

TO: KHS Parents & Ohana, Guardians, Friends (12/16/16)

KALANI High School

WEEKLY E-BULLETIN
UPDATES FROM A.M. BULLETINS, FLYERS, ETC.

IMPORTANT DATES...

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| 1) Saturday, December 17 | Band Winter Concert @ 7:00 in cafeteria |
| 2) Monday, December 19 | Freshmen House Showcase |
| 3) Wednesday, December 21 | Juniors : Winter get-together 6:30 – 9:30pm |
| 4) Wednesday, December 21 | End of First Semester |
| 5) Thursday, January 19 | Report Card Distribution |
| 6) Thursday, April 6 | Report Card Distribution |
| 7) Friday, June 9 | Report Card ready for pick up in library |

Senior Appreciation Week : December 19 – 21
Seniors : Graduation Songs Nomination : December 8 – 15
 Winter Break : December 22 – January 6
 Spring Break : March 20 - 24

DEADLINE...Friday 9:00am is the deadline for your group’s input in next Parent Bulletin.

Email address ----- mitchell_otani@notes.k12.hi.us

“There are two primary choices in life: to accept conditions as they exist, or to accept responsibility for changing them.”

NEWS

Kalani High School to Participate in the College Board’s AP Capstone™ Program Diploma Program Focuses on Inquiry, Research, and Writing Skills Crucial for College and Career Success

Honolulu, Hawaii — Kalani High School is one of approximately 1,000 schools worldwide to implement AP Capstone™—an innovative diploma program that allows students to develop the skills that matter most for college success: research, collaboration, and communication. The program consists of two courses taken in sequence: AP® Seminar and AP Research. Developed in direct response to feedback from higher education faculty and college admission officers, AP Capstone complements the in-depth, subject-specific study of other Advanced Placement® courses and exams.

Students who earn scores of 3 or higher on AP Seminar and AP Research assessments and on four additional AP Exams of their choosing will earn the AP Capstone Diploma™. This signifies their outstanding academic achievement and attainment of college-level academic and research skills. Students who earn scores of 3 or higher on both AP Seminar and AP Research assessments only (but not on four additional AP Exams) will earn the AP Seminar and Research Certificate™. Kalani High School will start AP Seminar in the fall of 2017.

“This innovative program gets a broader, more diverse student population ready for college and beyond.. The program gives our teachers more leeway with curriculum choices so their students can access more challenging coursework and sharpen their reading and writing skills.”
- Mitchell Otani, Principal

The AP Seminar course, typically taken in 10th or 11th grade, equips students with the ability to look at real-world issues from multiple perspectives. Through a variety of materials—articles to research studies to foundational and philosophical texts— students tackle complex questions; understand and evaluate opposing viewpoints; interpret and synthesize information; and construct, communicate, and defend evidence-based arguments. Education, innovation, sustainability, and technology are examples of themes or topics covered in AP Seminar. However, teachers have the flexibility to choose subject content based on student interests, whether local, regional, national, or global. By tapping into students’ personal interests, AP Capstone gives students from a wide range of backgrounds an entry point into stimulating coursework more than ever before. Students are assessed through: a team project and presentation, an individual project and presentation, and an end-of-course written exam.

In the subsequent AP Research course, students design, plan, and conduct a yearlong research-based investigation on a topic of individual interest, documenting their process with a portfolio. Students build on skills developed in the AP Seminar course by learning how to understand research methodology; employ ethical research practices; and collect, analyze, and synthesize information to build, present, and defend an argument.

Artsy Students

Congratulations to the following students who were recognized for their artwork in this year's Aloha Harvest's Compassion in the Arts Contest
First Place : Kento Inoue – Sculpture “Identity”
Third Place : Austin Mills – Sculpture “Hope”
Honorable Mention : Chevy Ishida – Mixed Media “Helping Hands”
Teacher : Janice Miysohi

Christmas Concerts

Band : December 17 @ 7:00pm in cafeteria

STUDENT SECTION

University of Hawaii at Manoa Center for Cognitive Behavior Therapy (CCBT) and Kalani High School Collaboration, Highlighted Mental Health Topic of the Week: Test Anxiety and Optimized Performance

During the first and second weeks of December 2016, at the request of a few ninth grade teachers, CCBT staff completed several presentations to Kalani students on optimizing performance and test anxiety management strategies. Initial feedback from students and faculty indicate that these presentations were useful and students look forward to trying out these strategies as they head into end of the quarter tests and exams. Several main points from the presentation are outlined below.

What is anxiety? Anxiety should be viewed as our body's natural alarm system, which originally evolved to help protect us from danger. The anxiety process is composed of three major and interrelated components, (a) thoughts, (b) feelings, (e.g., sad, anxious), and (c) behaviors, all of which affect one another

How does anxiety and arousal relate to test (and other types) of performance? As it turns out, there is an optimal level of anxiety that one should have in order to maximize his or her performance. Research has shown that having too little anxiety is associated with someone subsequently lacking concern about the outcome and not trying his or her best. At the same time, having too much anxiety results in problems with memory and attention, and actually impairs performance (See figure below).

What should my child do to optimize their performance? Within the context of the points above, maintaining anxiety/arousal at optimal levels can improve performance rather than hurt performance. Stay tuned next week for “Tips and Techniques for Test Anxiety and Optimizing Performance.” In the mean time, for a more tips and resources go to: goo.gl/0bKEvf.

- Anxiety = an alarm system that causes a “fight or flight” response, which effects your body (e.g., increased heart rate, sweating, etc.).
- Cognitive Behavioral Model – *Thoughts* (e.g., “I am not smart”) and *Actions* (e.g., difficulty focusing and then getting a low test score) affect how a person *Feels* (e.g., sad, anxious).
- ↓ anxiety = lack of effort or concern. ↑ anxiety = problems with memory, attention, etc. (See graph.)
- Maintaining anxiety/arousal at optimal levels can improve performance rather than hurt performance.
- Anxiety + training = optimal performance due to improved concentration and a relaxed body.

Please check in next week: Tips and Techniques for Test Anxiety.

For a more tips and resources go to: goo.gl/0bKEvf.

STUDENT GOVERNMENT

Appropriate Behavior

Kalani High School would like to remind students that there will be consequences for inappropriate behavior. There have been incidents of food throwing [and graffiti] on our buildings in past years. These behaviors result in serious disciplinary action and police are contacted. Parents - please have a conversation with your child(ren) as we seek everyone's support to providing a safe learning environment for our students.

Class Activities

Seniors – Graduation information

Cap and Gown orders

You may place an order online at www.jostens.com or by mail, see Class of 2017 webpage for more details.

Juniors

Attention Class of 2018 parents! Please email kalanipg2018@gmail.com to receive information and news about Project Grad 2018.

Include the following in your email:

- Student's first and last name
- Student's email
- Father's first and last name
- Father's email
- Mother's first and last name
- Mother's email
- Contact # (optional)

Freshmen

The HOUSE TEACHERS of the Class of 2020 would like to invite you to celebrate the completion of the Freshmen's first semester of high school. A mini-bento can be ordered ahead of time for \$6.00 each from Nippon Bento. Bento includes rice, spam, gyoza, daikon and your choice of meat jun or chicken katsu and a bottle of water.

The students have been working this semester to answer essential questions about IDENTITY and COMMUNITY. They would like to share with you their projects and their learning. While each house tackled these questions differently, you will see that all projects promoted 1) inquiry, 2) collaboration, and 3) effective communication.

In addition, each house would like to celebrate a few students for their achievements this semester. Awards will be given.

Where: Kalani High School Cafeteria

When: December 19, 2016

Dinner starts at 6:00 PM (Optional)

Showcase start at 6:30 PM

CLUB News :

List of clubs

Chinese Club	CORE	Creative Dance Club	Future Farmers of America
Glee Club	GSA	HOSA	Interact Club
Key Club	KHOT	Korean Club	LEO Club
Math Team	Mock Trial	Polynesian Club	NHS
Robotics – Team 3008	Science Olympiad	Speech and Debate Team	DECA

New Clubs

Falcon Esports	Drama Club	DECA
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Japanese Club

The Japanese club is a new organization that broadens the knowledge of students that wish to learn the Japanese culture. From hands on activities to engaging lessons on Japan and its culture, we strive toward the goal of teaching our members something new each week that is enjoyable yet informational. Members not only learn but have the opportunity to participate in Japanese related events and establish new friendships throughout the year. The club also has a smaller group for members that are interested in taking their learning of Japan to the next level by participating in the Japan Wizards trivia competition for a chance to win a free trip to Japan. For more information or if you have any questions, please contact khsjapaneseclub16@gmail.com

COLLEGE AND CAREER GUIDANCE CENTER

College Information

- Please visit the College & Career Center link on Kalani's webpage kalanihighschool.org
- Susan Arashiro / Yvette Achong College & Career Counselors (808)305-0556
- susan_arashiro@notes.k12.hi.us, yvette_achong@notes.k12.hi.us

CAREER & COLLEGE VISITATION SCHEDULE: Fall 2016

DATE	DAY	COLLEGE	TIME
DECEMBER			
29 th	Thurs	Senior: Apps, Scholarship, FAFSA, Transcript, Essay Assistance (College & Career Counselors)	10:00-2:00 Xmas Break
JANUARY			
10 th	Tues	Grand Canyon University, AZ	11:00-Even
11 th	Wed	UH Army ROTC-Opportunities	9:45-Odd
18 th	Wed	Harvard College, MA	11:00-Odd
19 th	Thurs	Hawaii Society of Certified Public Accountants	11:00-Even

ACTIVITY PASSES for college visits must be approved by your teacher and submitted to C12 no later than the day BEFORE the visit. **TOURS require parent/teacher permission.**

ADVISORY begins at 10:52

Bold-faced – newest additions

Updated: 12.15.16 YA

ATHLETICS – Go Falcons

Winter Sports Information:

The winter sports season is about to start up and the following is some helpful information if your child is interested in participating in a winter sport. Prior to any participation your child will need to complete and submit to the Athletic Trainer the DOE Athletic Physical Form and the Parent Consent and Assumption of Risk Form. You may download these forms at: kalaniathletics.org. For more information on a particular winter sport you may contact respective coach listed below:

Winter Sports	Start/Tryout Date	Coach	Email	Cell
Baseball JV	11/7/16	Shannon Hirai	vbaseball@kalanihs.org	371-3105
Boys Basketball JV & Vars	11/14/16	Nathan Davis	bbasketball@kalanihs.org	228-1169
Girls Basketball JV & Vars	10/31/16	Chi Mok	gbasketball@kalanihs.org	478-1333
B/G Paddling JV, Vars & Mixed	10/31/16	Marcus Edayan	paddling@kalanihs.org	226-5696
Boys Soccer JV & Vars	11/7/16	Mike Ching	bsoccer@kalanihs.org	286-4784
Girls Soccer JV & Vars	10/31/16	Myles Arakawa	gsoccer@kalanihs.org	478-6993
B/G Swimming JV & Vars	11/7/16	Matt Velasco	swimming@kalanihs.org	286-1462
Girls Tennis JV	10/31/16	Kelli Ann Kobayashi	jvtennis@kalanihs.org	754-3727
B/G Wrestling JV & Vars	11/7/16	Racer Moody	wrestling@kalanihs.org	310-490-4305
ATHLETIC TRAINER		Ben Kuenzli	bkuenzli@ahct.k12.hi.us	Office 805-0610
ATHLETIC DIRECTOR		Greg Van Cantfort	gvancantfort@kalanihs.org	Office 805-0652

Once your child has been selected for a team the Parent/Guardian and Student-Athlete must attend the DOE mandated Sport Meeting.

ACADEMIC REVIEW STATUS: Next Grade check – December 27, 2016

The parent/guardian whose child is on Academic Review Status (ARS) is encouraged to stay in close communication with their child’s teacher, counselor and coach. All parties should work in unison to ensure that the student-athlete has the greatest opportunity to be successful in their academics so that they may become eligible to participate in athletics.

Eligibility Dates

January 23, 2017	February 6, 2017	February 21, 2017
March 6, 2017	March 20, 2017	April 10, 2017
April 24, 2017	May 8, 2017	May 22, 2017

Athletes on ARS cannot travel off-island for any pre-season tournaments or games.

This policy is in effect to allow the student-athlete to focus on academics (should not miss classes)

*OIA Champions
Girls Junior Varsity Crosscountry*

*Eastern Division Champions
Girls Air Riflery
Girls Soft-Tennis*

Fall All-Stars pending

**Air Riflery
Crosscountry
Soft Tennis**

**Bowling
Football
Volleyball**

**Cheerleading
Softball**

Winter Sports Schedule - tentative

Girls JV Tennis *Season completed : Eastern Division – 3rd Place*

Boys Basketball	@ Roosevelt	December 23
Girls Basketball	vs. Moanalua	December 20
	vs. Castle	December 22
Paddling	Regatta #1 @ Keehi Lagoon	Saturday, December 17
Boys Soccer	@ Roosevelt	Saturday, December 17
	vs. McKinley	Wednesday, December 21

Girls Soccer vs. Roosevelt Saturday, December 17
vs. McKinley Wednesday, December 21

Swimming preseason Saturday, December 17

Wrestling preseason

JV Baseball Schedule

Preseason

December 18 TBA Japan Team @ either UH or Hans L'orange

Regular Season

December 17 11:00pm @ Kaiser
December 19 3:00pm @ Kailua
December 21 3:00pm Farrington @ Joey Desa Field
December 26 3:00pm @ Castle
December 28 3:00pm @ Kaimuki
January 4 3:00pm @ Moanalua
January 7 11:00am @ McKinley
January 11 3:00pm @ Roosevelt

ATHLETIC PHYSICALS & CONSENT FORMS:

An Athletic Physical and the Parent Consent and Assumption of Risk (CAR) form is required before anyone may participate in any athletic training. Parents are encouraged to make every attempt to have these physicals completed during the summer months. If a student does not have a current physical on file with our Athletics Trainer prior to tryouts it may jeopardize their opportunity to make the team. Those participating in a winter sport should consider having their physicals completed no later than October. Spring sports should be no later than February. Physicals are good for one calendar year from the date of the physical. A separate CAR form is needed for each sport your child participates in. These forms are to be turned in directly to the Athletic Trainers. Please do not give them to the coach! For more information please contact our Athletic Trainers. **The trainers start work at 1:00pm.**

COMMUNITY CONNECTIONS

Stay tuned for future activities

A+ Program Aide's needed at Manoa Elementary. Assist group leader in overseeing students after school till 5:30. Mon-Friday. \$32.50/day. Responsible applicants only. See Mrs Arashiro in C 12 for more information.

Awards / Student Recognition

Congratulations

National Merit Semi-Finalist

Congratulations to **Kacie Kajihara** and **Emily Yang**

Kacie and Emily are amongst the 16,000 Semifinalists (two of the 66 in the State of Hawaii) in the 62nd annual National Merit Scholarship Program. These two academically talented high school seniors have the opportunity to continue in the competition for some 7,400 National Merit Scholarships worth more than 32 million that will be offered in the spring.

The minimum qualifying score on last year's PSAT test to be a semi-finalist is 217.

Congratulations also to Christopher Lindsay (transfer from Iolani) who is also a National Merit Semi-Finalist.

National Merit Commended Students

The following students have been named Commended Students in the 2017 National Merit Scholarship Program. About 34,000 Commended Students throughout the nation are recognized for their exceptional academic promise. These Commended Students placed among the top 5% of more than 1.5 million students who entered the 2017 competition by taking the

Preliminary SAT / National Merit Scholarship Qualifying Test last year.

"The young men and women named Commended Students have demonstrated outstanding potential for academic success. They represent a valuable national resource; recognizing their accomplishments, as well as the key role Kalani High School plays in their academic development, is vital to the advancement of educational excellence in our nation. –National Merit Scholarship Corporation

Kobi Gima Kainalu Hagiwara Leslie Horita Matthew Oh Moriah Tom

Class of 2017

Kacie Kajihara

ACT : Perfect Score 36 SAT : 2310 740/770/800

Emily Yang

ACT : 35 SAT : 2260 800/800/660

Pacific Asian Affairs Council Global Leadership Program

Twenty students were selected for the Pacific and Asian Affairs Council Leadership Program for 2016-2017.

This 9 month program aims to improve participants' leadership skills, including effective communication, appreciation for diversity, public speaking, goal setting, accountability, and conflict resolution. The goal is to develop global citizens who are informed about global issues, empowered to make a difference, and feel connected with others around the world. Program components address personal leadership, social identity development, intercultural sensitivity and global citizenship.

Kalani is proud to announce that nine of our students were selected

**Niquerose Cacho Lauren Horita Rosalyn Kagimoto Taylor Kang Kailer Okura
Ashley Taylor Jenna Tsuzaki Julia Tsuzaki Cameron Woods**

Congratulations also to **Priscilla Hsu.**

Priscilla Hsu received a scholarship to go on a Philippine Study Tour (During Fall Break)
She traveled with Ms. Jill Takasaki Canfield, Executive Director, Pacific and Asian Affairs Council.

Kacie Kajihara

2016 *National* FFA in Indianapolis, Indiana 1st top three finish for Hawaii in 55 years
Agriscience Fair : 2nd Place Gold Medalist Kacie Kajihara Kalani FFA of Hawaii

Eddie Aikau Essay Contest

Mika Ishii - First Place

National Public Radio features Kalani Musicians (from the Star Advertiser)

This will be the fifth time "From the Top" has come to Hawaii. In the past 12 years, NPR has produced seven shows on Oahu, Maui and Hawaii island. Sixteen-year-old Chance Yagi (senior) and his 18-year-old brother, Given (Class of 2016), both students at Kalani High School, performed at the Blaisdell. Both brothers play multiple instruments and various musical styles, including taiko, marching band and jazz, but will be playing ukulele for the NPR show with their award-winning group 4U Ukulele Quartet.

Youth Symphony**Youth Symphony I (21)**

Everett Amemiya Fuma Fujiki Kurumi Kawata Sherry Tanaka Taichi Hirata Daniel Huang Ace Inouye
Margaret Nakayama Tiffany Nakayama Eunice Park Ryder Tanaka Shayn Toothman Austin Young Brandy Shinoda
Kacie Kajihara Crystal Lee Albert Mackey Emerlynn Shibayama Moriah Tom Chance Yagi Aileen Zhang

Youth Symphony II (16)

Kento Francisco Mika Ishii Cuyler Murata Karen Watarida Rika Haraguchi David Kimura Maxwell Miyasato
Sunny Nam Sunwoo Oh Joshua Romero Kaisei Shigeta Cara Yoshimi Jonah Blas Kassi Hatakenaka
Raquel Hernandez Alyssa Reyes

Concert Orchestra (5)

Toby Arakaki Kayleen Asuncion Tea Caliri Rena Caramonte Tyler Takemoto

Congratulations Bryazha Caires : Miss Kapahulu Teen USA

She will be competing in the Miss Hawaii Teen USA Pageant in 2017.

Aloha Harvest Compassion (Art) Competition Winners

(The theme is compassion for the less fortunate)

Congratulations Austin Mills, Kento Inoue and Chevy Ishida

WORLD CONSERVATION CONGRESS

<http://khon2.com/2016/09/05/world-conservation-congress-addresses-severity-of-climate-change-rising-sea-levels/>

Rianne Pada wrote an article on the World Conservation Congress for Civil Beat. Please see below for the link. Great job, Rianne!

<http://www.civilbeat.org/2016/09/iucn-if-they-can-do-it-why-cant-i/>

Awards / Teacher Recognition

Bryan Silver : 7-12 Presidential Awardee for Excellence in Mathematics and Science Teaching

Partnerships

Japan Super Science Fair

Kalani High School was well represented at this year's Japan Super Science Fair in Kyoto, Japan.

Leslie Horita, Kacie Kajihara, Moriah Tom, Chance Yagi and Emily Yang (accompanied by Mr. Okawa) presented their research topic "Effect of Myostatin Inhibition on Rheumatoid Arthritis" and performed their Cultural Presentation last week at Ritsumeikan Senior High School. The Ritsumeikan Super Science Fair was organized in 2003 as a place for scientific exchange, concentrating on scientific research presentations by high school students. The Ritsumeikan Super Science Fair changed its name to the Japan Super Science Fair in 2011 in order to widen its scope not only in Japan but around the world. There are 47 schools represented at this year's JSSF, including schools from Australia, Canada, France, Hong Kong, Indonesia, Iran, Kenya, Korea, Malaysia, Mongolia, Nepal, the Netherlands, New Caledonia, the Philippines, Russia, Singapore, Taiwan, Thailand, the United Kingdom, the United States, Vietnam and host country Japan.

Jeju Student Forum

Kalani High School was well represented at the Jeju Student Forum in Korea. Erin Terada, Shayn Toothman, Kaitlyn Yong and Austin Young (accompanied by Counselor Trevor Teraoka) represented Hawaii and the United States. The Jeju Youth Forum is a creative platform for youth to exchange their opinions and ideas. Through various panel discussions on peace, environmental concerns, bullying, and other topics faced by the international community, participating students from all over the world build up skills in global leadership and help to formulate international consensus. It is indeed hoped that this year's Forum served as a way for our students to form global friendships and cooperation through the virtues of understanding, enthusiasm, wisdom, and trust.

Mahalo to the Department of Business and Economic Development for sponsoring this trip.

Congratulations Austin Young. He received a Certificate of Appointment from the Governor of Jeju.

Austin and one Jeju student were selected as Jeju Honorary Youth Ambassadors.

Kalani High School announces Partnership with the University of Hawaii Center for Cognitive Behavior Therapy

Kalani High School is excited to announce our new partnership with the University of Hawaii Center for Cognitive Behavior Therapy. We would like to welcome our newest partner to our Community of Learners.

Alumni information

Congratulations

Miss Hawaii Allison Chu - Kalani 2011