HZpY>
- Overview Video Slides <http://go.hawaii.edu/xWv>
- Zoom Meeting Video– Option 1: Friday, February 3, 2023  
[https://youtu.be/lZcnt\\_flrPg](https://youtu.be/lZcnt_flrPg)
- Zoom Meeting Video– Option 2: Tuesday, February 7, 2023  
<https://youtu.be/4NfmflANRy8>
- Prepositions and Modifiers [slides](#); Prepositions and Modifiers [worksheet](#)
- Family Engagement: Addressing equity and navigating across cultures [Slides](#)
- Native Hawaiian: Moa Pahe’e [Slides](#)
- Nutrition: Interviewing a Family Member and Learning a New Cooking Skill  
<https://go.hawaii.edu/jxk>; Interview Notes [Worksheet](#)
- Well-Being: Stop and Smell the Roses; Lesson [handout](#) and Mindful Reflection [worksheet](#)
- Online Parent Feedback Form– Module 14 <http://go.hawaii.edu/xuc>

## Monthly Focus 15– Who doesn’t love a good story? I love a good story!

- Overview Write Up <http://go.hawaii.edu/xCA>
- Overview Video [https://youtu.be/Mn1kL\\_zsQI0](https://youtu.be/Mn1kL_zsQI0)
- Overview Video Slides <http://go.hawaii.edu/pWx>
- Zoom Meeting Video– Option 1: Friday, March 3, 2023  
[https://youtu.be/ic\\_oLvAXDo](https://youtu.be/ic_oLvAXDo)
- Zoom Meeting Video– Option 2: Tuesday, March 7, 2023  
<https://youtu.be/R0piTX8L81A>
- Mo’olelo Time [Slides](#)
- Family Engagement: Genealogy and Discovering Your Family Story [Slides](#)
- Native Hawaiian: Puke ‘Ohana [Slides](#)
- Nutrition: Grocery Shopping and Stocking Your Pantry <https://go.hawaii.edu/kxf>;  
Shopping for the Pantry [Worksheet](#)
- Online Parent Feedback Form– Module 15 <http://go.hawaii.edu/dux>

## Monthly Focus 16– Rewind and Refresh

- Overview Write Up <http://go.hawaii.edu/GCx>
- Overview Video <https://youtu.be/Q6lc0I3lu1M>
- Overview Video Slides <http://go.hawaii.edu/eWx>
- Zoom Meeting Video– Option 1: Tuesday, April 11, 2023 (Zoom recording corrupted during conversion process)
- Zoom Meeting Video– Option 2: Friday, April 14, 2023 (Zero attendance)
- Zoom video: <https://youtu.be/Me1nWfvXN6Q>
- Where is your Wa'a Going? [Slides](#); Personal Voyage [Worksheet](#)
- Family Engagement: Understanding How the Teen Brain Works! [Slides](#) and [Recording](#); Middle School Transition Infographic – “Launching your Middle Schooler to Success” [handout](#), How the Adolescent Brain Learns [handout](#), Ohio’s Whole Child Framework [handout](#)
- Native Hawaiian: Eyelash Lei Making [Slides](#)
- Nutrition: Reflection on Nutrition/Wellness Journey <https://go.hawaii.edu/Ddk>; End of Year Reflection [worksheet](#)
- Well-Being: Grows and Glows Introduction & Instruction [handout](#) <https://go.hawaii.edu/Rdk>; Grows and Glows Worksheet <https://go.hawaii.edu/kdi>
- Online Parent Feedback Form– Module 16 <http://go.hawaii.edu/xu6>

# Project Ho'oku'i 4 Parent & Student Calendar Spring 2021

## MAR

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	<b>13</b>	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

## APR

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	2	3	4
<b>5</b>	<b>6</b>	7	8	<b>9</b>	10	11
12	<b>13</b>	14	15	<b>16</b>	17	18
19	20	21	22	<b>23</b>	24	25
26	27	28	29	30		

## MAY

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1	<b>2</b>
<b>3</b>	<b>4</b>	5	6	<b>7</b>	8	9
10	<b>11</b>	12	13	<b>14</b>	15	16
17	18	19	20	<b>21</b>	22	23
24	25	26	27	28	29	<b>30</b>

## CALENDAR KEY

**Gray:** State Holidays

**Light colors:** Monthly Module Dates

**Dark Colors:** Online Zoom Sessions

**Bold dates (no outline):** Learning videos released on Slack

**Bold dates (with outline):** Due date for month

- ❑ **Saturday, March 13.** Statewide Kick Off Meeting for Lead Parents, Project Staff, and Mentors. Login to Zoom at 11:45 am to <https://coehawaii.zoom.us/my/zoomnaomi>. Program is from 12:00 to 1:00 pm.
- ❑ **Pre Survey.** To be completed within ONE WEEK of joining Project Ho'oku'i.
- ❑ **Post Survey.** To be completed Sunday, May 30.

Link to join all online sessions is:

<https://coehawaii.zoom.us/my/zoomnaomi>

Important Date(s)	MONTHLY FOCUS 1	Pau?
Mon 4/5	Overview videos and materials released on Slack	
Tue 4/6	Well-being video released on Slack	
Fri 4/9 or Tue 4/13	<p><b>Required:</b> Attend ONE of these options for our Online Zoom Monthly Focus:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Option 1: Friday, 4/9, 4-5 pm. Log on 3:45 pm</li> <li><input type="checkbox"/> Option 2: Tuesday, 4/13, 7-8 pm. Log on 6:45 pm</li> </ul> <p>Topics: Introductions, Family Engagement and Ho'oku'i Activity of the Month-Moku</p>	
Fri 4/16	Nutrition video released on Slack	
Fri 4/23	Talk Story Time on Zoom, 4-5 pm. Log on 3:45 pm	
Sun 5/2	<p><b>Required:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Complete Ho'oku'i Activity with your teen</li> <li><input type="checkbox"/> Complete at least 2 Slack Posts and 2 Replies</li> <li><input type="checkbox"/> Complete Online Parent Feedback Form (Includes reflection on Monthly Activity)</li> </ul>	

Important Date(s)	MONTHLY FOCUS 2	Pau?
Mon 5/3	Overview video and materials released on Slack	
Tue 5/4	Well-being video released on Slack	
Fri 5/7 or Tue 5/11	<p><b>Required:</b> Attend ONE of these options for our Online Zoom Monthly Focus:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Option 1: Friday, 5/7, 4-5 pm. Log on 3:45 pm</li> <li><input type="checkbox"/> Option 2: Tuesday, 5/11, 7-8 pm. Log on 6:45 pm</li> </ul> <p>Topics: Where Is Your Wa'a Going?, Family Engagement, and Ho'oku'i Activity of the Month- 'Aha Cord</p>	
Fri 5/14	Nutrition video released on Slack	
Fri 5/21	Talk Story Time on Zoom, 4-5 pm. Log on 3:45 pm	
Sun 5/30	<p><b>Required:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Complete Ho'oku'i Activity with your teen</li> <li><input type="checkbox"/> Complete at least 2 Slack Posts and 2 Replies</li> <li><input type="checkbox"/> Complete Online Parent Feedback Form (Includes reflection on Monthly Activity)</li> </ul>	

	<ul style="list-style-type: none"> <li>● Introductions</li> <li>● Family Engagement <ul style="list-style-type: none"> <li>○ <a href="#">Slides for Family Engagement: Vision</a></li> <li>○ Action Item: Parents, reflect on <i>What are your hopes and dreams for your teen? What is their gift?</i></li> </ul> </li> </ul> <p>Ho'oku'i Activity of the Month- Moku</p> <ul style="list-style-type: none"> <li>○ Jamboard link: <a href="https://bit.ly/3cJvNlo">https://bit.ly/3cJvNlo</a></li> <li>○ Action Item (Required) Complete Moku activity with your teen by Sunday, 5/2</li> </ul> <p><b>Activity Worksheet</b> <a href="http://go.hawaii.edu/Pdy">http://go.hawaii.edu/Pdy</a></p> <ol style="list-style-type: none"> <li>1. Find two people in your 'ohana or community who might know a mo'olelo of the place you are from. Ask them: <ul style="list-style-type: none"> <li>● If they are willing to share with you this mo'olelo and</li> <li>● If you can write a summary of their story (don't feel the need to share the full details of the story if you do not want to). The story can be about their "small kid time" growing up in that place, the name of the rain, wind and/or mountain range nearby or maybe a piece of history of this place.</li> </ul> </li> <li>2. What is one thing you will take away from these mo'olelo (stories)?</li> </ol>	
Fri 4/16	<p>1 more video released on Slack. Watch in the next couple weeks.</p> <ul style="list-style-type: none"> <li>● Nutrition Focus 1 Video (3 minutes) <ul style="list-style-type: none"> <li>○ Link to video: <a href="https://youtu.be/HZK4SC2xWlw">https://youtu.be/HZK4SC2xWlw</a></li> <li>○ Link to materials: <ul style="list-style-type: none"> <li>■ <a href="#">Total Well-being Goals Handout</a></li> <li>■ <a href="#">Nutrition and Wellness Journal Prompt Module 1</a></li> </ul> </li> <li>○ Action Items: <ul style="list-style-type: none"> <li>■ Complete Total Well-being Goals Handout</li> <li>■ Monthly reflection and journal entry. What is your "Food Story"? This is just for you and will not be collected.</li> </ul> </li> </ul> </li> </ul>	
Fri 4/23	Talk Story Time on Zoom, Friday, 4/23, 4-5 pm. Log on 3:45 pm	

	at <a href="https://coehawaii.zoom.us/my/zoomnaomi">https://coehawaii.zoom.us/my/zoomnaomi</a>	
Sun 5/2	<p><b>Required:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Complete Ho'oku'i Activity with your teen (and upload photo to Online Parent Feedback Form</li> <li><input type="checkbox"/> Complete at least 2 Slack Posts and 2 Replies</li> <li><input type="checkbox"/> Complete Online Parent Feedback Form (Includes reflection on Monthly Activity) <a href="http://go.hawaii.edu/PD2">http://go.hawaii.edu/PD2</a></li> </ul>	

## 5 Big Ideas- Main ideas to keep in mind throughout the month

1. **‘Ōlelo No‘eau: The parent is the support that holds the household together.**  
‘O ka makua ke ko‘o o ka hale e pa‘a ai. Mary Kawena Pukui
2. **The goal of family engagement is to build genuine relationships of mutual trust between educators and families.** Establishing relationships with families support overall family well-being as well as help children grow and thrive. When linked to learning, the research shows that family engagement results in significant improvement in grades, literacy skills, attendance, behavior, and college enrollment. Today - engaging families is more important than ever.
3. **Ku‘u Home Aloha-** My dear/cherished/loving home. Acknowledge the places and spaces that have raised us and taught us so much in life thus far.
4. **Setting nutrition goals with your ‘ohana and reflecting on your Food Story provides a good foundation to build on.**
5. **Breathe deeply.**

## Slack Post Ideas

In #TalkStory-for-all channel, create at least 2 new Slack posts in #TalkStory-for-all channel; Reply to at least 2 people’s posts (in thread below their post).

Our hope is that you will use Slack to create and strengthen connections with other mentors from across the state, so feel free to share resources, ideas, or whatever you think will be useful to others in Hookui.

- What are you most looking forward to in Project Hookui?

- ❑ Share a photo of you completing the Moku activity with your teen. Tell us about your experience doing this together!
- ❑ Share a photo that represents part of your food story! Tell us about it.
- ❑ Well-being focus: After watching the well-being video, reflect on your breathing. How has your well-being shifted after being mindful and intentional about deep breathing more often? Any other thoughts?
- ❑ Other: Post about other Focus 1 related topic(s) of your choice.

# Project Ho'oku'i 4 Parent & Student Calendar

<http://go.hawaii.edu/PEX>

## Fall 2021

### AUG

Mon	Tue	Wed	Thu	Fri	Sat	Sun
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
<b>30</b>	<b>31</b>					

### SEP

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1	2	<b>3</b>	4	5
6	<b>7</b>	8	9	<b>10</b>	11	12
13	14	15	16	<b>17</b>	18	19
20	21	22	23	24	25	<b>26</b>
<b>27</b>	<b>28</b>	29	30			

### OCT

Mon	Tue	Wed	Thu	Fri	Sat	Sun
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4	<b>5</b>	6	7	8	9	10
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18	19	20	21	<b>22</b>	23	24
25	26	27	28	29	30	<b>31</b>

### NOV

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>1</b>	<b>2</b>	3	4	<b>5</b>	6	7
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### DEC

Mon	Tue	Wed	Thu	Fri	Sat	Sun
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

### CALENDAR KEY

<b>Gray:</b> State Holidays/ No School
<b>Light colors:</b> Monthly Module Dates
<b>Dark Colors:</b> Online Zoom Sessions
<b>Bold dates (no outline):</b> Learning videos released on Slack
<b>Bold dates (with outline):</b> Due date for month

# Project Ho'oku'i 4 Parent & Student Calendar Spring 2022

## JAN

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

## FEB

Mon	Tue	Wed	Thu	Fri	Sat	Sun
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28						

## MAR

Mon	Tue	Wed	Thu	Fri	Sat	Sun
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7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
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## APR

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
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## MAY

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23	24	25	26	27	28	29
30						

Link to join all online sessions is:

<https://coehawaii.zoom.us/my/zoomnaomi>

Important Date(s)	MONTHLY FOCUS 3- Welcome Back! Refresher	Pau?
Hookui Monthly Focus 3 Overview Write Up <a href="http://go.hawaii.edu/PDj">http://go.hawaii.edu/PDj</a>		
Mon 8/30	Overview video and materials released on Slack.	
Tue 8/31	Native Hawaiian Wa'a and Ho'oku'i Activity of the Month video released on Slack	
Fri 9/3 or Tue 9/7	<p><b>Required:</b> Attend ONE of these options for our Online Zoom Monthly Focus:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Option 1: Friday, 9/3, 4-5 pm. Log on 3:45 pm</li> <li><input type="checkbox"/> Option 2: Tuesday, 9/7, 7-8 pm. Log on 6:45 pm</li> </ul> <p>Topics: Welcome and Introductions, Wa'a and Ho'oku'i Activity of the Month, Family Engagement- Conversations with your teen, 'Uala nutrition</p>	
Fri 9/10	Nutrition video(s) and materials released on Slack	
Fri 9/17	Talk Story Time on Zoom, 4-5 pm. Log on 3:45 pm	
Sun 9/26	<p><b>Required Action Items:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Complete Ho'oku'i Activity with your teen (Wa'a Ha'awina Worksheet)</li> <li><input type="checkbox"/> Complete My Personal Voyage Worksheet with your teen</li> <li><input type="checkbox"/> Complete at least 2 Slack Posts and 2 Replies</li> <li><input type="checkbox"/> Complete Online Parent Log (Includes pictures of and reflection on Monthly Activities) <a href="http://go.hawaii.edu/K6P">http://go.hawaii.edu/K6P</a></li> </ul>	

Important Date(s)	MONTHLY FOCUS 4- Student Self-Inventory and Career Interests	Pau?
Hookui Monthly Focus 4 Overview Write Up <a href="http://go.hawaii.edu/oDP">http://go.hawaii.edu/oDP</a>		
Mon 9/28	Overview video and materials released on Slack	
Tue 9/29	Well-being video released on Slack	
Fri 10/1 or Tue 10/5	<p><b>Required:</b> Attend ONE of these options for our Online Zoom Monthly Focus:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Option 1: Friday, 10/1, 4-5 pm. Log on 3:45 pm</li> <li><input type="checkbox"/> Option 2: Tuesday, 10/5, 7-8 pm. Log on 6:45 pm</li> </ul> <p>Topics: Student Self-Inventory and Career Interest, Family Engagement: Student Voice, and Ho'oku'i Activity of the Month- Lei</p>	

Fri 10/8	Nutrition video(s) and materials released on Slack	
Fri 10/22	Talk Story Time on Zoom, 4-5 pm. Log on 3:45 pm	
Sun 10/31	<b>Required Action Items:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Complete Ho'oku'i Activity with your teen (Lei)</li> <li><input type="checkbox"/> Complete at least 2 Slack Posts and 2 Replies</li> <li><input type="checkbox"/> Complete Online Parent Log (Includes pictures of and reflection on Monthly Activity) <a href="http://go.hawaii.edu/3QP">http://go.hawaii.edu/3QP</a></li> </ul>	

Important Date(s)	MONTHLY FOCUS 5- Organization is One of the Keys to Success	Pau?
<b>Hookui Monthly Focus 5 Overview Write Up</b> <a href="http://go.hawaii.edu/5mP">http://go.hawaii.edu/5mP</a>		
Mon 11/1	Overview video and materials released on Slack	
Tue 11/2	Well-being video released on Slack	
Fri 11/5 or Tue 11/9	<b>Required:</b> Attend ONE of these options for our Online Zoom Monthly Focus: <ul style="list-style-type: none"> <li><input type="checkbox"/> Option 1: Friday, 10/1, 4-5 pm. Log on 3:45 pm</li> <li><input type="checkbox"/> Option 2: Tuesday, 10/5, 7-8 pm. Log on 6:45 pm</li> </ul> <p>Topics: Organization, Family Engagement: How Parents Can Support Learning at Home, Kalo Nutrition, and Ho'oku'i Activity of the Month- Kalo</p>	
Fri 11/12	Nutrition video(s) and materials released on Slack	
Sun 11/21	<b>Required Action Items:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Complete Ho'oku'i Activity with your teen (Kalo)</li> <li><input type="checkbox"/> Complete at least 2 Slack Posts and 2 Replies</li> <li><input type="checkbox"/> Complete Online Parent Log (Includes pictures of and reflection on Monthly Activity) <a href="http://go.hawaii.edu/PQb">http://go.hawaii.edu/PQb</a></li> </ul> <p>NOTE: This module has no Talk Story session</p>	

**All Ho'oku'i IV Monthly Focus Overviews with Links**  
<http://go.hawaii.edu/kDP>

# Project Ho'oku'i 4 Parent & Student Calendar Spring 2022

## JAN

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1	2
<b>3</b>	<b>4</b>	5	6	<b>7</b>	8	9
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17	18	19	20	<b>21</b>	22	23
24	25	26	27	28	29	<b>30</b>

## FEB

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>31</b>	<b>1</b>	2	3	<b>4</b>	5	6
7	<b>8</b>	9	10	<b>11</b>	12	13
14	15	16	17	<b>18</b>	19	20
21	22	23	24	25	26	27
<b>28</b>						

## MAR

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	<b>1</b>	2	3	<b>4</b>	5	6
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14	15	16	17	<b>18</b>	19	20
21	22	23	24	25	26	<b>27</b>
<b>28</b>	<b>29</b>	30	31			

## APR

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				<b>1</b>	2	3
4	<b>5</b>	6	7	<b>8</b>	9	10
11	12	13	<b>14</b>	15	16	17
18	19	20	21	22	23	<b>24</b>
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## MAY

Mon	Tue	Wed	Thu	Fri	Sat	Sun
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23	24	25	26	27	28	29
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<b>Dark Colors:</b> Online Zoom Sessions
<b>Bold dates (no outline):</b> Learning videos released on Slack
<b>Bold dates (with outline):</b> Due date for month

Link to join all online sessions is:  
<https://hawaii.zoom.us/my/hookui>

Important Dates	Monthly Focus 6: Investing in Student Postsecondary Education Success While in High School	Pau?
<b>Ho'oku'i Monthly Focus Overview Write Up</b> <a href="http://go.hawaii.edu/Pcv">http://go.hawaii.edu/Pcv</a>		
Mon. 1/3	Overview video and materials released on Slack.	
Tue 1/4	Well-being video released on Slack - Active Constructive Responding	
Fri 1/7 or Tue 1/11	<b>Required:</b> Attend ONE of these options for our Online Zoom Monthly Focus: <input type="checkbox"/> Option 1: Friday, 1/7, 4-5 pm. Log on 3:45 pm <input type="checkbox"/> Option 2: Tuesday, 1/11, 7-8 pm. Log on 6:45 pm Topics: Which Program is the Best Fit for Your Student? (Caryl) and Ho'oku'i Activity of the Month, Allyson Lauhala Weaving	
Fri 1/14	Nutrition video(s) and materials released on Slack (Nicole)	
Fri 1/21	Talk Story Time on Zoom, 4-5 pm. Log on by 3:55 pm	
Sun 1/30	<b>Required Action Items by Sunday 1/30:</b> <input type="checkbox"/> Complete at least new 2 Slack Posts and 2 Replies in #Talk-Story Channel <input type="checkbox"/> Complete the lauhala weaving Ho'oku'i Activity with your teen (Upload photo and write reflection in Online Parent Feedback Form) <input type="checkbox"/> Complete Online Parent Feedback Form (Includes reflection on Monthly Activity) <a href="http://go.hawaii.edu/Pqv">http://go.hawaii.edu/Pqv</a>	

Important Dates	Monthly Focus 7: Show Me The Money! Financial Aid and Scholarships	Pau?
<b>Ho'oku'i Monthly Focus Overview Write Up <a href="http://go.hawaii.edu/uKP">http://go.hawaii.edu/uKP</a></b>		
Mon. 1/31	Overview video and materials released on Slack.	
Tue 2/1	4 videos released on Slack - scholarship information, well-being	
Fri 2/4 or Tue 2/8	<p><b>Required:</b> Attend ONE of these options for our Online Zoom Monthly Focus:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Option 1: Friday, 2/4, 4-5 pm. Log on 3:45 pm</li> <li><input type="checkbox"/> Option 2: Tuesday, 2/8, 7-8 pm. Log on 6:45 pm</li> </ul> <p>Topics: (Lisa) Finding Scholarships: What you Need to Know and Ho'oku'i Activities of the Month: Nicole on Niu &amp; Allyson on Niu &amp; New Beginnings</p>	
Fri 2/11	Nutrition video(s) and materials released on Slack (Nicole)	
Fri 2/18	Talk Story Time on Zoom, 4-5 pm. Log on by 3:55 pm	
Sun 2/27	<p><b>Required Action Items by Sunday 2/27:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Complete at least new 2 Slack Posts and 2 Replies in #Talk-Story Channel</li> <li><input type="checkbox"/> Complete the niu Ho'oku'i Activity with your teen. Document your new goals/to-dos using the sprouting niu worksheet and create a poster. (Upload photo and write reflection in Online Parent Feedback Form)</li> <li><input type="checkbox"/> Complete Online Parent Feedback Form (Includes reflection on Monthly Activity) <a href="http://go.hawaii.edu/V48">http://go.hawaii.edu/V48</a></li> </ul>	

Important Dates	Monthly Focus 8: Express Yourself & Get What You Want: Writing Skills for Life		Pau?
<b>Ho'oku'i Monthly Focus Overview Write Up</b> <a href="http://go.hawaii.edu/PmT">http://go.hawaii.edu/PmT</a>			
Mon. 3/1	Overview video and materials released on Slack.		
Tue 3/2	2 videos released on Slack - well-being (Gratitude), family engagement		
Fri 3/4 or Tue 3/8	<p><b>Required:</b> Attend ONE of these options for our Online Zoom Monthly Focus:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Option 1: Friday, 3/4, 4-5 pm. Log on 3:45 pm</li> <li><input type="checkbox"/> Option 2: Tuesday, 3/8, 7-8 pm. Log on 6:45 pm</li> </ul> <p>Topics: (Lisa) Writing Your College Application and/or Scholarship Essay and Ho'oku'i Activity of the Month: Allyson on Kōnane Game</p>		
Fri 3/11	Nutrition video and materials on 'Olena released on Slack (Nicole)		
Fri 3/18	Talk Story Time on Zoom, 4-5 pm. Log on by 3:55 pm		
Sun 3/27	<p><b>Required Action Items by Sunday 3/27:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Complete at least new 2 Slack Posts and 2 Replies in #Talk-Story Channel</li> <li><input type="checkbox"/> Teens- Review this worksheet and write a practice essay for <a href="#">University of Oregon's application</a> based on these directions: <a href="#">Writing the Application or Scholarship Essay</a>. Share your draft with your parent and have a discussion about the process of writing this: <ul style="list-style-type: none"> <li>What are things to celebrate about this? What needs more work? What questions do you still have? What support do you need and where can you get it?</li> </ul> </li> <li><input type="checkbox"/> Upload your teen's completed practice essay to the Online Parent Feedback Form (Word Document or Google Doc with shareable link).</li> <li><input type="checkbox"/> Complete the Kōnane game Ho'oku'i Activity with your teen (Upload photo and write reflection in Online Parent Feedback Form)</li> <li><input type="checkbox"/> Complete Online Parent Feedback Form (Includes reflection on Monthly Activity) <a href="http://go.hawaii.edu/iHP">http://go.hawaii.edu/iHP</a></li> </ul>		

Important Dates	Monthly Focus 9: Reading and Comprehension: Pillars of a Successful Career	Pau?
<b>Ho'oku'i Monthly Focus Overview Write Up</b> <a href="http://go.hawaii.edu/PDG">http://go.hawaii.edu/PDG</a>		
Mon. 3/28	Overview video and materials released on Slack. Watch before you attend your Zoom meeting. Students and Parents, do these things before you attend the Zoom meeting and come prepared to share your results: <ul style="list-style-type: none"> <li>• Review <a href="#">SQ3R Handout</a></li> </ul> Watch Video: <a href="#">SQ3R - How to study effectively (evidence based study tips)</a> (5 mins). See what works for your teen.	
Tue 3/29	2 videos released on Slack - well-being and family engagement	
Fri 4/1 or Tue 4/5	<b>Required:</b> Attend ONE of these options for our Online Zoom Monthly Focus: <ul style="list-style-type: none"> <li><input type="checkbox"/> Option 1: Friday, 4/1, 4-5 pm. Log on 3:45 pm</li> <li><input type="checkbox"/> Option 2: Tuesday, 4/5, 7-8 pm. Log on 6:45 pm</li> </ul> Topics: (Lisa) Reading Comprehension: Finding What Works for You (SQ3R Slides) and Ho'oku'i Activity of the Month: Allyson on Understanding the significance of the Kumulipo to Queen Liliuokalani	
Fri 4/8	Nutrition video(s) and materials released on Slack (Nicole)	
Thursday 4/14	Talk Story Time on Zoom, 4-5 pm. Log on by 3:55 pm Note. Friday is a State Holiday/No School.	
Sun 4/24	<b>Required Action Items by Sunday 4/24:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Complete at least new 2 Slack Posts and 2 Replies in #Talk-Story Channel</li> <li><input type="checkbox"/> Complete the Kumulipo Ho'oku'i Activity with your teen (Upload photo and write reflection in Online Parent Feedback Form).</li> <li><input type="checkbox"/> Complete Online Parent Feedback Form (Includes reflection on Monthly Activity) <a href="http://go.hawaii.edu/9fV">http://go.hawaii.edu/9fV</a></li> </ul>	

# Project Ho'oku'i 4 Parent & Student Calendar Fall 2022

## AUG

Mon	Tues	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

[Focus 10– Reflecting: Where am I at and where am I going on my journey?]

## SEPT

Mon	Tues	Wed	Thu	Fri	Sat	Sun
			1	2	3	4
5	6	7	8	9	10	11
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19	20	21	22	23	24	25
26	27	28	29	30		

[Focus 10– Reflecting: Where am I at and where am I going on my journey?]

## OCT

Mon	Tues	Wed	Thu	Fri	Sat	Sun
3	4	5	6	7	8	9
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24	25	26	27	28	29	30
31						

[Focus 11– Navigating the western academic world while honoring Hawai'i and Kanaka Maoli culture]

## NOV

Mon	Tues	Wed	Thu	Fri	Sat	Sun
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
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[Focus 12– Exploring possibilities and opening your mind]

## DEC

Mon	Tues	Wed	Thu	Fri	Sat	Sun
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

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<b>Bold dates (no outline):</b> Learning videos released on slack
<b>Bold dates (with outline):</b> Due date for month

Link to join all online sessions: <https://hawaii.zoom.us/my/hookui>

Important Date(s)	Monthly Focus 10– Reflecting: Where am I at and where am I going on my journey?	Pau?
<b>Focus 10 Overview Write-up</b> <a href="http://go.hawaii.edu/xCx">http://go.hawaii.edu/xCx</a>		
Mon 8/29	Overview video released on Slack. Watch before you attend your Zoom meeting.	
Tues 8/30	Native Hawaiian materials and activity released on Slack.	
Fri 9/3 or Tue 9/6	<p><b>REQUIRED:</b> Attend <u>1</u> of these options for our Online Zoom Monthly Focus.</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Option 1: Friday, 9/2, 4-5 pm. Log on 3:45 pm</li> <li><input type="checkbox"/> Option 2: Tuesday, 9/6, 7-8 pm. Log on 6:45 pm</li> </ul> <p><b>TOPICS:</b> Welcome Back!, Main Topic– Now is the time to hone my writing skills: common grammatical mistakes, Family Engagement– Academic conversations</p>	
Fri 9/9	Nutrition and Well-being materials released on Slack.	
Sun 9/25	<p><b>REQUIRED BY SUN 9/25:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Complete Personal Voyage Worksheet and Student Biographical Data Sheet with your teen</li> <li><input type="checkbox"/> Complete at least new 2 Slack Posts and 2 Replies in #Talk-Story Channel</li> <li><input type="checkbox"/> Complete Online Parent Feedback Form (Includes reflection on Monthly Activity)</li> </ul>	

Important Date(s)	Focus 11– Navigating the western academic world while honoring Hawai'i and Kanaka Maoli culture	Pau?
<b>Focus 11 Overview Write-up</b> <a href="http://go.hawaii.edu/xCV">http://go.hawaii.edu/xCV</a>		
Mon 10/10	Overview video released on Slack. Watch before you attend your Zoom meeting.	
Tues 10/11	Well-being materials and activity released on Slack.	
Fri 10/14 or Tue 10/18	<p><b>REQUIRED:</b> Attend <u>1</u> of these options for our Online Zoom Monthly Focus.</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Option 1: Friday, 10/14, 4-5 pm. Log on 3:45 pm</li> </ul>	

	<input type="checkbox"/> Option 2: Tuesday, 10/18, 7-8 pm. Log on 6:45 pm <b>TOPICS:</b> A valuable skill: Avoiding writing in fragments and run-on sentences; Native Hawaiian– ‘Ai Kōle Time	
Fri 10/21	Nutrition materials released on Slack.	
Sun 10/30	<b>REQUIRED BY SUN 9/25:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Complete a write up on how your talk story session with your chosen akua went. Your write up should include a photo of your chosen akua. Please refer to the guiding questions provided on the slides. Upload it to the Online Parent Feedback Form.</li> <li><input type="checkbox"/> Complete at least new 2 Slack Posts and 2 Replies in #Talk-Story Channel</li> <li><input type="checkbox"/> Complete Online Parent Feedback Form (Includes reflection on Monthly Activity) <a href="http://go.hawaii.edu/Sux">http://go.hawaii.edu/Sux</a></li> </ul>	

Important Date(s)	Focus 12– Exploring possibilities and opening your mind	Pau?
<b>Focus 12 Overview Write-up</b> <a href="http://go.hawaii.edu/PCx">http://go.hawaii.edu/PCx</a>		
Mon 10/31	Overview video released on Slack. Watch before you attend your Zoom meeting.	
Tues 11/1	Well-being materials and activity released on Slack.	
Fri 11/4 or Wed 11/9	<b>REQUIRED: Attend 1 of these options for our Online Zoom Monthly Focus.</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Option 1: Friday, 11/4, 4-5 pm. Log on 3:45 pm</li> <li><input type="checkbox"/> Option 2: Wednesday, 11/9, 7-8 pm. Log on 6:45 pm</li> </ul> <b>TOPICS:</b> Main Topic– Discovering the unknown: the pythagorean theorem, Hawaiian Hawaiian– Vision Tapa	
Mon 11/14	Nutrition materials released on Slack.	
Sun 11/27	<b>REQUIRED BY SUN 9/25:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Complete your vision tapa with your teen and take a photo of you completing the activity (can include yourselves or just the vision tapa or both.</li> <li><input type="checkbox"/> Complete at least new 2 Slack Posts and 2 Replies in #Talk-Story Channel</li> <li><input type="checkbox"/> Complete Online Parent Feedback Form (Includes reflection on</li> </ul>	

# Project Ho'oku'i 4 Parent & Student Calendar Spring 2023

## JAN

Mon	Tues	Wed	Thu	Fri	Sat	Sun
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

[Focus 13– Staying Pono]

## FEB

Mon	Tues	Wed	Thu	Fri	Sat	Sun
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

[Focus 14– Putting more tools in your toolbox]

## MAR

Mon	Tues	Wed	Thu	Fri	Sat	Sun
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

[Focus 15– Who doesn't love a good story? I love a good story!]

## APR

Mon	Tues	Wed	Thu	Fri	Sat	Sun
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

[Focus 16– Rewind and Refresh]

## MAY

Mon	Tues	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

## CALENDAR KEY

<b>Gray:</b> State Holidays/No School
<b>Light Colors:</b> Monthly Module Dates
<b>Dark Colors:</b> Online Zoom Sessions
<b>Bold dates (no outline):</b> Learning videos released on slack
<b>Bold dates (with outline):</b> Due date for month

Link to join all online sessions: <https://hawaii.zoom.us/my/hookui>

Important Date(s)	Focus 13 - Staying Pono		Pau?
<b>Focus 13 Overview Write-up</b> <a href="http://go.hawaii.edu/xCJ">http://go.hawaii.edu/xCJ</a>			
Wed 1/4	Overview video released on Slack. Watch before you attend your Zoom meeting.		
Thurs 1/5	Native Hawaiian materials and activity released on Slack.		
Fri 1/6 or Tues 1/10	<p><b>REQUIRED: Attend 1 of these options for our Online Zoom Monthly Focus.</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Option 1: Friday, 1/6, 4-5 pm. Log on 3:45 pm</li> <li><input type="checkbox"/> Option 2: Tuesday, 1/10, 7-8 pm. Log on 6:45 pm</li> </ul> <p><b>TOPICS:</b> Main Topic– Keeping it Original; Avoiding Plagiarism!, Family Engagement)– The Importance of Planning: College Landing Checklist</p>		
Fri 1/13	Nutrition and Well-being materials and activities released on Slack.		
Sun 1/29	<p><b>REQUIRED BY SUN 1/29:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Complete your lauhala coaster and please share a photo on Slack and/or upload to the Parent Feedback Form to show how you could use the coaster.</li> <li><input type="checkbox"/> Complete at least new 2 Slack Posts and 2 Replies in #Talk-Story Channel</li> <li><input type="checkbox"/> Complete Online Parent Feedback Form (Includes reflection on Monthly Activity) <a href="http://go.hawaii.edu/gux">http://go.hawaii.edu/gux</a></li> </ul>		

Important Date(s)	Focus 14 - Putting more tools in your toolbox		Pau?
<b>Focus 14 Overview Write-up</b> <a href="http://go.hawaii.edu/3Cx">http://go.hawaii.edu/3Cx</a>			
Mon 1/30	Overview video released on Slack. Watch before you attend your Zoom meeting.		
Tues 1/31	Main Topic and Well-being materials and activities released on Slack.		
Fri 2/3 or Wed 2/7	<p><b>REQUIRED: Attend 1 of these options for our Online Zoom Monthly Focus.</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Option 1: Friday, 2/3, 4-5 pm. Log on 3:45 pm</li> <li><input type="checkbox"/> Option 2: Tuesday, 2/7, 7-8 pm. Log on 6:45 pm</li> </ul> <p><b>TOPICS:</b> Native Hawaiian– Moa Pahe'e, Family Engagement– Addressing equity and navigating across cultures</p>		

Fri 2/10	Nutrition materials and activities released on Slack.	
Sun 2/26	<p><b>REQUIRED BY SUN 2/26:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Post a short video or image of you and your 'ohana playing moa pahe'e. Share with us what you found to be fun, or challenging, or what you learned.</li> <li><input type="checkbox"/> Complete at least new 2 Slack Posts and 2 Replies in #Talk-Story Channel</li> <li><input type="checkbox"/> Complete Online Parent Feedback Form (Includes reflection on Monthly Activity) <a href="http://go.hawaii.edu/xuc">http://go.hawaii.edu/xuc</a></li> </ul>	

Important Date(s)	Focus 15 - Who doesn't love a good story? I love a good story!	Pau?
<b>Focus 15 Overview Write-up</b> <a href="http://go.hawaii.edu/xCA">http://go.hawaii.edu/xCA</a>		
Mon 2/7	Overview video released on Slack. Watch before you attend your Zoom meeting.	
Tues 2/8	Well-being materials and activity released on Slack.	
Fri 3/3 or Tues 3/7	<p><b>REQUIRED: Attend 1 of these options for our Online Zoom Monthly Focus.</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Option 1: Friday, 3/3, 4-5 pm. Log on 3:45 pm</li> <li><input type="checkbox"/> Option 2: Tuesday, 3/7, 7-8 pm. Log on 6:45 pm</li> </ul> <p><b>TOPICS:</b> Main Topic– Mo'olelo Time, Family Engagement– Genealogy and Discovering Your Family Story, Native Hawaiian– Puke 'Ohana</p>	
Fri 3/10	Nutrition materials and activity released on Slack.	
Sun 3/26	<p><b>REQUIRED BY SUN 3/26:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Create a pedigree chart of some sort that shows three to four generations of your family. Start with yourself as the first generation and work backwards. The example is used as a guide. Be creative and have fun!</li> <li><input type="checkbox"/> Complete at least new 2 Slack Posts and 2 Replies in #Talk-Story Channel</li> <li><input type="checkbox"/> Complete Online Parent Feedback Form (Includes reflection on Monthly Activity) <a href="http://go.hawaii.edu/dux">http://go.hawaii.edu/dux</a></li> </ul>	

Important Date(s)	Focus 16 - Rewind and Refresh	Pau?
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Focus 16 Overview Write-up <a href="http://go.hawaii.edu/GCx">http://go.hawaii.edu/GCx</a>		
Tues 3/28	Overview video released on Slack. Watch before you attend your Zoom meeting.	
Wed 3/29	Well-being materials and activity released on Slack.	
Tues 4/11 or Fri 4/14	<p><b>REQUIRED:</b> Attend <b>1</b> of these options for our Online Zoom Monthly Focus.</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Option 1: Tuesday, 4/11, 7-8 pm. Log on 6:45 pm</li> <li><input type="checkbox"/> Option 2: Friday, 4/14, 4-5 pm. Log on 3:45 pm</li> </ul> <p><b>TOPICS:</b> Main Topic–Where is your Wa’a Going?, Native Hawaiian– E Hana Lei Kākou</p>	
Mon 4/17	Family Engagement and Nutrition materials and activities released on Slack.	
Sun 4/30	<p><b>REQUIRED BY SUN 4/30:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Imagine a magazine company asked you to submit a photo of your lei to be used in their magazine. How would you arrange it? What would the composition look like? You want the viewer to be amazed at your lei and photo. Take a creative photo of your finished lei and post on Slack.</li> <li><input type="checkbox"/> Complete at least new 2 Slack Posts and 2 Replies in #Talk-Story Channel</li> <li><input type="checkbox"/> Complete Online Parent Feedback Form (Includes reflection on Monthly Activity) <a href="http://go.hawaii.edu/xu6">http://go.hawaii.edu/xu6</a></li> </ul>	

**Ho'oku'i IV 2022-2023 SY**

**'Ohana Supply Kit**

- 1 water color palette
- 1 paint brush
- 1 fine tip Sharpie
- 4 watercolor paper sheets
- 2 tea towels
- 10 assorted fabric markers
- 1 french-rolling pin
- 2 boba straws
- 2 skeins eyelash ruffle fur yarn
- 2 4 ft white grosgrain ribbon
- 2 clothespins
- 4 kukui nut
- 1 recipe book + 3 binder rings
- 3 manila folder

**Ho'oku'i IV 2022-2023 SY**

**'Ohana Supply Kit**

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- 1 fine tip Sharpie
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- 4 kukui nut
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**Ho'oku'i IV 2022-2023 SY**

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- 3 manila folder

**Ho'oku'i IV 2022-2023 SY**

**'Ohana Supply Kit**

- 1 water color palette
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- 1 fine tip Sharpie
- 4 watercolor paper sheets
- 2 tea towels
- 10 assorted fabric markers
- 1 french-rolling pin
- 2 boba straws
- 2 skeins eyelash ruffle fur yarn
- 2 4 ft white grosgrain ribbon
- 2 clothespins
- 4 kukui nut
- 1 recipe book + 3 binder rings
- 3 manila folder

# Ho'oku'i Monthly Focus 1

## Mon, 4/5 to Sun, 5/2

*Welcome to Ho'oku'i*

All Ho'oku'i IV Monthly Focus Overviews with Links  
<http://go.hawaii.edu/kDP>

Important Date(s)	What	Pau?
Mon 4/5	<p>2 Videos released on Slack. Watch before you attend your Zoom meeting.</p> <ul style="list-style-type: none"> <li>● Module 1 Overview Video (8 minutes) <ul style="list-style-type: none"> <li>○ Video Link: <a href="https://youtu.be/0mV6TdaBtjE">https://youtu.be/0mV6TdaBtjE</a></li> <li>○ Slides <a href="http://go.hawaii.edu/PDP">http://go.hawaii.edu/PDP</a></li> </ul> </li> <li>● E Komo Mai! Project Ho'oku'i IV: 'Ohana Lokahi Video (8 minutes) <ul style="list-style-type: none"> <li>○ Video Link: <a href="https://youtu.be/bRRbfsm9NXk">https://youtu.be/bRRbfsm9NXk</a></li> <li>○ <a href="#">Slides</a></li> </ul> </li> </ul>	
Tue 4/6	<p>1 more video released on Slack. Watch in the next couple weeks.</p> <ul style="list-style-type: none"> <li>● 5 Minute Long Deep Breaths Video (5 minutes) <ul style="list-style-type: none"> <li>○ Video Link: <a href="https://youtu.be/Z8emmFOuhxE">https://youtu.be/Z8emmFOuhxE</a></li> <li>○ Action Item: Throughout the month, practice deep breathing; be mindful of your breath. Can you try to do it at least once daily?</li> </ul> </li> </ul>	
Fri 4/9 or Tue 4/13	<p><b>Required:</b> Attend ONE of these options for our Online Zoom Monthly Focus. <a href="https://coehawaii.zoom.us/my/zoomnaomi">https://coehawaii.zoom.us/my/zoomnaomi</a></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Option 1: Friday, 4/9, 4-5 pm. Log on 3:45 pm</li> <li><input type="checkbox"/> Option 2: Tuesday, 4/13, 7-8 pm. Log on 6:45 pm</li> </ul> <p>Topics and links to materials:</p>	

# Welcome to Ho'oku'i

## Ho'oku'i Monthly Focus 1



## Monthly Focus 1 Mon, 4/5 to Sun, 5/2

<u>Videos Released on Slack</u>	Mon 4/5, Tue 4/6, Fri 4/16
Live Zoom Sessions (Choose one)	<ul style="list-style-type: none"><li>□ Option 1: Friday, 4/9, 4-5 pm. Log on 3:45 pm</li><li>□ Option 2: Tuesday, 4/13, 7-8 pm. Log on 6:45 pm</li></ul>
Live Talk Story Zoom	Fri, 4/24, 4-5 pm. Log on 3:45 pm
Online Parent Feedback Forms and 2 Slack Posts Due	Sun 5/2



**'Ōlelo No'eau: The parent is the support  
that holds the household together.**

O ka makua ke ko'o o ka hale e pa'a ai.  
Mary Kawena Pukui

**Welcome to Ho'oku'i: Big Idea #1**



**The goal of family engagement is to  
build genuine relationships of mutual  
trust between educators and families.**

Establishing relationships with families support overall family well-being as well as help children grow and thrive. When linked to learning, the research shows that family engagement results in significant improvement in grades, literacy skills, attendance, behavior, and college enrollment.

**Welcome to Ho'oku'i: Big Idea #2**



# Ku'u Home Aloha

My dear/cherished/loving home. Acknowledge the places and spaces that have raised us and taught us so much in life thus far.

Welcome to Ho'oku'i: Big Idea #3



Setting nutrition goals with your ohana and reflecting on your Food Story provides a good foundation to build on.

Welcome to Ho'oku'i: Big Idea #4



# Breathe deeply

Welcome to Ho'oku'i: Big Idea #5



## Required Action Items by Sunday 5/2



- ❑ **Required: Complete Moku activity** with your teen <https://bit.ly/3dpeEbG>
- ❑ **Required:** Complete Parent Feedback Form online <https://bit.ly/20e0eVN>
- ❑ **Required:** at least 2 New Slack Posts; 2 responses



# Action Items by Sunday 5/2



- Family Engagement:** Parents, reflect on What are your hopes and dreams for your teen? What is their gift?
- Nutrition 1:** Complete Total Well-being Goals Handout
- Nutrition 2:** Monthly reflection and journal entry. What is your “Food Story”? This is just for you and will not be collected.
- Well-being Practice:** Practice deep breathing



## 2 Community Posts on Slack



**Required:** Choose 2 from this list or create your own post related to Module 1.

- What are you most looking forward to in Project Hookui?
- Share a photo of you completing the Moku activity with your teen. Tell us about your experience doing this together!
- Share a photo that represents part of your food story! Tell us about it.
- Well-being focus: After watching the well-being video, reflect on your breathing. How has your well-being shifted after being mindful and intentional about deep breathing more often? Any other thoughts?
- Other: Post about other Module 1 related topic(s) of your choice.



# Mahalo nui loa!

## Any questions? You can find us at:

- **Lisa Uyehara**, PI, Project Coordinator, Oahu and Kauai Site Coordinator [uyeharal@hawaii.edu](mailto:uyeharal@hawaii.edu)
- **Caryl Hitchcock**, Molokai, Lanai, and Maui Site Coordinator [chh@hawaii.edu](mailto:chh@hawaii.edu)
- **Iwalani McCalla**, West Hawaii Site Coordinator [iwalani.mccalla@hawaii.edu](mailto:iwalani.mccalla@hawaii.edu)
- **Nicole Olayon**, East Hawaii Site Coordinator [nolayon@hawaii.edu](mailto:nolayon@hawaii.edu)
- **Allyson Franco**, Cultural Advisor [akfranco@hawaii.edu](mailto:akfranco@hawaii.edu)
- **Naomi Rombaosa Tanaka**, Curriculum & Technology Coordinator [nrombaosa@hawaii.edu](mailto:nrombaosa@hawaii.edu)



# Ho'oku'i Monthly Focus 2

## Mon, 5/3 to Sun, 5/30

### *Where is Your Wa'a Going and 'Aha Cord*

All Ho'oku'i IV Monthly Focus Overviews with Links  
<http://go.hawaii.edu/kDP>

Important Date(s)	What	Pau?
Mon 5/3	<p>Overview video released on Slack. Watch before you attend your Zoom meeting.</p> <ul style="list-style-type: none"> <li>● Module 2 Overview Video (7 minutes) <ul style="list-style-type: none"> <li>○ Video Link: <a href="https://youtu.be/gTaPpycoD80">https://youtu.be/gTaPpycoD80</a></li> <li>○ Slides <a href="http://go.hawaii.edu/amP">http://go.hawaii.edu/amP</a></li> </ul> </li> </ul>	
Tue 5/4	<p>1 more video released on Slack. Watch in the next couple weeks.</p> <ul style="list-style-type: none"> <li>● One more reason to get a good night's sleep   Jeff Iliff (12 minutes). Video Link: <a href="https://youtu.be/MJK-dMIATmM">https://youtu.be/MJK-dMIATmM</a></li> </ul> <p>Action Item: Throughout the month, practice getting your best rest; be mindful of your rest and sleep. Can you try to improve your sleep? (Quality, length, consistency)</p>	
Fri 5/7 or Tue 5/9	<p><b>REQUIRED:</b> Attend ONE of these options for our Online Zoom Monthly Focus. <a href="https://coehawaii.zoom.us/my/zoomnaomi">https://coehawaii.zoom.us/my/zoomnaomi</a></p> <ul style="list-style-type: none"> <li>☐ Option 1: Friday, 5/7, 4-5 pm. Log on 3:45 pm <ul style="list-style-type: none"> <li>☐ Recording <a href="https://youtu.be/0pm7BZvBr_8">https://youtu.be/0pm7BZvBr_8</a></li> </ul> </li> <li>☐ Option 2: Tuesday, 5/11, 7-8 pm. Log on 6:45 pm <ul style="list-style-type: none"> <li>☐ Recording: <a href="https://youtu.be/kTEFYA6buM">https://youtu.be/kTEFYA6buM</a></li> </ul> </li> </ul> <p>Topics and links to materials:</p> <p>Where is Your Wa'a Going?</p> <ul style="list-style-type: none"> <li>● Where is Your Wa'a Going <a href="#">Slides</a></li> <li>● Why Go to College <a href="#">Slides</a></li> </ul>	

- Share and Break Out Activity with Parents and Teens: [Worksheet and map](#)
- Directions in the [Project Manual](#)
- OPTIONAL Action Item: Take the [RIASEC test](#) (Google Doc Version) or [PDF Version](#). Find out what your teen is interested in!

Ho'oku'i Activity of the Month- 'Aha Cord with Allyson

- [Handout: Directions on How to Braid a Five-strand Aha Cord](#)
- Allyson's Video Tutorial <https://youtu.be/qrGvBOZwf2c>
- The beige cord represents your keiki. Start creating a beautiful cord of different colors to represent people in your 'ohana that are most important in supporting your teen.
- **REQUIRED ACTION ITEM by Sunday, May 30th:**
  - Finish the 'Aha Cord with your teen and take a photo of you completing the activity (can include yourselves or just the cord or both).
  - We invite you to keep the aha cord somewhere in the house to remind your 'ohana of the journey.
  - Also by Sunday, May 30th complete your Parent Feedback Form- Upload your photos from the activity AND write a reflection on your experience with the activity in the form:
    - How did it go? What was your experience like?
    - Explain the symbolism of the colors you selected. Who did you choose the colors to represent and why did you choose them? How is this person supporting your teen?

Fri 5/14	<p>1 more video released on Slack. Watch in the next couple weeks.</p> <p>Handout- Monthly Focus 2: Nutrition Lesson with Nicole  <a href="http://go.hawaii.edu/XdP">http://go.hawaii.edu/XdP</a></p> <ul style="list-style-type: none"> <li>● Nutrition Focus 2 Videos <ul style="list-style-type: none"> <li>○ Link to overview video with Nicole Olayon:  <a href="https://youtu.be/a2mg1_bzaXI">https://youtu.be/a2mg1_bzaXI</a> (3 minutes)</li> <li>○ VIDEO by Hawai'i 'Ulu Coop: <a href="#">Nutritional Benefits of 'Ulu</a> (5 min)</li> <li>○ VIDEO by Kamehameha Publishing: <a href="#">No ke Kumu Ulu/The Ulu Tree-English</a> (7 min)</li> </ul> </li> <li>● Link to materials <ul style="list-style-type: none"> <li>○ <a href="#">Ulu Nutrition Handout</a></li> </ul> </li> <li>● Action Items: <ul style="list-style-type: none"> <li>● Check out the Hawai'i 'Ulu Cooperative website for recipes here: <a href="#">'Ulu Recipes – Hawai'i</a> via the Hawai'i 'Ulu Cooperative  <a href="https://eatbreadfruit.com/pages/recipes">https://eatbreadfruit.com/pages/recipes</a></li> <li>● As an 'ohana find an 'ulu recipe and if you have access to 'ulu try making something new with it and share with the group via Slack and/or in the Parent Feedback Form. Remember to enjoy cooking as a family and stay safe in the kitchen and the garden.  <a href="https://bit.ly/32ZlxP9">Cookbook Recipe Format https://bit.ly/32ZlxP9</a></li> </ul> </li> </ul>	
Fri 5/21	<p>Talk Story Time on Zoom, Friday, 5/21, 4-5 pm. Log on by 3:55 pm at <a href="https://coehawaii.zoom.us/my/zoomnaomi">https://coehawaii.zoom.us/my/zoomnaomi</a></p>	
Sun 5/30	<p><b>REQUIRED BY SUNDAY, 5/30:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Complete at least new 2 Slack Posts and 2 Replies in #Talk-Story Channel</li> <li><input type="checkbox"/> Complete 'Aha Cord Ho'oku'i Activity with your teen (Upload photo and write reflection in Online Parent Feedback Form)</li> <li><input type="checkbox"/> Complete Online Parent Feedback Form (Includes</li> </ul>	

## 5 Big Ideas- Main ideas to keep in mind throughout the month

1. **Plan for your journey.** Planning your journey in life is important so that you are prepared for the future.
2. **Braiding cordage in Hawaiian tradition, and even across the world in other countries, binds it to make it stronger for any situation.** Whether it is lashing a 'iako & ama to a wa'a (canoe) or used in ceremonies, 'aha cord is a foundational tool to strengthen and continue pilina (connection), like our relationships with others.
3. **Nourishment is important for total well-being.** It is important to have a plan and to set goals for each of our unique voyages, and a part of that plan involves nourishing our total well-being with proper nutrition and nourishment for ourselves and our 'ohana.
4. **Get your best rest.** Journeys require periods of rest and good quality sleep is so important for our body, mind, spirit, and well-being!
5. **Be easy on yourself when the waves get rough!** When the journey gets difficult, remember that you are doing the best you can. Be easy on yourself when the waves get rough!

## Slack Post Ideas

In #TalkStory-for-all channel, create at least 2 new Slack posts in #TalkStory-for-all channel; Reply to at least 2 people's posts (in thread below their post).

Our hope is that you will use Slack to create and strengthen connections with other mentors from across the state, so feel free to share resources, ideas, or whatever you think will be useful to others in Hookui.

- What has been your favorite part of participating in Project Ho'oku'i so far?
- Share a photo of you completing the 'Aha Cord activity with your teen. Tell us about your experience doing this together!

- Share an 'ulu recipe with us! Pics welcome!
- Well-being focus: As a busy human, what are some of your best tips for getting the best rest possible?
- Other: Post about other Focus 1 related topic(s) of your choice.

# Where is Your Wa'a Going?/ 'Aha Cord

## Ho'oku'i Monthly Focus 2



## Monthly Focus 2 Mon, 5/3 to Sun, 5/30

<b>Videos Released on Slack</b>	Mon 5/3, Tue 5/4, Fri 5/15
<b>Live Zoom Sessions (Choose one)</b>	<ul style="list-style-type: none"><li>□ Option 1: Friday, 5/7, 4-5 pm. Log on 3:45 pm</li><li>□ Option 2: Tuesday, 5/11, 7-8 pm. Log on 6:45 pm</li></ul>
<b>Live Talk Story Zoom</b>	Fri, 5/21, 4-5 pm. Log on 3:55 pm
<b>Online Parent Feedback Forms and 2 Slack Posts Due</b>	Sun 5/30



# Plan for your journey.

Planning your journey in life is important so that you are prepared for the future.

## Where is Your Wa'a Going?/ 'Aha Cord: Big Idea #1



Braiding cordage in Hawaiian tradition, and even across the world in other countries, binds it to make it stronger for any situation. Whether it is lashing an 'iako & ama to a wa'a (canoe) or used in ceremonies, 'aha cord is a foundational tool to strengthen and continue pilina (connection), like our relationships with others.

## Where is Your Wa'a Going?/ 'Aha Cord: Big Idea #2



# Nourishment is important for total well-being

It is important to have a plan and to set goals for each of our unique voyages, and a part of that plan involves nourishing our total well-being with proper nutrition and nourishment for ourselves and our 'ohana.

**Where is Your Wa'a Going?/ 'Aha Cord:  
Big Idea #3**



5

# Get your best rest.

Journeys require periods of rest and good quality sleep is so important for our body, mind, spirit, and well-being!

**Where is Your Wa'a Going?/ 'Aha Cord:  
Big Idea #4**



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# Be easy on yourself when the waves get rough!

When the journey gets difficult, remember that you are doing the best you can. Be easy on yourself when the waves get rough!

Where is Your Wa'a Going?/ 'Aha Cord:  
Big Idea #5



## Required Action Items by Sunday 5/30



- ❑ **Required: Complete 'Aha Cord activity** with your teen
- ❑ **Required:** Complete Parent Feedback Form online <http://go.hawaii.edu/xDP>
- ❑ Include photos of the 'Aha Cord activity
- ❑ In the Form, write a short reflection
- ❑ **Required:** at least 2 New Slack Posts; 2 responses



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# Optional Action Items by Sunday 5/30



- Complete the RIASEC w/ teen:** [RIASEC test](#) or [PDF Version](#)
- Complete your wa'a:** and [Worksheet and map](#)
- Nutrition 1:** Check out the Hawai'i 'Ulu Cooperative website for recipes via the Hawai'i 'Ulu Cooperative <https://eatbreadfruit.com/pages/recipes>
- Nutrition 2:** Cook with 'ulu! Share with us
- Well-being Practice:** Practice getting your best rest



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## 2 Community Posts on Slack



**Required:** Choose 2 from this list or create your own post related to Module 2.

- What has been your favorite part of participating in Project Ho'oku'i so far?
- Share a photo of you completing the Aha Cord activity with your teen. Tell us about your experience doing this together!
- Share an 'ulu recipe with us! Pics welcome!
- Well-being focus: As a busy human, what are some of your best tips for getting the best rest possible?
- Other: Post about other Module 2 related topic(s) of your choice.



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# Mahalo nui loa!

## Any questions? You can find us at:

- **Lisa Uyehara**, PI, Project Coordinator, Oahu and Kauai Site Coordinator [uyeharal@hawaii.edu](mailto:uyeharal@hawaii.edu)
- **Caryl Hitchcock**, Molokai, Lanai, and Maui Site Coordinator [chh@hawaii.edu](mailto:chh@hawaii.edu)
- **Iwalani McCalla**, West Hawaii Site Coordinator [iwalani.mccalla@hawaii.edu](mailto:iwalani.mccalla@hawaii.edu)
- **Nicole Olayon**, East Hawaii Site Coordinator [nolayon@hawaii.edu](mailto:nolayon@hawaii.edu)
- **Allyson Franco**, Cultural Advisor [akfranco@hawaii.edu](mailto:akfranco@hawaii.edu)
- **Naomi Rombaoa Tanaka**, Curriculum & Technology Coordinator [nrombaoa@hawaii.edu](mailto:nrombaoa@hawaii.edu)



# Ho'oku'i Monthly Focus 3

## Mon, 8/3 to Sun, 9/26

### *Welcome Back! Refresher*

All Ho'oku'i IV Monthly Focus Overviews with Links  
<http://go.hawaii.edu/kDP>

Important Date(s)	What	Pau?
Mon 8/30	<p>Overview video released on Slack. Watch before you attend your Zoom meeting.</p> <ul style="list-style-type: none"> <li>● Module 3 Overview Video (6 minutes)  <a href="https://youtu.be/NBvD_ZwUoSU">https://youtu.be/NBvD_ZwUoSU</a></li> <li>● Video slides <a href="http://go.hawaii.edu/PDX">http://go.hawaii.edu/PDX</a></li> </ul>	
Tue 8/31	<p><b>REQUIRED.</b> Allyson's information released on Slack.</p> <p>Watch/do:</p> <ul style="list-style-type: none"> <li>● Wa'a Navigation Presentation with Allyson video (27 mins)  <a href="https://youtu.be/w2_M3idbiWA">https://youtu.be/w2_M3idbiWA</a> <ul style="list-style-type: none"> <li>○ Slides for video. Mod 4. NH Presentation - Navigation <a href="http://go.hawaii.edu/P6G">http://go.hawaii.edu/P6G</a></li> </ul> </li> <li>● Navigating Your Personal Compass Ha'awina  <a href="http://go.hawaii.edu/A6P">http://go.hawaii.edu/A6P</a> (please wait to hear from Allyson during our Zoom meeting before completing this)</li> </ul> <p>If you have extra time, please also review this doc:</p> <ul style="list-style-type: none"> <li>● Navigation Resources <a href="http://go.hawaii.edu/P63">http://go.hawaii.edu/P63</a></li> </ul>	
Fri 9/3 or Tue 9/7	<p><b>REQUIRED:</b> Attend ONE of these options for our Online Zoom Monthly Focus. <a href="https://coehawaii.zoom.us/my/zoomnaomi">https://coehawaii.zoom.us/my/zoomnaomi</a></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Option 1: Friday, 9/3, 4-5 pm. Log on 3:45 pm <ul style="list-style-type: none"> <li><input type="checkbox"/> <a href="#">Recording</a></li> </ul> </li> <li><input type="checkbox"/> Option 2: Tuesday, 9/7, 7-8 pm. Log on 6:45 pm <ul style="list-style-type: none"> <li><input type="checkbox"/> <a href="#">Recording</a></li> </ul> </li> </ul>	

	<p>Topics and links to materials:</p> <ol style="list-style-type: none"> <li>1) <b>Welcome back! With Lisa</b></li> <li>2) <b>Allyson- Ha'awina Overview</b> <ul style="list-style-type: none"> <li>• Navigating your Personal Compass Ha'awina Worksheet <a href="http://go.hawaii.edu/A6P">http://go.hawaii.edu/A6P</a></li> </ul> </li> <li>3) <b>Caryl- Where is Your Wa'a Going- Review of Highlights and Family Engagement</b> <ul style="list-style-type: none"> <li>• <a href="#">Slides</a></li> <li>• Talk Story Breakout Rooms with Parents and Teens <a href="#">My Personal Voyage Worksheet</a></li> <li>• Jamboard Interactive Activity for Hopes &amp; Dreams/Careers <a href="http://go.hawaii.edu/dSP">http://go.hawaii.edu/dSP</a></li> </ul> </li> <li>4) <b>Nicole- Nutrition and Wellness with Spotlight on 'Uala</b> <ul style="list-style-type: none"> <li>• Eat the rainbow</li> <li>• 'Uala highlights</li> <li>• Talk Story: <a href="#">'Total Well-Being Goals' Worksheet</a></li> </ul> </li> <li>5) <b>Closing and Wrap up with Lisa</b></li> </ol>	
<p>Fri 9/10</p>	<p><b>OPTIONAL</b> Nicole's nutrition information released on Slack.</p> <p>These are the main things to watch/do:</p> <ul style="list-style-type: none"> <li>• Nutrition Focus 3: 'Uala (Sweet Potato) Video: <a href="https://youtu.be/KTGo9n1slPg">https://youtu.be/KTGo9n1slPg</a> (5 mins)</li> <li>• Handout- Monthly Focus 3: Nutrition Lesson with Nicole <a href="http://go.hawaii.edu/Pc4">http://go.hawaii.edu/Pc4</a></li> </ul> <p>If you have extra time, please also watch/ do these:</p> <p>Other nutrition videos:</p> <ul style="list-style-type: none"> <li>• Hawai'i 'Ulu Coop: 'Ulu &amp; 'Uala Salad (Breadfruit &amp; Okinawan Sweet Potato) (1 min) <a href="http://www.youtube.com/watch?v=rxwohQu5Sgg">www.youtube.com/watch?v=rxwohQu5Sgg</a></li> <li>• Kelsey Bunting: Planting 'Uala (2 min) <a href="http://www.youtube.com/watch?v=TkO8XshLsZI">www.youtube.com/watch?v=TkO8XshLsZI</a></li> </ul>	

	<p>Other materials:</p> <ul style="list-style-type: none"> <li>● <a href="#">Total Well-being Goals Handout</a></li> <li>● <a href="#">Nutrition and Wellness Journal Prompt Module 1</a></li> <li>● <a href="#">‘Uala Nutrition Handout</a></li> <li>● <a href="#">Hawai‘i ‘Ulu Coop's Okinawan Sweet Potato Pie Recipe</a></li> <li>● <a href="#">Hawai‘i ‘Ulu Coop's Nutrition Facts Sheet on ‘Uala</a></li> </ul>	
<p>Fri 9/17</p>	<p>Talk Story Time on Zoom, Friday, 9/17, 4-5 pm. Log on by 3:55 pm at <a href="https://coehawaii.zoom.us/my/zoomnaomi">https://coehawaii.zoom.us/my/zoomnaomi</a></p>	
<p>Sun 9/26</p>	<p><b>REQUIRED ACTION ITEMS BY SUNDAY, 9/26:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Complete at least new 2 Slack Posts and 2 Replies in #Talk-Story Channel</li> <li><input type="checkbox"/> Work with your teen to finish updating the <a href="#">My Personal Voyage Worksheet</a>. Upload photo(s) and write reflection in Online Parent Feedback Form.</li> <li><input type="checkbox"/> Native Hawaiian activity- Finish the (Navigating your Personal Compass Ha‘awina <a href="http://go.hawaii.edu/A6P">http://go.hawaii.edu/A6P</a>) with your teen and take a photo of you completing it. Your photos can include yourselves or just the activity.</li> <li><input type="checkbox"/> Complete Online Parent Feedback Form (Includes reflection on and photos of your Personal Voyage Worksheet and NH activity) <a href="http://go.hawaii.edu/K6P">http://go.hawaii.edu/K6P</a></li> </ul> <p><b>OPTIONAL ACTION ITEMS:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> (Well-being 1). Throughout the month, focus on practicing habits of deep breathing, good resting, and healthier eating.</li> <li><input type="checkbox"/> (Nutrition 1). Work with your teen to finish updating the <a href="#">Total Well-Being Goals’ Worksheet</a>. Upload photo(s) and write reflection in Online Parent Feedback Form.</li> <li><input type="checkbox"/> (Nutrition 2). Revisit your Nutrition and Wellness Journal (<a href="#">prompt 1</a>). If you have not started one please find any notebook to start a journal with. Reflect on your first entry’s topic ‘What is Your Food Story?’ (i.e. your earliest memories of food, your favorite foods to eat, what kind of food you grew up eating from your yard, what kind of foods do you want to try to eat more of or learn how to cook, etc.).</li> </ul>	

	<ul style="list-style-type: none"> <li>❑ (Nutrition 3). As an ‘ohana, find an ‘uala recipe. If you have access to ‘uala, try making something new with it and share with the group on Slack in the #TalkStory-for-all channel.</li> <li>❑ (Nutrition 4). Submit your recipes to our group cookbook using this form <a href="#">Ho‘oku‘i Recipe Book Format</a> and emailing it to <a href="mailto:nolayon@hawaii.edu">nolayon@hawaii.edu</a>. Alternatively, you can complete this Google Form to submit your recipe: <a href="https://bit.ly/hookui-recipes">https://bit.ly/hookui-recipes</a></li> </ul>	
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## 5 Big Ideas- Main ideas to keep in mind throughout the month

1. **Plan for your journey.** Planning your journey in life is important so that you are prepared for the future. Family Conversations Are Important: They Develop & Maintain Your Academic Plan.
2. **Navigate your personal compass.**
3. **Before starting a voyage, it is important to have a plan!** Family conversations are important. They develop & maintain your academic plan.
4. **Add more color to your meals in various fruits and vegetables. The different colors provide beneficial nutrients and antioxidants.**
5. **Take care of your physical body so you can be healthy on your journey! Focus on eating, breathing, and sleeping right.**

## Slack Post Ideas

In #TalkStory-for-all channel, create at least 2 new Slack posts in #TalkStory-for-all channel; Reply to at least 2 people’s posts (in thread below their post).

Our hope is that you will use Slack to create and strengthen connections with other mentors from across the state, so feel free to share resources, ideas, or whatever you think will be useful to others in Hookui.

- ❑ Share a photo of you completing the [My Personal Voyage Worksheet](#) with your teen. Tell us about your experience doing this together!
- ❑ Share a photo of your completed [Total Well-Being Goals' Worksheet](#). We'd love to hear any insights that came up for you!
- ❑ What was your process in brainstorming for your wa'a activity? Was it difficult to brainstorm people/activities/goals? Who helped you in the brainstorming process?
- ❑ Well-being focus: How has focusing more on physical health (deep breathing, good sleeping, healthier eating) caused shifts in your life?
- ❑ Other: Post about other Focus 3 related topic(s) of your choice.

# Welcome Back! Refresher

## Ho'oku'i Monthly Focus 3



## Monthly Focus 3 Mon, 8/30 to Sun, 9/26

<b>Videos Released on Slack</b>	Mon 8/30, Tue 8/31, Fri 9/10
<b>Live Zoom Sessions (Choose one)</b>	<ul style="list-style-type: none"><li>□ Option 1: Friday, 9/3, 4-5 pm. Log on 3:45 pm</li><li>□ Option 2: Tuesday, 9/7, 7-8 pm. Log on 6:45 pm</li></ul>
<b>Live Talk Story Zoom</b>	Fri, 9/17, 4-5 pm. Log on 3:55 pm
<b>Online Parent Feedback Forms and 2 Slack Posts Due</b>	Sun 9/26



# Plan for your journey.

Planning your journey in life is important so that you are prepared for the future.

**Welcome Back! Refresher:  
Big Idea #1**



# Navigate your personal compass

**Welcome Back! Refresher:  
Big Idea #2**



# Before starting a voyage, it is important to have a plan!

Family conversations are important. They develop & maintain your academic plan.

## Welcome Back! Refresher: Big Idea #3



Add more color to your meals in various fruits and vegetables. The different colors provide beneficial nutrients and antioxidants

## Welcome Back! Refresher: Big Idea #4



Take care of your physical body so you can be healthy on your journey! Focus on eating, breathing, and sleeping right.

## Welcome Back! Refresher: Big Idea #5



# Required Action Items by Sunday 9/26



- ❑ **Required:** at least 2 New Slack Posts; 2 responses
- ❑ **Required:** Work with your teen to finish updating the My Personal Voyage Worksheet
- ❑ **Required:** Watch Allyson's Wa'a Navigation video (27 mins) and complete the Navigating Your Personal Compass Ha'awina worksheet with your teen
- ❑ **Required:** Complete Parent Feedback Form online <http://go.hawaii.edu/K6P>
  - ❑ Include photos of the Personal Voyage worksheet and Ha'awina activity
  - ❑ In the Form, write short reflections on the above



# Optional Action Items by Sunday 9/26



- Well-being Practice:** Throughout the month, focus on practicing habits of deep breathing, good resting, and healthier eating.
- Native Hawaiian Focus.** Review other materials provided.
- Nutrition 1.** Work with your teen to finish updating the Total Well-Being Goals' Worksheet. Upload photo(s) and write reflection in Online Parent Feedback Form.



# Optional Action Items by Sunday 9/26



- Nutrition 2.** Revisit your Nutrition and Wellness Journal (prompt 1). If you have not started one please find any notebook to start a journal with. Reflect on your first entry's topic 'What is Your Food Story?' (i.e. your earliest memories of food, your favorite foods to eat, what kind of food you grew up eating from your yard, what kind of foods do you want to try to eat more of or learn how to cook, etc.).



# Optional Action Items by Sunday 9/26



- ❑ **Nutrition 3.** As an 'ohana, find an 'uala recipe. If you have access to 'uala, try making something new with it and share with the group on Slack in the #TalkStory-for-all channel.
- ❑ **Nutrition 4.** Submit your recipes to our group cookbook using this form Ho'oku'i Recipe Book Format and emailing it to [hookui@hawaii.edu](mailto:hookui@hawaii.edu) and [nolayon@hawaii.edu](mailto:nolayon@hawaii.edu)



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## 2 Community Posts on Slack



**Required:** Choose 2 from this list or create your own post related to Module 3.

- ❑ Share a photo of you completing the My Personal Voyage Worksheet with your teen. Tell us about your experience doing this together!
- ❑ Share a photo of your completed Total Well-Being Goals' Worksheet. We'd love to hear any insights that came up for you!
- ❑ What was your process in brainstorming for your wa'a activity? Was it difficult to brainstorm people/activities/goals? Who helped you in the brainstorming process?
- ❑ Well-being focus: How has focusing more on physical health (deep breathing, good sleeping, healthier eating) caused shifts in your life?
- ❑ Other: Post about other Module 2 related topic(s) of your choice.



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# Mahalo nui loa!

## Any questions? You can find us at:

- **Lisa Uyehara**, PI, Project Coordinator, Oahu and Kauai Site Coordinator [uyeharal@hawaii.edu](mailto:uyeharal@hawaii.edu)
- **Caryl Hitchcock**, Molokai, Lanai, and Maui Site Coordinator [chh@hawaii.edu](mailto:chh@hawaii.edu)
- **Iwalani McCalla**, West Hawaii Site Coordinator [iwalani.mccalla@hawaii.edu](mailto:iwalani.mccalla@hawaii.edu)
- **Nicole Olayon**, East Hawaii Site Coordinator [nolayon@hawaii.edu](mailto:nolayon@hawaii.edu)
- **Allyson Franco**, Cultural Advisor [akfranco@hawaii.edu](mailto:akfranco@hawaii.edu)
- **Naomi Rombaosa Tanaka**, Curriculum & Technology Coordinator [nrombaosa@hawaii.edu](mailto:nrombaosa@hawaii.edu)
- **Main Project Contact** [hookui@hawaii.edu](mailto:hookui@hawaii.edu)



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# Ho'oku'i Monthly Focus 4

## Mon, 9/27 to 10/31

### *Student Self-Inventory and Career Interest*

*He 'a'ali'i ku makani mai au; 'a'ohe makani nana e kula'i.*  
 I am a wind-resisting 'a'ali'i; no gale can push me over.  
 No'eau #507

All Ho'oku'i IV Monthly Focus Overviews with Links  
<http://go.hawaii.edu/kDP>

Important Date(s)	What	Pau?
Mon 9/27	<p>Overview video and student assessment information released on Slack. Watch before you attend your Zoom meeting.</p> <ul style="list-style-type: none"> <li>● Module 4 Overview Video (6 minutes)  <a href="https://youtu.be/FUkqD_W5TAs">https://youtu.be/FUkqD_W5TAs</a></li> <li>● Video slides <a href="http://go.hawaii.edu/Pmb">http://go.hawaii.edu/Pmb</a></li> </ul> <p>Students, complete these before you attend the Zoom meeting and come prepared to share your results:</p> <ul style="list-style-type: none"> <li>● Self-Inventory of Skills.pdf <a href="http://go.hawaii.edu/xhP">http://go.hawaii.edu/xhP</a></li> <li>● RIASEC.pdf <a href="http://go.hawaii.edu/Ph2">http://go.hawaii.edu/Ph2</a></li> </ul>	
Tue 9/28	<p>1 more video released on Slack. Watch in the next couple weeks.</p> <ul style="list-style-type: none"> <li>● Dear Future Me   Episode 1: Class of 2020 (8 minutes).            Video Link: <a href="https://youtu.be/c3yRStCM_rA">https://youtu.be/c3yRStCM_rA</a></li> </ul>	
Fri 10/1 or Tue 10/5	<p><b>REQUIRED:</b> Attend ONE of these options for our Online Zoom Monthly Focus. <a href="https://coehawaii.zoom.us/my/zoomnaomi">https://coehawaii.zoom.us/my/zoomnaomi</a></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Option 1: Friday, 10/1, 4-5 pm. Log on 3:45 pm           <ul style="list-style-type: none"> <li><input type="checkbox"/> <a href="#">Recording</a></li> </ul> </li> <li><input type="checkbox"/> Option 2: Tuesday, 10/5, 7-8 pm. Log on 6:45 pm           <ul style="list-style-type: none"> <li><input type="checkbox"/> <a href="#">Recording</a></li> </ul> </li> </ul>	

IMPORTANT! Students to complete these assessments before attending the Zoom. Please come ready to discuss:

- ❑ Self-Inventory of Skills.pdf <http://go.hawaii.edu/xhP>
- ❑ RIASEC test.pdf <http://go.hawaii.edu/Ph2>

Topics and links to materials:

**1) Welcome! Lisa**

**2) Lisa- Students, Let's Figure Out Where You Are Right Now**

- [Slides](#)
- Breakout Room Talk Story with pairs of students- Results of the [Self Inventory](#) and [RIASEC](#)

**3) Caryl- Parents, Let's Talk Family Engagement and Communication**

- [Slides](#)
- High School Student-Led Conference Video and discussion <https://vimeo.com/43992567>
- 3 things parents should know before leaving any school event

**4) Allyson- Weaving a Lei of Excellence**

- Presentation & Interactive Jamboard lei activity <http://go.hawaii.edu/JhP>

**Ho'oku'i Activity of the Month- Weaving a Lei of Excellence.**

**REQUIRED ACTION ITEM by Sunday, Oct. 31:**

- Please watch the following videos:
  - [Hawai'i Long Legacy of Lei Making](#) (4 mins)
  - [Best Ways to Make a Lei](#) with ka 'ohana Punua (14 mins)
  - [How to make a Lei](#) with Hawaiian Airlines Employees (10 mins)
- In whatever capacity you can, collect foliage or flowers around your neighborhood or yard to make a lei with a kupuna or 'ohana member. With this activity, find someone

	<p>in your ‘ohana that has the time to make lei with you, in any way you may know how to make lei.</p> <ul style="list-style-type: none"> <li>● During your lei making, talk story with that ‘ohana member about their memories of making lei or what lei reminds them of (an occasion, an experience, etc.)</li> <li>● Finish the lei with your teen and take a photo of you completing the activity (can include yourselves or just the lei or both).</li> <li>● Complete your Parent Feedback Form- Upload your photos from the activity AND write a reflection on your experience with the activity in the form: <ul style="list-style-type: none"> <li>○ How did it go? What was your experience like?</li> <li>○ Share maybe one story you learned from your ‘ohana member that you would like to share with the rest of us. What is something you take from this story?</li> </ul> </li> </ul> <p><b>5) Lisa- Closing and Wrap Up</b></p> <ul style="list-style-type: none"> <li>● Nicole: Reminder about Ho‘oku‘i cookbook</li> </ul>	
<p>Fri 10/8</p>	<p><b>OPTIONAL</b> Nicole’s nutrition information released on Slack.</p> <p>These are the main things to watch/do:</p> <ul style="list-style-type: none"> <li>● Nicole’s overview video Nutrition Focus 4: Papaya (Mikana): <a href="https://youtu.be/ELISL4gVe8Q">https://youtu.be/ELISL4gVe8Q</a> (6 minutes)</li> <li>● Handout- Monthly Focus 4: Nutrition Lesson with Nicole <a href="http://go.hawaii.edu/LcP">http://go.hawaii.edu/LcP</a></li> </ul> <p>If you have extra time, please also watch/ do these:</p> <p>Other nutrition videos:</p> <ul style="list-style-type: none"> <li>● <a href="#">TEDxMontrealWomen and Courtney Jackson “Healthy Digestion- Not What, But How?”</a> (15 minutes)</li> </ul> <p>Other materials:</p> <ul style="list-style-type: none"> <li>● <a href="#">Mikana (Papaya) Nutrition Handout</a></li> <li>● <a href="#">Hawai‘i ‘Ulu Coop’s Green Papaya Nutritional Facts</a></li> <li>● <a href="#">Hawai‘i ‘Ulu Coop’s Chicken Green Papaya Soup Recipe</a></li> </ul>	
<p>Fri 10/22</p>	<p>Talk Story Time on Zoom, Friday, 10/22, 4-5 pm. Log on by 3:55 pm at <a href="https://coehawaii.zoom.us/my/zoomnaomi">https://coehawaii.zoom.us/my/zoomnaomi</a></p>	

Sun 10/31

**REQUIRED ACTION ITEMS BY SUNDAY, 10/31:**

- Complete at least new 2 Slack Posts and 2 Replies in #Talk-Story Channel
- Complete the Weaving a Lei of Excellence Ho'oku'i Activity with your teen. Make the lei with your chosen 'ohana member and take a photo of you completing it. Your photos can include yourselves or just the activity. During your lei making, talk story with that 'ohana member about their memories of making lei or what lei reminds them of (an occasion, an experience, etc.)
- Complete Online Parent Feedback Form (Includes reflection on and photos of your lei) <http://go.hawaii.edu/3QP>

**OPTIONAL ACTION ITEMS:**

- Watch video: Michelle Obama's Best Advice for Students – How to Succeed in Life (3 minutes)  
[https://youtu.be/VxW5D5VPg\\_0](https://youtu.be/VxW5D5VPg_0)
- (Well-being). Students and parents, write a letter to your future self. Send in to Hookui by Sunday, 10/31 and we will mail them back at the end of the year. We will keep your letters sealed and will not read them- this wisdom is for you from you! In your letter, you can ask your future self questions, envision what you experienced in this year, remind yourself of what you are going through now, and/or give yourself encouragement.  

Mail to:  
Project Hookui/ CDS  
Attention: Naomi Rombaoa Tanaka  
1410 Lower Campus Rd. #171F  
Honolulu, HI 96822
- (Nutrition 1). Journal entry: Write about the environment in which you eat. Do you eat on the go? Watching TV? In a rush? Now write about the different ways you'd like to eat more mindfully (or write about the ways that you already eat mindfully) in order to optimize digestion and absorption of nutrients.
- (Nutrition 2). Plant a papaya seed and observe it grow and eventually fruit! Find someone at your school that is willing

	<p>to share seeds with you if you don't have papayas, and plant a papaya tree as a fun activity with your 'ohana.</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> (Nutrition 3). Try some yummy papaya recipes! Try making something new with it.</li> <li><input type="checkbox"/> (Nutrition 4). Share recipes via Slack and with the project using the <a href="#">Ho'oku'i Recipe Book format</a>. Alternatively, you can complete this Google Form to submit your recipe: <a href="https://bit.ly/hookui-recipes">https://bit.ly/hookui-recipes</a></li> </ul>	
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## 5 Big Ideas- Main ideas to keep in mind throughout the month

1. **Learning about and being aware of your strengths and weaknesses will help you reach your goals.** The Student Self-Inventory of Skills is one tool to help you in this process.
2. **Learn more about our own 'Ohana Excellence.**
3. **Family and student voice are important.** Students who lead parent/student conferences and showcase their work do well academically.
4. **When we optimize digestion we are able to absorb nutrients better.**
5. **Your inner guidance has so much wisdom.** Make sure to check in with yourself often.

## Slack Post Ideas

In #TalkStory-for-all channel, create at least 2 new Slack posts in #TalkStory-for-all channel; Reply to at least 2 people's posts (in thread below their post).

Our hope is that you will use Slack to create and strengthen connections with other mentors from across the state, so feel free to share resources, ideas, or whatever you think will be useful to others in Hookui.

- These are the 3 things Family Engagement suggests parents should know before leaving any school event. 1) What should my child know and be able to do by the

end of the year (3 big things); 2) What does my child know now (current level); and 3) What can I DO at home to help my child learn these 3 things? What are your thoughts about these questions and what else would you add?

- Share a photo of you completing the lei activity with your teen. Tell us about your experience doing this together!
- Tell us about the environment in which you eat. Do you eat on the go? Watching TV? In a rush? What are some different ways you'd like to eat more mindfully (or write about the ways that you already eat mindfully) in order to optimize digestion and absorption of nutrients.
- Well-being focus: What was it like to write a letter to your future self?
- Other: Post about other Focus 1 related topic(s) of your choice.

# Student Self-Inventory and Career Interests

## Ho'oku'i Monthly Focus 4



## Monthly Focus 4 Mon, 9/27 to Sun, 10/31

<u>Videos</u> Released on Slack	Mon 9/27, Tue 9/28, Fri 10/8
Live Zoom Sessions (Choose one)	<ul style="list-style-type: none"><li>□ Option 1: Friday, 10/1, 4-5 pm. Log on 3:45 pm</li><li>□ Option 2: Tuesday, 10/5, 7-8 pm. Log on 6:45 pm</li></ul>
Live Talk Story Zoom	Fri, 10/22, 4-5 pm. Log on 3:55 pm
Online Parent Feedback Forms and 2 Slack Posts Due	Sun 10/31



He 'a'ali'i ku makani mai  
au; 'a'ohe makani  
nana e kula'i.

I am a wind-resisting 'a'ali'i; no gale can push me over.

**'Ōlelo Noeau #507**



Learning about and being aware of  
your strengths and weaknesses will  
help you reach your goals.

Student Self-Inventory of Skills is one tool to help you in this  
process.

**Student Self-Inventory and Career Interests  
Big Idea #1**



# Learn more about our own 'Ohana Excellence

## Student Self-Inventory and Career Interests Big Idea #2



# Family and student voice are important.

Students who lead parent/student conferences and showcase their work do well academically.

## Student Self-Inventory and Career Interests Big Idea #3



When we optimize digestion we are able to absorb nutrients better.

**Student Self-Inventory and Career Interests**  
**Big Idea #4**



Your inner guidance has  
so much wisdom.

Make sure to check in with yourself often.

**Student Self-Inventory and Career Interests**  
**Big Idea #5**



# Required Action Items by Sunday 10/31



- Required:** Complete lei activity with your teen
- Required:** Complete Parent Feedback Form online <http://go.hawaii.edu/3QP>
- Include photos of the lei activity
- In the Form, write a short reflection
- Required:** at least 2 New Slack Posts; 2 responses



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# Optional Action Items by Sunday 10/31



- Watch:** Michelle Obama's Best Advice for Students – How to Succeed in Life
- Well-being:** Students and parents, write a letter to your future self and mail it to Hookui office.
- Nutrition 1:** Journal entry: Write about the environment in which you eat. Do you eat on the go? Watching TV? In a rush? Now write about the different ways you'd like to eat more mindfully (or write about the ways that you already eat mindfully) in order to optimize digestion and absorption of nutrients.



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# Optional Action Items by Sunday 10/31



- Nutrition 2:** Plant a papaya seed and observe it grow and eventually fruit! Find someone at your school that is willing to share seeds with you if you don't have papayas, and plant a papaya tree as a fun activity with your 'ohana.
- Nutrition 3:** Try some yummy papaya recipes! Share some of your favorite papaya recipes with us via emailed Google Doc or submitted Google Form.



## 2 Community Posts on Slack



**Required:** Choose 2 from this list or create your own post related to Module 4.

- These are the 3 things Family Engagement suggests parents should know before leaving any school event. 1) What should my child know and be able to do by the end of the year (3 big things); 2) What does my child know now (current level); and 3) What can I DO at home to help my child learn these 3 things? What are your thoughts about these questions and what else would you add?
- Share a photo of you completing the lei activity with your teen. Tell us about your experience doing this together!
- Tell us about the environment in which you eat. Do you eat on the go? Watching TV? In a rush? What are some different ways you'd like to eat more mindfully (or write about the ways that you already eat mindfully) in order to optimize digestion and absorption of nutrients.
- Well-being focus: What was it like to write a letter to your future self?

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# Mahalo nui loa!

## Any questions? You can find us at:

- **Lisa Uyehara**, PI, Project Coordinator, Oahu and Kauai Site Coordinator [uyeharal@hawaii.edu](mailto:uyeharal@hawaii.edu)
- **Caryl Hitchcock**, Molokai, Lanai, and Maui Site Coordinator [chh@hawaii.edu](mailto:chh@hawaii.edu)
- **Iwalani McCalla**, West Hawaii Site Coordinator [iwalani.mccalla@hawaii.edu](mailto:iwalani.mccalla@hawaii.edu)
- **Nicole Olayon**, East Hawaii Site Coordinator [nolayon@hawaii.edu](mailto:nolayon@hawaii.edu)
- **Allyson Franco**, Cultural Advisor [akfranco@hawaii.edu](mailto:akfranco@hawaii.edu)
- **Naomi Rombaosa Tanaka**, Curriculum & Technology Coordinator [nrombaosa@hawaii.edu](mailto:nrombaosa@hawaii.edu)



# Ho'oku'i Monthly Focus 5

## Mon, 11/1 to Sun, 11/21

### *Organization is One of the Keys to Success*

*Ha'a ho'i ka papa; ke kähuli nei.  
Unstable is the foundation; it is turning over.  
No'eau #390*

**All Ho'oku'i IV Monthly Focus Overviews with Links**  
<http://go.hawaii.edu/kDP>

Important Date(s)	What	Pau?
Mon 11/1	<p>Overview video released on Slack. Watch before you attend your Zoom meeting.</p> <ul style="list-style-type: none"> <li>● Module 5 Overview Video (4 minutes)  <a href="https://youtu.be/qYnP6IKIByg">https://youtu.be/qYnP6IKIByg</a></li> <li>● Video slides <a href="http://go.hawaii.edu/8mP">http://go.hawaii.edu/8mP</a></li> </ul>	
Tue 11/2	<p>1 more video released on Slack. Watch in the next couple weeks.</p> <ul style="list-style-type: none"> <li>● How to be Organized for School, College or Life - The 6 Habits of Highly Organized People (5 minutes)  <a href="http://youtu.be/88MjoZalHpM">http://youtu.be/88MjoZalHpM</a></li> <li>● Required Action Item: Student Schedule Worksheet  <a href="http://go.hawaii.edu/P4A">http://go.hawaii.edu/P4A</a>. Parents, review this worksheet with your teen before the Zoom meeting and assist them with filling it out after the Zoom meeting.</li> </ul>	

Fri 11/5 or  
Tue 11/9

**REQUIRED:** Attend ONE of these options for our Online Zoom  
Monthly Focus. <https://coehawaii.zoom.us/my/zoomnaomi>

- ❑ Option 1: Friday, 11/5, 4-5 pm. Log on 3:45 pm
  - ❑ Recording <https://youtu.be/PcLfguAHQ6U>
  
- ❑ Option 2: Tuesday, 11/9, 7-8 pm. Log on 6:45 pm
  - ❑ Recording <https://youtu.be/1Vek7wUvlqs>

Topics and links to materials:

**1) Welcome! Lisa**

**2) Lisa- Organization**

- Organization is One of the Keys to Success [Slides](#)
- Why it is important to use a planner/ Working backwards
- Student Schedule Worksheet <http://go.hawaii.edu/P4A>

**3) Caryl- How Parents Can Support Learning at Home**

- Family Engagement: Exploring Why Educational Partnerships with Families Are So Powerful. Slides <http://go.hawaii.edu/9gP>
  - Hawaii Family Engagement Center Resource Guide: Ohana Tips for Parents <http://go.hawaii.edu/P4k>

**4) Nicole- Kalo Nutrition and Importance of Biodiversity**

- Waiwai & Kalo Slides <http://go.hawaii.edu/cMP>

**4) Allyson- Kalo Cultural Information and Activity**

- Story of Hāloa
- Ohana
- Water
- Waiwai
- Jamboard activity (<http://go.hawaii.edu/PMg>) What Feeds Your Lo'i?

	<p><b>Ho'oku'i Activity of the Month- What Feeds Your Kalo?</b>  <b>REQUIRED ACTION ITEMS by Sunday, November 21:</b></p> <ul style="list-style-type: none"> <li>• Take a moment to sit down and think about all the things/people that truly feed “your kalo” as a student or collectively as an ‘ohana.</li> <li>• Jot down everything that comes to mind! Once your list is done, use this PDF (<a href="http://go.hawaii.edu/6MP">http://go.hawaii.edu/6MP</a>) to help write out everything in your kalo. Choose FIVE most important people/things that feed your kalo and write them big in the kalo (corm) and/or lau (leaves).</li> <li>• When you are done filling out everything, take a photo with/of it and share the following on the monthly Parent Feedback Form: What are the five most important things/people that feed your kalo and why?</li> </ul> <p><b>5) Lisa- Closing and Wrap Up</b></p>	
<p>Fri 11/12</p>	<p>1 more video released on Slack. Watch in the next couple weeks.</p> <p>These are the main things to watch/do:</p> <ul style="list-style-type: none"> <li>• Nicole’s overview video Nutrition Focus 5: Kalo (3 mins): <a href="https://youtu.be/xAaQTclo39A">https://youtu.be/xAaQTclo39A</a></li> <li>• Handout- Monthly Focus 5: Nutrition Lesson with Nicole <a href="http://go.hawaii.edu/X4P">http://go.hawaii.edu/X4P</a></li> </ul> <p>If you have extra time, please also watch/ do these:</p> <p>Other nutrition video:</p> <ul style="list-style-type: none"> <li>• <a href="#">Mālama Hāloa – Protecting the Taro</a> by ‘Ōiwi TV to learn more from the renown kalo mahi'ai (farmer) and cultural practitioner Jerry Konanui (9 minutes)</li> </ul> <p>Other materials:</p> <ul style="list-style-type: none"> <li>• <a href="#">Kalo Nutrition Handout</a></li> <li>• <a href="#">The Past is Present: Kalo Farming on Hawai'i Island.</a>  Learn more about the Legend of Hāloa. Article in Keola Magazine written by Brittany Anderson.</li> </ul>	

	<p>NO Talk Story Time via Zoom this month. If you want to schedule an appointment to talk story individually with us, please email <a href="mailto:hookui@hawaii.edu">hookui@hawaii.edu</a> or your Site Coordinator directly.</p>	
Sun 11/21	<p><b>REQUIRED BY SUNDAY, 11/21:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Complete at least new 2 Slack Posts and 2 Replies in #Talk-Story Channel</li> <li><input type="checkbox"/> Student Schedule Worksheet <a href="http://go.hawaii.edu/P4A">http://go.hawaii.edu/P4A</a>. Parents, assist your teen with filling it out after the Zoom meet</li> <li><input type="checkbox"/> Complete the What Feeds Your Kalo Ho'oku'i Activity with your teen (<a href="http://go.hawaii.edu/6MP">http://go.hawaii.edu/6MP</a>). Who/what truly feed "your kalo" as a student or collectively as an 'ohana? Choose FIVE most important people/things that feed your kalo and write them big in the kalo (corn) and/or lau (leaves). (Upload photo and write reflection in Online Parent Feedback Form)</li> <li><input type="checkbox"/> Complete Online Parent Feedback Form (Includes reflection on Monthly Activities) <a href="http://go.hawaii.edu/PQb">http://go.hawaii.edu/PQb</a></li> </ul> <p><b>OPTIONAL ACTION ITEMS:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> (Nutrition 1). As an 'ohana find a kalo recipe (look at the <a href="#">Kalo Nutrition Handout</a> for more ideas). If you have access to kalo, try making something new with it</li> <li><input type="checkbox"/> (Nutrition 2). Share via Slack and with the project using the <a href="#">Ho'oku'i Recipe Book format</a>. Alternatively, you can complete this Google Form to submit your recipe: <a href="https://bit.ly/hookui-recipes">https://bit.ly/hookui-recipes</a></li> <li><input type="checkbox"/> (Well-being 1). Parents, write a letter to your teen and teens, write a letter to your parents- express gratitude! Gift your letter to each other before the end of 2021.</li> </ul>	

## 5 Big Ideas- Main ideas to keep in mind throughout the month

1. **Organization is one of the keys to success.**
2. **Understand the importance of our wai (water) that makes our lives waiwai (enriched/wealthy).**
3. **Parents can do a lot to support learning at home.** The emphasis is on *learning at home*.
4. **The *corm* of the kalo plant is a good source of carbohydrates and can be a healthier alternative to eating white rice and white potatoes because it is a better source of protein and fiber.**
5. **Make it a point to let people in your life know how you feel about them!**  
What do you love and appreciate about them?

## Slack Post Ideas

In #TalkStory-for-all channel, create at least 2 new Slack posts in #TalkStory-for-all channel; Reply to at least 2 people's posts (in thread below their post).

Our hope is that you will use Slack to create and strengthen connections with other mentors from across the state, so feel free to share resources, ideas, or whatever you think will be useful to others in Hookui.

- What was it like to complete the Student Schedule worksheet with your teen? Was it helpful? Worth it? Do you have another organization system you can share with everyone?
- Share a photo of you completing the Kalo activity with your teen. Tell us about your experience doing this together! What are the five most important things/people that feed your kalo and why?
- What is your favorite way to eat kalo? We'd love to see any pictures or recipes you have!

- Well-being focus: What was it like to write a letter of gratitude to your teen? Is this something you've done before? Why or why not?
- Other: Post about other Focus 1 related topic(s) of your choice.

# Organization is One of the Keys to Success

## Ho'oku'i Monthly Focus 5



## Monthly Focus 5 Mon, 11/1 to Sun, 11/21

<u>Videos Released on Slack</u>	Mon 11/1, Tue 11/2, Fri 11/12
Live Zoom Sessions (Choose one)	<ul style="list-style-type: none"><li>□ Option 1: Friday, 11/5, 4-5 pm. Log on 3:45 pm</li><li>□ Option 2: Tuesday, 11/9, 7-8 pm. Log on 6:45 pm</li></ul>
<del>Live Talk Story Zoom</del>	<del>Fri, 11/12, 4-5 pm. Log on 3:55 pm</del>
Online Parent Feedback Forms and 2 Slack Posts Due	Sun 11/21



Ha'a ho'i ka papa;  
ke kāhuli nei.

Unstable is the foundation; it is turning over.

‘Ōlelo Noeau #390



Organization is one of  
the keys to success.

Organization:  
Big Idea #1



Understand the importance  
of our wai (water) that makes  
our lives waiwai  
(enriched/wealthy).

**Organization:**  
**Big Idea #2**



Parents can do a lot to  
support learning at home.

The emphasis is on learning at home.

**Organization:**  
**Big Idea #3**



The corm of the kalo plant is a good source of carbohydrates and can be a healthier alternative to eating white rice and white potatoes because it is a better source of protein and fiber.

**Organization:  
Big Idea #4**



**Make it a point to let  
people in your life know  
how you feel about them!**

What do you love and appreciate about them?

**Organization:  
Big Idea #5**



# Required Action Items by Sunday 11/21



- Required:** Complete the What Feeds Your Kalo activity with your teen
- Required:** Complete the Student Schedule Worksheet with your teen
- Required:** Complete Parent Feedback Form online <http://go.hawaii.edu/PQb>
  - Include photos of the What Feeds Your Kalo activity and Student Schedule worksheet
  - In the Form, write a short reflection
- Required:** at least 2 New Slack Posts; 2 responses



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# Optional Action Items by Sunday 11/21



- Nutrition:** Try some yummy kalo recipes! Share some of your favorite kalo recipes with us via emailed Google Doc or submitted Google Form.
- Well-being:** Parents, write a letter to your teen and teens, write a letter to your parents- express gratitude! Gift your letter to each other before the end of 2021.



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## 2 Community Posts on Slack



**Required:** Choose 2 from this list or create your own post related to Module 5.

- What was it like to complete the Student Schedule worksheet with your teen? Was it helpful? Worth it? Do you have another organization system you can share with everyone?
- Share a photo of you completing the KALO activity with your teen. Tell us about your experience doing this together! What are the five most important things/people that feed your kalo and why?
- What is your favorite way to eat kalo? We'd love to see any pictures or recipes you have!
- Well-being focus: What was it like to write a letter of gratitude to your teen? Is this something you've done before? Why or why not?



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## Mahalo nui loa!

**Any questions? You can find us at:**

- **Lisa Uyehara**, PI, Project Coordinator, Oahu and Kauai Site Coordinator [uyeharal@hawaii.edu](mailto:uyeharal@hawaii.edu)
- **Caryl Hitchcock**, Molokai, Lanai, and Maui Site Coordinator [chh@hawaii.edu](mailto:chh@hawaii.edu)
- **Iwalani McCalla**, West Hawaii Site Coordinator [iwalani.mccalla@hawaii.edu](mailto:iwalani.mccalla@hawaii.edu)
- **Nicole Olayon**, East Hawaii Site Coordinator [nolayon@hawaii.edu](mailto:nolayon@hawaii.edu)
- **Allyson Franco**, Cultural Advisor [akfranco@hawaii.edu](mailto:akfranco@hawaii.edu)
- **Naomi Rombaoa Tanaka**, Curriculum & Technology Coordinator [nrombaoa@hawaii.edu](mailto:nrombaoa@hawaii.edu)



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# Ho'oku'i Monthly Focus 6

## Mon, 1/3 to Sun, 1/30

### *Investing in Student Postsecondary Education Success While in High School*

*O ke kahua mamua, mahope ke kūkulu.*  
 The site first, and then the building. Learn all you can, then practice.  
 No'eau #2459

**All Ho'oku'i IV Monthly Focus Overviews with Links**  
<http://go.hawaii.edu/kDP>

Important Date(s)	What	Pau?
Mon 1/3	Overview video released on Slack. Watch before you attend your Zoom meeting. <ul style="list-style-type: none"> <li>● Module 6 Overview Video (4 minutes)  <a href="https://youtu.be/zhRCvyaxKIQ">https://youtu.be/zhRCvyaxKIQ</a></li> <li>● Video slides <a href="http://go.hawaii.edu/Pmr">http://go.hawaii.edu/Pmr</a></li> </ul>	
Tue 1/4	1 more video released on Slack. Watch in the next couple weeks. <ul style="list-style-type: none"> <li>● (Well-being). Active Constructive Responding (5 Minutes)  <a href="https://youtu.be/qRORihbXMnA">https://youtu.be/qRORihbXMnA</a></li> </ul>	
Fri 1/7 or Tue 1/11	<b>REQUIRED:</b> Attend ONE of these options for our Online Zoom Monthly Focus. <a href="https://hawaii.zoom.us/my/hookui">https://hawaii.zoom.us/my/hookui</a> <ul style="list-style-type: none"> <li>❑ Option 1: Friday, 1/7, 4-5 pm. Log on 3:45 pm                ❑ <a href="https://www.youtube.com/watch?v=5pRy5ltJzFc">https://www.youtube.com/watch?v=5pRy5ltJzFc</a></li> <li>❑ Option 2: Tuesday, 1/11, 7-8 pm. Log on 6:45 pm                ❑ <a href="https://www.youtube.com/watch?v=ABMqW9Sggns">https://www.youtube.com/watch?v=ABMqW9Sggns</a></li> </ul>	

	<p>Topics and links to materials:</p> <p><b>1) Welcome! With Lisa</b></p> <p><b>2) Caryl- Which Program Is the Best Fit for Your Student?</b></p> <ul style="list-style-type: none"> <li>● Early College &amp; Dual Credit Programs: Getting a Head Start. Presentation on each of the early college programs, along with their benefits and risks <a href="#">Slides</a></li> <li>● Q and A with Parents</li> </ul> <p><b>3) Allyson- Lauhala Weaving</b></p> <ul style="list-style-type: none"> <li>● Focus title: In weaving you start at the center (Ka ulana ‘ana i ka piko)</li> <li>● Weaving overview and big idea: start at the center (<i>piko</i>) <a href="#">Slides</a></li> <li>● Hands on weaving activity (shared live after presentation, review video with Allyson) <a href="http://go.hawaii.edu/VQW">http://go.hawaii.edu/VQW</a></li> <li>● <b>REQUIRED ACTION ITEM by Sunday, Jan 30:</b> <ul style="list-style-type: none"> <li>○ Finish the Lauhala weaving with your teen and take a photo of you completing the activity (can include yourselves or just the bracelet or both).</li> <li>○ We invite you to make the bracelet for someone you appreciate &amp; that reminds your ‘ohana of a special moment in your life with this person. Please feel free to gift it to them!</li> <li>○ Also by Sunday, January 30th complete your Parent Feedback Form- Upload your photos from the activity AND write a reflection on your experience with the activity in the form:           <ul style="list-style-type: none"> <li>■ How did it go? What was your experience like?</li> <li>■ Explain the symbolism of weaving something &amp; gifting it to someone in your life.</li> </ul> </li> </ul> </li> <li>● <b>Closing and Wrap up with Lisa</b></li> </ul>	
Fri 1/14	<p><b>OPTIONAL</b> Nicole’s nutrition information released on Slack.</p> <p>These are the main things to watch/do:</p>	

	<ul style="list-style-type: none"> <li>● Nutrition Focus 6: Mai'a (Banana) Video: <a href="https://youtu.be/qX47zgSMukE">https://youtu.be/qX47zgSMukE</a> (6 mins)</li> <li>● Handout- Monthly Focus 6: Nutrition Lesson with Nicole <a href="http://go.hawaii.edu/ANP">http://go.hawaii.edu/ANP</a></li> </ul> <p>Other materials:</p> <ul style="list-style-type: none"> <li>● <a href="http://go.hawaii.edu/AgV">Mai'a Nutrition Handout http://go.hawaii.edu/AgV</a></li> <li>● <a href="#">Get to Know Banana Fact Sheet</a></li> <li>● <a href="#">Home Recipe Banana Bread</a></li> </ul>	
Friday, 1/21	Talk Story Time on Zoom, Friday, 1/21, 4-5 pm. Log on by 3:55 pm at <a href="https://hawaii.zoom.us/my/hookui">https://hawaii.zoom.us/my/hookui</a>	
Sun 1/30	<p><b>REQUIRED ACTION ITEMS BY SUNDAY, 1/30:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Complete at least new 2 Slack Posts and 2 Replies in #Talk-Story Channel</li> <li><input type="checkbox"/> Complete the lauhala weaving Ho'oku'i Activity with your teen (Upload photo and write reflection in Online Parent Feedback Form)</li> <li><input type="checkbox"/> Complete Online Parent Feedback Form (Includes reflection on Monthly Activity) <a href="http://go.hawaii.edu/Pqv">http://go.hawaii.edu/Pqv</a></li> </ul> <p><b>OPTIONAL ACTION ITEMS:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> (Well-being). Practice Active Constructive Responding when someone tells you good news and see how that feels.</li> <li><input type="checkbox"/> (Nutrition 1). Read this article by the National Tropical Botanical Garden: "<a href="#">Kahanu Garden Safeguards Banana Heritage</a>" and then reflect on the importance of Biodiversity and Food Security in our food crops. Journal using the instructions in this <a href="#">Journal prompt</a>.</li> <li><input type="checkbox"/> (Nutrition 2). Share some of your favorite mai'a recipes via this Google Form to submit your recipe: <a href="https://bit.ly/hookui-recipes">https://bit.ly/hookui-recipes</a></li> </ul>	

## 5 Big Ideas- Main ideas to keep in mind throughout the month

1. **Get a head start while you are surrounded by support!** Now is the best time to get a taste of college while you are surrounded by your 'ohana and support.
2. **In weaving you start at the center.** Ka ulana 'ana i ka piko.
3. **Find the program that is the best fit for your teen.**
4. **A great way to ensure that you are getting enough fiber in your diet is to aim to eat about 5 servings of fruits and vegetables each day.**
5. **You can build relationships using Active Constructive Responding.**

## Slack Post Ideas

In #TalkStory-for-all channel, create at least 2 new Slack posts in #TalkStory-for-all channel; Reply to at least 2 people's posts (in thread below their post).

Our hope is that you will use Slack to create and strengthen connections with other mentors from across the state, so feel free to share resources, ideas, or whatever you think will be useful to others in Hookui.

- What are some things you are looking forward to in 2022?
- Share a photo of you completing the lauhala weaving activity with your teen. Tell us about your experience doing this together!
- Which of the dual-credit programs for high-school students is most appealing to you and why? What other questions do you have about dual-credit programs?
- Well-being focus: What was it like to practice Active Constructive Responding (ACR) when someone told you good news? Did this come naturally to you? Other thoughts?
- Other: Post about other Focus 6 related topic(s) of your choice.

# Investing in Student Postsecondary Education Success While in High School

## Ho'oku'i Monthly Focus 6



## Monthly Focus 6 Mon, 1/3 to Sun, 1/30

<b>Videos Released on Slack</b>	Mon 1/3, Tue 1/4, Fri 1/14
<b>Live Zoom Sessions (Choose one)</b>	<ul style="list-style-type: none"><li>❑ Option 1: Friday, 1/7, 4-5 pm. Log on 3:45 pm</li><li>❑ Option 2: Tuesday, 1/11, 7-8 pm. Log on 6:45 pm</li></ul>
<b>Live Talk Story Zoom</b>	Fri, 1/21, 4-5 pm. Log on 3:55 pm
<b>Online Parent Feedback Forms and 2 Slack Posts Due</b>	Sun 1/30



**‘O ke kahua mamua,  
mahope ke kūkulu.**

The site first, and then the building.  
Learn all you can, then practice.

**‘Ōlelo Noeau #2459**



**Get a head start while you  
are surrounded by support!**

Now is the best time to get a taste of college while  
you are surrounded by your ‘ohana and support.

**Investing in Students  
Big Idea #1**



In weaving you start  
at the center.

Ka ulana 'ana i ka piko

Investing in Students  
Big Idea #2



Find the program  
that is the best fit for  
your teen.

Investing in Students  
Big Idea #3



A great way to ensure that you are getting enough fiber in your diet is to aim to eat about 5 servings of fruits and vegetables each day.

**Investing in Students  
Big Idea #4**



You can build relationships using Active Constructive Responding.

**Investing in Students  
Big Idea #5**



# Required Action Items by Sunday 1/30



- ❑ **Required:** Complete lauhala weaving activity with your teen
- ❑ **Required:** Complete Parent Feedback Form online <http://go.hawaii.edu/Pqv>
  - ❑ Include photos of the lauhala activity
  - ❑ In the Form, write a short reflection
- ❑ **Required:** at least 2 New Slack Posts; 2 responses



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# Optional Action Items by Sunday 1/30



- ❑ **Well-being Practice:** Practice Active Constructive Responding when someone tells you good news and see how that feels.
- ❑ **Nutrition 1:** Read this article "[Kahanu Garden Safeguards Banana Heritage](#)" and then reflect on the importance of Biodiversity and Food Security in our food crops. Journal using the instructions in this [Journal prompt](#).
- ❑ **Nutrition 2:** Share some of your favorite maia recipes with us via submitted Google Form.



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## 2 Community Posts on Slack



**Required:** Choose 2 from this list or create your own post related to Module 6.

- What are some things you are looking forward to in 2022?
- Share a photo of you completing the lauhala weaving activity with your teen. Tell us about your experience doing this together!
- Which of the dual-credit programs for high-school students is most appealing to you and why? What other questions do you have about dual-credit programs?
- Well-being focus: What was it like to practice Active Constructive Responding (ACR) when someone told you good news? Did this come naturally to you? Other thoughts?
- Other: Post about other Focus 6 related topic(s) of your choice.



## Mahalo nui loa!

**Any questions? You can find us at:**

- **Lisa Uyehara**, PI, Project Coordinator, Oahu and Kauai Site Coordinator [uyeharal@hawaii.edu](mailto:uyeharal@hawaii.edu)
- **Caryl Hitchcock**, Molokai, Lanai, and Maui Site Coordinator [chh@hawaii.edu](mailto:chh@hawaii.edu)
- **Iwalani McCalla**, West Hawaii Site Coordinator [iwalani.mccalla@hawaii.edu](mailto:iwalani.mccalla@hawaii.edu)
- **Nicole Olayon**, East Hawaii Site Coordinator [nolayon@hawaii.edu](mailto:nolayon@hawaii.edu)
- **Allyson Franco**, Cultural Advisor [akfranco@hawaii.edu](mailto:akfranco@hawaii.edu)
- **Naomi Rombaoa Tanaka**, Curriculum & Technology Coordinator [nrombaoa@hawaii.edu](mailto:nrombaoa@hawaii.edu)



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# Ho'oku'i Monthly Focus 7

Mon, 1/31 to Sun, 2/27

## *Show Me the Money! Financial Aid and Scholarships*

*'A 'ohe wāwae o ka i'a; o 'oe ka mea wāwae, ki'ī mai.*  
Fish have no feet; you who have feet must come and get it.  
No'eau #217

All Ho'oku'i IV Monthly Focus Overviews with Links  
<http://go.hawaii.edu/kDP>

Important Date(s)	What	Pau?
Mon 1/31	<p>Overview video released on Slack. Watch before you attend your Zoom meeting.</p> <ul style="list-style-type: none"><li>• Module 7 Overview Video (4 minutes) <a href="https://youtu.be/PU9MeL4iJqs">https://youtu.be/PU9MeL4iJqs</a></li><li>• Video slides <a href="http://go.hawaii.edu/vmP">http://go.hawaii.edu/vmP</a></li></ul>	
Tue 2/1	<p>4 more videos released on Slack. Watch in the next couple weeks.</p> <ul style="list-style-type: none"><li>• How to Get College Scholarships   Tips, Tricks, and My Experience (13 mins) <a href="https://youtu.be/wNuMSnCfv7s">https://youtu.be/wNuMSnCfv7s</a></li><li>• EXAM MOTIVATION - Before You Doubt Yourself, You Need to See This!! With Michelle Obama (11 mins) <a href="https://www.youtube.com/watch?v=Rq6CL0nYQnk">https://www.youtube.com/watch?v=Rq6CL0nYQnk</a></li><li>• After-School Programs by Caryl <a href="https://youtu.be/G3LMXbuoWL8">https://youtu.be/G3LMXbuoWL8</a> (8 mins)<ul style="list-style-type: none"><li>◦ <a href="#">Slides</a></li></ul></li><li>• (Well-being). Uncle Kanoa Switzer- Hakalau (9 mins) <a href="https://youtu.be/M5pyh_tESxs">https://youtu.be/M5pyh_tESxs</a></li></ul>	

Fri 2/4 or  
Tue 2/8

**REQUIRED:** Attend ONE of these options for our Online Zoom Monthly Focus. <https://hawaii.zoom.us/my/hookui>

- ❑ Option 1: Friday, 2/4, 4-5 pm. Log on 3:45 pm
  - ❑ <https://www.youtube.com/watch?v=ms48-5c6GtQ&t=49s>
- ❑ Option 2: Tuesday, 2/8, 7-8 pm. Log on 6:45 pm
  - ❑ <https://www.youtube.com/watch?v=W7RczmwcU9s>

Topics and links to materials:

**1) Welcome back! With Lisa**

**2) Lisa- Finding Scholarships: What You Need to Know**

- [Slides](#)
- Introduce Activity- An Opportunity for an Honest Conversation [Worksheet](#)
- [Available scholarships in Hawaii](#). Review before we meet

**3) Nicole- Niu (Coconut) Nutrition**

- [Slides](#)

**4) Allyson- Niu (New Beginnings): Focus on Coconut**

- Presentation [Slides](#)
  - 'Ōlelo No'eau/Introduce concept of sprouting coconut and new beginnings
  - Introduce home activity- Clip art with niu
    - [Niu Print Out PDF](#)
    - Instructions:
      - Using the Niu clipart print out/PDF, select a color (if you prefer to) according to the type of goal you have in mind.
      - Example: Yellow - School/College, Green - 'Ohana, Brown - Basketball
- **REQUIRED ACTION ITEMS by Sunday, Feb 27:**
  - Using the clip art, write your new goals/to-dos using a sprouting niu and cut them out.

	<ul style="list-style-type: none"> <li>○ Glue or tape down your niu onto a poster or a place you will be able to look at everyday.</li> <li>○ Once you are done, take a photo of you completing the activity (can include yourselves or just the poster/wall or both).</li> <li>○ We invite you to keep adding to this wall or poster as the school year goes on into the summer.</li> <li>○ When you accomplish a goal or activity written out, do not throw it away! Save it and put it on the side.</li> <li>○ Also by Sunday, February 27th complete your Parent Feedback Form- Upload your photos from the activity AND write a reflection on your experience with the activity in the form: <ul style="list-style-type: none"> <li>■ What were some of the new goals or activities you would like to accomplish?</li> <li>■ How did it go? What was your experience like?</li> <li>■ Explain the symbolism of the colors you selected. Who did you choose the colors to represent and why did you choose them?</li> </ul> </li> </ul> <p><b>5) Closing and Wrap up with Lisa</b></p>	
Fri 2/11	<p><b>OPTIONAL</b> Nicole’s nutrition information released on Slack.</p> <p>These are the main things to watch/do:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Nutrition Focus 7: Niu Video: <a href="https://youtu.be/Pntwh8YAQgc">https://youtu.be/Pntwh8YAQgc</a> (4 mins)</li> <li><input type="checkbox"/> Handout- Monthly Focus 7: Nutrition Lesson with Nicole <a href="http://go.hawaii.edu/xNP">http://go.hawaii.edu/xNP</a></li> </ul> <p>Other materials:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <a href="#">Niu Nutrition Handout</a></li> </ul>	
Friday, 2/18	<p>Talk Story Time on Zoom, Friday, 2/18, 4-5 pm. Log on by 3:55 pm at <a href="https://hawaii.zoom.us/my/hookui">https://hawaii.zoom.us/my/hookui</a></p>	

Sun 2/27	<p><b>REQUIRED BY SUNDAY, 2/27:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Complete at least new 2 Slack Posts and 2 Replies in #Talk-Story Channel</li> <li><input type="checkbox"/> Complete the niu Ho'oku'i Activity with your teen. Document your new goals/to-dos using the sprouting niu worksheet and create a poster. (Upload photo and write reflection in Online Parent Feedback Form)</li> <li><input type="checkbox"/> Complete Online Parent Feedback Form (Includes reflection on Monthly Activity) <a href="http://go.hawaii.edu/V48">http://go.hawaii.edu/V48</a></li> </ul> <p><b>OPTIONAL ACTION ITEMS:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> (Well-being). Practice Hakalau, especially when experiencing stress</li> <li><input type="checkbox"/> (Nutrition 1). <a href="#">Journal prompt</a>: Reflect on and journal about the importance of Daily Movement and Proper Hydration.</li> <li><input type="checkbox"/> (Nutrition 2). Take a look at the recipe resources listed on the <a href="#">Handout- Monthly Focus 7: Nutrition Lesson with Nicole</a> and see if there are any recipes that you and your 'ohana would like to try together!</li> <li><input type="checkbox"/> (Nutrition 3). Share some of your favorite niu recipes via this Google Form to submit your recipe: <a href="https://bit.ly/hookui-recipes">https://bit.ly/hookui-recipes</a></li> </ul>	

## 5 Big Ideas- Main ideas to keep in mind throughout the month

1. **A well-planned college journey includes financial planning.**
2. **A new year calls for niu (new) beginnings.** Writing down new beginnings is important for your journey.

3. **Community partners are resources** (Examples: After School Alliance, Queen Liliuokalani Trust, Boys & Girls Club, Sports, Kamehameha Schools).
4. **Coconut water is a great hydrating drink because it contains electrolytes such as potassium, sodium, magnesium, phosphorus, and calcium.**
5. **Hakalau can help us handle stressful situations because it puts us into the mindset of possibility and solution, not focused on the problem.**

## Slack Post Ideas

In #TalkStory-for-all channel, create at least 2 new Slack posts in #TalkStory-for-all channel; Reply to at least 2 people's posts (in thread below their post).

Our hope is that you will use Slack to create and strengthen connections with other mentors from across the state, so feel free to share resources, ideas, or whatever you think will be useful to others in Hookui.

- How is the scholarship search going so far? Is there anything you need more help with?
- Share a photo of you completing the niu poster activity with your teen. Tell us about your experience doing this together!
- What after school programs does your teen attend? What are the benefits? How does this support or extend their learning time?
- Well-being focus: What was your experience practicing Hakalau?
- Other: Post about other Focus 7 related topic(s) of your choice.

# Show Me the Money! Financial Aid and Scholarships

## Ho'oku'i Monthly Focus 7



## Monthly Focus 7 Mon, 1/31 to Sun, 2/27

<b>Videos Released on Slack</b>	Mon 1/31, Tue 2/1 Fri 2/11
<b>Live Zoom Sessions (Choose one)</b>	<ul style="list-style-type: none"><li>❑ Option 1: Friday, 2/4, 4-5 pm. Log on 3:45 pm</li><li>❑ Option 2: Tuesday, 2/8, 7-8 pm. Log on 6:45 pm</li></ul>
<b>Live Talk Story Zoom</b>	Fri, 2/18, 4-5 pm. Log on 3:55 pm
<b>Online Parent Feedback Forms and 2 Slack Posts Due</b>	Sun 2/27



**‘A‘ohe wāwae o ka i‘a; o ‘oe  
ka mea wāwae, ki‘i mai.**

Fish have no feet; you who have feet  
must come and get it.

**‘Ōlelo Noeau #217**



**A well-planned college  
journey includes  
financial planning.**

**Financial Aid and Scholarships  
Big Idea #1**



# A new year calls for niu (*new*) beginnings.

Writing down new beginnings is important for your journey.

## Financial Aid and Scholarships Big Idea #2



# Community partners are resources.

Examples: After School Alliance, Queen Liliuokalani Trust,  
Boys & Girls Club, Sports, Kamehameha Schools.

## Financial Aid and Scholarships Big Idea #3



Coconut water is a great hydrating drink because it contains electrolytes such as potassium, sodium, magnesium, phosphorus, and calcium.

## Financial Aid and Scholarships Big Idea #4



Hakalau can help us handle stressful situations because it puts us into the mindset of possibility and solution, not focused on the problem.

## Financial Aid and Scholarships Big Idea #5



# Required Action Items by Sunday 2/27



- Required:** Complete niu poster activity with your teen
- Required:** Complete Parent Feedback Form online <http://go.hawaii.edu/V48>
  - Include photos of the niu poster activity
  - In the Form, write a short reflection
- Required:** at least 2 New Slack Posts; 2 responses



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# Optional Action Items by Sunday 2/27



- Well-being Practice:** Practice Hakalau, especially when experiencing stress.
- Nutrition 1:** Reflect on and journal about the importance of Daily Movement and Proper Hydration.
- Nutrition 2:** See if there are any niu recipes that you and your 'ohana would like to try together!
- Nutrition 3:** Share some of your favorite niu recipes with us via submitted Google Form.



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## 2 Community Posts on Slack



**Required:** Choose 2 from this list or create your own post related to Module 7.

- How is the scholarship search going so far? Is there anything you need more help with?
- Share a photo of you completing the niu poster activity with your teen. Tell us about your experience doing this together!
- What after school programs does your teen attend? What are the benefits? How does this support or extend their learning time?
- Well-being focus: What was your experience practicing Hakalau?
- Other: Post about other Module 7 related topic(s) of your choice.



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## Mahalo nui loa!

**Any questions? You can find us at:**

- **Lisa Uyehara**, PI, Project Coordinator, Oahu and Kauai Site Coordinator [uyeharal@hawaii.edu](mailto:uyeharal@hawaii.edu)
- **Caryl Hitchcock**, Molokai, Lanai, and Maui Site Coordinator [chh@hawaii.edu](mailto:chh@hawaii.edu)
- **Iwalani McCalla**, West Hawaii Site Coordinator [iwalani.mccalla@hawaii.edu](mailto:iwalani.mccalla@hawaii.edu)
- **Nicole Olayon**, East Hawaii Site Coordinator [nolayon@hawaii.edu](mailto:nolayon@hawaii.edu)
- **Allyson Franco**, Cultural Advisor [akfranco@hawaii.edu](mailto:akfranco@hawaii.edu)
- **Naomi Rombaoa Tanaka**, Curriculum & Technology Coordinator [nrombaoa@hawaii.edu](mailto:nrombaoa@hawaii.edu)



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# Ho'oku'i Monthly Focus 8

## Mon, 3/1 to Sun, 3/27

### *Express Yourself and Get What You Want: Writing Skills for Life*

*'A'ohē pu'ū ki'eki'e ke ho'ā'o'ia e pi'i.*  
 No cliff is so tall that it cannot be scaled.  
 No problem is too great when one tries hard to solve it.  
 No'eau #209

All Ho'oku'i IV Monthly Focus Overviews with Links  
<http://go.hawaii.edu/kDP>

Important Date(s)	What	Pau?
Mon 3/1	Overview video released on Slack. Watch before you attend your Zoom meeting. <ul style="list-style-type: none"> <li>• Module 8 Overview Video (5 minutes)  <a href="https://youtu.be/QXjqoD-kX24">https://youtu.be/QXjqoD-kX24</a></li> <li>• Video slides <a href="http://go.hawaii.edu/PmL">http://go.hawaii.edu/PmL</a></li> </ul>	
Tue 3/2	More videos released on Slack. Watch in the next couple weeks. <ul style="list-style-type: none"> <li>• (Well-being). The Science of Gratitude  <a href="https://youtu.be/JMd1CcGZYwU">https://youtu.be/JMd1CcGZYwU</a> (2 minutes)</li> <li>• (Family Engagement). Family Engagement: Parent Profile for Student by Caryl <a href="https://youtu.be/MSRELcUSX0A">https://youtu.be/MSRELcUSX0A</a> (12 minutes) and <a href="#">slides</a></li> </ul>	

Fri 3/4 or  
Tue 3/8

**REQUIRED:** Attend ONE of these options for our Online Zoom Monthly Focus. <https://hawaii.zoom.us/my/hookui>

- ❑ Option 1: Friday, 3/4, 4-5 pm. Log on 3:45 pm
  - ❑ <https://youtu.be/Ri9v9HbXac0>
- ❑ Option 2: Tuesday, 3/8, 7-8 pm. Log on 6:45 pm
  - ❑ <https://youtu.be/WRK6j30Nr9k>

Topics and links to materials:

**1) Welcome back! With Lisa**

**2) Lisa- Writing Your College Application and/or Scholarship Essay**

- [Slides: Writing Your College Essay](#)
- Review this worksheet and write a practice essay for [University of Oregon's application](#) based on these directions: [Writing the Application or Scholarship Essay](#)

**3) Allyson- Kōnane Game**

- Kōnane Presentation: [Slides](#)
  - Game review
  - Present Kōnane game materials sent to the students/'ohana
- **REQUIRED ACTION ITEM by Sunday, Mar 27:**
  - Play a game or two of Kōnane with your 'ohana or friends and share a photo!
  - Also by Sunday, March 27th complete your Parent Feedback Form- Upload your photos from the activity AND write a reflection on your experience with the activity in the form:
    - What did you enjoy most about the game?  
Did you learn anything while playing the game?
    - Reflect on your experience playing konane with your family or friends!

**4) Closing and Wrap up with Lisa**

<p>Fri 3/11</p>	<p><b>OPTIONAL</b> Nicole's nutrition information released on Slack.</p> <p>These are the main things to watch/do:</p> <ul style="list-style-type: none"> <li>● Nutrition Focus 8: 'Olena (Turmeric) Video: <a href="https://youtu.be/5v6Xo9aU5e4">https://youtu.be/5v6Xo9aU5e4</a> (4 mins)</li> <li>● Handout- Monthly Focus 8: Nutrition Lesson with Nicole <a href="http://go.hawaii.edu/Pc4">http://go.hawaii.edu/Pc4</a></li> </ul> <p>Other materials:</p> <ul style="list-style-type: none"> <li>● 'Olena <a href="#">Nutrition Handout</a></li> </ul>	
<p>Friday, 3/18</p>	<p>Talk Story Time on Zoom, Friday, 3/18, 4-5 pm. Log on by 3:55 pm at <a href="https://coehawaii.zoom.us/my/zoomnaomi">https://coehawaii.zoom.us/my/zoomnaomi</a></p>	
<p>Sun 3/27</p>	<p><b>REQUIRED BY SUNDAY, 3/27:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Complete at least new 2 Slack Posts and 2 Replies in #Talk-Story Channel</li> <li><input type="checkbox"/> Teens- Review this worksheet and write a practice essay for <a href="#">University of Oregon's application</a> based on these directions: <a href="#">Writing the Application or Scholarship Essay</a>. Share your draft with your parent and have a discussion about the process of writing this: <p style="margin-left: 40px;">What are things to celebrate about this? What needs more work? What questions do you still have? What support do you need and where can you get it?</p> </li> <li><input type="checkbox"/> Upload your teen's completed practice essay to the Online Parent Feedback Form (Word Document or Google Doc with shareable link).</li> <li><input type="checkbox"/> Complete the Kōnane game Ho'oku'i Activity with your teen (Upload photo and write reflection in Online Parent Feedback Form)</li> <li><input type="checkbox"/> Complete Online Parent Feedback Form (Includes reflection on Monthly Activity) <a href="http://go.hawaii.edu/iHP">http://go.hawaii.edu/iHP</a></li> </ul>	

	<p><b>OPTIONAL ACTION ITEMS:</b></p> <ul style="list-style-type: none"> <li>❑ (Family Engagement). Develop a profile (one page) of your teen for his/her teacher. More information and a sample at <a href="https://cde.coe.hawaii.edu/hfec/2020/08/06/parent-profile-for-student/">https://cde.coe.hawaii.edu/hfec/2020/08/06/parent-profile-for-student/</a></li> <li>❑ (Well-being). Watch the Science of Gratitude video and at the end of each day, recall 3 things that happened that you are grateful for. These can be small or big things, but focus on savoring their sweetness.</li> <li>❑ (Nutrition 1). Take a look at the tea recipes listed on the <a href="#">Handout- Monthly Focus 8: Nutrition Lesson with Nicole</a> and plan a relaxing tea time together as an ‘ohana.</li> <li>❑ (Nutrition 2). Share some of your favorite ‘olena recipes via this Google Form to submit your recipe: <a href="https://bit.ly/hookui-recipes">https://bit.ly/hookui-recipes</a></li> </ul>	
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## 5 Big Ideas- Main ideas to keep in mind throughout the month

1. **Writing is a form of communication. Communicating well is essential to success.**
2. **Life can be like a game of kōnane.** Find your way through this game of kōnane called life and learn a new game to pass the time with friends and family.
3. **Teachers who understand your child and their learning styles can do a better job of helping your child meet their academic goals.** Share your child’s interests, learning styles, and strengths with their teacher(s). They will be able to build on their strengths and help your teen reach their academic goals.
4. **‘Ōlena contains curcumin which is thought to have anti-inflammatory and antioxidant effects.**
5. **Try adopting an attitude of gratitude in life and see what shifts for you.** Research shows that an “attitude of gratitude” --simply expressing appreciation and being more thankful-- can measurably improve your overall well-being.

## Slack Post Ideas

In #TalkStory-for-all channel, create at least 2 new Slack posts in #TalkStory-for-all channel; Reply to at least 2 people's posts (in thread below their post).

Our hope is that you will use Slack to create and strengthen connections with other mentors from across the state, so feel free to share resources, ideas, or whatever you think will be useful to others in Hookui.

- What was it like to complete the Writing the Application or Scholarship Essay worksheet with your teen?
- Share a photo of you playing the Kōnane activity with your teen. Tell us about your experience doing this together!
- Share an 'olena (turmeric) recipe with us! Pics welcome!
- Well-being focus: What was it like to write about and savor 3 things you were grateful for every day?
- Other: Post about other Focus 8 related topic(s) of your choice.

# Express Yourself and Get What You Want: Writing Skills for Life

## Ho'oku'i Monthly Focus 8



## Monthly Focus 8 Mon, 2/28 to Sun, 3/27

<b>Videos Released on Slack</b>	Mon 2/28, Tue 3/1 Fri 3/11
<b>Live Zoom Sessions (Choose one)</b>	<ul style="list-style-type: none"><li>□ Option 1: Friday, 3/4, 4-5 pm. Log on 3:45 pm</li><li>□ Option 2: Tuesday, 3/8, 7-8 pm. Log on 6:45 pm</li></ul>
<b>Live Talk Story Zoom</b>	Fri, 3/18, 4-5 pm. Log on 3:55 pm
<b>Online Parent Feedback Forms and 2 Slack Posts Due</b>	Sun 3/27



**‘A‘ohe pu‘u ki‘eki‘e ke  
ho‘ā‘o ‘ia e pi‘i.**

No cliff is so tall that it cannot be scaled.  
No problem is too great when one tries hard to solve it.

**Reading and Comprehension  
‘Ōlelo Noeau #209**



**Writing is a form of  
communication.  
Communicating well is  
essential to success.**

**Reading and Comprehension  
Big Idea #1**



# Life can be like a game of kōnane.

Find your way through this game of kōnane called life and learn  
a new game to pass the time with friends and family.

**Reading and Comprehension**  
**Big Idea #2**



# Teachers who understand your child and their learning styles can do a better job.

**Reading and Comprehension**  
**Big Idea #3**



'Ōlena contains curcumin which is thought to have anti-inflammatory and antioxidant effects.

**Reading and Comprehension  
Big Idea #4**



Try adopting an attitude of gratitude in life and see what shifts for you.

Research shows that an "attitude of gratitude" --simply expressing appreciation and being more thankful-- can measurably improve your overall well-being.

**Reading and Comprehension  
Big Idea #5**



# Required Action Items by Sunday 3/27



- Required:** Complete the Kōnane game activity with your teen
- Required:** Complete Parent Feedback Form online <http://go.hawaii.edu/iHP>
  - Include photos of the Kōnane game
  - In the Form, write a short reflection
- Required:** at least 2 New Slack Posts; 2 responses



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# Required Action Items by Sunday 3/27, contd.



- Required:** Teens- Review this worksheet and write a practice essay for University of Oregon's application based on these directions: Writing the Application or Scholarship Essay. Share your draft with your parent and have a discussion about the process of writing this:
  - What are things to celebrate about this? What needs more work?
  - What questions do you still have? What support do you need and where can you get it?
- Required:** Upload your teen's completed practice essay to the Online Parent Feedback Form

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# Optional Action Items by Sunday 3/27



- ☐ **Family Engagement:** Develop a profile of your teen for his/her teacher.
- ☐ **Well-being Practice:** Watch the Science of Gratitude video and at the end of each day, recall 3 things that happened that you are grateful for. These can be small or big things, but focus on savoring their sweetness.
- ☐ **Nutrition 1:** Take a look at the tea recipes listed on the handout and plan a relaxing tea time together as an 'ohana.
- ☐ **Nutrition 2:** Share some of your favorite 'olena recipes Google Form.

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## 2 Community Posts on Slack



**Required:** Choose 2 from this list or create your own post related to Module 8.

- ☐ What was it like to complete the Writing the Application or Scholarship Essay worksheet with your teen?
- ☐ Share a photo of you playing the Kōnane activity with your teen. Tell us about your experience doing this together!
- ☐ Share an 'olena (turmeric) recipe with us! Pics welcome!
- ☐ Well-being focus: What was it like to write about and savor 3 things you were grateful for every day?
- ☐ Other: Post about other Module 8 related topic(s) of your choice.



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# Mahalo nui loa!

## Any questions? You can find us at:

- **Lisa Uyehara**, PI, Project Coordinator, Oahu and Kauai Site Coordinator [uyeharal@hawaii.edu](mailto:uyeharal@hawaii.edu)
- **Caryl Hitchcock**, Molokai, Lanai, and Maui Site Coordinator [chh@hawaii.edu](mailto:chh@hawaii.edu)
- **Iwalani McCalla**, West Hawaii Site Coordinator [iwalani.mccalla@hawaii.edu](mailto:iwalani.mccalla@hawaii.edu)
- **Nicole Olayon**, East Hawaii Site Coordinator [nolayon@hawaii.edu](mailto:nolayon@hawaii.edu)
- **Allyson Franco**, Cultural Advisor [akfranco@hawaii.edu](mailto:akfranco@hawaii.edu)
- **Naomi Rombaosa Tanaka**, Curriculum & Technology Coordinator [nrombaosa@hawaii.edu](mailto:nrombaosa@hawaii.edu)



# Ho'oku'i Monthly Focus 9

## Mon, 3/28 to Sun, 4/24

### *Reading and Comprehension: Pillars of a Successful Career*

*Lilā ka mai'a o ka 'é'a, wili ka 'ōka'ī.*  
 Though the banana of the mountain patch is spindly,  
 the blossom container twists.  
 Noe'eau #2003

All Ho'oku'i IV Monthly Focus Overviews with Links  
<http://go.hawaii.edu/kDP>

Important Date(s)	What	Pau?
Mon 3/28	<p>Overview videos and handout released on Slack. Watch before you attend your Zoom meeting.</p> <ul style="list-style-type: none"> <li>• Module 9 Overview Video (6 minutes)  <a href="https://youtu.be/3deKjBernbc">https://youtu.be/3deKjBernbc</a></li> <li>• Video Slides <a href="http://go.hawaii.edu/fDP">http://go.hawaii.edu/fDP</a></li> </ul> <p>Students and Parents, do these things before you attend the Zoom meeting and come prepared to share your results:</p> <ul style="list-style-type: none"> <li>• Review <a href="#">SQ3R Handout</a></li> <li>• Watch Video: <a href="#">SQ3R - How to study effectively (evidence based study tips)</a> (5 mins). See what works for your teen.</li> </ul>	
Tue 3/29	<p>More videos released on Slack. Watch in the next couple weeks.</p> <ul style="list-style-type: none"> <li>• (Well-being). Teacher Training - The power of reflection (2 minutes). Video Link: <a href="https://youtu.be/xMLKl3vcRAg">https://youtu.be/xMLKl3vcRAg</a></li> <li>• (Family Engagement). Caryl- Family Engagement, Reading, and Comprehension Video (8 mins)</li> </ul>	

	<p><a href="https://youtu.be/gv0GH1bb7Tw">https://youtu.be/gv0GH1bb7Tw</a> and <a href="#">Slides</a></p> <p>Other Family Engagement materials:</p> <ul style="list-style-type: none"> <li>• <a href="#">Literacy Tips for Parents with Adolescents Handout</a></li> <li>• <a href="#">Family Guides: Supporting Learning in the 2020-21 School Year</a></li> </ul>	
<p>Fri 4/1 or Tue 4/5</p>	<p><b>REQUIRED:</b> Attend ONE of these options for our Online Zoom Monthly Focus. <a href="https://hawaii.zoom.us/my/hookui">https://hawaii.zoom.us/my/hookui</a></p> <ul style="list-style-type: none"> <li>❑ Option 1: Friday, 4/1, 4-5 pm. Log on 3:45 pm <ul style="list-style-type: none"> <li>❑ <a href="https://youtu.be/BmDennXq_ow">https://youtu.be/BmDennXq_ow</a></li> </ul> </li> <li>❑ Option 2: Tuesday, 4/5, 7-8 pm. Log on 6:45 pm <ul style="list-style-type: none"> <li>❑ <a href="https://youtu.be/_31s5fPGybE">https://youtu.be/_31s5fPGybE</a></li> </ul> </li> </ul> <p>Topics and links to materials:</p> <ol style="list-style-type: none"> <li><b>1) Welcome! Lisa</b></li> <li><b>2) Lisa- Reading Comprehension: Finding What Works for You</b> <ul style="list-style-type: none"> <li>• Reading Comprehension with Project Ho'oku'i and SQ3R <a href="#">Slides</a></li> </ul> </li> <li><b>3) Allyson- Understanding the significance of the Kumulipo to Queen Liliuokalani</b> <ul style="list-style-type: none"> <li>• Pre-Presentation ha'awina: <ul style="list-style-type: none"> <li>○ Read/skim the Kumulipo and find a part of the book that you found intriguing to share out with the group.</li> <li>○ Write a reflection of why the passage is important to you (or you and your ohana) and attach it to your Parent Feedback Form when you turn it in by 4/24.</li> <li>○ Listen to the longer version of the chant by the Makaha Sons of Niihau: Kumulipo / E Pua Ana Ka Makani <a href="https://youtu.be/YmWSLzORS7I">https://youtu.be/YmWSLzORS7I</a></li> </ul> </li> <li>• Kumulipo Presentation/Activity <ul style="list-style-type: none"> <li>○ Presentation: <a href="#">Slides</a></li> <li>○ <a href="#">Jamboard</a></li> </ul> </li> </ul> </li> </ol>	

	<p><b>REQUIRED ACTION ITEM by Sunday, Apr 24:</b></p> <ul style="list-style-type: none"> <li>● Complete your Parent Feedback Form- Write a reflection on your experience with the activity in the form: <ul style="list-style-type: none"> <li>○ Why is the passage important to you (or you and your ohana)?</li> <li>○ How do you hope to tie Lili'u's imprisonment story of perseverance into your 'ohana?</li> <li>○ If you feel inclined, you can create an image/drawing of your interpretation of the passage you read from the book. Please take a photo of your image/drawing to share with us if you do so.</li> </ul> </li> </ul> <p><b>5) Lisa- Closing and Wrap Up</b></p> <ul style="list-style-type: none"> <li>● Nicole: Reminder about Ho'oku'i cookbook</li> </ul>	
<p>Fri 4/8</p>	<p><b>OPTIONAL</b> Nicole's nutrition information released on Slack.</p> <p>These are the main things to watch/do:</p> <ul style="list-style-type: none"> <li>● Nicole's overview video Nutrition Focus 9: Manakō (Mango): <a href="https://youtu.be/MdtAixk5oD4">https://youtu.be/MdtAixk5oD4</a> (3 minutes)</li> <li>● Handout- Monthly Focus 9: Nutrition Lesson with Nicole <a href="http://go.hawaii.edu/LcP">http://go.hawaii.edu/LcP</a></li> </ul> <p>Other materials:</p> <ul style="list-style-type: none"> <li>● Manakō <a href="#">Nutrition Handout</a></li> </ul>	
<p>Thursday, 4/14</p>	<p>Talk Story Time on Zoom, Thursday, 4/14, 4-5 pm. Log on by 3:55 pm at <a href="https://coehawaii.zoom.us/my/zoomnaomi">https://coehawaii.zoom.us/my/zoomnaomi</a></p>	
<p>Sun 4/24</p>	<p><b>REQUIRED BY SUNDAY, 4/24:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Complete at least new 2 Slack Posts and 2 Replies in #Talk-Story Channel</li> <li><input type="checkbox"/> Complete the Kumulipo Ho'oku'i Activity with your teen (Upload photo and write reflection in Online Parent Feedback Form).</li> <li><input type="checkbox"/> Complete Online Parent Feedback Form (Includes reflection on Monthly Activity) <a href="http://go.hawaii.edu/9fV">http://go.hawaii.edu/9fV</a></li> </ul>	

	<p><b>OPTIONAL ACTION ITEMS:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> (Well-being). Reflect on this past year- What went well? What challenges have you overcome? Where is there still room for improvement? What are you looking forward to? Parents and teens, check in and talk story with each other. You may use these questions as starters or ask your own. Read your own letters to self and share with your parent/teen what came up for you.</li> <li><input type="checkbox"/> (Family Engagement). Review <a href="#">Literacy Tips for Parents with Adolescents Handout</a> and <a href="#">Family Guides: Supporting Learning in the 2020-21 School Year</a>. Reflect on: 1) What strategies do you use now? 2) What new strategies would you like to try? Post your answers to these questions on Slack.</li> <li><input type="checkbox"/> (Nutrition 1). <a href="#">Journal prompt</a>: End of the Year Reflection: Reflect on Your Total Well-Being and Wellness Goals. See the Journal Prompt for more instructions.</li> <li><input type="checkbox"/> (Nutrition 2). Take a look at the recipes listed on the <a href="#">Handout- Monthly Focus 9: Nutrition Lesson with Nicole</a> and see if there are any recipes that you and your 'ohana would like to try together!</li> <li><input type="checkbox"/> (Nutrition 3). Share some of your favorite mango recipes using the <a href="#">Ho'oku'i Recipe Book format</a>. Email it to Nicole Olayon, <a href="mailto:nolayon@hawaii.edu">nolayon@hawaii.edu</a> to contribute to the Ho'oku'i cookbook! Alternatively, you can complete this Google Form to submit your recipe: <a href="https://bit.ly/hookui-recipes">https://bit.ly/hookui-recipes</a></li> </ul>	
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## 5 Big Ideas- Main ideas to keep in mind throughout the month

1. **Practicing active reading can cut down study time because it helps you retain what you read.**
2. **Native Hawaiian culture, history and mo'olelo may be better understood through reading.**
3. **Link family reading time to your teen's future goals.** Make time for family reading.

4. **Manakō (Mango) Vitamin C acts as a powerful antioxidant in our bodies.** Antioxidants help to protect our bodies from oxidative stress and damage. Vitamin C is also important because it helps our bodies to absorb iron, and may help to support a healthy immune system.
5. **Check in with yourself.** Reflect on this past year- What went well? What challenges have you overcome? Where is there still room for improvement? What are you looking forward to?

## Slack Post Ideas

In #TalkStory-for-all channel, create at least 2 new Slack posts in #TalkStory-for-all channel; Reply to at least 2 people's posts (in thread below their post).

Our hope is that you will use Slack to create and strengthen connections with other mentors from across the state, so feel free to share resources, ideas, or whatever you think will be useful to others in Hookui.

- Reflect on this past year of participating in Project Ho'oku'i. Thoughts about your experience?
- Family Engagement. After reviewing the [Literacy Tips for Parents with Adolescents Handout](#) and [Family Guides: Supporting Learning in the 2020-21 School Year](#), reflect on: 1) What strategies do you use now? 2) What new strategies would you like to try?
- Nutrition. What has been your favorite part of nutrition focuses this year and why? Post your favorite pictures of your dishes or you making/enjoying your dishes with your 'ohana!
- Well-being focus: What are your reflections on this past year- What went well? What challenges have you overcome? Where is there still room for improvement? What are you looking forward to?
- Other: Post about other Focus 9 related topic(s) of your choice.

# Reading and Comprehension: Pillars of a Successful Career

## Ho'oku'i Monthly Focus 9



## Monthly Focus 9 Mon, 3/28 to Sun, 4/24

Videos Released on Slack	Mon 3/28, Tue 3/29 Fri 4/8
Live Zoom Sessions (Choose one)	<ul style="list-style-type: none"><li>Option 1: Friday, 4/1, 4-5 pm. Log on 3:45 pm</li><li>Option 2: Tuesday, 4/5, 7-8 pm. Log on 6:45 pm</li></ul>
Live Talk Story Zoom	Fri, 4/14, 4-5 pm. Log on 3:55 pm
Online Parent Feedback Forms and 2 Slack Posts Due	Sun 4/24



Līlā ka mai'a o ka 'e'a,  
wili ka 'ōka'i.

Though the banana of the mountain patch is spindly,  
the blossom container twists.

Reading and Comprehension  
'Ōlelo Noeau #2003



Practicing active reading  
can cut down study time  
because it helps you retain  
what you read.

Reading and Comprehension  
Big Idea #1



Native Hawaiian culture, history  
and mo'olelo may be better  
understood through reading.

**Reading and Comprehension**  
**Big Idea #2**



Link family reading time to  
your teen's future goals.

Make time for family reading.

**Reading and Comprehension**  
**Big Idea #3**



## Manakō (Mango) Vitamin C acts as a powerful antioxidant in our bodies.

Antioxidants help to protect our bodies from oxidative stress and damage. Vitamin C is also important because it helps our bodies to absorb iron, and may help to support a healthy immune system.

### Reading and Comprehension Big Idea #4



## Check in with yourself.

- Reflect on this past year- What went well?  
What challenges have you overcome?  
Where is there still room for improvement?  
What are you looking forward to?

### Reading and Comprehension Big Idea #5



# Required Action Items by Sunday 4/24



- ❑ **Required:** Complete Kumulipo activity with your teen
- ❑ **Required:** Complete Parent Feedback Form online <http://go.hawaii.edu/9fV>
  - ❑ Include photos of the Kumulipo activity
  - ❑ In the Form, write a short reflection
- ❑ **Required:** at least 2 New Slack Posts; 2 responses



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# Optional Action Items by Sunday 4/24



- ❑ **Well-being reflection:** Reflect on this past year- What went well? What challenges have you overcome? Where is there still room for improvement? What are you looking forward to? Parents and teens, check in and talk story with each other. You may use these questions as starters or ask your own. Read your own letters to self and share with your parent/teen what came up for you.
- ❑ **Family engagement reflection:** Review Literacy Tips for Parents with Adolescents Handout and Family Guides: Supporting Learning in the 2020-21 School Year. Reflect on: 1) What strategies do you use now? 2) What new strategies would you like to try? Post your answers to these questions on Slack.



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# Optional Action Items by Sunday 4/24



- Nutrition 1:** End of the Year Reflection. Reflect on Your Total Well-Being and Wellness Goals. See the Journal Prompt for more instructions.
- Nutrition 2:** See if there are any mango recipes that you and your 'ohana would like to try together!
- Nutrition 3:** Share your mango recipes for our cookbook



## 2 Community Posts on Slack



**Required:** Choose 2 from this list or create your own post related to Module 9.

- Reflect on this past year of participating in Project Ho'oku'i. Thoughts about your experience?
- Family Engagement. After reviewing the [Literacy Tips for Parents with Adolescents Handout](#) and [Family Guides: Supporting Learning in the 2020-21 School Year](#), reflect on: 1) What strategies do you use now? 2) What new strategies would you like to try?
- Nutrition. What has been your favorite part of the nutrition focuses this year and why? Post your favorite pictures of your dishes or you making/enjoying your dishes with your 'ohana!
- Well-being focus: What are your reflections on this past year- What went well? What challenges have you overcome? Where is there still room for improvement? What are you looking forward to?
- Other: Post about other Module 9 related topic(s) of your choice.



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# Mahalo nui loa!

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- **Naomi Rombaosa Tanaka**, Curriculum & Technology Coordinator [nrombaosa@hawaii.edu](mailto:nrombaosa@hawaii.edu)



# Ho'oku'i Monthly Focus 10

Mon 8/29 to Sun 9/25

*Reflecting: Where am I at and where am I going on my journey?*

Hele pō'ala I ka anu o Waimea.  
Going in a circle in the cold of Waimea.  
'Ōlelo No'eau #757

All Ho'oku'i Monthly Focus Overviews with Links

<http://go.hawaii.edu/xWz>

Important Date(s)	What	Pau?
Mon 8/29	<p>Overview video released on Slack. Watch before you attend your Zoom meeting.</p> <ul style="list-style-type: none"> <li>Module 10 Overview Video (6 minutes) <a href="https://youtu.be/2knS0jb3-tA">[https://youtu.be/2knS0jb3-tA]</a></li> <li>Video slides <a href="http://go.hawaii.edu/tWx">http://go.hawaii.edu/tWx</a></li> </ul>	
Tues 8/30	<p><b>OPTIONAL</b> Native Hawaiian materials released on Slack.</p> <p>These are the main things to review/do:</p> <ul style="list-style-type: none"> <li>Review Painting Through Your Journey Presentation <a href="#">Slides</a></li> <li>Complete the Indigenous Plant watercolor activity as an 'ohana. Material is included in your supply kit.</li> <li>Think of someone special in your life that you would like to gift this painting to.</li> <li>Upload photos from the activity and write a reflection on your experience on Slack and/or the feedback form.</li> </ul>	
Fri 9/2 or Tues 9/6	<p><b>REQUIRED:</b> Attend <b>1</b> of these options for our Online Zoom Monthly Focus.</p> <p><b>ZOOM LINK:</b> <a href="https://hawaii.zoom.us/my/hookui">https://hawaii.zoom.us/my/hookui</a></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Option 1: Friday, 9/2, 4-5 pm. Log on 3:45 pm             <ul style="list-style-type: none"> <li><input type="checkbox"/> <a href="https://youtu.be/m1XBzsVu5Yk">https://youtu.be/m1XBzsVu5Yk</a></li> </ul> </li> </ul>	

	<ul style="list-style-type: none"> <li>❑ Option 2: Tuesday, 9/6, 7-8 pm. Log on 6:45 pm <ul style="list-style-type: none"> <li>❑ <a href="https://youtu.be/pXF1qprUNIM">https://youtu.be/pXF1qprUNIM</a></li> </ul> </li> </ul> <p><b>TOPICS AND LINKS TO MATERIALS:</b></p> <ol style="list-style-type: none"> <li><b>1. Welcome Back! With Lisa</b></li> <li><b>2. Lisa– Main Topic</b> <ul style="list-style-type: none"> <li>○ Presentation: Now is the time to hone my writing skills: common grammatical mistakes <a href="#">Slides</a></li> <li>○ Common Grammatical Mistakes <a href="#">Worksheet</a></li> </ul> </li> <li><b>3. Caryl– Family Engagement</b> <ul style="list-style-type: none"> <li>○ Presentation: Exploring Why Educational Partnerships with Families are so Powerful <a href="#">Slides</a></li> <li>○ <b>REQUIRED ACTION ITEM by SUN 9/25:</b> <ul style="list-style-type: none"> <li>■ Complete <a href="#">Personal Voyage Worksheet</a> with your teen and share a photo!</li> <li>■ Teens- Complete the <a href="#">Student Biographical Data Sheet</a> and review the <a href="#">Senior Year Checklist</a>.</li> <li>■ Also, complete your Parent Feedback Form- Upload your photos from the activity and write a reflection on your experiences with the activity in the form.</li> </ul> </li> </ul> </li> <li><b>4. Lisa– Closing and Wrap Up</b></li> </ol>	
Fri 9/9	<p><b>OPTIONAL</b> Nutrition and Well-being materials released on Slack.</p> <p>These are the main things to watch/do:</p> <ul style="list-style-type: none"> <li>● Nutrition lesson: Intro &amp; Recipe Book <a href="http://go.hawaii.edu/tk2">http://go.hawaii.edu/tk2</a></li> <li>● Nutrition– Recipe Book (hardcopy included in your supply package) <ul style="list-style-type: none"> <li>○ Template for new recipe to include in your recipe book <a href="http://go.hawaii.edu/Yk2">http://go.hawaii.edu/Yk2</a></li> </ul> </li> <li>● (Well-being). Watch Working Towards Wellbeing: Talking About What Really Matters (3 min) <ul style="list-style-type: none"> <li>○ Video Link: <a href="https://youtu.be/VJNMxYNzSUE">https://youtu.be/VJNMxYNzSUE</a></li> <li>○ Action Item: Complete the <a href="#">Wheel of Life Assessment</a> or create your own as instructed in the video. Throughout the school year, reflect on how each area relates to your overall well-being. What are things you can do to elevate your scores?</li> </ul> </li> </ul>	
Sun 9/25	<p><b>REQUIRED BY SUN 9/25:</b></p> <ul style="list-style-type: none"> <li>❑ Complete Personal Voyage Worksheet and Student Biographical Data Sheet with your teen</li> </ul>	

	<input type="checkbox"/> Complete at least new 2 Slack Posts and 2 Replies in #Talk-Story Channel  <input type="checkbox"/> Complete Online Parent Feedback Form (Includes reflection on Monthly Activity) <a href="http://go.hawaii.edu/xuR">http://go.hawaii.edu/xuR</a>  <b>OPTIONAL ACTION ITEMS BY SUN 9/25:</b> <input type="checkbox"/> (Native Hawaiian 1). Review the Painting Through Your Journey Presentation Slides.  <input type="checkbox"/> (Native Hawaiian 2). Complete the Indigenous Plant watercolor activity with your teen.  <input type="checkbox"/> (Nutrition). Take a look through the recipe book. Get a head start and start thinking about your favorite recipes that you'd like to add on!  <input type="checkbox"/> (Well-being). Watch Working Towards Wellbeing: Talking About What Really Matters video and complete the Wheel of Life Assessment or create your own.	
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## 5 Big Ideas (MAIN IDEAS TO KEEP IN MIND THROUGHOUT THE MONTH)

1. **Writing and reading comprehension is essential to your success no matter what you decide to do!**
2. **Academic Conversations: Having a plan is essential to reaching your goals.** Know the steps and create a timeline. Revisit your plan with those who support you. Writing and reading comprehension are essential to your success no matter what you decide to do!
3. **Plants have beginnings and go through a journey, like us!** We must start somewhere, reflect where we are or have been, and have a plan to move forward.
4. **Nourishing our bodies with good nutrition is important for our total well-being.** Learning basic life skills such as grocery shopping, following a recipe, budgeting for meals, cooking in the kitchen, etc. are important pieces of good nutrition.
5. **Our well-being can define our experiences.** Research shows us that well-being is associated with numerous health-, job-, family-, and economically-related benefits.

## Slack Post Ideas

In the #TalkStory-for-all channel:

1. Create at least 2 new Slack posts and;
2. Reply to at least 2 people's posts (in the thread below their post).

Our hope is that you will use Slack to create and strengthen connections with other mentors from across the state, so feel free to share resources, ideas, or whatever you think will be useful to others in Ho'oku'i.

- Main Topic:** After going through the common grammatical mistakes' focus area, how confident are you (and/or your keiki)?

- Native Hawaiian:** What was your painting journey like? Share with us the good and the struggles?
- Family Engagement:** Do you have a plan for your journey to college after high school? Has it changed from what you planned last year?
- Nutrition:** As a teen, what is the most valuable thing that your parent(s)/guardian(s) taught you in the kitchen? Do you still utilize some of those kitchen skills and/or recipes today? What would you like to teach your teen about cooking in the kitchen?
- Well-being:** What's one well-being practice and/or exercise from last semester did you continue to use over the summer? What has your experience been like?

Our hope is that you will use Slack to create and strengthen connections with other mentors from across the state, so feel free to share resources, ideas, or whatever you think will be useful to others in Ho'oku'i.

# Reflecting: Where am I at and where am I going on my journey?

## Ho'oku'i Monthly Focus 10



## Monthly Focus 10 Mon 8/29 to Sun 9/25

Material Released on Slack	Monday 8/29, Tuesday 8/30 and Friday 9/9
Live Zoom Sessions (Choose 1)	<ul style="list-style-type: none"><li>● Option 1: Friday, 9/2, 4-5pm, Log on 3:45pm</li><li>● Option 2: Tuesday, 9/6, 7-8pm, Log on 6:45pm</li></ul>
Online Parent Feedback Forms and 2 Slack Posts Due	Sunday 9/25



# Hele pō'ala I ka anu o Waimea.

Going in a circle in the cold of Waimea.

'Ōlelo No'eau #757



**Writing and reading comprehension is essential to  
your success no matter what you decide to do!**

Reflecting: Where am I at and where am I going on my journey?  
**Big Idea #1**



**Academic Conversations: Having a plan is essential to reaching your goals.** Know the steps and create a timeline. Revisit your plan with those who support you.

Reflecting: Where am I at and where am I going on my journey?  
**Big Idea #2**



**Plants have beginnings and go through a journey, like us!** We must start somewhere, reflect where we are or have been, and have a plan to move forward.

Reflecting: Where am I at and where am I going on my journey?  
**Big Idea #3**



## Our well-being can define our experiences.

Research shows us that well-being is associated with numerous health-, job-, family-, and economically-related benefits.

Reflecting: Where am I at and where am I going on my journey?  
Big Idea #5



## Required Action Items by Sun 9/25

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- **REQUIRED:** Complete Personal Voyage Worksheet and Student Biographical Sheet with your teen
- **REQUIRED:** Complete Parent Feedback Form online <http://go.hawaii.edu/xuR>
- **REQUIRED:** At least 2 new Slack posts and 2 responses



## Optional Action Items by Sun 9/25



- **NATIVE HAWAIIAN:** Review the Painting Through Your Journey Presentation Slides & complete indigenous plant watercolor activity
- **NUTRITION:** Take a look through the recipe book. Get a head start and think about your favorite recipes that you'd like to add on!
- **WELL-BEING:** Watch the *Working Towards Wellbeing: Talking About What Really Matters* YouTube video and complete the Wheel of Life Assessment or create your own.



## 2 Community Posts on Slack



**REQUIRED:** Choose 2 from this list or create your own post related to Module 10.

- **MAIN TOPIC:** After going through the common grammatical mistakes' focus area, how confident are you (and/or your keiki)?
- **NATIVE HAWAIIAN:** What was your painting journey like? Share with us the good and the struggles?
- **FAMILY ENGAGEMENT:** Do you have a plan for your journey to college after high school? Has it changed from what you planned last year?
- **NUTRITION:** As a teen, what is the most valuable thing that your parent(s)/guardian(s) taught you in the kitchen? Do you still utilize some of those kitchen skills and/or recipes today? What would you like to teach your teen about cooking in the kitchen?
- **WELL-BEING:** What's one well-being practice and/or exercise from last semester did you continue to use over the summer? What has your experience been like?



# Mahalo Nui Loa!

Any Questions?  
Please feel free to  
contact us!

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- **Iwalani McCalla**, West Hawai'i Site Coordinator [iwalani.mccalla@hawaii.edu](mailto:iwalani.mccalla@hawaii.edu)
- **Andrew Frias**, East Hawai'i Site Coordinator
- **Desiree Evans**, Cultural Advisor [devans3@hawaii.edu](mailto:devans3@hawaii.edu)
- **Bryce Au**, Graduate Assistant
- **Marie Guillermo**, Project Coordinator [hookui@hawaii.edu](mailto:hookui@hawaii.edu)



# Ho'oku'i Monthly Focus 11

Mon 10/10 to Sun 10/30

*Navigating the Western Academic World While Honoring Hawai'i and Kanaka Maoli Culture*

He Hawai'i 'uala Kahiki.

An Irish-potato Hawaiian.

(One who is absolutely ignorant of his own culture.)

'Ōlelo No'eau #570

All Ho'oku'i Monthly Focus Overviews with Links

<http://go.hawaii.edu/xWz>

Important Date(s)	What	Pau?
Mon 10/10	<p>Overview video released on Slack. Watch before you attend your Zoom meeting.</p> <ul style="list-style-type: none"> <li>Module 11 Overview Video (5 minutes) <a href="https://youtu.be/XOm6TJQ8KLU">https://youtu.be/XOm6TJQ8KLU</a></li> <li>Video slides <a href="http://go.hawaii.edu/YWx">http://go.hawaii.edu/YWx</a></li> </ul>	
Tues 10/11	<p><b>OPTIONAL</b> Well-being materials released on Slack.</p> <p>These are the main things to review:</p> <ul style="list-style-type: none"> <li>Title: The attitude of gratitude</li> <li>Activity: Gratitude Jar &amp; Handouts <ul style="list-style-type: none"> <li>Introduction and Instructions <a href="#">handout</a></li> <li>Examples of Gratitude Prompts <a href="#">handout</a></li> </ul> </li> </ul>	
Fri 10/14 or Tues 10/18	<p><b>REQUIRED:</b> Attend <b>1</b> of these options for our Online Zoom Monthly Focus.</p> <p><b>ZOOM LINK:</b> <a href="https://hawaii.zoom.us/my/hookui">https://hawaii.zoom.us/my/hookui</a></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Option 1: Friday, 10/14, 4-5 pm. Log on 3:45 pm <a href="https://youtu.be/aMJseyvjVdU">https://youtu.be/aMJseyvjVdU</a></li> <li><input type="checkbox"/> Option 2: Tuesday, 10/18, 7-8 pm. Log on 6:45 pm <a href="https://youtu.be/ToTLe_1hnbE">https://youtu.be/ToTLe_1hnbE</a></li> </ul>	

	<p><b>TOPICS AND LINKS TO MATERIALS:</b></p> <ol style="list-style-type: none"> <li>1. <b>Lisa– Welcome!</b></li> <li>2. <b>Lisa– Main Topic</b> <ol style="list-style-type: none"> <li>a. Presentation: A valuable skill– Avoiding writing in fragments and run-on sentences <a href="#">Slides</a></li> <li>b. Fragment &amp; Run-ons <a href="#">Worksheet</a></li> </ol> </li> <li>3. <b>Desiree– Native Hawaiian</b> <ol style="list-style-type: none"> <li>a. Presentation: ‘Ai Kole Time <a href="#">Slides</a></li> <li>o <b>REQUIRED ACTION ITEM by SUN 10/30:</b> <ul style="list-style-type: none"> <li>■ Select an akua that you would want to talk story with. Imagine how your talk story session would go with your chosen akua. Refer to the guiding questions provided on the slides.</li> <li>■ Please write up how your imagined talk story went and include a photo of your chosen akua. Upload it to the Online Parent Feedback Form.</li> </ul> </li> </ol> </li> <li>4. <b>Lisa– Closing and Wrap Up</b></li> </ol>	
<p>Fri 10/21</p>	<p><b>OPTIONAL</b> Family Engagement and Nutrition materials released on Slack.</p> <p>These are the main things to review:</p> <ul style="list-style-type: none"> <li>● Family Engagement (Caryl) <ul style="list-style-type: none"> <li>o Presentation: Career Conversation Starters <ul style="list-style-type: none"> <li>■ <a href="#">Slides</a> and <a href="#">Recording</a></li> </ul> </li> <li>o Handouts <ul style="list-style-type: none"> <li>■ Career Conversation Starts <a href="#">Handout</a></li> <li>■ OELA CTE <a href="#">Infographic</a></li> <li>■ College Career Resources <a href="#">Handout</a></li> </ul> </li> </ul> </li> <li>● Nutrition lesson: Basic Kitchen Skills <a href="http://go.hawaii.edu/2k7">http://go.hawaii.edu/2k7</a></li> <li>● Nutrition handouts (included in hardcopy recipe book) <ul style="list-style-type: none"> <li>o Kitchen Conversions <a href="#">Cheat Sheet</a></li> <li>o Following Recipes <a href="#">Handout</a></li> </ul> </li> </ul>	
<p>Sun 10/30</p>	<p><b>REQUIRED BY SUN 10/30:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Complete a write up on how your talk story session with your chosen akua went. Your write up should include a photo of your chosen akua. Please refer to the guiding questions provided on the slides. Upload it to the Online Parent Feedback Form.</li> <li><input type="checkbox"/> Complete at least new 2 Slack Posts and 2 Replies in</li> </ul>	

	<p>#Talk-Story Channel</p> <p><input type="checkbox"/> Complete Online Parent Feedback Form (Includes reflection on Monthly Activity) <a href="http://go.hawaii.edu/Sux">http://go.hawaii.edu/Sux</a></p> <p><b>OPTIONAL ACTION ITEMS BY 10/30:</b></p> <p><input type="checkbox"/> (Main Topic). Complete the Fragment &amp; Run-ons worksheet</p> <p><input type="checkbox"/> (Family Engagement 1). Review the Career Conversation Starts Slides and watch the recording with your teen.</p> <p><input type="checkbox"/> (Family Engagement 2). Review the Career Conversation Starts Handout, OELA CTE Infographic Handout and College Career Resources Handout with your teen.</p> <p><input type="checkbox"/> (Nutrition 1). Make a list of all the kitchen appliances that you are familiar with, then ask a family member to teach you how to use one kitchen appliance that you are unfamiliar with and would like to learn about (i.e. cuisinart, rice cooker, stand mixer, steamer, etc.)!</p> <p><input type="checkbox"/> (Nutrition 2). Review the Following Recipes Handout, then find a recipe that you'd like to make with a family member. Using the Kitchen Conversions Cheat Sheet and the help of your 'ohana, have fun making one recipe together. You can even add your recipe to your Recipe Book!</p> <p><input type="checkbox"/> (Well-being). Each day (until the end of the semester), write down one thing you're grateful for on a piece of paper and fold it up and collect it in a jar or bowl. Your 'ohana will have the opportunity to read them at the end of the semester. No peeking until then! :)</p>	
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## 5 Big Ideas (MAIN IDEAS TO KEEP IN MIND THROUGHOUT THE MONTH)

1. Understanding your culture is part of understanding who you are.
2. As you get to know the akua, you may know a little bit more about yourself.
3. Choosing a career that you are passionate about will help you be happy and successful. Use these tools and do your research. [Focus 11 Video](#)
4. Preparing and cooking your own meals may allow you to eat healthier by knowing exactly what ingredients you are cooking with. Get familiar with the basic kitchen appliances so that you are able to prepare various meals.
5. Practicing gratitude daily can have a significant benefit to our overall well-being.

## Slack Post Ideas

In the #TalkStory-for-all channel:

1. Create at least 2 new Slack posts and;
2. Reply to at least 2 people's posts (in the thread below their post).

Choose 2 from this list or create your own post related to Module 10.

- Main Topic:** Did you learn anything new from the fragment and run-on focus area?
- Native Hawaiian:** Share anything that you have learned whilst getting to know your akua.
- Family Engagement:** What tools did you use to discover your interests/strengths? Have you found a career that you are passionate about?
- Nutrition:** What new kitchen appliance did you and your teen explore this month? Did you cook any recipes together?
- Well-being:** What was a hard lesson that you were grateful to learn?

Our hope is that you will use Slack to create and strengthen connections with other mentors from across the state, so feel free to share resources, ideas, or whatever you think will be useful to others in Ho'oku'i.

# Navigating the Western Academic World While Honoring Hawai'i and Kanaka Maoli Culture

## Ho'oku'i Monthly Focus 11



## Monthly Focus 11 Mon 10/10 to Sun 10/30

Material released on Slack	Monday 10/10, Tuesday 10/11 and Friday 10/21
Live Zoom Sessions (Choose 1)	<ul style="list-style-type: none"><li>● Option 1: Friday, 10/14, 4-5pm, Log on 3:45pm</li><li>● Option 2: Tuesday, 10/18, 7-8pm, Log on 6:45pm</li></ul>
Online Parent Feedback Forms and 2 Slack Posts Due	Sunday 10/30



# He Hawai'i 'uāla Kahiki.

An Irish-potato Hawaiian. (One who is absolutely ignorant of his own culture.)

'Ōlelo No'eau #570



**Understanding your culture is part  
of understanding who you are.**

Navigating the Western Academic World While Honoring Hawai'i and Kanaka Maoli Culture  
**Big Idea #1**



**As you get to know the akua, you may know a little bit more about yourself.**

Navigating the Western Academic World While Honoring Hawai'i and Kanaka Maoli Culture  
**Big Idea #2**



**Choosing a career that you are passionate about will help you be happy and successful. Use these tools and do your research.**

Navigating the Western Academic World While Honoring Hawai'i and Kanaka Maoli Culture  
**Big Idea #3**



**Preparing and cooking your own meals may allow you to eat healthier by knowing exactly what ingredients you are cooking with.** Get familiar with the basic kitchen appliances so that you are able to prepare various meals.

Navigating the Western Academic World While Honoring Hawai'i and Kanaka Maoli Culture  
**Big Idea #4**



**Practicing gratitude daily can have a significant benefit to our overall well-being.**

Navigating the Western Academic World While Honoring Hawai'i and Kanaka Maoli Culture  
**Big Idea #5**



## Required Action Items by Sun 10/30



- **REQUIRED:** Complete the 'Ai Kole Time write-up activity and include a photo of your chosen akua. Upload to the Parent Feedback Form.
- **REQUIRED:** Complete Parent Feedback Form online <http://go.hawaii.edu/Sux>
- **REQUIRED:** At least 2 new Slack posts and 2 responses



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## Optional Action Items by Sun 10/30



- **MAIN TOPIC:** Complete the Fragment & Run-ons worksheet
- **FAMILY ENGAGEMENT:** Review the Career Conversation Starts Handout, OELA CTE Infographic Handout, and College Career Resources Handout with your teen.
- **NUTRITION 1:** Make a list of all the kitchen appliances that you are familiar with, then ask a family member to teach you how to use one kitchen appliance that you are unfamiliar with and would like to learn about.



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## Optional Action Items by Sun 10/30



- **NUTRITION 2:** Review the Following Recipes Handout, then find a recipe that you'd like to make with a family member. Using the Kitchen Conversions Cheat Sheet and the help of your 'ohana, have fun making one recipe together. You can even add your recipe to your Recipe Book!
- **WELL-BEING:** Start a "Gratitude Jar" with your 'ohana. Each day, write one thing you're grateful for on a piece of paper and collect it in a jar. You will have the opportunity to read them at the end of the semester.



## 2 Community Posts on Slack



**REQUIRED:** Choose 2 from this list or create your own post related to Module 11.

- **MAIN TOPIC:** Did you learn anything new from the fragment and run-on focus area?
- **NATIVE HAWAIIAN:** Share anything that you have learned whilst getting to know your akua.
- **FAMILY ENGAGEMENT:** What tools did you use to discover your interests/strengths? Have you found a career that you are passionate about?
- **NUTRITION:** What new kitchen appliance did you and your teen explore this month? Did you cook any recipes together?
- **WELL-BEING:** What was a hard lesson that you were grateful to learn?



# Mahalo Nui Loa!

Any Questions?  
Please feel free to  
contact us!

- **Lisa Uyehara**, PI, Project Coordinator, Oahu and Kauai Site Coordinator [uyeharal@hawaii.edu](mailto:uyeharal@hawaii.edu)
- **Caryl Hitchcock**, Molokai, Lanai, and Maui Site Coordinator [chh@hawaii.edu](mailto:chh@hawaii.edu)
- **Iwalani McCalla**, West Hawaii Site Coordinator [iwalani.mccalla@hawaii.edu](mailto:iwalani.mccalla@hawaii.edu)
- **TBD**, East Hawaii Site Coordinator
- **Desiree Evans**, Cultural Advisor [devans3@hawaii.edu](mailto:devans3@hawaii.edu)
- **Bryce Au**, Graduate Assistant
- **Marie Guillermo**, [mariegui@hawaii.edu](mailto:mariegui@hawaii.edu)



# Ho'oku'i Monthly Focus 12

Mon 10/31 to Sun 11/27

*Exploring possibilities and opening your mind*

**Lālau aku 'oe I ka 'ulu I ka wekiu, I ke alo no ka 'ulu, a hala.**

You reach for the breadfruit way at the top and miss the one in front of you.

(Sometimes one who reaches afar misses an opportunity right before him.)

**'Ōlelo No'eau #1942**

**All Ho'oku'i Monthly Focus Overviews with Links**

<http://go.hawaii.edu/xWz>

Important Date(s)	What	Pau?
Mon 10/31	<p>Overview video released on Slack. Watch before you attend your Zoom meeting.</p> <ul style="list-style-type: none"> <li>Module 12 Overview Video (4 minutes) <a href="https://youtu.be/ZTUzI9oGCKA">https://youtu.be/ZTUzI9oGCKA</a></li> <li>Video slides <a href="http://go.hawaii.edu/xWWW">http://go.hawaii.edu/xWWW</a></li> </ul> <p>'Ohana, please watch these YouTube videos before you attend the Zoom meeting:</p> <ul style="list-style-type: none"> <li>MANAOLA: About the Designer (Manaola Yap) (8 min) <a href="https://youtu.be/vV5NkJdnIsc">https://youtu.be/vV5NkJdnIsc</a></li> <li>Ka'iulani DeSilva Ward Art Park Tapa Printing Verna Takashima (4 min) <a href="https://youtu.be/F3aG5MPWrww">https://youtu.be/F3aG5MPWrww</a></li> </ul>	
Tues 11/1	<p><b>OPTIONAL</b> Well-being materials released on Slack.</p> <p>These are the main things to review/do:</p> <ul style="list-style-type: none"> <li>Title: Self-awareness– know thyself</li> <li>Activity: Best Possible Self writing activity <ul style="list-style-type: none"> <li>Introduction &amp; Instruction handout <a href="http://go.hawaii.edu/2k5">http://go.hawaii.edu/2k5</a></li> </ul> </li> </ul>	
Fri 11/4 or Wed 11/9	<p><b>REQUIRED:</b> Attend <b>1</b> of these options for our Online Zoom Monthly Focus.</p> <p><b>ZOOM LINK:</b> <a href="https://hawaii.zoom.us/my/hookui">https://hawaii.zoom.us/my/hookui</a></p>	

	<ul style="list-style-type: none"> <li>❑ Option 1: Friday, 11/4, 4-5 pm. Log on 3:45 pm <a href="https://youtu.be/ap0YJC7eG9w">https://youtu.be/ap0YJC7eG9w</a></li> <li>❑ Option 2: Wednesday, 11/9, 7-8 pm. Log on 6:45 pm <a href="https://youtu.be/RCLyWFSK3PE">https://youtu.be/RCLyWFSK3PE</a></li> </ul> <p><b>TOPICS AND LINKS TO MATERIALS:</b></p> <ol style="list-style-type: none"> <li><b>1. Lisa– Welcome!</b></li> <li><b>2. Marie– Main Topic</b> <ol style="list-style-type: none"> <li>a. Presentation: Discovering the unknown: the Pythagorean theorem <a href="#">Slides</a></li> <li>b. Pythagoras Pile-Up <a href="#">worksheet</a> (fillable pdf)</li> </ol> </li> <li><b>3. Desiree– Native Hawaiian</b> <ol style="list-style-type: none"> <li>a. Presentation: Vision Kapa Towels <a href="#">Slides</a></li> <li>b. <b>REQUIRED BY SUN 11/27:</b> <ol style="list-style-type: none"> <li>i. Please watch the following videos:           <ol style="list-style-type: none"> <li>1. The Ancient Hawaiian Art of Bark Cloth (4 min) <a href="https://youtu.be/S5nCKvz83No">https://youtu.be/S5nCKvz83No</a></li> </ol> </li> <li>ii. Complete your vision tapa with your teen and take a photo of you completing the activity (can include yourselves or just the vision tapa or both).</li> <li>iii. Complete your Parent Feedback Form- Upload your photos of the activity AND write a reflection on your experience with the activity in the form:           <ol style="list-style-type: none"> <li>1. How did it go? What was your experience like?</li> <li>2. Share maybe one of the symbols and the significance behind it. How does this symbol embody your vision(s) and/or goal(s).</li> </ol> </li> </ol> </li> </ol> </li> <li><b>4. Lisa– Closing and Wrap Up</b></li> </ol>	
<p>Mon 11/14</p>	<p><b>OPTIONAL</b> Family Engagement and Nutrition materials released on Slack.</p> <p>These are the main things to review:</p> <ul style="list-style-type: none"> <li>● Family Engagement (Caryl)       <ul style="list-style-type: none"> <li>○ Presentation: Finding a College that Fits           <ul style="list-style-type: none"> <li>■ <a href="#">Slides</a> and <a href="#">Recording</a></li> </ul> </li> <li>○ Handouts           <ul style="list-style-type: none"> <li>■ Finding Colleges that Fit <a href="#">handout</a></li> <li>■ College Information <a href="#">Sheet</a></li> </ul> </li> </ul> </li> <li>● Nutrition lesson: Budgeting &amp; Meal Planning <a href="http://go.hawaii.edu/Tk2">http://go.hawaii.edu/Tk2</a></li> </ul>	

	<ul style="list-style-type: none"> <li>● Nutrition handouts (included in hardcopy recipe book) <ul style="list-style-type: none"> <li>○ Meal Plan and Grocery List/Item Price Template <a href="#">Worksheets</a></li> </ul> </li> </ul>	
Sun 11/27	<p><b>REQUIRED BY SUN 11/27:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Complete your vision tapa with your teen and take a photo of you completing the activity (can include yourselves or just the vision tapa or both).</li> <li><input type="checkbox"/> Complete at least new 2 Slack Posts and 2 Replies in #Talk-Story Channel</li> <li><input type="checkbox"/> Complete Online Parent Feedback Form (Includes reflection on Monthly Activity) <a href="http://go.hawaii.edu/xuK">http://go.hawaii.edu/xuK</a></li> </ul> <p><b>OPTIONAL ACTION ITEMS:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> (Main Topic 1). Complete the Pythagoras Pile-Up worksheet with your teen.</li> <li><input type="checkbox"/> (Family Engagement 1). Review the Finding a College that Fits slides and watch the recording with your teen.</li> <li><input type="checkbox"/> (Family Engagement 2). Review the Finding a College Fit and College Information handouts with your teen.</li> <li><input type="checkbox"/> (Nutrition 1). Using the Meal Plan Worksheet, map out all of your recipe ideas for the week, then create a daily/weekly budget. Estimate how much it will cost for you to shop for all meals for one week.</li> <li><input type="checkbox"/> (Nutrition 2). Using the Grocery List Template, put together a grocery list based off of the ingredients that you will need. Keep track of how much each item on your grocery list costs and see if you were able to stay within your budget. You can total your grocery list based on the average price of each item, or you can visit the grocery store and get the actual prices.</li> <li><input type="checkbox"/> (Well-being). Complete Best Possible Self writing activity. Upload to the Parent Feedback Form.</li> </ul>	

**5 Big Ideas (MAIN IDEAS TO KEEP IN MIND THROUGHOUT THE MONTH)**

1. Opening your mind to possibilities - even things you do not think you are good at - creates new opportunities.
2. If it is out of sight, then it is out of mind. Your goals... put them in your sight and in your mind.
3. Choosing a college that is the best fit takes research. Here are some resources to get

you started.

4. Budgeting for your groceries and meals is an important life skill.
5. Know thyself. Self-awareness is the practice of being consciously aware of one's internal state of being, as well as being aware of one's relationships and interactions with others (Sutton, 2016).

## Slack Post Ideas

In the #TalkStory-for-all channel:

1. Create at least 2 new Slack posts in #TalkStory-for-all and;
2. Reply to at least 2 people's posts (in the thread below their post).

Choose 2 from this list or create your own post related to Module 10.

- Main Topic:** How does the Pythagorean Theorem help solve real world problems?
- Native Hawaiian:** Please share what you enjoyed most about the tapa vision activity.
- Family Engagement:** How did your college search go? What 3 colleges were on the top of your list?
- Nutrition:** How did meal planning go with your teen? Was there anything valuable that they learned? Do you plan on grocery shopping and/or cooking for any of these meals together?
- Well-being:** What was the "Best Possible Self" activity like for you? Has this activity confirmed your sense of purpose? If you aren't sure, did it give you any clues or insight into what your purpose might be?

Our hope is that you will use Slack to create and strengthen connections with other mentors from across the state, so feel free to share resources, ideas, or whatever you think will be useful to others in Ho'oku'i.

# Exploring Possibilities and Opening Your Mind

## Ho'oku'i Monthly Focus #12



## Monthly Focus 12 Mon 10/31 to Sun 11/27

Material Released on Slack	Monday 10/31, Tuesday 11/1 and Monday 11/14
Live Zoom Sessions (Choose 1)	<ul style="list-style-type: none"><li>• Option 1: Friday, 11/4, 4-5pm, Log on 3:45pm</li><li>• Option 2: Wednesday, 11/9, 7-8pm, Log on 6:45pm</li></ul>
Online Parent Feedback Forms and 2 Slack Posts Due	Sunday 11/27



**Lālau aku 'oe I ka 'ulu I ka wekiu, I  
ke alo no ka 'ulu, a hala.**

You reach for the breadfruit way at the top and miss the one in front of you. (Sometimes one who reaches afar misses an opportunity right before him.)

'Ōlelo No'eau #1942



**Opening your mind to possibilities -  
even things you do not think you  
are good at - creates new  
opportunities.**

Exploring Possibilities and Opening Your Mind  
Big Idea #1



**If it is out of sight, then it is out of mind. Your goals... put them in your sight and in your mind.**

Exploring Possibilities and Opening Your Mind  
Big Idea #2



**Choosing a college that is the best fit takes research.** Here are some resources to get you started.

Exploring Possibilities and Opening Your Mind  
Big Idea #3



**Budgeting for your groceries and meals is an important life skill.**

Exploring Possibilities and Opening Your Mind  
Big Idea #4



**Know thyself.** Self-awareness is the practice of being consciously aware of one's internal state of being, as well as being aware of one's relationships and interactions with others (Sutton, 2016).

Exploring Possibilities and Opening Your Mind  
Big Idea #5



## Required Action Items by Sun 11/27

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- **REQUIRED:** Complete your vision tapa with your teen and take a photo of you completing the activity (can include yourselves or just the vision tapa or both)
- **REQUIRED:** Complete Parent Feedback Form online <http://go.hawaii.edu/xuK>
- **REQUIRED:** At least 2 new Slack posts and 2 responses



## Optional Action Items by Sun 11/27

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- **FAMILY ENGAGEMENT 1:** Review the “Finding a College that Fits” slides and watch the recording with your teen.
- **FAMILY ENGAGEMENT 2:** Review the “Finding a College Fit” and “College Information” handouts with your teen.



## Optional Action Items by Sun 11/27



- **NUTRITION 1:** Using the Meal Plan Worksheet, map out all of your recipe ideas for the week, then create a daily/weekly budget. Estimate how much it will cost for you to shop for all meals for one week.
- **NUTRITION 2:** Put together a grocery list with the Grocery List Template based off of the ingredients that you will need. Keep track of how much each item on your grocery list costs and see if you were able to stay within your budget.
- **WELL-BEING:** Complete Best Possible Self writing activity. Upload to the Parent Feedback Form.



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## 2 Community Posts on Slack



**REQUIRED:** Choose 2 from this list or create your own post related to Module 12.

- How does the Pythagorean Theorem help solve real world problems?
- Please share what you enjoyed most about the tapa vision activity.
- How did your college search go? What 3 colleges were on the top of your list?
- How did meal planning go with your teen? Was there anything valuable that they learned? Do you plan on grocery shopping and/or cooking for any of these meals together?
- What was the "Best Possible Self" activity like for you? Has this activity confirmed your sense of purpose? If you aren't sure, did it give you any clues or insight into what your purpose might be?



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# Mahalo Nui Loa!

Any Questions?  
Please feel free to  
contact us!

- **Lisa Uyehara**, PI, Project Coordinator, Oahu and Kauai Site Coordinator [uyeharal@hawaii.edu](mailto:uyeharal@hawaii.edu)
- **Caryl Hitchcock**, Molokai, Lanai, and Maui Site Coordinator [chh@hawaii.edu](mailto:chh@hawaii.edu)
- **Iwalani McCalla**, West Hawaii Site Coordinator [iwalani.mccalla@hawaii.edu](mailto:iwalani.mccalla@hawaii.edu)
- **Andrew Frias**, East Hawaii Site Coordinator [andrewkfrias@gmail.com](mailto:andrewkfrias@gmail.com)
- **Desiree Evans**, Cultural Advisor [devans3@hawaii.edu](mailto:devans3@hawaii.edu)
- **Marie Guillermo**, [mariegui@hawaii.edu](mailto:mariegui@hawaii.edu)



# Ho'oku'i Monthly Focus 13

## Wed 1/4 to Sun 1/29

### *Staying Pono*

**He 'ike 'ana ia I ka pono.**  
 It is a recognizing of the right thing.  
 (One has seen the right thing to do and has done it.)  
**'Ōlelo No'eau #620**

#### All Ho'oku'i Monthly Focus Overviews with Links

<http://go.hawaii.edu/xWz>

Important Date(s)	What	Pau?
Wed 1/4	Overview video released on Slack. Watch before you attend your Zoom meeting. <ul style="list-style-type: none"> <li>● Module 13 Overview Video (5 minutes)  <a href="https://youtu.be/J0J_zRgbvX8">https://youtu.be/J0J_zRgbvX8</a></li> <li>● Video slides <a href="http://go.hawaii.edu/CWx">http://go.hawaii.edu/CWx</a></li> </ul>	
Thurs 1/5	<p><b>REQUIRED</b> Native Hawaiian materials released on Slack.</p> <p>These are the main things to review/do:</p> <ul style="list-style-type: none"> <li>● Review Presentation: Lauhala Coaster <a href="#">Slides</a> and watch the Lauhala Coaster tutorial <a href="#">Video</a></li> <li>● <b>REQUIRED BY SUN 1/29:</b> <ol style="list-style-type: none"> <li>a. Complete your lauhala coaster and please share a photo on Slack and/or upload to the Parent Feedback Form to show how you could use the coaster.</li> <li>b. Additionally, please share one or two of following on Slack and/or through the Parent Feedback form:               <ol style="list-style-type: none"> <li>i. One thing you enjoyed about the process of creating your lauhala coaster;</li> <li>ii. One thing you learned; and/or</li> <li>iii. One thing you could have done better</li> </ol> </li> </ol> </li> </ul>	
Fri 1/6 or	<b>REQUIRED: Attend 1</b> of these options for our Online Zoom	

<p>Tues 1/10</p>	<p><b>Monthly Focus.</b></p> <p><b>ZOOM LINK:</b> <a href="https://hawaii.zoom.us/my/hookui">https://hawaii.zoom.us/my/hookui</a></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Option 1: Friday, 1/6, 4-5 pm. Log on 3:45 pm <a href="https://youtu.be/1c-DcswgeY">https://youtu.be/1c-DcswgeY</a></li> <li><input type="checkbox"/> Option 2: Tuesday, 1/10, 7-8 pm. Log on 6:45 pm <a href="https://youtu.be/8w49eDu8FJs">https://youtu.be/8w49eDu8FJs</a></li> </ul> <p><b>TOPICS AND LINKS TO MATERIALS:</b></p> <ol style="list-style-type: none"> <li><b>1. Lisa– Welcome!</b></li> <li><b>2. Lisa– Main Topic</b> <ol style="list-style-type: none"> <li>a. Presentation: Keeping it Original; Avoiding Plagiarism! <a href="#">Slides</a></li> <li>b. Practice Paraphrasing <a href="#">Worksheet</a></li> </ol> </li> <li><b>3. Caryl– Family Engagement</b> <ol style="list-style-type: none"> <li>a. Presentation: Winter Coat <a href="#">Slides</a></li> <li>b. College Landing Plan <a href="#">Handout</a></li> </ol> </li> <li><b>4. Closing and wrap up with Lisa</b></li> </ol>	
<p>Fri 1/13</p>	<p><b>OPTIONAL</b> Nutrition and Well-being materials released on Slack.</p> <p>These are the main things to review/do:</p> <ul style="list-style-type: none"> <li>● Nutrition lesson: Get to Know Your Local Food Resources <a href="http://go.hawaii.edu/2YX">http://go.hawaii.edu/2YX</a></li> <li>● Nutrition handouts (included in hardcopy recipe book) <ul style="list-style-type: none"> <li>○ Food Resources <a href="#">Handout</a></li> </ul> </li> <li>● Well-being lesson: Language Matters– speak to yourself with kindness <ul style="list-style-type: none"> <li>○ Action Item 1: Watch Positive Self-Talk (4 min) <ul style="list-style-type: none"> <li>■ Video Link: <a href="https://youtu.be/71_NkXgAK1g">https://youtu.be/71_NkXgAK1g</a></li> </ul> </li> <li>○ Action Item 2: Think of a recent time when you were experiencing negative or unhelpful thoughts. What was the situation? How did you feel? What did you do? In hindsight, how would you apply positive self-talk and how do you think you would have felt and have done? Discuss with your ‘ohana.</li> </ul> </li> </ul>	
<p>Sun 1/29</p>	<p><b>REQUIRED BY SUN 1/29:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Complete at least new 2 Slack Posts and 2 Replies in #Talk-Story Channel</li> <li><input type="checkbox"/> Complete Online Parent Feedback Form (Includes</li> </ul>	

	<p>reflection on Monthly Activity) <a href="http://go.hawaii.edu/gux">http://go.hawaii.edu/gux</a></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> (Native Hawaiian 1). Complete your lauhala coaster and please share a photo on Slack and/or upload to the Parent Feedback Form to show how you could use the coaster.</li> <li><input type="checkbox"/> (Native Hawaiian 2). Additionally, please share one or two of following on Slack and/or through the Parent Feedback form: <ul style="list-style-type: none"> <li>○ One thing you enjoyed about the process of creating your lauhala coaster;</li> <li>○ One thing you learned; and/or</li> <li>○ One thing you could have done better</li> </ul> </li> </ul> <p><b>OPTIONAL ACTION ITEMS:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> (Main Topic). Complete the Practice Paraphrasing worksheet with your teen.</li> <li><input type="checkbox"/> (Family Engagement). Review the College Landing Plan handout with your teen.</li> <li><input type="checkbox"/> (Nutrition). Using the Food Resources Worksheet, make a list of food resources available to you in your area. If you are unaware of some of the resources, please ask your community members or do some research to find out more! This may be especially helpful for students once they are going to college and are living in a new and unfamiliar place. If you know that you are moving to another state, feel free to research the food resources available to you in that state!</li> <li><input type="checkbox"/> (Well-being 1). Watch Positive Self-Talk YouTube video with your teen.</li> <li><input type="checkbox"/> (Well-being 2). Think of a recent time when you were experiencing negative or unhelpful thoughts. What was the situation? How did you feel? What did you do? In hindsight, how would you apply positive self-talk and how do you think you would have felt and have done? Discuss with your 'ohana.</li> </ul>	
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**5 Big Ideas (MAIN IDEAS TO KEEP IN MIND THROUGHOUT THE MONTH)**

1. In all facets of life, honesty and hardwork build self-confidence, and a healthy self-esteem.
2. It may seem like a daunting task. Take it slow and one step at a time. Lauhala weaving will teach you patience.
3. Will I need a warm coat? You've chosen a career and college and now it's time to plan all

the details.

4. You can't outrun your fork. We've all heard the phrase that the key to weight loss is 80% diet and 20% nutrition. Your diet doesn't only consist of what you eat, it's also what you watch, listen to, read and who your 'ohana is. Learn what your 'ohana is eating and how we all can build a stable fork and a bowl of nutritious food.
5. Speak to yourself with kindness. Sometimes we think positive thoughts and sometimes negative. Self-talk can enhance your performance and general well-being. Positive self-talk can be a powerful tool for increasing our self-confidence and curbing negative emotions.

## Slack Post Ideas

In the #TalkStory-for-all channel:

1. Create at least 2 new Slack posts in #TalkStory-for-all and;
2. Reply to at least 2 people's posts (in the thread below their post).

Choose 2 from this list or create your own post related to Module 13.

- Main Topic:** What did you learn about plagiarism?
- Native Hawaiian:** Upon completion of your lauhala coaster, please share one or two of the following: One thing you enjoyed about the process of creating your lauhala coaster; One thing you learned; and/or One thing you could have done better.
- Family Engagement:** What 3 new things did you learn from the college landing plan?
- Nutrition:** Did you learn anything new while researching food resources in your area? Do you have any valuable food resources that you would like to share with the group?
- Well-being:** What are ways you can promote positive self-talk?

Our hope is that you will use Slack to create and strengthen connections with other mentors from across the state, so feel free to share resources, ideas, or whatever you think will be useful to others in Ho'oku'i.

# Staying Pono

## Ho'oku'i Monthly Focus 13



## Monthly Focus 13 Wed 1/4 to Sun 1/29

Material Released on Slack	Wed 1/4, Thurs 1/5, Fri 1/13
Live Zoom Sessions (Choose 1)	<ul style="list-style-type: none"><li>• Option 1: Friday, 1/6, 4-5pm, Log on 3:45pm</li><li>• Option 2: Tuesday, 1/10, 7-8pm, Log on 6:45pm</li></ul>
Online Parent Feedback Forms and 2 Slack Posts Due	Sunday 1/29



# He 'ike 'ana ia I ka pono.

It is a recognizing of the right thing. (One has seen the right thing to do and has done it.)

'Ōlelo No'eau #620



**In all facets of life, honesty and  
hardwork build self-confidence, and  
a healthy self-esteem.**

Staying Pono  
Big Idea #1



**It may seem like a daunting task.  
Take it slow and one step at a time.  
Lauhala weaving will teach you  
patience.**

Staying Pono  
Big Idea #2



**Will I need a warm coat? You've  
chosen a career and college and  
now it's time to plan all the details.**

Staying Pono  
Big Idea #3



**You can't outrun your fork.** We've all heard the phrase that the key to weight loss is 80% diet and 20% nutrition. Your diet doesn't only consist of what you eat, it's also what you watch, listen to, read and who your 'ohana is. Learn what your 'ohana is eating and how we all can build a stable fork and a bowl of nutritious food.

## Staying Pono Big Idea #4



**Speak to yourself with kindness.** Sometimes we think positive thoughts and sometimes negative. Self-talk can enhance your performance and general well-being. Positive self-talk can be a powerful tool for increasing our self-confidence and curbing negative emotions.

## Staying Pono Big Idea #5



## Required Action Items by Sun 1/29



- **REQUIRED:** Complete your lauhala coaster and please share a photo on Slack and/or upload to the Parent Feedback Form to show how you could use the coaster.
- **REQUIRED:** Complete Parent Feedback Form online <http://go.hawaii.edu/gux>
- **REQUIRED:** At least 2 new Slack posts and 2 responses



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## Optional Action Items by Sun 1/29



- **MAIN TOPIC:** Complete the Practice Paraphrasing worksheet with your teen.
- **FAMILY ENGAGEMENT:** Review the College Landing Plan handout with your teen.



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## Optional Action Items by Sun 1/29



- **NUTRITION 1:** Review Nutrition lesson: Get to Know Your Local Food Resources with your teen. <http://go.hawaii.edu/2YX>
- **NUTRITION 2:** Review Nutrition handouts with your teen (included in hardcopy recipe book).
- **WELL-BEING 1:** Watch Positive Self-Talk Youtube video with your teen.
- **WELL-BEING 2:** Discuss with your 'ohana: Think of a recent time when you were experiencing negative or unhelpful thoughts. What was the situation? How did you feel? What did you do? In hindsight, how would you apply positive self-talk and how do you think you would have felt and have done?



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## 2 Community Posts on Slack



**REQUIRED:** Choose 2 from this list or create your own post related to Module 13.

- What did you learn about plagiarism?
- What 3 new things did you learn from the college landing plan?
- Upon completion of your lauhala coaster, please share one or two of the following: One thing you enjoyed about the process of creating your lauhala coaster; One thing you learned; and/or One thing you could have done better.
- Did you learn anything new while researching food resources in your area? Do you have any valuable food resources that you would like to share with the group?
- What are ways you can promote positive self-talk?



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# Mahalo Nui Loa!

Any Questions?  
Please feel free to  
contact us!

- **Lisa Uyehara**, PI, Project Coordinator, Oahu and Kauai Site Coordinator [uyeharal@hawaii.edu](mailto:uyeharal@hawaii.edu)
- **Caryl Hitchcock**, Molokai, Lanai, and Maui Site Coordinator [chh@hawaii.edu](mailto:chh@hawaii.edu)
- **Iwalani McCalla**, West Hawaii Site Coordinator [iwalani.mccalla@hawaii.edu](mailto:iwalani.mccalla@hawaii.edu)
- **Andrew Frias**, East Hawaii Site Coordinator [andrewkfrias@gmail.com](mailto:andrewkfrias@gmail.com)
- **Desiree Evans**, Cultural Advisor [devans3@hawaii.edu](mailto:devans3@hawaii.edu)
- **Marie Guillermo**, H4 Project Coordinator [mariegui@hawaii.edu](mailto:mariegui@hawaii.edu)



# Ho'oku'i Monthly Focus 14

## Mon 1/30 to Sun 2/26

### *Putting more tools in your toolbox*

O ke kahua mamua, mahope ke kūkulu.  
 The site first, and then the building.  
 (Learn all you can, then practice.)  
 'Ōlelo No'eau #2459

All Ho'oku'i Monthly Focus Overviews with Links  
<http://go.hawaii.edu/xWz>

Important Date(s)	What	Pau?
Mon 1/30	<p>Overview video released on Slack. Watch before you attend your Zoom meeting.</p> <ul style="list-style-type: none"> <li>Module 14 Overview Video (4 minutes) <a href="https://youtu.be/ZIDpFI8HZpY">https://youtu.be/ZIDpFI8HZpY</a></li> <li>Video slides <a href="http://go.hawaii.edu/xWv">http://go.hawaii.edu/xWv</a></li> </ul>	
Tues 1/31	<p><b>OPTIONAL</b> Main Topic material released on Slack.</p> <p>These are the main things to review/do:</p> <ul style="list-style-type: none"> <li>Review Presentation: Prepositions and Modifiers <a href="#">slides</a></li> <li><b>DUE SUN 2/26:</b> Complete the Prepositions and Modifiers <a href="#">worksheet</a> (hardcopy included in supply kit)</li> </ul>	
Fri 2/3 or Wed 2/7	<p><b>REQUIRED:</b> Attend <b>1</b> of these options for our Online Zoom Monthly Focus.</p> <p><b>ZOOM LINK:</b> <a href="https://hawaii.zoom.us/my/hookui">https://hawaii.zoom.us/my/hookui</a></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Option 1: Friday, 2/3, 4-5 pm. Log on 3:45 pm <a href="https://youtu.be/lZcnt_flrPg">https://youtu.be/lZcnt_flrPg</a></li> <li><input type="checkbox"/> Option 2: Tuesday, 2/7, 7-8 pm. Log on 6:45 pm <a href="https://youtu.be/4NfmflANRy8">https://youtu.be/4NfmflANRy8</a></li> </ul> <p><b>TOPICS AND LINKS TO MATERIALS:</b></p>	

	<p><b>1. Lisa– Welcome!</b></p> <p><b>2. Caryl– Family Engagement</b></p> <ul style="list-style-type: none"> <li>a. Presentation: Addressing equity and navigating across cultures <a href="#">Slides</a></li> <li>o <b>OPTIONAL ACTION ITEMS:</b> Review the following handouts/resources with your teen: <ul style="list-style-type: none"> <li>■ REL Pacific Including Voice in Education handout</li> <li>■ OSU’s Middle Ground Family Engagement for Success in Middle Grades Resources</li> </ul> </li> </ul> <p><b>3. Desiree– Native Hawaiian</b></p> <ul style="list-style-type: none"> <li>a. Presentation: Moa Pahe’e <a href="#">Slides</a></li> <li>o <b>REQUIRED ACTION ITEM:</b> Post a short video or image of you and your ‘ohana playing moa pahe’e. Share with us what you found to be fun, or challenging, or what you learned.</li> </ul> <p><b>4. Closing and wrap up with Lisa</b></p>	
Fri 2/10	<p><b>OPTIONAL</b> Nutrition and Well-being materials released on Slack.</p> <p>These are the main things to review/do:</p> <ul style="list-style-type: none"> <li>● Nutrition lesson: Interviewing a Family Member and Learning a New Cooking Skill <a href="https://go.hawaii.edu/jxk">https://go.hawaii.edu/jxk</a></li> <li>● Nutrition handout and activity (included in hardcopy recipe book) <ul style="list-style-type: none"> <li>o Interview Notes <a href="#">Worksheet</a></li> <li>o <b>DUE SUN 2/26:</b> Using the Interview Notes Worksheet, interview a family member and/or friend that loves to cook and learn about a new cooking skill and/or recipe from them! Ask if they can teach you how to make something new in the kitchen and take notes as you go! Here are some ideas of what to talk about: family recipes, cooking tricks and tips, etc. Have fun and maybe you’ll have a new recipe to add to your recipe book!</li> </ul> </li> <li>● Well-being lesson: Stop and Smell the Roses <ul style="list-style-type: none"> <li>o Lesson <a href="#">handout</a> and Mindful Reflection <a href="#">worksheet</a></li> <li>o <b>DUE SUN 2/26:</b> Review the handout and complete the Mindful Reflection worksheet with your teen.</li> </ul> </li> </ul>	
Sun 2/26	<p><b>REQUIRED BY SUN 2/26:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> (Native Hawaiian). Post a short video or image of you and your ‘ohana playing moa pahe’e. Share with us what you found to be fun, or challenging, or what you</li> </ul>	

	<p>learned.</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Complete at least new 2 Slack Posts and 2 Replies in #Talk-Story Channel</li> <li><input type="checkbox"/> Complete Online Parent Feedback Form (Includes reflection on Monthly Activity) <a href="http://go.hawaii.edu/xuc">http://go.hawaii.edu/xuc</a></li> </ul> <p><b>OPTIONAL ACTION ITEMS:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> (Family Engagement 1). Review the REL Pacific Including Voice in Education handout with your teen.</li> <li><input type="checkbox"/> (Family Engagement 2). Review OSU's Middle Ground Family Engagement for Success in Middle Grades Resources with your teen.</li> <li><input type="checkbox"/> (Nutrition). Using the Interview Notes Worksheet, interview a family member and/or friend that loves to cook and learn about a new cooking skill and/or recipe from them! Ask if they can teach you how to make something new in the kitchen and take notes as you go! Here are some ideas of what to talk about: family recipes, cooking tricks and tips, etc. Have fun and maybe you'll have a new recipe to add to your recipe book!</li> <li><input type="checkbox"/> (Nutrition 2). Review how to stock a food pantry checklist.</li> <li><input type="checkbox"/> (Well-being). Review the handout and complete the Mindful Reflection worksheet with your teen.</li> </ul>	
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## 5 Big Ideas (MAIN IDEAS TO KEEP IN MIND THROUGHOUT THE MONTH)

1. Everytime we practice we improve our writing!
2. When learning something new, or getting familiar with something old.. we need to practice and practice. Then, it becomes natural for you to do.
3. Explore your own and other cultures. Learn how to navigate between cultures.
4. Keep your pantry loaded with essentials without spending beyond the scope of your budget.
5. Remember to practice mindfulness daily. Practicing mindfulness can help us regulate our emotions as well as tune out distractions and heighten our focus.

## Slack Post Ideas

In the #TalkStory-for-all channel:

1. Create at least 2 new Slack posts in #TalkStory-for-all and;
2. Reply to at least 2 people's posts (in the thread below their post).

Choose 2 from this list or create your own post related to Module 14.

- Main Topic:** Do you want to share your secret on selecting the proper preposition?
- Native Hawaiian:** Post a short video or image of you and your 'ohana playing moa pahe'e. Share with us what you found to be fun and challenging.
- Family Engagement:** What is a family saying or value that has been handed down through the generations? What strategies will you use to successfully navigate between cultures (yours and others different from your own)?
- Nutrition:** Did your teen interview a family member/friend? If so, did they learn any valuable cooking tips and/or yummy recipes?
- Well-being:** "Stop and Smell the Roses" activity: What are some strategies for turning thorns into roses? Describe ways thorns might be able to support continued learning and growing.

Our hope is that you will use Slack to create and strengthen connections with other mentors from across the state, so feel free to share resources, ideas, or whatever you think will be useful to others in Ho'oku'i.

# Putting more tools in your toolbox

## Ho'oku'i Monthly Focus 14



## Monthly Focus 14 Mon 1/30 to Sun 2/26

Material Released on Slack	Mon 1/30, Tues 1/31, Fri 2/10
Live Zoom Sessions (Choose 1)	<ul style="list-style-type: none"><li>• Option 1: Friday, 1/3, 4-5pm, Log on 3:45pm</li><li>• Option 2: Tuesday, 1/7, 7-8pm, Log on 6:45pm</li></ul>
Online Parent Feedback Forms and 2 Slack Posts Due	Sunday 2/26



# O ke kahua mamua, mahope ke kūkulu.

The site first, and then the building. (Learn all you can, then practice.)

‘Ōlelo No‘eau #2459



## Everytime we practice we improve our writing!

Putting more tools in your toolbox  
Big Idea #1



**When learning something new, or getting familiar with something old... we need to practice and practice. Then, it becomes natural for you to do.**

Putting more tools in your toolbox  
Big Idea #2



**Explore your own and other cultures.** Learn how to navigate between cultures.

Putting more tools in your toolbox  
Big Idea #3



**Keep your pantry loaded with essentials without spending beyond the scope of your budget.**

Putting more tools in your toolbox  
Big Idea #4



**Remember to practice mindfulness daily.**  
Practicing mindfulness can help us regulate our emotions as well as tune out distractions and heighten our focus.

Putting more tools in your toolbox  
Big Idea #5



## Required Action Items by Sun 2/26

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- **REQUIRED:** Post a short video or image of you and your 'ohana playing moa pahe'e. Share with us what you found to be fun, or challenging, or what you learned.
- **REQUIRED:** Complete Parent Feedback Form online <http://go.hawaii.edu/xuc>
- **REQUIRED:** At least 2 new Slack posts and 2 responses



## Optional Action Items by Sun 2/26

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- **MAIN TOPIC:** Complete the Prepositions and Modifiers worksheet.
- **FAMILY ENGAGEMENT:** Review the Career Conversation Starts Slides and watch the recording with your teen.



## Optional Action Items by Sun 2/26

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- **NUTRITION:** Using the Interview Notes Worksheet, interview a family member and/or friend that loves to cook and learn about a new cooking skill and/or recipe from them! Ask if they can teach you how to make something new in the kitchen and take notes as you go! Here are some ideas of what to talk about: family recipes, cooking tricks and tips, etc. Have fun and maybe you'll have a new recipe to add to your recipe book!
- **WELL-BEING:** Review the lesson handout and complete the Mindful Reflection worksheet with your teen.



## 2 Community Posts on Slack

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**REQUIRED:** Choose 2 from this list or create your own post related to Module 14.

- **MAIN TOPIC:** Do you want to share your secret on selecting the proper preposition?
- **NATIVE HAWAIIAN:** Post a short video or image of you and your 'ohana playing moa pahe'e. Share with us what you found to be fun and challenging.
- **FAMILY ENGAGEMENT:** What is a family saying or value that has been handed down through the generations? What strategies will you use to successfully navigate between cultures (yours and others different from your own)?
- **NUTRITION:** Did your teen interview a family member/friend? If so, did they learn any valuable cooking tips and/or yummy recipes?
- **WELL-BEING:** What are some strategies for turning thorns into roses? Describe ways thorns might be able to support continued learning and growing.



# Mahalo Nui Loa!

Any Questions?  
Please feel free to  
contact us!

- **Lisa Uyehara**, PI, Project Coordinator, O'ahu and Kaua'i Site Coordinator [uyeharal@hawaii.edu](mailto:uyeharal@hawaii.edu)
- **Caryl Hitchcock**, Moloka'i, Lana'i, and Maui Site Coordinator [chh@hawaii.edu](mailto:chh@hawaii.edu)
- **Iwalani McCalla**, West Hawai'i Site Coordinator [iwalani.mccalla@hawaii.edu](mailto:iwalani.mccalla@hawaii.edu)
- **Andrew Frias**, East Hawai'i Site Coordinator [afrias@hawaii.edu](mailto:afrias@hawaii.edu)
- **Desiree Evans**, Cultural Advisor [devans3@hawaii.edu](mailto:devans3@hawaii.edu)
- **Marie Guillermo**, H4 Project Coordinator [mariegui@hawaii.edu](mailto:mariegui@hawaii.edu)

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# Ho'oku'i Monthly Focus 15

Mon 2/27 to Sun 3/26

*Who doesn't love a good story?*

*I love a good story!*

Ua lehulehu a manomano ka 'ikena a ka Hawai'i.  
Great and numerous is the knowledge of the Hawaiians.  
'Ōlelo No'eau #2814

## All Ho'oku'i Monthly Focus Overviews with Links

<http://go.hawaii.edu/xWz>

Important Date(s)	What	Pau?
Mon 2/27	<p>Overview video released on Slack. Watch before you attend your Zoom meeting.</p> <ul style="list-style-type: none"> <li>Module 15 Overview Video (4 minutes) <a href="https://youtu.be/Mn1kL_zsQl0">https://youtu.be/Mn1kL_zsQl0</a></li> <li>Video slides <a href="http://go.hawaii.edu/pWx">http://go.hawaii.edu/pWx</a></li> </ul> <p>Required before you attend your Zoom meeting:</p> <ul style="list-style-type: none"> <li>Create a Canva account if you don't already have one: <a href="https://www.canva.com/">https://www.canva.com/</a>.</li> </ul>	
Tues 2/28	<p><b>OPTIONAL</b> Nutrition material released on Slack.</p> <p>These are the main things to review/do:</p> <ul style="list-style-type: none"> <li>Nutrition lesson: Grocery Shopping and Stocking Your Pantry <a href="https://go.hawaii.edu/kxf">https://go.hawaii.edu/kxf</a></li> <li>Nutrition handout and activity (included in hardcopy recipe book): <ul style="list-style-type: none"> <li>Shopping for the Pantry <a href="#">Worksheet</a> (included in Recipe Book)</li> <li><b>DUE SUN 3/26:</b> Using the Shopping for the Pantry (List) worksheet, and go through the different categories of your pantry (meat, fruit/veggies, dairy, canned goods, grains, etc.) by listing some of the necessities in your household. You can even take an inventory of what items in your</li> </ul> </li> </ul>	

	<p>pantry need to be restocked and fill out the last page titled “Our Pantry is Running Out Of...”. You can discuss as an ‘ohana what are some of the items that you like to buy in bulk, and how do you store the items in your pantry. Do you freeze certain items? Vacuum seal? Or dry certain food items? Have fun and I hope that you learn a lot!</p>	
<p>Fri 3/3 or Tues 3/7</p>	<p><b>REQUIRED:</b> Attend <b>1</b> of these options for our Online Zoom Monthly Focus.</p> <p><b>ZOOM LINK:</b> <a href="https://hawaii.zoom.us/my/hookui">https://hawaii.zoom.us/my/hookui</a></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Option 1: Friday, 3/3, 4-5 pm. Log on 3:45 pm <a href="https://youtu.be/ic_oLvAXDo">https://youtu.be/ic_oLvAXDo</a></li> <li><input type="checkbox"/> Option 2: Tuesday, 3/7, 7-8 pm. Log on 6:45 pm <a href="https://youtu.be/R0plTX8L81A">https://youtu.be/R0plTX8L81A</a></li> </ul> <p><b>TOPICS AND LINKS TO MATERIALS:</b></p> <ol style="list-style-type: none"> <li><b>1. Lisa– Welcome!</b></li> <li><b>2. Lisa– Main Topic</b> <ol style="list-style-type: none"> <li>a. Presentation: Mo‘olelo Time <a href="#">Slides</a></li> </ol> </li> <li><b>3. Caryl– Family Engagement</b> <ol style="list-style-type: none"> <li>a. Presentation: Genealogy and Discovering Your Family Story <a href="#">Slides</a></li> </ol> </li> <li><b>4. Desiree– Native Hawaiian</b> <ol style="list-style-type: none"> <li>a. Presentation: Puke ‘Ohana <a href="#">Slides</a></li> <li>b. <b>REQUIRED ACTION ITEM BY SUN 3/26:</b> Create a pedigree chart of some sort that shows 3 to 4 generations of your family. Start with yourself as the first generation and work backwards. The example is used as a guide. Be creative and have fun!</li> </ol> </li> <li><b>5. Closing and wrap up with Lisa</b></li> </ol>	
<p>Fri 3/10</p>	<p><b>OPTIONAL</b> Well-being material released on Slack.</p> <p>These are the main things to review/do:</p> <ul style="list-style-type: none"> <li>● Get physically and socially active. Physical wellness promotes proper care of our bodies for optimal health and functioning. Social wellness allows us to build and maintain healthy relationships with others. Remember to implement daily practices that nurture both physical and social aspects of your well-being.</li> <li>● Plan a walk together (preferably in nature) to talk story</li> </ul>	

	<p>and check in with one another.</p> <ul style="list-style-type: none"> <li>• Share a photo of your 'ohana on your nature walk. Describe your experience together.</li> </ul>	
Sun 3/26	<p><b>REQUIRED BY SUN 3/26:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Complete at least new 2 Slack Posts and 2 Replies in #Talk-Story Channel</li> <li><input type="checkbox"/> Complete Online Parent Feedback Form (Includes reflection on Monthly Activity) <a href="http://go.hawaii.edu/dux">http://go.hawaii.edu/dux</a></li> </ul> <p><b>OPTIONAL ACTION ITEMS:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> (Main Topic). Practice your storytelling and writing skills and learn something new! Choose a place (or person or cultural tradition) that you've always to learn more about. Research and read up on as much information as your time allows. Use your own writing skills and creativity to retell the story. Have fun!</li> <li><input type="checkbox"/> (Nutrition). Using the Shopping for the Pantry (List) worksheet, go through the different categories of your pantry (meat, fruit/veggies, dairy, canned goods, grains, etc.) by listing some of the necessities in your household. You can even take an inventory of what items in your pantry need to be restocked and fill out the last page titled "Our Pantry is Running Out Of...". You can discuss as an 'ohana what are some of the items that you like to buy in bulk, and how do you store the items in your pantry. Do you freeze certain items? Vacuum seal? Or dry certain food items? Have fun and I hope that you learn a lot!</li> <li><input type="checkbox"/> (Well-being). Mindful walk and talk - get physically active and socially active!</li> </ul>	

## 5 Big Ideas (MAIN IDEAS TO KEEP IN MIND THROUGHOUT THE MONTH)

1. We learn and teach through stories - the wisdom of kupuna and the carrying on of culture and tradition.
2. Knowing your own family's history can enlighten your mind of those who came before you. Start discovering your family's story
3. It is important to know your family history. It grounds you and connects your past to the future
4. Take care of your body, it's the only place you have to live.
5. Get physically and socially active. Physical wellness promotes proper care of our bodies for optimal health and functioning. Social wellness allows us to build and maintain healthy relationships with others. Remember to implement daily practices that nurture both physical and social aspects of your well-being.

## Slack Post Ideas

In the #TalkStory-for-all channel:

1. Create at least 2 new Slack posts in #TalkStory-for-all and;
2. Reply to at least 2 people's posts (in the thread below their post)

Choose 2 from this list or create your own post related to Module 15.

- Main Topic:** What is your favorite mo'olelo?
- Native Hawaiian:** Share something about what you have discovered when creating your family album?
- Family Engagement:** Tell us the story of your name.
- Nutrition:** What are your favorite "must-have" items in your pantry? Do you have any tips on how to stock a pantry and/or store any specific pantry items?
- Share something about what you have discovered when creating your family album?
- Well-being:** Share a photo of your 'ohana on your nature walk. Describe your experience together.

Our hope is that you will use Slack to create and strengthen connections with other mentors from across the state, so feel free to share resources, ideas, or whatever you think will be useful to others in Ho'oku'i.

# Who doesn't love a good story? I love a good story!

## Ho'oku'i Monthly Focus 15



## Monthly Focus 15 Mon 2/27 to Sun 3/26

Material Released on Slack	Mon 2/27, Tues 2/28, Fri 3/10
Live Zoom Sessions (Choose 1)	<ul style="list-style-type: none"><li>• Option 1: Friday, 3/3, 4-5pm, Log on 3:45pm</li><li>• Option 2: Tuesday, 3/7, 7-8pm, Log on 6:45pm</li></ul>
Online Parent Feedback Forms and 2 Slack Posts Due	Sunday 3/26



# Ua lehulehu a manomano ka 'ikena a ka Hawai'i.

Great and numerous is the knowledge of the  
Hawaiians.

'Ōlelo No'eau #2814



**We learn and teach through stories  
- the wisdom of kupuna and the  
carrying on of culture and tradition.**

Who doesn't love a good story? I love a good story!  
Big Idea #1



**Knowing your own family's history can enlighten your mind of those who came before you. Start discovering your family's story.**

Who doesn't love a good story? I love a good story!  
Big Idea #2



**It is important to know your family history. It grounds you and connects your past to the future.**

Who doesn't love a good story? I love a good story!  
Big Idea #3



**Take care of your body, it's the only place you have to live in.**

Who doesn't love a good story? I love a good story!  
Big Idea #4



**Get physically and socially active.** Physical wellness promotes proper care of our bodies for optimal health and functioning. Social wellness allows us to build and maintain healthy relationships with others. Remember to implement daily practices that nurture both physical and social aspects of your well-being.

Who doesn't love a good story? I love a good story!  
Big Idea #5



## Required Action Items by Sun 3/26

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- **REQUIRED:** Create a pedigree chart of some sort that shows 3 to 4 generations of your family. Start with yourself as the first generation and work backwards. The example is used as a guide. Be creative and have fun!
- **REQUIRED:** Complete Parent Feedback Form online <http://go.hawaii.edu/dux>
- **REQUIRED:** At least 2 new Slack posts and 2 responses



9

## Optional Action Items by Sun 3/26

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- **MAIN TOPIC:** Practice your storytelling and writing skills and learn something new! Choose a place (or person or cultural tradition) that you've always wanted to learn more about. Research and read up on as much information as your time allows. Use your own writing skills and creativity to retell the story. Have fun!



10

## Optional Action Items by Sun 3/26

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- **NUTRITION:** Using the Shopping for the Pantry (List) worksheet, list some of the necessities in your household by category. What items need restocking? Discuss with 'ohana some items that can be bought in bulk and how would you store them in your pantry.
- **WELL-BEING:** Mindful walk and talk. Get physically active and socially active!



11

## 2 Community Posts on Slack

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**REQUIRED:** Choose 2 from this list or create your own post related to Module 15.

- **MAIN TOPIC:** What is your favorite mo'olelo?
- **NATIVE HAWAIIAN:** Share something about what you have discovered when creating your family album?
- **FAMILY ENGAGEMENT:** Tell us the story of your name.
- **NUTRITION:** What are your favorite "must-have" items in your pantry? Do you have any tips on how to stock a pantry and/or store any specific pantry items?
- **WELL-BEING:** Share a photo of your 'ohana on your nature walk. Describe your experience together.



12

# Mahalo Nui Loa!

Any Questions?  
Please feel free to  
contact us!

- **Lisa Uyehara**, PI, Project Coordinator, Oahu and Kauai Site Coordinator [uyeharal@hawaii.edu](mailto:uyeharal@hawaii.edu)
- **Caryl Hitchcock**, Molokai, Lanai, and Maui Site Coordinator [chh@hawaii.edu](mailto:chh@hawaii.edu)
- **Iwalani McCalla**, West Hawaii Site Coordinator [iwalani.mccalla@hawaii.edu](mailto:iwalani.mccalla@hawaii.edu)
- **Andrew Frias**, East Hawaii Site Coordinator [andrewkfrias@gmail.com](mailto:andrewkfrias@gmail.com)
- **Desiree Evans**, Cultural Advisor [devans3@hawaii.edu](mailto:devans3@hawaii.edu)
- **Marie Guillermo**, [mariegui@hawaii.edu](mailto:mariegui@hawaii.edu)



# Ho'oku'i Monthly Focus 16

## Tues 3/28 to Sun 4/30

### *Rewind and Refresh*

**He pūko'a kani 'āina.**

A coral reef that grows into an island.

(A person beginning in a small way gains steadily until he becomes firmly established.)

**'Ōlelo No'eau #757**

**All Ho'oku'i Monthly Focus Overviews with Links**

<http://go.hawaii.edu/xWz>

Important Date(s)	What	Pau?
Tues 3/28	<p>Overview video released on Slack. Watch before you attend your Zoom meeting.</p> <ul style="list-style-type: none"> <li>● Module 16 Overview Video (5 minutes) <a href="https://youtu.be/Q6lc0l3lu1M">https://youtu.be/Q6lc0l3lu1M</a></li> <li>● Video slides <a href="http://go.hawaii.edu/eWx">http://go.hawaii.edu/eWx</a></li> </ul>	
Wed 3/29	<p><b>OPTIONAL</b> Well-being materials released on Slack.</p> <p>These are the main things to review/do:</p> <ul style="list-style-type: none"> <li>● Title: Grows and Glows</li> <li>● Activity: Grows and Glows               <ul style="list-style-type: none"> <li>○ Introduction &amp; Instruction handout <a href="https://go.hawaii.edu/Rdk">https://go.hawaii.edu/Rdk</a></li> <li>○ Grows and Glows Worksheet <a href="https://go.hawaii.edu/kdi">https://go.hawaii.edu/kdi</a></li> </ul> </li> </ul>	
Tues 4/11 or Fri 4/14	<p><b>REQUIRED:</b> Attend <b>1</b> of these options for our Online Zoom Monthly Focus.</p> <p><b>ZOOM LINK:</b> <a href="https://hawaii.zoom.us/my/hookui">https://hawaii.zoom.us/my/hookui</a></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Option 1: Tuesday, 4/11, 7-8 pm. Log on 6:45 pm</li> <li><input type="checkbox"/> Option 2: Friday, 4/14, 4-5 pm. Log on 3:45 pm</li> </ul>	

	<p>Zoom 16 video: <a href="https://youtu.be/Me1nWfvXN6Q">https://youtu.be/Me1nWfvXN6Q</a></p> <p><b>TOPICS AND LINKS TO MATERIALS:</b></p> <ol style="list-style-type: none"> <li>1. Marie– Welcome!</li> <li>2. Marie– Main Topic       <ol style="list-style-type: none"> <li>a. Presentation: Where is your Wa’a Going? <a href="#">Slides</a></li> <li>b. Personal Voyage <a href="#">Worksheet</a></li> </ol> </li> <li>3. Desiree– Native Hawaiian       <ol style="list-style-type: none"> <li>a. Presentation: Eyelash Lei Making <a href="#">Slides</a></li> <li>o <b>REQUIRED ACTION ITEM by SUN 10/30:</b> <ul style="list-style-type: none"> <li>■ Imagine a magazine company asked you to submit a photo of your lei to be used in their magazine . How would you arrange it? What would the composition look like? You want the viewer to be amazed at your lei and photo. Take a creative photo of your finished lei and post on slack. Hint: google search for some ideas.</li> </ul> </li> </ol> </li> <li>4. Closing and wrap up with Marie</li> </ol>	
<p>Mon 4/17</p>	<p><b>OPTIONAL</b> Family Engagement and Nutrition materials released on Slack.</p> <p>These are the main things to review:</p> <ul style="list-style-type: none"> <li>● Family Engagement (Caryl)       <ul style="list-style-type: none"> <li>○ Presentation: Understanding How the Teen Brain Works!           <ul style="list-style-type: none"> <li>■ <a href="#">Slides</a> and <a href="#">Recording</a></li> </ul> </li> <li>○ Handouts           <ul style="list-style-type: none"> <li>■ Middle School Transition Infographic – “Launching your Middle Schooler to Success” <a href="#">handout</a></li> <li>■ How the Adolescent Brain Learns <a href="#">handout</a></li> <li>■ Ohio’s Whole Child Framework <a href="#">handout</a></li> </ul> </li> </ul> </li> <li>● Nutrition lesson: Reflection on Nutrition/Wellness Journey <a href="https://go.hawaii.edu/Ddk">https://go.hawaii.edu/Ddk</a></li> <li>● Nutrition handouts (included in hardcopy recipe book)       <ul style="list-style-type: none"> <li>○ End of Year Reflection <a href="#">worksheet</a></li> </ul> </li> </ul>	
<p>Sun 4/30</p>	<p><b>REQUIRED BY SUN 4/30:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Complete at least new 2 Slack Posts and 2 Replies in #Talk-Story Channel</li> <li><input type="checkbox"/> Complete Online Parent Feedback Form (Includes</li> </ul>	

	<p>reflection on Monthly Activity) <a href="http://go.hawaii.edu/xu6">http://go.hawaii.edu/xu6</a></p> <p><b>OPTIONAL ACTION ITEMS:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> (Main Topic). Complete the Personal Voyage worksheet with your teen.</li> <li><input type="checkbox"/> (Family Engagement 1). Review Understanding How the Brain Works slides and watch the recording with your teen.</li> <li><input type="checkbox"/> (Family Engagement 2). Review the following handouts with your teen: (a) Middle School Transition Infographic – “Launching your Middle Schooler to Success,” (b) How the Adolescent Brain Learns and (c) Ohio’s Whole Child Framework handout.</li> <li><input type="checkbox"/> (Nutrition 1). Using the End of the Year Reflection Worksheet, please reflect on the semester and/or school year and your total well-being and wellness goals that we started at the beginning of the year. If you began with Ho’oku’i IV in Summer 2022, Fall 2022 or Spring 2023, please reflect on your own well-being and wellness of this past semester and that of your ‘ohana. Then, discuss new personal and ‘ohana goals moving forward. How do you plan to reach these goals?</li> <li><input type="checkbox"/> (Nutrition 2). Take time to finish compiling your Portfolio/Recipe Book!</li> <li><input type="checkbox"/> (Well-being). Review the Grows and Glows Introduction and Instructional handout and complete the Grows and Glows Worksheet with your teen.</li> </ul>	
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**5 Big Ideas (MAIN IDEAS TO KEEP IN MIND THROUGHOUT THE MONTH)**

1. Reflecting on your journey will show you how far you have come and what you need to do to reach your goals.
2. Meet or leave people with a bit of the Aloha Spirit wherever your journey takes you.
3. Teens need their parents now more than ever.
4. Most people are unlikely to grow taller after about age 20, but some bones keep growing as we age. Eating many nutritious things at an early age always helps.
5. Cultivate a growth mindset. Adopting a growth mindset can help us view challenges and mistakes as ways of progressing towards personal growth and development.

**Slack Post Ideas**

In the #TalkStory-for-all channel:

1. Create at least 2 new Slack posts in #TalkStory-for-all and;
2. Reply to at least 2 people’s posts (in the thread below their post).

Choose 2 from this list or create your own post related to Module 16.

- Main Topic:** Do you know where your wa'a is going? Has your journey changed since joining Project Ho'oku'i IV: 'Ohana Lōkahi?
- Native Hawaiian:** Share a photo of your lei along with any lessons you might have learned during the process of making it.
- Family Engagement:** What is something new you learned about the teen brain? What was an "aha" moment?
- Nutrition:** Please share any "aha!" moments that you and your 'ohana shared while working on the nutrition focus activities, and help us to reflect on the past year!
- Well-being:** Share a photo of your filled gratitude jar. In what areas have you glowed over the course of the semester? In what areas/ways can you grow?

Our hope is that you will use Slack to create and strengthen connections with other mentors from across the state, so feel free to share resources, ideas, or whatever you think will be useful to others in Ho'oku'i.

# Rewind and Refresh

## Ho'oku'i Monthly Focus 16



## Monthly Focus 16 Tues 3/28 to Sun 4/30

Material Released on Slack	Tues 3/28, Wed 3/29, Mon 4/17
Live Zoom Sessions (Choose 1)	<ul style="list-style-type: none"><li>• Option 1: Tuesday, 4/11, 7-8pm, Log on 6:45pm</li><li>• Option 2: Friday, 4/15, 4-5pm, Log on 3:45pm</li></ul>
Online Parent Feedback Forms and 2 Slack Posts Due	Sunday 4/30



# He pūko‘a kani ‘āina.

A coral reef that grows into an island. (A person beginning in a small way gains steadily until he becomes firmly established.)

‘Ōlelo No‘eau #932



Reflecting on your journey will show you how far you have come and what you need to do to reach your goals.

Rewind and Refresh  
Big Idea #1



**Meet or leave people with a bit  
of the Aloha Spirit wherever your  
journey takes you.**

Rewind and Refresh  
Big Idea #2



**Teens need their parents now  
more than ever.**

Rewind and Refresh  
Big Idea #3



**Most people are unlikely to grow taller after about age 20, but some bones keep growing as we age. Eating many nutritious things at an early age always helps.**

Rewind and Refresh  
Big Idea #4



**Cultivate a growth mindset.** Adopting a growth mindset can help us view challenges and mistakes as ways of progressing towards personal growth and development.

Rewind and Refresh  
Big Idea #5



## Required Action Items by Sun 4/30



- **REQUIRED:** Imagine a magazine company asked you to submit a photo of your lei to be used in their magazine. How would you arrange it? What would the composition look like? You want the viewer to be amazed at your lei and photo. Take a creative photo of your finished lei and post on slack. Hint: Google search for some ideas.
- **REQUIRED:** Complete Parent Feedback Form online <http://go.hawaii.edu/xu6>
- **REQUIRED:** At least 2 new Slack posts and 2 responses



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## Optional Action Items by Sun 4/30



- **MAIN TOPIC:** Complete the Personal Voyage worksheet with your teen.
- **FAMILY ENGAGEMENT 1:** Review Understanding How the Brain Works slides and watch the recording with your teen.
- **FAMILY ENGAGEMENT 2:** Review the Middle School Transition Infographic titled “Launching your Middle Schooler to Success” handout, “How the Adolescent Brain Learns” handout and the “Ohio’s Whole Child Framework” handout.



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## Optional Action Items by Sun 4/30



- **NUTRITION 1:** Using the End of the Year Reflection Worksheet, please reflect on the semester and/or school year and your total well-being and wellness goals that we started at the beginning of the year.
- **NUTRITION 2:** Take time to finish compiling your Portfolio/Recipe Book!
- **WELL-BEING:** Review the Grows and Glows Introduction and Instructional handout and complete the Grows and Glows Worksheet with your teen.



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## 2 Community Posts on Slack



**REQUIRED:** Choose 2 from this list or create your own post related to Module 16.

- **MAIN TOPIC:** Do you know where your wa'a is going? Has your journey changed since joining Project Ho'oku'i IV: 'Ohana Lōkahi?
- **NATIVE HAWAIIAN:** Share a photo of your lei along with any lessons you might have learned during the process of making it.
- **FAMILY ENGAGEMENT:** What is something new you learned about the teen brain? What was an "aha" moment?
- **NUTRITION:** Please share any "aha!" moments that you and your 'ohana shared while working on the nutrition focus activities, and help us to reflect on the past year!
- **WELL-BEING:** Share a photo of your filled gratitude jar. In what areas have you glowed over the course of the semester? In what areas/ways can you grow?



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# Mahalo Nui Loa!

Any Questions?  
Please feel free to  
contact us!

- **Lisa Uyehara**, PI, Project Coordinator, Oahu and Kauai Site Coordinator [uyeharal@hawaii.edu](mailto:uyeharal@hawaii.edu)
- **Caryl Hitchcock**, Molokai, Lanai, and Maui Site Coordinator [chh@hawaii.edu](mailto:chh@hawaii.edu)
- **Iwalani McCalla**, West Hawaii Site Coordinator [iwalani.mccalla@hawaii.edu](mailto:iwalani.mccalla@hawaii.edu)
- **Andrew Frias**, East Hawaii Site Coordinator [andrewkfrias@gmail.com](mailto:andrewkfrias@gmail.com)
- **Desiree Evans**, Cultural Advisor [devans3@hawaii.edu](mailto:devans3@hawaii.edu)
- **Marie Guillermo**, [mariegui@hawaii.edu](mailto:mariegui@hawaii.edu)



# PROJECT HO‘OKU‘I IV: ‘OHANA LŌKAHI

## NEWSLETTER

### FEATURED ARTICLES:

Student Highlights:

- Kea Clebsch, 1
- Baily Gapusan, 4

Moloka‘i ‘Ohana  
Lōkahi Challenge, 2

## WHEN DREAMS & REALITY MERGE STUDENT HIGHLIGHT: KEA CLEBSCH

Written by Staff Writer

Ho‘oku‘i participant, Kea Clebsch is fueled with passion and heart. She is a high school senior at Kealakehe High School and her academic journey has led her to a full ride scholarship at Stanford University... a dream school of hers since she was a little girl. As a high school student, she shares her vibrant energy not only at school but also in her community. All of her passion and hard work has brought her to a point in life where her dreams are now becoming reality.

In high school, Kea is engaged in a variety of extracurricular activities, such as Model United Nations, Rocketry Club, Science Fair, and the International Public Policy Forum. She’s also been a part of Kealakehe’s STEM Academy since her freshman year, which provided her with the opportunity to step outside of her comfort zone. The community support she receives at and outside of the school environment enables her to continue to make strides and allow her passion and interests to grow and thrive.

Outside of school, Kea has pursued entrepreneurial and community outreach endeavors, such as serving as a member and mentor at Nalukai Entrepreneurship Academy. She has also connected with local businesses to create Be-It Hawai‘i, an art award showcasing youth and their vision for Hawai‘i’s future. Both ventures have allowed Kea to fuse multiple passions and progress toward her goal of furthering Hawai‘i’s youth in their sense of place, identity, and belonging. *Continued on page 03.*

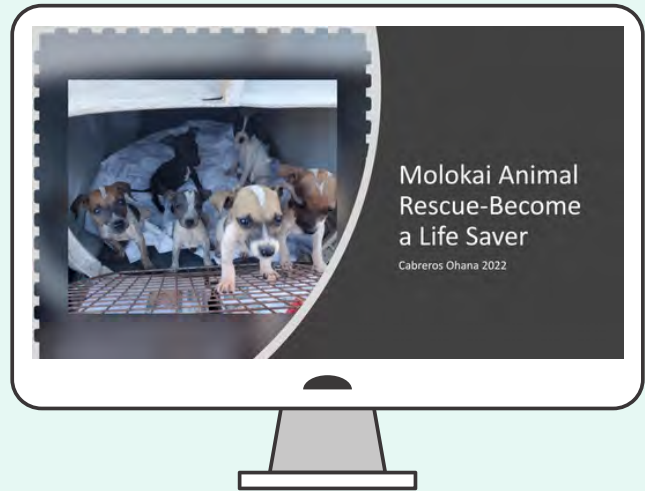


# WINNERS TWO TIMES OVER!!!

Written by Caryl Hitchcock

Two of our Ho‘oku‘i IV students, who entered the Molokai ‘Ohana Lōkahi Community Challenge not only “won” a prize (not to mention the honor), but also developed a presentation on community service that they could submit with their college applications! Most universities require evidence of community service in their application process and these students now have a head start! The videos showcased the service that each family engaged in to support their community. They demonstrated respect for cultural practices as well as empathy and care for those less fortunate. It is no surprise that our families reflect and teach strong values. Mahalo nui loa to our ‘ohana!

You can view their entries by accessing this QR code:



*"MOLOKAI ANIMAL RESCUE-  
BECOME A LIFE SAVER"*  
**CABREROS 'OHANA**



*"KALO KLEAN-UP: THE SALVATION ARMY-  
HAWAIIAN & PACIFIC ISLANDS DIVISION'S  
FAMILY TREATMENT SERVICES (FTS)"*  
**AKUTAGAWA 'OHANA**

*Continued from page 01.* It doesn't stop there. Kea is also a QuestBridge scholar and Running Start student. She reflected on the first course she enrolled in, Ethnic Studies 221 (course title: Hawaiians), which is where she "quickly fell in love with learning about the role of race/ethnicity in social, economic, and political contexts," specifically about Native Hawaiian's as indigenous people. As a student of Kumu Keali'i Kukahiko in this specific course, she pursued a summer internship at the Office of Hawaiian Education (OHE), where she worked with Kumu Keali'i and a research team to analyze Native Hawaiian and Pacific Islander student outcomes in Hawaiian immersion schools. Through her work with OHE, Kea felt as though she had found her niche.

Kea wants to continue learning about the role of race and ethnicity in society, how perceptions of race and ethnicity have shaped history and politics, and its impact on individuals and groups today. Kea plans to major in Comparative Studies in Race and Ethnicity or Public Policy at Stanford University. To complement her passion for culture, art and education reform, she is also hoping to minor in Fine Arts.

When Kea was asked if there was anything more that she wanted to share with our community, the University of Hawai'i system and beyond, she said:

*"In the ways I plan to bring the skills and knowledge I gain at university back to my community in Hawai'i, I also intend to carry the values and knowledge of my community when I go to college. I am aware of the differences in perspective and [the] paradigm I will inevitably face when attending [Stanford] university on the mainland. While I will have exposure to two separate (and occasionally opposing) pools of knowledge, I do not intend to shut one out for the other. Drawing from both, I hope to embrace a cross-pollination of knowledge. I will ground myself in Hawai'i throughout my college experience and carry my community's stories and perspectives in everything I do."*

As she ventures onto the next step of her life journey, Kea courageously welcomes the endless possibilities of where she may find herself in the coming years. Knowing wherever that may be, it will put her in a position to serve her community.



**GEAR UP Running Start Scholarship's Fall 2022 Term**

**DEADLINE IS FRIDAY, APRIL 22, 2022**

**Apply now for the Scholarship  
at <http://go.hawaii.edu/u9x>**

# CLEARED FOR TAKEOFF

## STUDENT HIGHLIGHT: BAILY GAPUSAN

Written by Nicole Olayon

Baily Gapusan is an exceptional student from Kea'au High School who will be graduating with honors this school year. Baily was born in Hilo on the Big Island of Hawai'i. He plans to attend Embry-Riddle Aeronautical University where he will study aeronautical science with the goal of becoming a commercial pilot for Hawaiian or American Airlines. Baily says that he hopes to eventually work up to becoming a captain, and that he dreams of traveling around the world before the age of 50!

Throughout his high school career, Baily has obtained many honors and special recognitions not only in academics but also in various team sports. Baily is the recipient of the Harvard Book Award and he has been involved in numerous clubs and extracurricular activities.

Baily is a member of the National Honor Society, BlueZones Hawai'i, Students Helping Students, Peace for Roots, Kea'au High School's Student Body Government, and Honors Band (in which he has achieved drum major status). He has held club officer positions, was the captain for three different team sports, was a team manager, and has received coaches awards for various sports that he loves playing (volleyball, paddling, and football). Baily's other hobbies include ranching, hunting, fishing, diving, and working. *Continued on page 05.*



As you can see, Baily has been very involved in high school and has accomplished so much! You can tell that he is focused and determined to reach his goals. When asked if he had any advice and/or tips for other students on achieving their goals and attending college, Baily replied with,

*“My advice to those students who plan to take education to the next level is to do as much as you can while still in high school. Apply/join any and everything your school offers. Take advantage of these great opportunities for you to try new things and begin to build those crucial skills needed in college. In my freshman year, I didn’t want to do anything so I just focused on my education... that was my biggest mistake. Start doing things like college classes and get involved as early as possible. It may seem very stressful and overwhelming, but it will all pay off in the long run. These skills that you develop in high school will transfer over to college and make your life so much easier.”*

Baily has been a participant in Project Ho’oku’i for a few years now, and here is what he had to say about his experience:

*Project Ho’oku’i has played a key role towards helping me further my education. With this wonderful program, they funded all of my college classes and paid for all of the materials. Not only have they helped me financially, but they really helped me explore and learn more about Hawaiian history and how their practices affect our daily lives”.*

When asked about the various accomplishments that he has received, Baily humbly replied:

*“Above all, it is not about the amount of awards you receive... It is about the lessons you’ve learned that allowed you to get to that point.”*

This is such great advice Baily! Thank you so much for being such a great role model to other students. Project Ho’oku’i is so proud of you and wishes you the very best for your college career and the journey ahead of you. Your future is very bright!

# PROJECT HO‘OKU‘I IV: ‘OHANA LŌKAHI

## IN A NUTSHELL...

- ‘Ohana Lōkahi is Project Ho‘oku‘i’s fourth iteration and it is state-wide!
- The project is funded by the U.S. Department of Education, Native Hawaiian Education Program (Award #S362A200006).
- The project goal is to engage families in cultivating a college-bound culture within the Native Hawaiian community and increase enrollment of Native Hawaiian students in post-secondary degree and certificate programs, leading to employment opportunities.
- There are 5 main components of the project: Academic, Family Engagement, Native Hawaiian Culture, Nutrition and Well-being.
- Participating students have the opportunity to accrue college credits before they finish high school through UH System’s Running Start program, Early College or Mānoa Academy.



## WE'RE AT...

### O‘AHU

Farrington High School

### KAUA‘I

Kapa‘a High School

### MAUI

Hāna High and Elementary School

### MOLOKA‘I

Moloka‘i High School

### LĀNA‘I

Lāna‘i High School

### HAWAI‘I

Hawai‘i Academy of Arts and Sciences  
Kanu o ka ‘Āina New Century Public Charter School  
Ke Kula ‘O ‘Ehunuikaimalino  
Kea‘au High School

112

Participating high school students (2021-2022 school year)

28

Participating ‘ohana (2021-2022 school year)

6

Participating HIDOE faculty (2021-2022 school year)

# PROJECT HO‘OKU‘I IV: ‘OHANA LŌKAHI

NEWSLETTER



**COMING HOME**

## AN ISLAND GIRL'S HOPES AND DREAMS FOR THE FUTURE!

By Caryl Hitchcock

When Sabrina Curtis graduated from Moloka‘i High School in 2016, she was featured in our Na Hoku stories of student success. She participated in Project Ho‘oku‘i II during her junior and senior years and had been awarded a prestigious Gates scholarship and attended Columbia University. Her star was on the rise!

I had the good fortune to catch up with Sabrina in June this year while she was acting as a consultant for the Sustainable Moloka‘i Energy Hui and supporting a project to benefit her home community. We had a chance to talk story and find out what she had been doing since her days at MHS and what her plans were for the future. Sabrina had just graduated from Carnegie Mellon University with her Master’s Degree and was beginning a doctoral program, also at Carnegie Mellon, in Engineering and Public Policy. Her research is in fisheries management, looking at how climate change is affecting existing management practices, and how local and indigenous knowledge can be incorporated to make practices more resilient and holistic into the future. Sabrina said about her research,

“It’ll be nice beginning here and then knowing what to do coming back home [Hawai‘i] and seeing what I can help with because that’s...really what we need right now.

## NEWSLETTER HIGHLIGHTS

**An Island Girl's Hopes and Dreams for the Future!**

1-2

**Financial Aid & Scholarship Opportunities**

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**The Future is Bright for Farrington Governor, Kailee Umaga-Silva!**

3

**Kapa‘a High School Project Ho‘oku‘i Participants Engage in Service Learning at Ahupua‘a Pila‘a**

4

**Painting Through Your Journey**

5



TO JOIN THINGS TOGETHER:  
FAMILY HARMONY

Through her work at the intersection of indigenous/traditional knowledge, climate change adaptation, and mitigation practices, Sabrina is learning the skills that will help balance the eco-systems of Hawai'i's aquatic habitats in the future.

When asked how Project Ho'oku'i helped her to prepare for college, she highlighted the mentoring she received and the writing skills she learned through taking Early College Classes. She especially appreciated the outlining skills she learned in English 100, which gave her the knowledge and confidence to complete her college papers and writing assignments. Sabrina particularly mentioned that her Ho'oku'i mentor, Mr. Nakamura, gave her the opportunity to participate in the program, held her accountable, and kept her on track. She also mentioned the staff at Moloka'i Community College, who were helpful in finding interesting classes and scholarship opportunities. Having someone notice and care about the future was vital to the development of her self-confidence and belief that college was within her reach.

Although all the Ho'oku'i staff made her feel connected, understood and supported, Sabrina was particularly grateful to her family for their unconditional support. This extended to long rides to and from evening classes at the college to their home on the remote east end of Moloka'i.

When asked what advice she would give to the Ho'oku'i program, she said:

**“As a program – it is really to just keep doing what you're doing. I really couldn't have been where I am or be as confident in what I'm doing if it wasn't for all the help that I got in high school, not only the confidence and the skills, like all the soft skills, the hard skills. It [the experience] was something that was really valuable to me...”**

When asked what she would recommend to students following in her footsteps she advised they join Ho'oku'i and take advantage of all the opportunities that it provides.

**“...It [the program] was invaluable to... getting to where I am in my academic journey to becoming an incoming PhD student. It's a really great way to dip your toes into what the college experience is like.”**



## FINANCIAL AID & SCHOLARSHIP OPPORTUNITIES

**OPEN FAFSA Application**

<https://studentaid.gov/>

UH Priority Deadline: Feb 1, 2023

UHM Code: 001610

**OPEN Kamehameha Schools College Scholarships**

<http://go.hawaii.edu/vQ2>

Deadline: Jan 20, 2023

**Hawai'i Community Foundation**

<http://go.hawaii.edu/Vy6>

Opens: Nov 11, 2022

Deadline: Feb 15, 2023

**OPEN Pauahi Foundation Scholarship**

<http://go.hawaii.edu/zQ2>

Deadline: Dec 2, 2022 at 4:15pm HST

**OPEN James & Abigail Campbell Family**

**Foundation Scholarship**

<http://go.hawaii.edu/2Qp>

Deadline: Nov 15, 2022

## THE FUTURE IS BRIGHT FOR FARRINGTON GOVERNOR, KAILEE UMAGA-SILVA!

By Lisa Uyehara

The first thing one notices about Ho'oku'i student, Kailee Umaga-Silva, is her smile. Her optimistic attitude and kindness shines through her smile. Although she has had her share of challenges in life, she is forging ahead to a bright future. Before graduating from high school, she has set her goal of completing an Associate's degree in liberal arts, and hopes to become a valedictorian in her graduating class. She expressed that she hasn't selected a specific college major yet, but she definitely knows she wants to finish a bachelor's degree.

When discussing other future goals, she said she wants to put the time into learning how to walk again. As someone who is currently dependent on a wheelchair for mobilization, she said one of her other goals is to be able to drive on her own one day in a car that is retro-fitted for her and her disability. Fiercely independent in mind and spirit, she explained that her disability is a result of an incident that occurred when she was in pre-school. Kailee has been diagnosed with Acute Transverse Myelitis with Unknown Etiology, which translates to being paralyzed from the waist down. Despite her disability, it does not stop her from pursuing her college and career goals, dreams, or interests. She loves to read, sing, watch movies, and spend time with her family.

**“ Before becoming a participant I wasn't entirely sure of my plans for the future, but being a part of the project has helped me decide on where I want to be and what I want to do after high school.**

Kailee said that Project Ho'oku'i developed her into a better, hard-working, and dedicated student. She went on further to state that, “Before becoming a participant I wasn't entirely sure of my plans for the future, but being a part of the project has helped me decide on where I want to be and what I want to do after high school.” Project Ho'oku'i also developed her native cultural awareness and learning by helping her understand the importance of staying true to her native culture. She stated, “This project developed my relationship with my Hawaiian culture. I've become more open to learning more about my culture's history and its connections with the island.”

What she likes most about being a participant in the project, is it gave her the opportunity to go further with achieving her Associate's degree prior to finishing her high school education. She said she doesn't think it would have been possible to be an online college student while in high school without the project's financial assistance. Kailee summed it up with, “Project Ho'oku'i has been the biggest support throughout this journey, and that's what I enjoy most about being a participant in this project.”





## KAPA'A HIGH SCHOOL PROJECT HO'OKU'I PARTICIPANTS ENGAGE IN SERVICE LEARNING AT AHUPUA'A PILA'A

By Kahele Keawe

On September 28, 2022, Project Ho'oku'i na haumana (students) joined their classmates from an early college Hawaiian 101 class, and additional students from Kanuikapono Public Charter School on a huaka'i to the ahupua'a of Pila'a on Kaua'i. Under the leadership of Dr. Kahele Keawe, Project Ho'oku'i lead teacher at Kapa'a High School and Early College Director at Kapa'a High School, and Pelika Andrade of Na Maka Onaona (a Native Hawaiian non-profit), engaged the na haumana in service learning through kilo (observation) and malama 'āina (caring for the land). The students participated in cultural protocol and strengthened their pilina (connection) with each other and wahi pana of Pila'a through cleaning the stream and lo'i.





**‘Ōhi‘a Lehua ‘Āpane**  
by Randyn Cabrerros



**Kupukupu Fern**  
by Mali‘o Kaheiki



**Kou**  
by Caryl Hitchcock

**LESSON PLAN HIGHLIGHT: NATIVE HAWAIIAN CULTURE FOCUS**

**"PAINTING THROUGH YOUR JOURNEY"**

The first monthly focus (Focus 10) of Fall 2022 was titled "Navigating the Western Academic World While Honoring Hawai‘i and Kanaka Maoli Culture." In each monthly focus, there is a lesson developed for the following segments: Academic, Family Engagement, Nutrition, Native Hawaiian Culture and Well-being. Focus 10's Native Hawaiian Culture segment, led by Desiree Evans, was titled "Painting Through Your Journey" with an activity to create a watercolor art of plants that are native or endemic to Hawai‘i. Just like us, plants have beginnings in their journey. They start somewhere and keep growing in their journey.



**Ti**  
by Sophia Stein



**Pua ‘Ilima**  
by Desiree Cabrerros



**‘A‘ali‘i**  
by Marie Guillermo

# PROJECT HO'OKU'I IV: OHANA LŌKAHI

## NEWSLETTER



## Festival of Lights

By Staff Writer

On a Friday night of December 2022, Kanu o ka 'Āina's gym was filled with excitement as school staff, families and community came together to support students of project classes in preschool through twelfth grade. Project classes at Kanu o ka 'Āina, are separate from the core classes and are rooted in the teaching and learning of Native Hawaiian cultural practices and/or malama 'āina concepts. As a supplement to the project classes, *huaka'i* (trips) to a *wahi pana* (legendary place) relevant to the project class are designed in the curriculum. To help financially support these endeavors, Kanu o ka 'Āina hosts a school-wide fundraiser event called "Festival of Lights" where there are dozens of art and food booths.

*Continued on page 04.*

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#### E ULANA KĀKOU

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# Farrington High School Faculty, Administration and Students Engage in Service Learning at Waikalua Loko I'a

by Lisa Uyehara

CEO of Pacific American Foundation and Kumu, Herb Lee, Jr. hosted Project Ho'oku'i IV and V na haumana at Waikalua Loko I'a, on March 11, 2023. Kahuna and Kumu, Frank Kawaikapuokalani Hewitt treated us to mo'olelo and his mana'o of this special place. He shared the history, significance, and importance of the i'a and the ahupua'a with the students. We all came away from the experience learning something new.

The students also engaged in learning by building their own "ahupua'a" as teams, and learning more about the hazards of pollution and invasive species. Simultaneously, everything was captured on film as the principal investigator continues to work on a documentary to be aired sometime in the future.

Principal investigator Lisa Uyehara observed and stated: "I love Farrington High School! There is Vice Principal Hartwell Lee Loy engaging with the students by actively participating. And there's career counselor Regan Honda giving up a Saturday to make sure that he gives his students this opportunity." It was a new experience for the Farrington na haumana, and they said it was a Saturday well spent.



Principal Investigator, Lisa Uyehara, discussing kuleana and protocol for the day.



Kumu Herb Lee explaining the significance and restoration conducted in the area.



Farrington students, Kamaile Aiu-Lee Loy and Greg Harrell listening and observing as Kumu Herb Lee explained the history and next activity. Cinematographer Ruben Carrillo capturing the moment.

# Ho'oku'i IV Presents at the 38th Annual Pacific Rim International Conference on Disability and Diversity

On March 7th, 2023, Principal Investigator Lisa Uyehara and Project Coordinator Marie Guillermo, presented at the 38th Annual Pacific Rim International Conference on Disability and Diversity at the Hawai'i Convention Center in Honolulu, Hawai'i. The conference's theme was "Coming Together and Moving Forward" and Ho'oku'i took the opportunity to share how family engagement has a positive and powerful impact on na haumana and their 'ohana in transitioning from high school to college. Their presentation was titled, "Engaging the Entire 'Ohana to Foster Native Hawaiian Students' Successful Transition to College." Throughout the session, the audience learned how teachers and parents work together to support students to gain the attitudes, skills and knowledge needed to make the cross over from high school to college. Following a brief overview of the project's evolution since its establishment in 2009 by Dr. Kelly Roberts, Lisa and Marie highlighted Native Hawaiian Culture and Nutrition lesson plans that were taught to na 'ohana and their haumana of last school year. Several Ho'oku'i superstars were also acknowledged and celebrated for their academic progress and achievements.

## Lesson Plan Highlight: Native Hawaiian Culture Focus

# KO'U MO'OKŪ'AUHAU

by Desiree Evans

"Your Genealogy"

Who doesn't love a good story? We all love a good story. In our Focus 15 lesson, we learned about the puke 'ohana, or the family album. We learned that in the puke 'ohana, family memories are preserved with photos. In these photos we learn names, places, dates and facts. Furthermore, there is an emotional connection that is formed with our ancestors and these stories become treasures to the heart and mind.

Traditionally, mo'olelo was passed verbally throughout the generations. Gratefully, we have modern tools to help keep those memories for much longer. For this activity we used Canva, a free-to-use online graphic design tool, to create our own puke 'ohana. We invited Ho'oku'i families to create three to four generations of their family history using Canva. Each family was encouraged to be creative, keep it simple (if they choose to) and not to be limited to a pedigree chart. They had the option to share a photo and a short story. The main idea was to digitally record their memories in a digital book for a family keepsake.

**'Ōlelo No'ea #2814: Ua lehulehu a manomano ka 'ikena a ka Hawai'i**

*Great and numerous is the knowledge of Hawaiians*



Kanu o ka 'Āina  
Waimea, Hawai'i Island

Continued from page 01. High school and Ho'oku'i student, Jerneen Kauahi, was part of the project class titled "Papa Wa'a," which focused on wa'a-related (canoe-related) topics such as voyaging, knot-tying, food preservation and more. As she reflected on her experience, she stated, "I've been learning about these topics since I was a Freshman but didn't truly immerse myself until my Sophomore year due to the limitations of learning online." She served as a student leader and co-coordinator of their booth. In collaboration with Ho'oku'i, Jerneen and the Papa Wa'a project class hosted a booth that sold warm Portuguese bean soup, crunchy kimchi cucumber, decadent banana lumpia and much more! These yummy treats were a hit and made their fundraiser successful.

In February of this year, Jerneen and the rest of the Papa Wa'a project class were able to take a multi-day huaka'i to O'ahu where they learned about local wa'a and how to sail. Through thoughtful planning and precise execution of a rewarding fundraiser, *na haumana* (students) learned how to be thoughtful, creative and forward-thinking citizens on event coordination and community building.



# Ho'oku'i Student Highlight: Jerneen Kauahi

by Staff Writer

In the midst of her high school career, Ho'oku'i student Jerneen Kauahi of Hawai'i Island reflects on her journey and acknowledges the people, opportunities and experiences that paved the current path she walks on.

At Kanu 'O ka 'Āina, a new century public charter school on Hawai'i Island, Jerneen excels in and out of the classroom. As a freshman, she took a courageous plunge into dual credit college courses through *Hawai'iloa* (distant Hawai'i), a Hawaiian studies online program at Windward Community College that immerses na haumāna in 'ike (knowledge) and 'Ōlelo Hawai'i (Hawaiian language) leading to an Associate in Arts (AA) in Hawaiian Studies degree. In the Fall semester of her junior year, Jerneen completed the program and earned four additional college credentials including an AA in Liberal Arts and three Hawaiian Studies Academic Subject Certificates ('Ōlelo Hawai'i, Mo'olelo and Ahupa'a). Others have received their degrees and/or certificates in the Spring of their senior year! Jerneen shared, "I will say that it indeed was a challenge to work through two courses simultaneously over the past year and a half, but I managed with the love and support of my kumu, friends, and family who truly motivated me to keep on going."

Jerneen has been a Ho'oku'i student since her freshman year. When asked how the project has helped her with her high school and college journey, Jerneen shared,

**Project Ho'oku'i is an amazing organization that has motivated me to indulge myself in the academic world. I had always planned on taking college classes during my high school years, but never knew how I would cover the financial cost."**



PHOTO TAKEN BY LANI WALTERS

With a healthy curiosity to learn more about herself and a driving passion to explore and express her creativity, Jerneen has taken up a number of opportunities that provide her the space and place to do so. Outside of academics, Jerneen is a passionate singer, an active member of Hālau Nā Kipu'upu'u and an intern for a non-profit organization Purple Mai'a.

Singing has been one of Jerneen's greatest passions and she has considered theater a second home where she can let her creative juices flow and find different ways to present her beautiful voice on stage. She hopes to get back into the world of Broadway and attend singing classes again.

Through her membership in the adult class or Papa Mauna Kea of Hālau Nā Kipu'upu'u, Jerneen had the grand opportunity to join Kumu hula and cultural enthusiast, Micah Kamohoali'i in Paris, Milan, and London for a cultural and historical visit. She shared that her biggest takeaways from this experience was learning about the shared, rich history of her ancestors and ali'i of Hawai'i and this foreign place. Last, but not least, as an intern for Purple Mai'a, Jerneen was instrumental in their mission of "educating and empowering the next generation of culturally grounded, community serving technology makers and problem solvers" in different capacities. While taking courses, she also assisted in some of them where 'ike Hawai'i was demonstrated in relation to STEM (Science, Technology, Engineering and Mathematics) fields.

These pursuits along with her academic experiences have intrigued Jerneen and she is now looking into computer science, broadcasting journalism, film directing and film editing as possible majors to pursue in college. As she moves through her high school career, Jerneen is planning to attend University of California-Los Angeles, Stanford University or Evergreen State College. Ho'oku'i is looking forward to learning what institution Jerneen and the Kauahi 'ohana commits to!



Jerneen Kauahi  
atop Mauna Kea on  
Hawai'i Island.



Kauahi 'Ohana

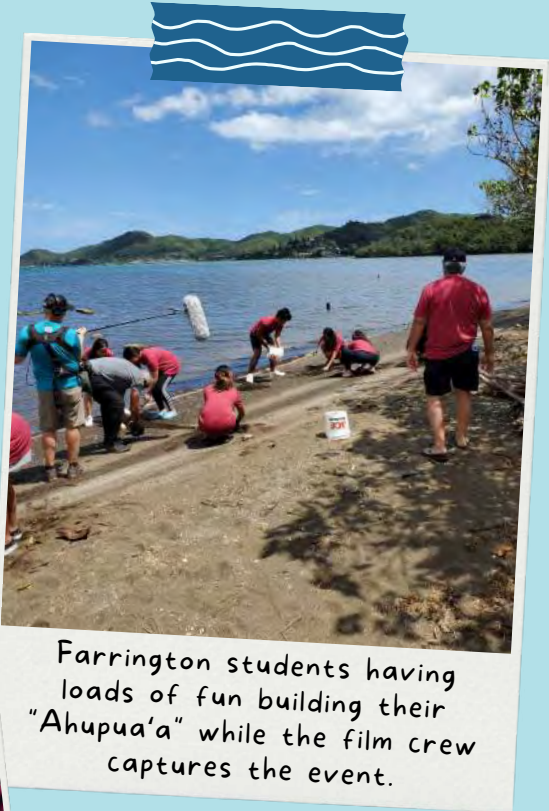
# More from the Waikalua Loko I'a Huaka'i



Manu Island within the restored Waikalua Loko I'a; a resting spot for birds.



Farrington Governor Kamaile Aiu-Lee Loy placing lei around the Ku stone.



Farrington students having loads of fun building their "Ahupua'a" while the film crew captures the event.



Vice-Principal, Hartwell Lee Loy intensely listening to Kahuna and Kumu Frank Kawaikapuokalani Hewitt.

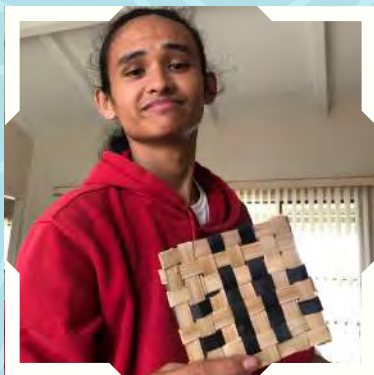


Farrington Govs doing service learning by helping clean up.

# Lesson Plan Highlight: Native Hawaiian Culture Focus

## E ULANA KĀKOU

The first monthly focus (Focus 13) of Spring 2023 was titled "E Ulana Kākou," which translates to "let's weave." In each monthly module, there is a lesson developed for each focus: College Preparation, Family Engagement, Nutrition, Native Hawaiian Culture and Well-being. In this Native Hawaiian Culture segment, Desiree Evans teaches na haumana and their 'ohana how to weave a lauhala coaster. Weaving lauhala can be a daunting task no matter what we are weaving, but doing so reminds us to take things slowly and one step at a time. Weaving lauhala teaches us patience.



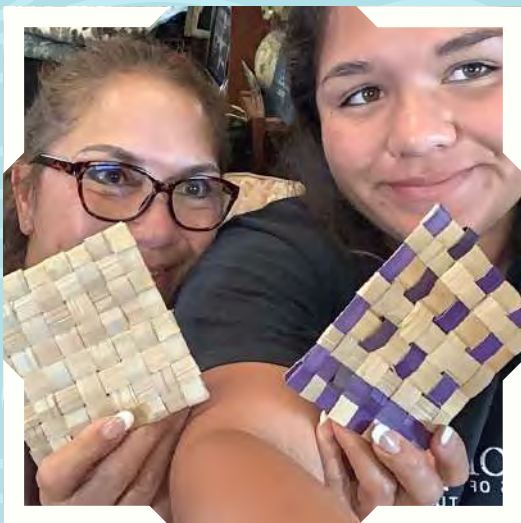
**Kalei Moniz**



**Keahi Kaheiki**




**Randyn Cabreros**



**Arleen and Jerneen Kauahi**



**Dylen Fernandez**



# Holistic Learning for the Entire 'Ohana! – Project Ho'oku'i IV: 'Ohana Lōkahi

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Lisa Uyehara, Naomi Rombaoa Tanaka,  
Caryl Hitchcock, Nicole Olayon, 'Iwalani McCalla,  
and Allyson Franco



## What is Project Ho'oku'i?

---

Project Ho'oku'i began to support Native Hawaiian, at-risk, and students with disabilities in 2009 transitioning from high school to post-secondary education and certification programs. Utilizing a unique system of:

- cultural mentoring
- tutoring
- accelerated computerized learning
- financial assistance for early college classes and books

We take the student where they're at and then scale up in a three-tier group system.



## Timeline: Goal of each Project Ho'oku'i



3

## Agenda

- About Ho'oku'i IV
- College Preparation 'Ohana(Family)

### Engagement

- Mentoring and Tutoring
- Well-being & Self-care
- Nutrition for the whole 'ohana
- Kānaka Maoli (Native Hawaiian) activities

4

# Project Ho'oku'i IV: 'Ohana Lōkahi

## Overview



*Hopena*

End goals. The result of an action.

*A'o*

Learning and teaching.

For the fourth iteration of Project Ho'oku'i, our goal is to create a college-bound community in alignment with Hawaii Department of Education's Nā Hopena A'o. Many students are first generation college bound so we connect parents, students, and teachers with project staff online twice a month to deliver a monthly focus meeting. The following project staff will discuss each focus area utilizing a sample.

# College Preparation

---

- Academic skill-building
- Organization skill-building
- Career and life goals
- Scholarship information
- College Application forms



From the first focus, “Where is your Wa’a Going?” Using the wa’a as a metaphor for their life, students build a symbolic Hökule’a and begin “mapping” their career goals and what they need to do to get there.

7

# TEAM

---



Lisa Uyehara  
Principal  
Investigator



Naomi Rombaosa  
Tanaka  
Well-being  
Specialist &  
Technology  
Coordinator



Caryl Hitchcock  
Family  
Engagement  
Specialist &  
Molokai, Maui,  
Lanai Site  
Coordinator



Iwalani McCalla  
West Hawaii Site  
Coordinator



Nicole Olayon  
Nutrition  
Specialist/East  
Hawaii Site  
Coordinator

8

# Team

---



Allyson  
Franco  
Native  
Hawaiian  
Specialist

9

## Role of Site Coordinator and Mentoring Students

- Mentor HIDEOE faculty members on the Ho'oku'i model which is tailored to individual students.
- Students placed in one of 3 tiered groups.
- Site Coordinator and HIDEOE staff mentor student on career exploration and college classes.
- Student has access to computer-based learning and tutoring services through the project.
- The project pays for college tuition, books, and transportation if not covered by other programs if they are ready to take a college class while still in high school.

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# Family Engagement

## Partnerships

- Relationships are based on respect/mutual trust, use a strength-based lens, cultural humility; they are interactive and collaborative
- Parents learn how to support their students through “academic conversations” that are ongoing and reinforce their academic plan for the future; activities are linked to learning & cognitive development stages
- Families and students have a “voice” in their education

## Equity

- Schools are welcoming and use culturally responsive teaching that considers culture, backgrounds, and resources families bring
- Teachers communicate with families regularly, in their first language if possible
- Families have roles to play: communicate high expectations, monitor performance, support learning at home, guide (long-term goals), and advocate for their student



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# Well-being

## Why Focus on Well-being?

- Aligned with Nā Hopena A'o (HĀ) from Hawaii DOE
- Flourishing parents are best able to support their child(ren)

### Video Learning

Short well-being related videos from YouTube are posted in our social community on Slack and tied to a Big Idea (main point to remember).

- Example Big Idea: You can build relationships using Active Constructive Responding
- Example video: Active Constructive Responding (5 Minutes) <https://youtu.be/qRORihbXMnA>



### Call to Action (CTA)

Participants are given optional action item(s) and practice them throughout the month. They reflect on experiences and report to us at the end of the month via Google Forms.

- Example: Practice Active Constructive Responding and notice what that experience is like for you.

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# Nutrition

• Lessons aligned with Nā Hopena A'o



## Vision

- ✓ Create a space to connect as a community and nourish ourselves with healthy food from the culture and the land.
- ✓ Inspire each other to share how to grow local foods and incorporate them into our meals by sharing recipes.
- ✓ Encourage our keiki to value our local food resources and seize the opportunity to prepare meals with their families before they go off to college.

## Outline

Cover locally grown food crops and highlight the following:

- Nutritional benefits
- Historical/cultural background
- Recipes and Cooking Tips
- Growing tips
- Sustainability Topics

## Sample Lesson

- 'Uala (sweet potato) was one of the canoe crops that we covered and we discussed the following:
- Importance of canoe crops in Hawai'i and the significance of the crop in Hawaiian agriculture.
- Antioxidants present in colorful fruits and vegetables and eating 'uala as an alternative starch to white rice
- Shared recipes and resources together.

# Native Hawaiian Cultural Activity

## APPLYING HAWAIIAN CULTURE TO OUR MONTHLY FOCUSES

-Understanding the importance of Hawaiian culture, language & history to who we are as...

- 1) an Individual
- 2) an 'Ohana (family)
- 3) a Lāhui (community)

-Apply simple yet meaningful

activities to our own journey

-Connect each of us to this collective

journey we are on & to foster relationships



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# Thank you! Questions?



Lisa Uyehara, P.I.



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<https://cde.coe.hawaii.edu/hookui4ohana/>

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# Engaging the Entire 'Ohana to Foster Native Hawaiian Students' Successful Transition to College

**Project Ho'oku'i IV: 'Ohana Lōkahi**  
Center on Disability Studies, University of Hawai'i, Mānoa

Lisa Uyehara, Principal Investigator  
Marie Guillermo, Project Coordinator

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- ▶ Project Ho'oku'i Overview
- ▶ 'Ohana Lōkahi Overview
  - 'Ohana Engagement
  - 'Ohana Curriculum
- ▶ Highlights
  - Lesson Plans
  - Ho'oku'i Superstar

## AGENDA

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## PROJECT HO'OKU'I INTERVENTION OVERVIEW

- ▶ Began in 2009
  - ▶ Supports Native Hawaiian students with transitioning from high school to post-secondary and certificate program education that will lead to employment
  - ▶ Supports them to meet academic qualifications to participate and succeed in dual enrollment programs and accumulate college course credits while in high school
- ▶ MAIN COMPONENTS
    - **MENTORING** on cultural, academic and career issues
    - **INSTRUCTION** Individualized accelerated instruction program in reading and math
    - **TUTORIAL SERVICES** on reading, writing and math skills, college placement tests; access to online tutoring and services on UH campuses
    - **FINANCIAL ASSISTANCE** for qualified participants to cover tuition and books for early college

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Image source: <https://www.instagram.com/leibydiylyn/>



## 'OHANA LŌKAHI OVERVIEW

- ▶ Fourth reiteration of Project Ho'oku'i (2020-2023)
- ▶ 'Ohana Lōkahi translates to *Family Harmony*
- ▶ Family Engagement infused in existing project College Preparation Model
- ▶ Parents and families are supported through an online training program that aligns with Hawai'i Department of Education's (HIDOE) Nā Hopena A'o (HĀ)
- ▶ Goal: Create an inclusive, college-bound community within the Native Hawaiian community

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## NĀ HOPENA A'O (HĀ) OF HAWAI'I DEPARTMENT OF EDUCATION

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## HOW THE CURRICULUM WORKS FOR 'OHANA

- Aligned with HIDOE's Nā Hopena A'o (HĀ)
- Each month, the focus changes and has 5 components including lessons on academic skills for college preparation, nutrition, well-being, Native Hawaiian culture & activities, and family engagement.
- Parents, HIDOE teachers/counselors, and project staff connect via zoom twice a month, and through Slack, an online learning platform.
- Parents turn in a feedback form and their ha'awina (homework).

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**LISA UYEHARA**  
Principal Investigator,  
O'ahu & Kaua'i Site Coordinator



**KIRIKO TAKAHASHI**  
Co-Principal Investigator



**CARYL HITCHCOCK**  
Moloka'i, Maui &  
Lana'i Site Coordinator



**'IWALANI MCCALLA**  
West Hawai'i  
Site Coordinator



**ANDREW FRIAS**  
East Hawai'i  
Site Coordinator



**DESIREE EVANS**  
Native Hawaiian  
Cultural Advisor



**KAYSHA KEALALIO**  
Project Tech  
Student Assistant



**MEGAN THATCHER**  
Graduate  
Assistant



**MARIE GUILLERMO**  
Project  
Coordinator

## PROJECT TEAM



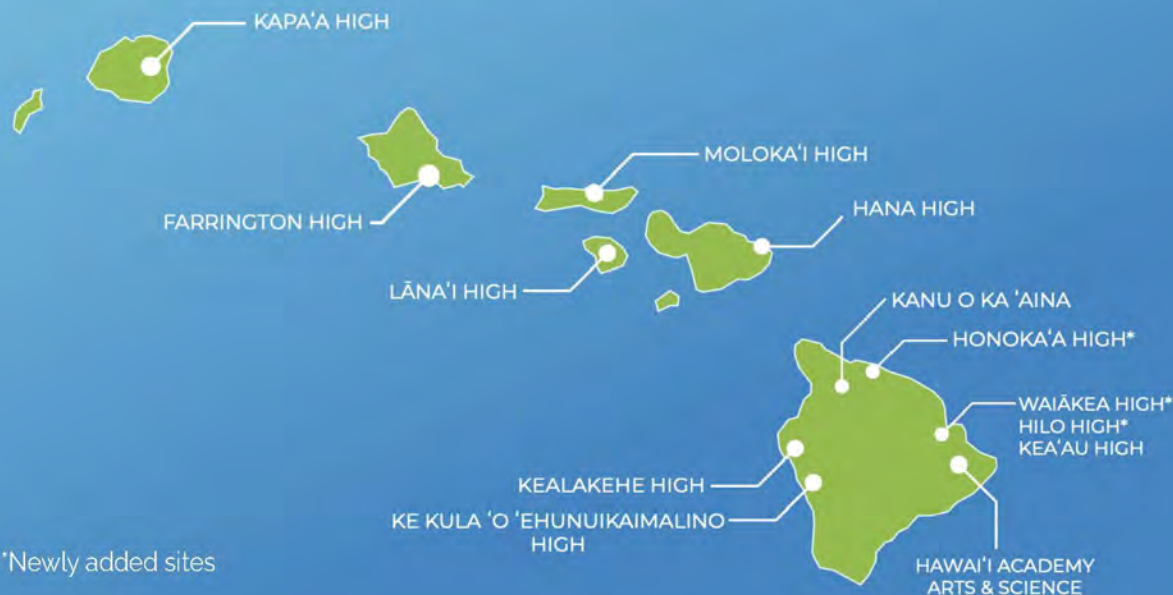
**HAWAI'INUIĀKEA, SCHOOL OF  
HAWAIIAN KNOWLEDGE**  
University of Hawai'i at Mānoa



**HAWAI' DEPARTMENT  
OF EDUCATION**

## PROJECT PARTNERS

# HIGH SCHOOL SITES



## 'OHANA ENGAGEMENT



HOW IS 'OHANA ENGAGEMENT EMPHASIZED IN HO'OKU'I IV?

- ▶ Significant for student academic achievement and can be critical in underrepresented populations\*
- ▶ Possible supports\*
  - Parental help with homework
  - emotional support
  - Instilling the value of higher education
  - Providing good study environments
  - Coordinating efforts with teachers
- ▶ Provide opportunities and support for family members to serve as role models
  - 'Ohana Curriculum
  - Community Days
- ▶ Project staff are trained on family engagement strategies



## 'OHANA YEARLY CURRICULUM

- ▶ Holistic Training in College Preparation, Nutrition, Well-being, Family Engagement, and Native Hawaiian Culture
- ▶ Parent and Family Online Training
  - 7 Modules/academic year
- ▶ Community Days
  - 2 'Aina-based activities

Image sources:  
 (1) <https://www.gohawaii.com/listing/waikalua-loko-ia/07423>  
 (2) <https://kaneohebusinessgroup.com/waikalua-loko-ia-alakai-location-information>  
 (3) [https://www.aecos.com/KOOLAU/WL-FPS\\_1.html](https://www.aecos.com/KOOLAU/WL-FPS_1.html)

## BREAKDOWN OF A MONTHLY MODULE

**DURATION:** 1 month

**DELIVERY:** Online

**COMPONENTS:**

- ▶ Each month the focus has a lesson plan that includes:
  - Online materials
  - Curriculum supplies
  - *Ha'awina* (homework)



## MONTHLY MODULE OVERVIEW



## PARENT FEEDBACK FORMS

HO'OKU'I IV: 'OHANA LŌKAHI

### Monthly Focus 10 Parent Feedback Form

Parent Feedback Form Monthly Focus 10

Please complete this form by Sunday, September 25, 2022.

hooku@hawaii.edu [Switch account](#)

The name and photo associated with your Google account will be recorded when you upload files and submit this form. Your email is not part of your response.

\* Required

Email \*

Your answer

First Name \*

Your answer

Last Name \*

Your answer

What is the name of the keiki that you are affiliated with in the project? \*

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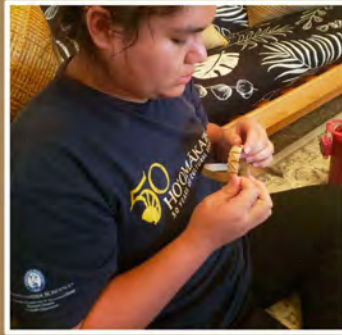
## HIGHLIGHTS

- ▶ **LESSON PLANS**
  - Two Native Hawaiian Culture
  - One Nutrition
- ▶ **HO'OKU'I SUPERSTAR**
  - Jerneen Kauahi of Hawai'i Island



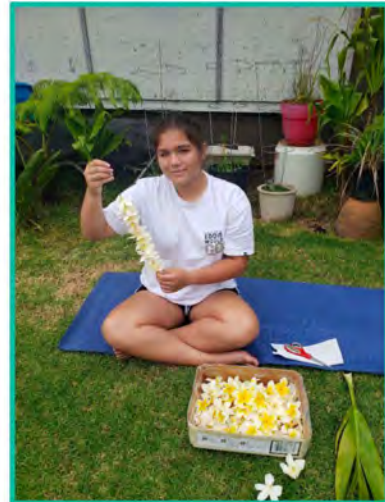
Image source: <https://www.instagram.com/leibydiyln/>

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**LESSON PLAN HIGHLIGHT:**  
In weaving you start at the center  
(Ka ulana 'ana i ka piko)

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**LESSON PLAN HIGHLIGHT:** Weaving a Lei of Legacy (Module 4)

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**LESSON PLAN HIGHLIGHT:** Cooking on Your Own

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## JERNEEN KAUAHI

HO'OKU'I SUPERSTAR



*"Project Ho'oku'i is an amazing organization that has motivated me to indulge myself in the academic world. I had always planned on taking college classes during my high school year, but never knew how I would cover the financial cost."*

- ▶ **High School Senior, Kanu 'o Ka 'Āina**
- ▶ **Colleges of Interest:** UCLA, Stanford and Evergreen State College
- ▶ **Majors of Interest:** Computer Science, Broadcasting, Journalism and Film Directing/Editing
- ▶ **College degrees/certificates completed since her freshman year in high school:**
  - Hawaiian Studies AA
  - Liberal Arts AA
  - HWST - 'Ōlelo Hawai'i ASC
  - HWST - Mo'olelo ASC
  - HWST - Ahupua'a ASC

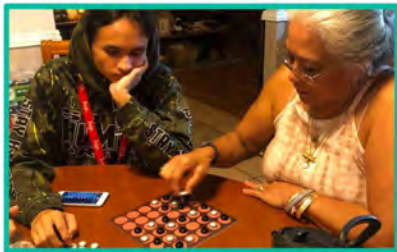
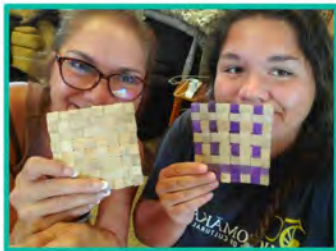
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PROJECT HO'OKU'I IV

MONTHLY FOCUS 14 ZOOM 2

Tuesday, February 7, 2022, 7-8 pm



**'OHANA ENGAGEMENT (cont.)**



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## CITATIONS

Henderson, A. T., & Mapp, K. L. (2002). *A new wave of evidence: The impact of school, family, and community connections on student achievement*. National Center for Family & Community Connections with Schools.

Jeynes, W. H. (2016). A Meta-Analysis: The Relationship Between Parental Involvement and African American School Outcomes. *Journal of Black Studies*, 47(3), 195–216.  
<https://doi.org/10.1177/0021934715623522>

Image source: <https://www.instagram.com/leibydillyn/>

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# MAHALO!

FOR MORE INFORMATION, PLEASE VISIT THE PROJECT WEBSITE:

<https://cds.coe.hawaii.edu/hookui4ohana/>



OR EMAIL US AT [hookui@hawaii.edu](mailto:hookui@hawaii.edu)

Project Ho'oku'i IV; 'Ohana Lokahi was made possible by Award #S362A200006 from the U.S. Department of Education. The content of this presentation does not necessarily represent the official views of the U.S. Department of Education.

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