



# SALT LAKE ELEMENTARY PARENT BULLETIN JANUARY 2017



January 2017

## JANUARY

- 6.....**NO SCHOOL** – Teacher’s Workday (no school for students)
- 9.....Students Return to School
- 11.....“Drug Free” Red Shirt Day
- 12.....“Bully Free” Blue Shirt Day
- .....Triennial Asbestos Inspection
- 16.....NO SCHOOL – MARTIN LUTHER KING JR. HOLIDAY**
- 18.....Student Council Recycling Drive, 7:00-7:50 a.m.
- 19.....College & Career Day, Grades K-3 only
- 20.....College & Career Day, Grades 4-6 only
- 24.....Grade 5 Field Trip
- 25.....Awards Assembly & Fun Run Kick-Off
- .....Report Cards sent home
- 30.....School Quality Parent Survey goes home (Grade 4 & 5 only)
- 31.....Grades 4 & 6 Field Trip

## FEBRUARY

- 1.....“Drug Free” Red Shirt Day
- 2.....“Bully Free” Blue Shirt Day
- 8.....Flu Clinic for Students
- 10.....PTA Movie Night, 6-8pm, Cafeteria
- 13.....NO SCHOOL FOR STUDENTS – Teacher Institute Day, Office Open**
- 20.....NO SCHOOL – PRESIDENT’S DAY**
- 22.....Fun Run!

## **PRINCIPAL’S MESSAGE**

Dear Parents and Guardians,

HAPPY NEW YEAR...2017!! I hope you had a safe and joyous holiday season.

January marks the beginning of 3<sup>rd</sup> quarter and the 2<sup>nd</sup> semester. We are currently collecting student data to begin developing our Academic and Financial Plans for 2017-18 school year. We plan to share this plan with you soon.

Some of the upcoming events to mark on your calendar for the 3<sup>rd</sup> Quarter include:

- 1<sup>st</sup> Semester Awards Assembly is on Wednesday, January 25, 2017 in the District Park Gym at 8:30 a.m. We will be honoring the students who will be awarded the Dolphin of the Semester Award.
- Annual Fun Run is on Wednesday, February 22, 2017. The kick-off for this fundraiser is at the Awards Assembly and students are asked to collect monetary donations for our school’s technology and academic programs starting January 25. More information will be forthcoming.

Thank you for your continued support...we appreciate it very much.

Sincerely,

Duwayne F. Abe  
Principal.

**Note: In order to prepare for an emergency, Salt Lake Elementary will be practicing our annual schoolwide evacuation drill to the Salt Lake District Park. It is tentatively scheduled for Monday, January 30 at 1:00 p.m. Our front gates of the school will be locked during that time. We anticipate that the drill will be over at approximately 1:45 p.m. Please refrain from coming to campus afterschool earlier than that time. Again, please do not be alarmed; it is only a drill for emergency preparedness.**

## JANUARY-FEB IRA SCHEDULE (subject to change)

Please remind your child to wear shoes and bring a water bottle for PE on their assigned IRA days.

Month	Gr. 6	Gr.5	Gr. 4	Gr. 3	Gr. 2	Gr. 1	Gr. K
2nd Sem/ Jan				1/9	1/10	1/12	1/13
	1/17	1/23	1/24	1/26	1/27	1/30	1/31
Feb	2/2	2/3	2/6	2/7	2/9	2/10	2/14
	2/16	2/17	2/23	2/24	2/27	2/28	3/8

*Bold and italicized dates indicate full day IRA*

### RECYCLING DRIVE

The student council is sponsoring a Recycling Drive on January 18, 2017, at our school parking lot from 7:00-7:50 a.m.. We will be collecting only Hi5 aluminum cans and plastic bottles. Start saving your Hi5 aluminum cans and plastic bottles and remember to:

- 1) LABEL bags with your name, grade, room, and the total number of recyclables you brought
- 2) Use clear plastic bags if possible
- 3) REMOVE all bottle caps off the plastic bottles, but leave the labels
- 4) RINSE the cans and bottles
- 5) SEPARATE cans and bottles into separate bags

### FUN RUN

Our 12<sup>th</sup> Annual Fun Run is scheduled for Wednesday, February 22, 2017. Please assist your child(ren) with collecting monetary donations to support our school's technology and academic programs. Information and collection envelopes will be sent home on January 25, 2017.

### MEAL PAYMENTS

**Please remember to pay any outstanding meal loans and deposit money into your child's meal account.** Check with your child for any payment reminder slips. If you want to know your child's account balance, please call our school office at 305-1600.

### PROMOTING A SAFE AND HEALTHY CAMPUS

#### STUDENTS ON CAMPUS AFTERSCHOOL

We are concerned about the safety for the large number of students remaining on campus well after 2:30p (MTThF/1:30 p.m. (Ws) on a daily basis. The school office closes at 4:00 p.m. In order to prevent unnecessary stress, please communicate with your families/friends should there be a change with regular transportation routines. Again, **THERE IS NO SUPERVISION AFTER SCHOOL**. We have experienced incidences of theft, injuries and misbehavior among these students. ***For the safety of students, the Honolulu Police Department will be called when students are left behind unattended beyond the school day.*** Kama'aina Kids continues to accept applications for their afterschool program.

#### PLAYGROUND EQUIPMENT –

For safety reasons, students are *not allowed* on the playground equipment after school unsupervised. Adult supervision by a parent or guardian is required for playground equipment use.

#### TRAFFIC SAFETY

Please remember to practice safe driving while dropping off and picking up your child. Be aware of students in the vicinity when driving near our school. Your child should be dropped off in a safe area (**curbside**) to prevent any accidents. Please be patient and courteous toward other parents as they are also dropping off or picking up their child on campus. Curb area fronting the school office is a drop off/pick up zone only. **Please do not park or leave your car unattended along the main driveway and please SLOW DOWN.** Mahalo!

#### DRESS CODE

Just a friendly reminder to please revisit the Uniform Policy in the Student/Parent Handbook, paying special note to the length guidelines for shorts & skirts; heel height; and hair coloring. Our school dress code policy has been put in place to support an environment that enhances learning and promotes safety. We appreciate your attention to this matter in the interest of all students.

#### ASBESTOS HAZARD EMERGENCY RESPONSE ACT

Dear Faculty, Staff, and Parents,

The Asbestos Hazard Emergency Response Act (AHERA) requires our school to notify the faculty, staff, and parents of the presence and status of asbestos containing materials in our school buildings. The law further requires a management plan based upon the finding of the initial inspection.

A Periodic Surveillance inspection was completed last month, December 30, 2016, and the next surveillance will be conducted in June, 2016. The results of the completed surveillance indicate no physical changes to the condition of the asbestos containing materials in our school buildings. Most asbestos containing materials were removed during the completed school-wide renovation project in 2010. A triennial inspection was conducted in June 2014, and the final report is on file in the office. The next triennial inspection is scheduled for January 12, 2017.

A copy of the current inspection report and the Asbestos Management Plan is available for your review in our school office or at the Safety and Security Services Section of the Department of Education (DOE). Please contact me at 305-1600, for additional information.

Sincerely,

Mrs. Casinas, Vice Principal

## CAFFEINATED DRINKS ARE NOT ALLOWED ON CAMPUS

Few students have been coming to campus with caffeinated drinks or high energy drinks (i.e. Starbucks, Monster, Rock Star, etc.). Because these drinks increase anxiety, causes headaches, and may affect their learning and performance in the classroom, these drinks are not allowed on campus effectively immediately.

Please read the article on the dangers of energy drinks below:

# Top 14 Energy Drink Dangers

<http://www.caffeineinformer.com/top-10-energy-drink-dangers>



The dangers of energy drinks are getting a lot of press because of the sheer volume of energy stimulating products in the marketplace and the ease of access to these by minors.

While most energy drinks don't have [as much caffeine as a Starbucks' coffee](#), they are heavily sweetened and easy to drink, which appeals more to the younger demographic.

Therefore, we are seeing increased incidents of those 18 and younger having [dangerous side effects](#) from consuming too many energy drinks at one time.

### *Fourteen Dangers of Drinking Too Many Energy Drinks at One Time*

1. **Cardiac Arrest:** While our [Caffeine Calculator](#) can show people how many energy drinks at one time would be lethal, this formula doesn't apply to everyone. Those with underlying heart conditions have gone into cardiac arrest after just a few energy drinks. Before drinking energy drinks or caffeine, be sure to know your heart's health. - [A new study](#) showed that energy drinks cause more forceful heart contractions, which could be harmful to some with certain heart conditions. - One study showed that between 2009 and 2011 there were 4854 calls to poison control centers regarding energy drinks. 51% of these calls were involving children. [src](#) - Another study shows the link between energy drinks and cardiac events among teens. This study recommends that teens consume no more than one 250 ml energy drink per day and not before or during sports or exercise. [Study link](#). A 2016 study showed that 18-40-year-olds who drank energy drinks had a significant increase in their QTc interval, which is a marker of abnormal heart rhythm risk. [Abstract](#).
2. **Headaches and Migraines:** Too many energy drinks can lead to severe headaches from the [caffeine withdrawal symptoms](#). Changing the amount of caffeine you ingest daily can cause more frequent headaches.
3. **Increased Anxiety:** Those with 2 different genetic variations in their adenosine receptors are prone to feeling increased anxiety when consuming caffeinated beverages such as energy drinks. Larger doses of caffeine can even spur on full blown panic attacks. [The research](#).
4. **Insomnia:** Energy drinks do a good job of keeping people awake, but when abused, they can cause some people to miss sleep altogether. This [lack of sleep](#) causes impaired functioning and can be dangerous to drive or perform other concentration heavy tasks.
5. **Type 2 Diabetes:** Because many [energy drinks are also very high in sugar](#), they can eventually wear out the insulin-producing cells of the pancreas, which leads to type 2 diabetes.
6. **Drug Interaction:** Some of the [ingredients in energy drinks](#) can interact with prescription medications especially medications taken for depression.
7. **Addiction:** People can become [addicted to caffeine and energy drinks](#). This can lead to lack of functioning when unable to have the energy drink or a financial stress from having to buy several energy drinks daily.
8. **Risky behavior:** There was a [study](#) published in The Journal of American College Health which showed that teens are more likely to take dangerous risks when high on caffeine. This could result in injury or legal trouble.
9. **Jitters and Nervousness:** Too much caffeine from energy drinks causes some people to shake and be anxious. This can interfere with performing needed tasks or cause emotional issues. [This study](#) shows how caffeine can elicit anxiety.
10. **Vomiting:** Too many energy drinks can lead to vomiting. This causes dehydration and acid erosion of teeth and esophagus if frequent.
11. **Allergic Reactions:** Because of the many ingredients in energy drinks reactions could occur, from minor itching to airway constriction.
12. **High Blood Pressure:** Caffeinated products like energy drinks can elevate a person's blood pressure. For those with normal blood pressure, this isn't concerning, but those with already elevated blood pressure could be placing themselves at risk of stroke and other health problems related to hypertension if they consume too many energy drinks in a short period of time. [The research](#). A more recent study conducted by The Mayo Clinic found that Rockstar Energy Drink ([240 mg version](#)) significantly raised the blood pressure of study participants compared to the placebo drink. Overall, there was a 6.4% increase in average blood pressure. [More about the study here](#).
13. **Niacin Overdose:** Niacin (Vitamin B3) is placed in most energy drinks at levels that cause no harm and can even be therapeutic. However, if a person is taking additional supplements containing Niacin, overdosing on the vitamin is possible when consuming energy drinks in addition to those supplements. Symptoms include; Skin flushing, dizziness, rapid heart rate, vomiting, itching, gout, and diarrhea. [Source](#). The **British Journal of Medicine** recently [published a case study](#) of a man who experienced nonviral hepatitis from B3 toxicity believed to have been from consuming too many energy drinks during a period of three weeks.
14. **Stress Hormone Release:** A study conducted by The Mayo Clinic found that a [240 mg version of Rockstar Energy Drink](#) caused an increase in stress hormone release. The average [norepinephrine](#) level of the participants increased by 74% while the placebo only caused a 31% increase. [The study](#)

## DOLPHIN RECOGNITION PROGRAM – HABIT OF MIND STARS

Congratulations to the following students who were recognized by their teachers for exhibiting responsible RISK-TAKING during the months of November and December. Students who show responsible RISK-TAKING think before they act and have the courage to be a risk-taker.

<u>Kindergarten</u> Kikeona-Ezra Kaahanui Jacob Sim Emily Mizue Baily McMoore-Akau Nehemiah Gavino-Veneri Destiny Viveiros Kila Ramos Brayden Maxilom-Shigemasa Dallysy Taniguchi	<u>2<sup>nd</sup> grade</u> Lota Meyer Randi Racadio  <u>3<sup>rd</sup> grade</u> Lilikoi Harbison Xion Bailey Kaylee Ragasa (Carson) Weng Leong Lao Jazlynn Degala Jerijoe Aceret	<u>4<sup>th</sup> grade</u> Evan Youn Chiedozie Orji Jr. Samarra Vogt Jenna Pascual River Hashimoto Keegan Monsell Malu Wilcox Daniel Hwang  <u>6<sup>th</sup> grade</u> Katie Ha Micaiah-Jeriel Burdett
<u>1<sup>st</sup> grade</u> Timothy Lau Kaipokai Lee Carson Dabu Felix Wang Bailey Pangan Micah Torres		

## STUDENT COUNCIL NEWS

Happy New Year! We are ready to start the New Year with our last HI5 Recycling Drive for this school year on **Wednesday, Jan. 18, 2017 from 7:00-7:50 a.m.** Please support the Student Council and help the environment by bringing in your HI5 aluminum cans and plastic bottles on that day. Proceeds will go to appreciation gifts for the students and staff during appreciation week.

On Jan. 25 at our Awards Assembly, our Student Council members will be kicking off the 2017 Fun Run by doing a short skit to demonstrate how to get donations for our technology program. They will also reveal our 2017 Spirit Week competition and Mr. Ramos will show us what's coming up with our Exercise on the Mall.

On Dec. 7, some of our students did Christmas activities with the special education FSC and pre-school classes. Even Santa paid a visit and took pictures with our keiki.

Congratulations to our risk-taking Student Council members who presented the "Habit of Mind Stories" play on **Dec. 21 at our Winter Assembly**. They did an amazing job despite the technical difficulties and we hope the audience learned a little more about the General Learner Outcomes and the Habits of Mind.

## COLLEGE & CAREER DAYS, January 19-20, 2017

Research show that when students are exposed to various careers at a young age, they begin to develop a self-concept. In our effort to promote College, Career, and Citizenship Readiness and meet the personal and career goal needs of our students, Salt Lake Elementary is conducting our 4th Annual College & Career Day. Parents and various members of our community have graciously volunteered to be guest speakers and students can wear any college shirt or dress in uniforms of their interested profession/career during their designated college and career day. All those not wearing college shirts or in career uniforms must wear their Salt Lake Elementary uniforms. College & Career Days are held depending on their respective grade levels:

Thursday, January 19	Grades K-3 only
Friday, January 20	Grades 4-6 only

## SEMESTER 1 AWARDS ASSEMBLY AND FUN RUN KICK OFF

Please join us at the Salt Lake District Park on January 25 for this assembly at 8:30 a.m.. We will be recognizing Dolphin Recognition Awards for Perfect Attendance, Dolphin of the 2<sup>nd</sup> Quarter, and Dolphin of the 1<sup>st</sup> Semester. Letters will be sent home with your child notifying you that your child(ren) will be receiving a Dolphin of the Quarter or Semester 1 award. There will also be a kick-off of our annual Fun Run, a fundraiser for our school's technology program.

Recipients of the above-mentioned awards and the monthly Habit of Mind Awards will be printed in the February 2017 parent bulletin.

## **SALT LAKE JR. FLL TEAMS PARTICIPATED IN THE JUNIOR FIRST LEGO LEAGUE EXHIBITION**

In the Fall we had three Jr. FLL teams, the Butterfly Builder, Fantastic Foxes, Classic Gecko Creators. They participated in the Jr.FLL Exhibition on December 3, 2016 at the Neal Blaisdell Exhibition Hall. The students researched and designed an animal of their choice and the habitat that it lives in. Also, they had to learn about bees being a part of the animals' environment. Let's give these students a Shaka Frenzy for their use of Complex Thinking, Flexibility, and Perseverance in this challenge!!

Many thanks to the teacher/coaches on their guidance and providing this opportunity for our students!

### **BUTTERFLY BUILDER**

Coach Mr. Harauchi

Team Members

Evan Youn, Olivia Yoshida, Jaemina Buyag, Matthew Billon, Haylee Howerton, and Leilene Vili

### **FANTASTIC FOXES**

Coach Ms. Davalos

Team Members

Eduard Papa, Hailey DeVera, Kealana Meyer, Gunnar Lee, Raean Bumagat, and Jayden Sabas

### **CLASSIC GECKO CREATORS**

Coach Mrs. Elizares

Team Members

Aimee Long, Trevor Takeno, Caytlen Oishi-Gascon, Caytlen Oishi-Gascon, Jamicah Garcia, Kyle Shin, and Kaikane Kauhi



Row 1: Kyle Shin, Haylee Howerton, Evan Youn, Hailey DeVera, Raean Bumagat, Matthew Billon, and Caytlen Oishi-Gascon

Row 2: Leilene Vili, Jamicah Garcia, Trevor Takeno, Jaemina Buyag, Kealana Meyer, Eduard Papa, Gunnar Lee, Jayden Sabas, Aimee Long, Olivia Yoshida, and Kaikane Kauhi

Row 3: Ms. Davalos, Mr. Harauchi, and Mrs. Elizares

### Upcoming Events

- January 2017
  - January 10 – PTA Executive Committee Meeting 5 pm in the Library/Fun Fair Meeting to follow
  - January 24 – SBBH Parent Seminar 12:30 pm in the Library
  - January 25 – Awards Assembly & Fun Run Kick-off
- February
  - February 7 - Fun Run Collection Deadline
  - February 7 – PTA Executive Committee Meeting 5 pm in the Library/Fun Fair Meeting to follow
  - February 8 – Student Flu Clinic 8-11 am in the Library
  - February 10 – PTA Movie Night 6-8 pm in the Cafeteria
  - February 22 – Fun Run & Assembly at the Salt Lake District Park

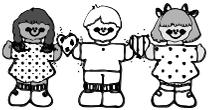


### **18<sup>th</sup> Annual Fun Run/Walk Kick-Off**

Fun Run/Walk 2017 Kick-Off will be held on Wednesday, January 25<sup>th</sup> at the Awards Assembly. It will be held at the Salt Lake District Park Gym from 8:30-9:30 am. Our Student Council will be performing a short skit to “kick-off” our event which will be held on Wednesday, February 22<sup>nd</sup> at the Salt Lake District Park from 8:30-11:00 am.

Your child will be coming home with a collection packet. Please help find sponsors who are willing to support our Fun Run/Walk with a minimum \$1 tax-deductible donation. We encourage each and every student to collect at least \$10. Prizes will be awarded to the top 3 fundraisers and every \$10 in donations gets an entry into our lucky drawing. Some prizes include Apple products, gift cards/certificates, and drones. So far, Island Yogurt, Jamba Juice, and Pacific Environmental Solutions have agreed to participate.

### Birthday Book Program



Happy Birthday to the following January Birthday Book Participants:

Michael Jhon Barroga, Emily Mizue, Kimiko Emerick, Kiley-Rose Lopez, Joanne Kim, Nash Ethan Valdez, Aiden Zeth Acido, Rylan Hayashi-Valmoja, Elisia Paige Lee Gonzales, Ma. Angela Mendoza, Shiloh Delos Santos, Nehemiah Gavino-Veneri.

As a birthday gift, their parents donated books for our school library. Each student will have their names and pictures on their selected Birthday Book which will remain in our Library’s circulation forever more. Thank you for supporting reading at our school!



For the second year, SLES participated in Computer Science Education Week and Code.org’s Hour of Code December 5-11, 2016. Together with TATA Consultancy

Services, we were able to participate in a nationwide initiative to introduce millions of students to one hour of computer science and computer programming.

Students from K-6 were able to work on a variety of lessons geared to “demystify computational thinking, and change the conversation around computer science.”

Thank you to Technology Coordinator Patty Contee, Manish Mathur, and TATA Consultancy Services for bringing this event to our school!

### Parenting: A Journey, Not a Destination

Our second DOE Central District School Based Behavioral Health Program (SBBH) presentation “Parenting: A Journey, Not a Destination” will be on Tuesday, January 24, 2017 at 12:30 – 1:15 pm in the SLES Library.

The session focuses on helping parents figure out why their children are doing what they do, how they can prevent problem behaviors by setting clear expectations/rules and using clear language.

To sign up, contact PCNC Coordinator Jodi Fujimoto via email at [jodi\\_fujimoto@notes.k12.hi.us](mailto:jodi_fujimoto@notes.k12.hi.us) or by phone at 305-1600.



### **10 Ways To GET INVOLVED In Your Child’s Education**



1. Talk with your child every day about school experiences, successes, and worries.
2. Read the school handbook and all notices that are sent home.
3. Meet your child’s teacher and attend parent-teacher conferences.
4. Consult your child’s teacher or school staff whenever you have concerns.
5. Attend school events, programs for parents, and School Community Council meetings.
6. Stay aware of your child’s academic progress. Praise all earnest efforts and accomplishments.
7. Review homework assignments each day and help your child organize time and work.
8. Provide learning experiences.
9. Join the PTA and participate in its activities.
10. Volunteer at school. From classroom assistance to field trips, school fairs, and fundraisers, there are many opportunities to offer your services.

Your attention and involvement show your child that school is important.



*\*PCNC Champions – Belvilyn Fleming, Meja Gould, Surabhi Mathur, and Casey Ragasa for helping to prepare Fun Run envelopes and process teacher job orders.*

*\*Hour of Code Volunteers – TCS employees and SLES parents Manish/Surabhi Mathur and Jaganathan/Sivapriya and K parent Belvilyn Fleming for helping in the computer lab during our Hour of Code event.*

*\*Fun Run Corporate Donors - Island Yogurt in Aiea for donating \$20 gift cards, Jamba Juice for donating a sling bag filled with goodies (coupons, glasses, cups, etc.), and Kim Billon/Pacific Environmental Solutions for donating drones to support our event.*