



Egrets Talk Story

March 14, 2007

Mililani Uka Elementary School

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www.mililaniuka.com

Dear Parents;

Last month our school focused on the Character Counts Pillar of Caring. We appreciated you and your children's generosity in two of our "Caring" initiatives. The first, our annual Jump Rope for Heart raised \$4,000 for the American Heart Association and the second being the Pennies for Patients collection that raised \$2,000 for the Leukemia and Lymphoma Society.

Character Counts was the theme for our recent Wellness fair at the Town Center. Our choir led by Mrs. Daguio sang so beautifully. Congratulations also to our Wellness Fair Poster winners. First place in the K/1 Division was Caitlin Barbour from Mr. Fujino's class, in the 2/3 Division was Jace Akagi-Okuma from Mrs. Takaki's class and in the 4/5 Division was Caytlin Yoshioka from Mrs. Fujimoto's class. They were introduced at the Wellness Fair and they will receive a cash prize donated by our Hui at our Recognition Assembly this Friday.

A special congratulation goes to Brandon Fowler, a fifth grader in Mrs. Fujimoto's class. Brandon will represent our school at the State Geography Bee on March 30 at the Neal Blaisdell Center. The winner of the Bee will advance to the National competition in Washington D.C.

Monday evening, a team from our School Community Council attended district training with other schools. One of the activities was to share a noun that they felt described our school. Our SCC community member, Mrs. Nichols, shared that she felt that our school was like a family; that we all work together like a family to care for our students.

A wonderful example of this happened just this week when we were notified that there had been a theft from the State armored car of one of our deposit bags. Once we were notified of the loss, our office staff worked to contact each of our parents whose payments were in the deposit bag. Even though when we called, we had to share the bad news, each and everyone was very understanding about the unfortunate incident. Parents called us to offer suggestions on how to help other parents. Some even came to the school to share their ideas with us. Like a family that celebrates the good times and struggles during the hard times, though we may disagree at times and have different points of view, we always find a way to work together for the sake of our children. Have a wonderful Spring Break!

Much Aloha,

Heather Wilhelm, Principal

March Recognition Assembly Honorees

Grade	Teacher	Ha'aheo	Na Hoku
		"Best effort in all areas"	"Most improved in one area"
PK	Suits	Briana Domanguera	Caleb Glushenko
	Jay	Ariya Nims (February)	NS = none selected
K	Bradley	Jared Parker	Angel Moiha
	Loughlin	Bethany Wormack	Reece Okamura
	Uyemura	Elizabeth Shklov	Kaitlin Kahalewai
	Fujino	Michaela Yonemura	Chase LaCuesta
	Tanaka	Jaiden Gordan	Angelina Yoshikawa
1	Kishimoto	Lexus Olaivar-Mack	Elijah Agbanlog
	Nobu	Damien Santiago	Tehani Furuta
	Ishii	Ariel Ducosin	Kala'e Tanaka
	Urabe	Vanessa Wormack	Keanie Kido
	Tochiki	Katherine Markovich	Mercedes Duffy
	Hymer	NS = none selected	Donovan Sutton
2	Watanabe	Amber Wilson	Monicha Domanguera
	Nekoba	Kaulana Hieda	Chloe Achuela
	Sunahara	Cody Tanaka	Tatiana Joseph
	Takaki	NS = none selected	Dakota Isaac
	Yoneshige	Kaile Fernandez-Cuban	Nicholas Burchette
3	Nishida	Kyle McDowell	Starr Palakiko-Hinch
	Garcia	Alexandria White	Keao Lacaden
	Kamiya	Victoria Smith	NS = none selected
	Ihu	Melanie Denda	Kainalu Paikai
	Mills	Davin Lee	Susan Sammis
4	Mezin	Rachel Gonzalez	Cierra Ramirez
	Shiosaki	Sarah Legalley	Emily Gutierrez
	Dwyer	Martiza Segovia	Riley "Keala" Richards
	Metivier	Neil Guerrero	Charles Hernandez
	Gamiao	Shaylee Miller	Samuel Dixon
	5	Tsurumaki	Sage Katayama
Fujimoto		Ka'ua Fabella	Troy Endo
Jacobsen		Megan Takemoto	Mari Sato
Nishikawa		Jackie Araki	Jonathan Tanga
Rocha		Laura Ambrosecchio	Brandon White

March is National Nutrition Month

Get balanced nutrition with a variety of nutrient-packed foods.

1. Eat foods from all food groups for balanced nutrition every day. The trick is to keep the amounts from each group in balance, for your calorie needs.
2. Five to nine servings a day of fruits and vegetables. Start by assessing how many you currently have. Try adding them in for snacks or desserts, as well as meals.
3. If you are short on time, get the produce that is ready to eat. It is available fresh, as well as single servings.
4. Face your fears and try a new fruit or vegetable at least once a week. Try a taste test at every opportunity. Remember "Sam I am"? Try it, you might like it!
5. Eat the rainbow everyday. How many colors are on your plate? Each different food gives us different nutrients. Make sure your body gets all it needs for top performance. Colorful foods are packed with nutrients.

Get the most out of your calories

1. Don't deny, just watch your portion size. Have smaller amount of foods that are high in calories.
2. Do the taste test. If the first bite of a dessert isn't a 10, forget it!
3. Read labels. They will tell you the portion size for the calories and other nutrients that follow.
4. Low fat dairy has the same nutrition as the high-fat stuff.
5. Hide temptations! Put fruits and vegetables front and center.
6. Eat the lean protein items like, poultry, fish and beans.
7. Have a friend or family member be your second conscience.
8. Water, water everywhere -- be sure to have a drink. Having water before a meal will fill you up on fewer calories.
9. Fiber from Whole grain products -- like whole wheat -- usually have more fiber. Food labels will tell you the amount of fiber in one serving in the carbohydrate section. Look for two or more grams of fiber per 100 calories.

Mark your calendar and join us for a Parent Workshop on Nutrition

Date: Wednesday, April 18, 2007 Time: 6:45- 7:45 p.m

Topic: **“Parenting Your Child for Healthy Eating Habits”**

“Helping our children eat well and live a healthy lifestyle without promoting
disordered eating patterns.”

Speaker: Barbara Benson, MS, RD...our own Uka parent and Registered Dietitian

Location: Mililani Uka Library

For more information about **National Nutrition month** visit the American Dietetic Association at www.eatright.org.

APRIL IS CHILD ABUSE PREVENTION MONTH

“Protect Your Child Against Bullies...”

Bullying is another name for harassment. It can be physical, but often, bullying is verbal and includes threats and teasing. Bullies pick on other people because they want to feel popular or tough. If your child is being bullied, it's not his/her fault. Here are some ways you can protect your child from bullies:

1. Help your child find safe routes to school. Find places along the way to go for help.
2. Make sure he/she understands that he/she has a right to say “no” to unfair requests.
3. Watch for signs of bullying in your child. These might include withdrawal, loss of appetite, lower grades, bruises, torn clothing, needing extra lunch money or supplies, or not wanting to go to school.
4. Tell the school administration as soon as you see or suspect a problem.

Health and Safety notes for Kids ages 5-12:

Recommendations by American Academy of Pediatrics:

1. Drink milk and water and limit soda and juice drinks.
2. Apply sunscreen before going outdoors, wear a hat and sunglasses.
3. Find a sport or exercise activity to do at least three times per week.
4. Always wear a helmet when bicycling.
5. Always wear a seat belt, and sit in the back seat for safety.
6. Be nice to other kids, especially the new ones at school.
7. Never give out personal information over the phone or internet.

Med-QUEST Expands Children's Health Insurance Income Limits

A family of four can now earn up to \$59,400 annually and their children may qualify for the state's free QUEST and Medicaid programs. There is also a low-cost option if a family of four is over income for the free program, but makes less than \$71,280 per year. Approximately 16,000 children in Hawaii are uninsured and this expansion will help many of them enroll in comprehensive QUEST and Medicaid health insurance. Children's eligibility is based on household size, income, and citizenship or immigration status and a simplified application makes it easy to sign up. More information and Med-QUEST's application are available at www.coveringkids.com. Parents and guardians can also call 2-1-1 (free from all islands) to talk with a live operator who can mail the application as well as link families to outreach workers for assistance with

Wondering when your child is too sick to attend school check out this website?
<http://www.webmd.com/cold-and-flu/features/your-child-too-sick-for-school>

JUMP ROPE FOR HEART 2007

A big mahalo for the support of the 129 students, staff and families who contributed \$4016.20 to the American Heart Association during our Jump Rope for Heart campaign. The weather cooperated for this year's events and each year the skills of the students have shown marked improvement.

This year Longest Jumper Certificates and ropes were given out to:

Second Grade: Boy: **Zayren Terukina** Girl: **Mila Stojadinovic**

Third Grade: Boy: **Alex Tuggle** Girl: **Alysia Greiner**

Fourth Grade: Boy: **Kyle Burns** Girl: **Martiza Segovia**

Fifth Grade: Boy: **Nolan Isaccson** and a tie was called for the girls.

After over 7 minutes of jumping both **Brittany McClay** and **Kassandra Green** showed no signs of giving up.

Congratulations to all of these students!

<http://www.webmd.com/cold-and-flu/features/your-child-too-sick-for-school>



Mililani Uka Jump Rope Team

On Mondays, **fifty-nine** Grade 4/5 members and on Tuesday's **fifty-two** Grade 2/3 members have shown up regularly for practice during February and March. Thank you for your participation with this program! These students are asked to mark their calendar for after school on April 13th for a special guest visitors from 2:15-3 p.m.

Student Council Pennies for Patients

Mahalo for the generous contributions made by the students and staff during the Pennies for Patients campaign. Mr. Hosoda and staff counted over \$2,000.00 in coins for the Leukemia and Lymphoma Society campaign. Donations to charitable causes falls under the pillar of Caring in our Character Counts!sm program.



School Safety

Three simple rules will help keep our students safe at school (and home).

1. Do not go anywhere alone or with someone else without telling your parent or teacher. This includes not accepting a ride from someone you do not know.

This simple rule will prevent many situations from abduction to getting lost. This rule does not require that children have mature judgment about “good people” and “strangers.” In fact, abductors are often people known to the child, or dressed in a way that impresses the child. By following this rule, adults, not children, will decide the safety of the situation.

2. If someone does something or says something to make you feel bad or weird, tell a trusted adult such as your teacher or parent right away.

This rule applies in many situations, such as:

- * when someone is teasing, hurting, or taking things from you
- * someone is touching your private parts or underwear
- * someone is giving you a present or food for no reason
- * someone is making a strange request such as asking for directions or asking to take a picture.

3. For school only: Whenever you are confused about where you should be GO TO THE OFFICE!

Examples of when this might happen include the following:

- * The child comes back to the classroom after being in the health room and the class is not there.
- * The child’s after school pick up person does not arrive.

Suspension for One Year

Any student found to be in possession of a firearm shall be suspended from school for not less than a one-year period. Only the Superintendent may modify the term of suspension for a firearm’s violation. Please remind your children that they may not bring any type of gun or firearm to school.

According to Chapter 19 of the Hawaii Administrative Rules, a firearm is defined as:

- Any weapon (including a starter gun, shotgun, air gun, or cross bow) which will or is designed to or may readily be converted to expel a projectile;
- The frame or receiver of any such weapon;
- Any firearm muffler or firearm silencer; or
- Any destructive device. The term “destructive device” means:
 - A. Any explosive, incendiary, or poison gas:
 - (i) Bomb;
 - (ii) Grenade;
 - (iii) Rocket having a propellant charge of more than four ounces;
 - (iv) Missile having an explosive or incendiary charge of more than one-quarter ounce;
 - (v) Mine; or
 - (vi) Device similar to any of the devices described in the preceding clause;
 - B. Any type of weapon which will, or which may be readily converted to expel a projectile, including but not limited to a weapon that expels a projectile by action of an explosive or other propellant; or

Any combination or parts either designed or intended for use in converting any device described above, and from which a destructive device may be readily assembled.