

BACK-TO-SCHOOL

Supplement

AUGUST 30, 2014



Planting Seeds of Greatness for Your Child's Education

WHAT'S INSIDE

■ Helpful Tips For Students And Parents This School Year	S2
■ Pono Choices—the Credibility Gap Widens	S3
■ A Guide to Surviving the 'Wonder Years' of Your Child's Life	S4
■ Preparing Your Child For a Healthy and Safe School Year	S6
■ Heading to High School	S7
■ Fighting Crime And Youth Bullying	S8
■ Chronicle Pulse	S9
■ The Importance of a Good Education	S10
■ Public School Enrollment Continues Upward Swing	S11

Every parent wants his or her child to do well in school. The problem is not that parents are incapable of helping their child—it's more that they don't know the best way to help. This special supplement offers tips for parents on how they can improve the likelihood of their child's success in school.

Remember, there is no better source for support than from a child's family. So turn the pages and read about how rewarding your direct involvement can be for both you and your child's education.

► COVER STORY, S4

Helpful Tips For Students And Parents This School Year

The freeways and side streets throb with heavier, thicker, busier traffic. Cars are fuller and drivers less patient. This is a sure sign that it's back to school time for our tens of thousands of students.

It's also a time for students and parents to fret over all things new. For students they are preoccupied with new classes, new friends, new teachers and new fashion; parents ponder over new schedules, before and after school, and new expenses in tuition, books, lunches, and extracurricular costs.

Going back to school is a time of stress for everyone, even for people who don't have children. But like everything else, routine becomes old hat, and both students and their parents find their groove: students adjust to academic rigors, parents

readjust their budgets and make do.

Besides academics and money matters, one area that is hardly discussed that should be given more attention is school safety. There are so many considerations: 1) Does your child have a large enough backpack? Ensure that the backpack is not overloaded. Your child should carry only the books and supplies needed for that particular day. 2) Does your child have a safe means of traveling to and from school? Ensure that your child stick to that routine and avoid dangerous situations. Ensure that your child have enough money for transportation. 3) Discuss with your children if there is any bullying going on in school. With a new school year comes new relationships and attitudes. Over the summer, friends often change, mature, or even regress, depending on their

home life experiences. Perhaps there is no greater distraction for your children than bullying. It strikes fear in them and affects their self-worth and emotional stability. 4) Do you have appropriate child care after school? It's the law that underage children are properly supervised by a responsible adult. 5) Does your child have adequate nutrition throughout the day, before and after school, until parents come home. This is not given much attention to but during this time of the day is when children develop healthy eating habits, or unhealthy ones, overeating or starving. Nutrition and brain/physical development are important to school success. Proper nutrition helps with concentration and efficient studying. 6) Set up a conducive studying environment at home for your children to do their homework without much outside influence. Set



up studying times when phone use and watching TV are not allowed. 7) If your child is involved in sports and extracurricular activities, as parents, know the risks involved and ensure that safety precautions are met. 8) All transition periods can be difficult for children. As adults, we are better equipped to handle transition and cannot assume our children have the same skill set. Make time in the day to communicate with your children. Talk about what your children's day was like, in-

dividually, and pay attention to changes in their behavior or demeanor. Make it your business to know who their friends are.

School is more than the obvious of studying and getting good grades. It is the setting for your children to prepare for the real world. That said, as parents, we should do our best to consider the multitudes of lesser-discussed factors that can influence our children to succeed and be safe. Have a great school year, students and parents! ☺

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Pono Choices—the Credibility Gap Widens

By State Rep. Bob McDermott

Ot was never made clear to parents that Hawaii students were participating in a “research project.” Research projects necessarily require informed consent when human subjects are involved. Such is the cornerstone of human subject protections.

Pono Choices, a teen pregnancy and Sexually Transmitted Infection prevention curriculum taught to middle school students, violated several safeguards contained in the Federal Protection of Pupil Rights Amendment (PPRA). This is a horrible breach of trust between the State Department of Education and parents.

We now know that Pono Choices has twice been sent back to the University of Hawaii-Manoa for changes. The first time was in 2011, due to the graphic nature of some photos used. More recently, this past June, it was sent back in order to correct a slew of bogus and misleading information that the chief proponents of the program, Planned Parenthood, passed off as science.

What do we now tell the parents whose children, through Pono Choices, received unduly graphic material, medically inaccurate and misleading information and factual errors? How

do we go back and remedy the damage that the UH and the DOE have done? Quite simply, we can't.

Contrary to what the DOE states publicly, its criterion for evaluating the “age appropriateness” is shockingly mediocre—“Can the child understand and comprehend the verbiage, grammar and words taught?” Based on this, the department apparently gave little care, if any, to what effect Pono Choices' lessons on anal sex would have on 11-year-old students' emotional and psychological makeup.

Pono Choices was never certified as medically accurate. The program was submitted to the United States Office of Adolescent Health (OAH), which then subcontracted a medical review via Paltech. These results were then sent to UH. Yet, no one ever verified if the changes were made. So with this passing-the-buck, we ended up with the ludicrous definition of the anus as genitalia and the practical equalization of anal and vaginal sex.

Pono Choices, as my office noted in our previous McDermott Report, treats homosexuality as a normal, common lifestyle. Yet, based on National Health Interview Survey data from 2013, 96.6 percent of American adults identified themselves as straight, 1.6 per-



Rep. Bob McDermott inspects a school project.

cent identified as gay or lesbian and 0.7 percent identified as bisexual. The remaining 1.1 percent of adults identified as “something else” stated “I don't know the answer” or refused to provide an answer. Why are we trying to mainstream these aberrant behaviors and obfuscate the elevated risks on top of that?

If we must discuss behaviors that are anomalies, then the discussion should be in the scientific context using reliable data. That means including the fact that over half of all new cases of HIV occur from male homosexual behavior. Telling the very few children who will one day

engage in homosexual behavior that the risk is the same as heterosexual behavior is a deadly disservice to them.

Another disturbing fact is the fact that Pono Choices had no predator protection module, nor an abuse prevention guide. By repeatedly telling 11-year-old children that they are responsible for their decisions and through the celebration of aberrant behaviors, we are setting up our children for victimization by adults who practice pedophilia, ephebophilia and hebephilia.

Additionally, students, teachers and community li-

aisons were given gift cards for their participation in Pono Choices. Not only were such gift cards in violation of state law but they also necessarily rendered all the data collected in the Pono Choices research project as meaningless, due to an inherent input bias as a result of a financial inducement.

The DOE should stick to teaching human reproduction in the context of health education classes, where the students shall learn actual science and useful risk prevention skills. The DOE should also implement as a matter of course a robust and rigorous predator protection module. The DOE should fully inform parents that condom usage will be discussed in such classes and provide complete transparency of the materials. Further, Planned Parenthood needs to get out of our schools as they certainly have a political agenda.

Lastly, the DOE needs to remember who they work for—the parents who own the school system and pay the freight. Any departure from long-accepted norms should receive broad parental approval. ☺

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A Guide to Surviving the 'Wonder Years' of Your Child's Life

By HFC Staff



Most of us can still recall our very first day of school. It may have been a traumatic event or a positive one, depending on how well we were able to conquer our fears and excitement.

Positive or not, that first day marked our introduction to formal education. The years from kindergarten through 12th grade laid the foundation for much of our personal development and played a key role in our maturing into responsible citizens.

School also provided us with knowledge about the world and a unique perspective of looking at life. And perhaps most importantly, school began paving the way for a well-paying career. Have you ever noticed that the word "learn" contains the word "earn?" It very well may be that higher levels of education you achieve will allow you to command higher levels of income.

Many employers today require at minimum a college-level education, even for positions which previously did not require it, such as administrative assistants. When hiring from a crowded list of applicants, employers will most always select those who have completed higher levels of education.

The bottom line is that the fewer years of education you've completed, the fewer doors are open to you. It's that simple.

Elementary School

For many parents, creating a better tomorrow for their children means providing a better education—and it all starts at the elementary school level. Elementary school is much like the first step we take in life. To be able to run, we must first learn how to walk. It is during these formative years that children not only learn reading, writing and arithmetic, but also develop study habits.

Studies have shown that children whose parents are involved in their school are more likely to earn higher grades and test scores and enroll in advance placement courses; attend school regularly; have better social skills; and graduate and go on to post-secondary education. And the earlier in a child's education that his or her parents are involved in, the more powerful the effects.

"I truly believe that the success of a child is determined by the amount of parent involvement in their life," says Maria S. Pauley, principal of Lanakila Baptist Elementary School. "If a child sees that their parent cares about their success in school, activities, or any endeavor a child chooses to pursue, they will flourish in whatever they put their mind to."

Other challenges that prevent an elementary school student from having a successful year, Pauley says, are excessive after school activities and an unbalanced home-life.

"It is important for students to use their time in the classroom wisely," she says. "Time management is trained in the classroom and students must master this skill to be successful. Routines are also important for children because it provides boundaries and limitations that allow them to feel secure about their school and home life."

The following are tips for parents on how to more effectively nurture their budding young students:

- **Remain involved in their school-work:** Talk to your child's teacher regularly about his or her educational and social development. Also volunteer your time as volunteers or as a member of the school's Parent-Teacher Association.
- **Create positive study habits:** Create a "homework center" where their child can do their homework. It must be quiet and stocked with pencils, erasers, paper and other supplies.
- **Read together regularly:** the more parents read to their child, the better chance he or she has of becoming a proficient and eager reader. Try to set aside regular reading times each day, where children should also read out loud to parents. Most importantly, have fun!
- **Stick to a routine:** make sure your child wakes up at a regular time each school day and eats breakfast. Have them also prepare their backpacks the night before. Children



Carganilla, Farrington High School Principal; Chi, Waipahu Intermediate TA Vice Principal and Pauley, Lanakila Elementary School Principal

benefit from keeping to a consistent routine.

- **Scale back screen time:** Set a weekly maximum for time spent watching television, playing electronic games and surfing the Internet. Maintain a firm rule that homework and chores come first.

Before you know it, elementary school will be done and your little boy and girl begin the transition to middle school.

Middle School

Middle school is a big step in any youngster's life. They leave the safe, secure world of elementary school and enter the new world of middle school where there are new friends to make and more homework.

Physically-speaking, the middle school years also mark the passage from childhood to adolescence. This 2-3 year period is often a time of rapid growth in all areas of a child's development—physical, emotional, social and intellectual.

Most middle school students are dissatisfied about their looks and physical appearance. Parents should gently remind them that the body one has in middle school won't necessarily be with them forever. Most parents are also unprepared for the emotional

changes that pre-adolescence brings. Surging hormones can often transform the most good-natured child into an irritable and sulky teen. This moodiness presents a good opportunity for parents to teach coping skills, and that they are always available and willing to lend a listening ear.

According to Howard Chi, a vice principal at Waipahu Intermediate School, one of the biggest challenges for middle school students is finding "a true sense of self."

"Many at this age are trying to discover who they are and tend to become followers rather than leaders," Chi says.

Other challenges facing the youth of today are poverty, lack of parental support and families' financial situation, says Liona Lafitaga, a math inclusion and resource teacher at Moanalua Middle School, where Filipinos comprise about 20 percent of the student body.

"My advice to parents to keep their children on the straight and narrow path is to make sure that they study hard and to push through adversity no matter how hard times get," Lafitaga says.

For some pre-teens, there might be incidents of bullying to deal with. At Waipahu Intermediate, the faculty and staff keep a close eye on students to not only catch bullying but pro-actively

(continued on page S5)

COVER STORY

BACK-TO-SCHOOL SUPPLEMENT 2014

A GUIDE... (from page S4)

work to prevent it.

“Bullying is taken very seriously,” Chi says. “It is unacceptable and we have a ‘No Tolerance’ policy. The safety of our students is our first priority and any threats to their safety will be removed to ensure a safe learning environment. Through a partnership with the ‘Weed and Seed’ program as well as a program through our Health/Physical Education department to identify bullies, we are able to take a proactive stance to bullying.”

Parents who feel that their child is a victim of bullying are encouraged to contact a school counselor. Chi says that any issues dealing with bullying will be handled immediately.

As for class work, the most common mistake that Chi has observed middle schoolers make that prevent them from doing better in the classroom is time mismanagement.

“Students need to realize that they are now young adults and the rest of their lives starts now,” he says. “The habits they form now will follow them into

adulthood.”

He also stresses the importance of goal setting.

“Students need to take the initiative and also research their goals. They need to create a timeline as well as a general list of must-do’s needed to achieve those goals,” he says.

The following are other common sense tips for parents of middle schoolers:

- Know their friends. Who does your child hang out with? Follow up on any suspicions that you may have. It is better to be safe than sorry at this time of his life. Know where your child is at all times. Be clear and consistent with discipline.
- Encourage them to pursue extracurricular activities. Make sure, however, that they selects no more than a few activities to give them adequate time for school-work. You must help them find a balance, which will require compromise and patience.
- Show interest in their studies by talking with them



daily about what they’re learning and doing in school. If your child has a science project, get involved. The same goes for cheerleading, sports, music and other extracurricular activities.

- Encourage them to get to know their counselor and to maintain contact throughout their middle-school years. Not only will the counselor be invaluable in supporting their academic path, he or she is also a potentially good adult role model for your child.

High School

If your child has moved on from middle school, you may think the hard part of his or her education is behind you. On the contrary! When your child enters high school, he or she will take on a whole new range of challenges. There will be more adult relationships, challenging academics and college and career choices. Some of the same issues still linger in high school halls, but they’re just a lot more complicated. And so are your kids.

Al Carganilla, principal at Farrington High School, says time management is also a big challenge for older students.

“With a lot of academic expectations and the pressures that come along with being a high school student, finding the time to make sure they handle all their responsibilities are always difficult,” Carganilla says. “If they are involved with other extracurricular activities, it makes it even more difficult.

“Another big challenge is how a student handles peer pressure and distractions of high school life. Social media

has exploded and our students are always attached to some kind of social media and sometimes there is a lot of peer pressure that is associated with that.”

Carganilla says the best way for students to deal with peer pressure is to surround themselves with good people and have a great network of friends who support them every step of the way.

Academic-wise, Carganilla says procrastination is the biggest obstacle to students succeeding in the classroom.

“It goes back to time management,” he says. “They always think that they have time and will get to their homework, project or other requirements later on but before they know it, that particular assignment is due.

“Success in academics is really about motivation, hard work and being resilient. You don’t have to be the smartest person in school but if you want to do well and put in the hard work and time, you will do well. Also, how you bounce

(continued on page S8)

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Preparing Your Child For a Healthy and Safe School Year

By Dr. Valerie Besenbruch

The beginning of a new school year can be an exciting but stressful time for parents. School supplies, books and clothes are among the many priorities competing for your attention, and it can be easy to accidentally overlook the health-related requirements and concerns that are just as important.

Here are my recommendations for preparing your child for a healthy and safe school year:

Pre-School through High School

Immunizations – for children kindergarten to grade 12, confirm that they have had the required immunizations, including DTaP/DTP/Td (diphtheria/tetanus/pertussis),

polio, MMR (measles, mumps, rubella), hepatitis B, and varicella (chickenpox). Children entering preschool must have the aforementioned immunizations as well as the Hib (Haemophilus influenzae type b) immunization. I also recommend that all children receive an annual flu vaccine, which can be administered by their physician. Parents can also inquire with their child's school to see if a flu vaccine will be offered.

Physical exam – children entering kindergarten must have a tuberculosis test and a physical exam no more than a year before their first day of school. After kindergarten and until high school graduation, it is recommended that children have a physical exam every two years. Student-athletes are required to have a physical exam each year prior to participating in competitive sports.

Special circumstances –



notify school administrators and teachers about your child's allergies, health problems and any medications they take. While school health aides can administer some daily prescription medications during school hours—pending certain restrictions—schools prefer that parents give the doses to their children outside of school hours.

College Students

Physical exam and vacci-

nations – students heading for college should have a physical exam during their senior year of high school. Most colleges in Hawaii require a tuberculosis test no more than a year before they begin their first day of classes. Ensure your child has completed all recommended vaccinations for their childhood and teen years, including diphtheria/tetanus/pertussis, human papillomavirus, meningococcal and flu. In recent years, the annual flu vaccine has become available in late August or early September, so college-bound students, particularly those headed to the mainland, should consider receiving the vaccine before departing.

First aid kit – it is a good idea for children living away from home to have a first aid kit. If your child will be attending a mainland college, ensure that first aid supplies are on their list of purchases

to make upon arrival. A first aid kit should include bandages, antibiotic ointment, cold/flu medications, painkillers, antiseptic wipes, sterile gauze, adhesive tape, soap, plastic gloves, a thermometer and a list of emergency phone numbers.

Whether your child is entering school for the first time or is in their final year of academics, it is important to keep their health requirements at the top of your to-do list. Not only will it provide you with more peace of mind, it will also help your child experience a safer and more fulfilling school year. ☺

DR. VALERIE BESENBRUCH earned her medical degree from Loyola University Chicago Stritch School of Medicine and completed her pediatrics residency at Tripler Army Medical Center in Honolulu. Dr. Besenbruch is board certified in pediatrics. She has been practicing medicine since 1984 and joined the Hawaii Permanente Medical Group in 1993.

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Heading to High School

By Deborah T. Manog

The intense heat of summer rays have been replaced with cooler tradewinds as shorter days. School is officially back in session in the Hawaiian islands and for some, this new academic school year is the start of the four most memorable years in a teenager's life: high school.

Some refer to these years as a critical period where it can easily go from a living nightmare to the best time of your life and every other emotion imaginable in-between. Despite all the warnings of peer pressures one might face in high school such as drinking, smoking and cutting class, Farrington High School (FHS) freshman Leimomi Herrell boldly

takes a step forward with bright eyes.

"I'm liking it so far, Farrington is very cool," said Herrell.

Herrell credits her time with Kalihi's T-Shirt Theatre for her smooth transition from Kalakaua Middle School to FHS. She has been a member of T-Shirt Theatre since the 7th grade and the group held practices at FHS at least three times a week.

She remembers being fascinated as a young child watching her first T-Shirt Theatre performance during elementary school and dreamed of playing a part of the wonderful orchestra of characters onstage.

"I wanted to be like them so I always went to their shows and studied how they acted and projected," said Herrell. After making it



through the first and second rounds of tryouts, "I was officially a rookie."

And she's loved every minute of it, especially because she has grown close to the company's castmembers, many of whom are upperclassmen at FHS. "Don't procrastinate, don't be absent or late, always do your work and have fun" are among the words of advice they've given her to help her succeed in high school.

Although Herrell exudes

charisma and liveliness, she admits that even she was nervous on the first day of school and was afraid she wouldn't know anyone in her classes. However, she was able to reconnect with old friends from both her middle school and elementary school along with meeting new faces. She doesn't want anyone to feel lonely and simply wants to be a friend to everyone.

"If I see someone who isn't talking to anybody, I usually go up to them and try to make them feel comfortable and help them talk to others," said Herrell.

Besides the social part of high school, she says one of the challenges has been adjusting to longer class periods and a tougher curriculum. She has also started thinking more about how high school can prepare

her for her future after graduation. She hopes to join Farrington's Teacher Academy Program because she loves taking care of children, especially her little cousins, nephews and nieces.

Along with studying the general required classes, she chose Ilokano language as an elective course. Although she doesn't speak the language herself, most of her family speak Ilokano fluently.

"I want to understand and be able to speak the language too," said Herrell. "Connect with my family."

Although the school year has just begun, she is enjoying being a high school student and had a blast at her first high school pep rally.

"They (students) have so much energy. All the upperclassmen are very spirited," said Herrell.

Many people have told her to savor the next four years because it will go by quickly and Herrell plans to do just that. ☺

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FIGHTING CRIME AND YOUTH BULLYING

By Councilmember Ron Menor

Last August 5, I attended National Night Out, a nationwide event which celebrates partnerships between communities and law enforcement officials in fighting crime. The festivities were organized by HPD District 8's Community Policing Team and Weed and Seed, and held at the Boys & Girls Club's Hale Pono Ewa Beach Clubhouse. The event heightens crime-prevention awareness, builds support and participation in local anti-crime programs and sends a message to criminals that our neighborhoods are organized and fighting back.

I presented certificates of merit on behalf of Councilmember Kymberly Marcos Pine and myself to dozens of Neighborhood Security Watch Groups and Citizens Patrols from throughout Leeward Oahu, commending them for

their diligence in serving as the community's eyes and ears, and reporting suspicious activities to the police. Mahalo also to the many generous businesses for their sponsorship and making this year's National Night Out a big success!

On a related topic, I introduced Resolution 14-145 which urges the City's Department of Parks & Recreation (DPR) and the Department of Human Resources to develop an Anti-Bullying policy to protect children and youth who participate in Summer Fun and other programs administered by the City.

I introduced the measure knowing that bullying, which includes cyberbullying, continues to be a serious problem among Hawaii's children and youth. A 2011 report by the Centers for Disease Control and Prevention showed that 41 percent of Hawaii's middle school students reported being victims of bullying and 1 out of



15 high schoolers missed at least 1 day of school each month for fear of being bullied.

While the State Department of Education has implemented an anti-bullying policy for our public schools, the City lacks a comprehensive policy notwithstanding the fact that thousands of youth are enrolled in its programs, the largest of which is Summer Fun which serves 10,000 children and teens during June and July at over 60 sites across Oahu. I am encouraged that DPR Director Michelle Nekota supports the resolution and is open to implementing a similar anti-bullying

policy that she administered as the parks director for Utah.

The Council unanimously passed Resolution 14-145 at its August 13, 2014 meeting. The City will be working with non-profit organizations like the Hawaii Youth Services Network and Mental Health America of Hawaii to formulate an effective anti-bullying policy.

I'm also happy to report that the Council passed the City's Fiscal Year 2014-2015 Operating and CIP budget that will fund important core City services. The budget includes \$132 million for road rehabilitation and \$5 million for the

restoration of several bus routes islandwide, including the restoration of the original Country Express Route E which will benefit many West Oahu residents who work in the Ala Moana area or Waikiki.

The budget also includes \$80,000 for a pilot project to address feral chickens and crowing roosters, \$452,944 in the Community Development Block Grant (CDBG) for the NSRA Weed & Seed Project that benefits Ewa, Ewa Beach, Waipahu and other communities, and \$31 million for improvements at parks islandwide. My thanks to those who testified or submitted testimony on various bills and resolutions during the budget process, and best wishes for a successful school year!

In closing, please contact me at 768-5009 or via email at: rmenor@honolulu.gov if you have concerns or need assistance. For my latest activities as a City councilmember, log on to: www.facebook.com/RonMenorHawaii.

A GUIDE... (from page S5)

back from adversity like a bad grade will go a long way in how successful you are."

Then there's college to consider. Carganilla advises students to start thinking early about college.

"Planning for college can

start in middle school if student already knows what he or she wants to do," he says. "At the high school level, we start during the student's 9th grade year and our counselors help with that planning. We also have a college counselor that helps our

students with college planning.

"If you know what major you want to pursue and where you want to go to school, students can begin to focus on their college planning. Students should also work with their school counselor and any adult mentor they feel comfortable with."

The following are more common sense tips for parents of high school students:

- **Eat healthy:** Keep a fridge full of fresh fruit, yogurt, cheese and hard-boiled eggs. A few healthy snacks may counteract the burgers and fries.
- **Practice restraint:** Think really hard first before you speak. Any inkling that you're judging them or their friends, and you're done.
- **Let them make mistakes:** High school may be the time you want them to screw up. Since they're still living with you under your roof, you can help them learn from their



mistakes.

- **Be a parent, not a buddy:** Forget trying to be the cool mom or dad. No one over age 30 is cool to a high schooler. Talk about drinking, drugs and dating. Even though your children need to do more on their own, they still need guidance and limits.

During their high school years, never forget to love your children unconditionally. As they cross over into adulthood, parents need to realize that change is hard and that their high schoolers' fears are

real. Students today are more stressed out than they have ever been, perhaps as a reflection of the turbulent society we live in and its complex problems.

The bottom line is that parents need to work collaboratively with teachers, counselors and other school leaders to help students succeed. Nobody can do it alone. Students need all the support they can get from their parents, teachers, counselors, mentors and significant others. And schools should have a conducive atmosphere for learning and the necessary tools and facilities to learn.

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CHRONICLE PULSE

BACK-TO-SCHOOL SUPPLEMENT 2014

Is your school giving you too much homework? How many hours a week should students spend on homework assignments? By Carlota Ader

JACQUELINE MAE DIZON, 2nd Grade, New Hope Christian



Our teachers don't give us too much homework. I usually do my homework at school so I will have more time to play with my younger brother at home. I also play with my i-pad at home before dinner. Math is my favorite subject.

MIKAI'LA REGODON SANTOS, 3rd grade, Halemano Elementary School



No. I believe it's just right. I spent maybe about one hour doing my homework. If I find it a little difficult, my grandmom helps me with it and makes it fun. I like to finish as soon as I can so I have time to play my favorite video games. I also practice my songs because I attend voice lessons on weekends. I call my dad who works in Las Vegas at least once a week because I miss him and sometimes he will ask questions just to check if I know my stuff at school. Sometimes he tests me on math.

PRECIOUS SOPHIA IBE, 3rd Grade, August Ahrens Elementary School



My school's homework amount is okay. I can do it by myself and I spend less than an hour doing my homework. I do it right away so that I can watch TV after. Also, I like to finish my homework early because I want to help my younger cousins to do their homework.

COLLIN FONTANILLA, 3rd Grade, Holomua Elementary School



Yes, I have quite a bit of homework in math and writing. Sometimes it takes me up to 4 hours to do my homework. Afterwards, I feel exhausted, so I watch television just to change my moods. I love to eat a snack because it helps me to think better. One thing I won't do is to play with my neighbors without finishing my homework first because if I do, I'll get grounded. I do a lot of writing like answering questions in my workbook. Reading is also heavy whenever my teacher assigns pages to read. Even though I have a lot of homework, I love to learn and increase my memory and knowledge. All in all, I love school.

JOHN LAWRENCE PAGULAYAN, 3rd Grade, Lanakila Baptist Elementary



I think our teachers give us just enough homework. I think 1-4 hours a week for homework is good based on how much I learn in class. If we have plenty homework to do, we won't have enough time to play, relax, have fun or do other important things. Kids need to spend time with their parents and siblings. I'm not against homework. I love school and I love to learn and read books, but I also need time for physical activities to improve my health, boost my energy and well-being. Going to the park with my parents and riding my bicycle are my favorite things to do after school.

What are your goals for the coming school year?

TIMOTHY RAGADIO, 9th grade, Lelehua High School



My goal for the coming school year is to be an "A" student. I need to concentrate more in my studies, especially reading which I enjoy a lot. History is one of my other favorite subjects. We have to know about different places, their historic features, cultures and people. High school is competitive so I have to prepare myself each day to do well. I don't play, listen to my favorite music or watch TV until

I'm done with my assignments. Developing good study habits will really help prepare me to achieve my future dreams. I hope to be an architect some day, so I know that I better start developing good study habits. I also like to draw and designs toys for young children. My favorite sports are skateboarding and basketball. I also swim. Perfect attendance, submitting projects on time, always completing homework assignments, communicating with my fellow students, being a team player in school and participating in school activities are just some of my other goals for this school year.

BROOKLYN TAYLOR QUEBRAL, 4th grade, August Ahrens Elementary School



I think I have enough homework to do after school. My teacher does not overload us. I probably spend at least one hour and half total. I divide my time between reading for a half hour, then math and social studies. I also do Kid Biz online to help me with advanced math and reading. I like to read a lot. I also watch my favorite TV shows to relax my mind.

EMMANUEL JAMES FUENTES, 4th Grade, Holomua Elementary School



My school homework amount is just right. After school, I do my homework right away. I sometimes need help from my mom with my math homework, so I wait until after she finishes work. She checks my homework after dinner. I do my homework in about one hour. When I'm finished, I try to help my younger brother to practice tracing and writing his name. On some days, I need to hurry to finish my homework before my violin and swimming lessons. I'm not allowed to play with my i-Pad, i-Phone or X-Box during school days.

MIKAELA CUARTERO, 8th Grade, Lanakila Baptist Middle School



Honestly, my teachers give a little too much homework. I'm sure they know that we have classes with other teachers. It makes it harder to complete homework when we get too much from every teacher. I think that projects should be separated from textbook homework.

RENEE GALOLO, 10th Grade, Hawaii Baptist Academy



So far, it's been okay. I usually spend about 3-4 hours a night doing homework. Sometimes I do more, especially if we have a lot of assignments for the week.

**To All Students-
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The Importance of a Good Education

By Renee Galolo

A good education is important for many reasons. First, a good education teaches that past choices influence current and future events. In school, we are taught about the importance of our decisions and how our past decisions influence the future. This is most evident in history courses, where students examine how the choices of past leaders still influence certain countries today.

Students learn to recognize consequences of mistakes and the rewards of choosing wisely. What they learn about decisions

resonates with them through high school, college and the rest of their lives, and they are more likely to make well thought-out decisions. A good education can influence someone to make wiser and healthier choices.

Second, a good education helps you choose and prepare for the career you want to pursue. By attending different classes and studying different subjects, a student is able to find out more about the subjects he or she is most passionate about. Students are able to narrow down the extensive possibilities and can look into careers in the fields that draw their interest.

High school and college ed-

ucation also trains students for the jobs they are striving for. With a good education, students are more prepared for their actual job and have the knowledge necessary to succeed. Without a sufficient education, it is more difficult for a student to find a job that best suits them.

Lastly, education is important because it exposes students to different worldviews and helps them form their own. Especially in high school, students aren't sure what they stand for or believe in, and a good education encourages students to think about what matters to them.

When students are faced with thought-provoking ques-



tions in school, it forces them to learn about themselves and how they see the world. They begin to think for themselves and decide, in their mind, what is right and wrong, and form their own worldview.

Everyday in class, students read about the ideas of significant historical figures and the

beliefs of different religions and factions. They learn about the worldviews of others and that it is important to respect them, and they become more knowledgeable about the world in general. ☺

RENEE GALOLO is a sophomore at Hawaii Baptist Academy.

SUPPLEMENT NEWS

EPA Grant to Help Children's Defense Fund Project

The U.S. Environmental Protection Agency has awarded an environmental education grant totaling \$200,000 to the Children's Defense Fund for their "Mauka to Makai" project which is designed to improve environmental education on the Big Island.

The "Mauka to Makai" (Mountain to Sea) project will incorporate environmental themes across all core and non-core academic subjects with an emphasis on resource management and habitat restoration. The project will implement an environmental education model to increase community-wide knowledge of important environmental is-

ssues and foster the skills needed to help students, educators, families and the community make decisions about environmental responsibility and stewardship.

The project aims to educate more than 7,000 Big Islands students, provide professional development to over 100 educators and support community projects through sub-awards.

"We're pleased to be part of an environmental education effort highlighting flora and fauna found nowhere else on earth," says Jared Blumenfeld, EPA's Regional Administrator for the Pacific Southwest. "The Mauka to Makai stewardship will increase the protection of Hawaiian ecosystems from threats like

invasive species, climate change and habitat loss."

The larger goal is to make the Mauka to Makai a model program that can be replicated across the nation with a similar focus on land to water resource issues, or its focus can change with a geographic location to highlight the environmental priorities of any given area.

The EPA Environmental Education Model Grants Program supports education projects that increase the public's awareness about environmental issues. The Mauka to Makai project is one of two projects in the Pacific Southwest Region that received EPA's environmental education grant. ☺

Stop Flu at School

The State Department of Health is reminding parents of students kindergarten through eighth grade that consent forms for free flu vaccines are due by Thursday, October 16, 2014.

The Stop Flu at School is an annual vaccination program that protects thousands of Hawaii children against influenza (flu), resulting in less sickness and more school days attended. By preventing the spread of disease, it also improves the health of Hawaii's keiki, kupuna, and families.

All children who attend participating elementary and middle schools will receive a free flu vaccine during school hours. The program is volun-



tary for schools and students and is a partnership between the Departments of Health and Education, Hawaii Association of Independent Schools and Hawaii Catholic Schools. It is endorsed by the American Academy of Pediatrics-Hawaii Chapter and the Hawaii Association of Family Practitioners. Vaccinations will begin in November 2014.

For more information on the flu, tips on staying healthy and reducing your risk of flu complications, visit www.flu.hawaii.gov. ☺

U.S. Dept of State Looking for Student Interns

The U.S. Department of State will be accepting applications for its Summer 2015 Student Internship Program from September 2, 2014 through October 17, 2014.

The program offers U.S. citizen undergraduate and graduate students the opportunity to participate in 10-week, unpaid internships at U.S. embassies and consulates throughout the world, as well as in various bureaus located in Washington, D.C. and at Department offices around the United States. The program is designed to provide intensive educational and professional experience within the environment of America's principle foreign affairs agency.

For more details about the Summer 2015 Internship Program, go online to: <http://careers.state.gov/intern/which-program-is-right-for-you> and to start the online application process via USAJobs. ☺

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NEWS FEATURE

BACK-TO-SCHOOL SUPPLEMENT 2014

Public School Enrollment Continues Upward Swing

By HFC Staff

Enrollment in Hawaii's public schools grew by 2,000 students to 185,273 for the 2013-14 school year. State education officials attribute the enrollment gains in part to the large number of births in 2008 and more students staying in the state's public school system.

Hawaii's public schools enrollment of 185,273 students in the 2013-14 school year represents an increase of 1.1 percent compared to last year's total of 183,251. The total amount represents all 255 Hawaii State Department of Education (DOE) schools and 33 charter schools.

DOE schools' enrollment was 175,476 students, an increase of 1,818 from last year, or about 95 percent of the total, while charter schools had an enrollment of 9,797, an increase of 204 students, or five percent of the total. There was also a total of 16,978 students in special education.

Private Schools

In contrast, private school



Waipahu High School students

enrollment continues to decline. According to the 2013 State Superintendent's Report, private school students numbered 33,702 during the 2012-2013 school year. Private school enrollment peaked during the 2004-2005 school year when total enrollment was 35,981 students, or 16.5 percent of all students in Hawaii.

Private school students currently account for 15.5 percent of total students statewide. According to the National Center for Education Statistics, Hawaii leads the nation in the percentage of school age children who attend private schools. By comparison, the national average is 8 percent. Twelve states have private school populations of 5 percent or less.

There are 111 private schools in Hawaii from kindergarten through 12th grade. Tuition levels vary from as low as \$3,300 a year at Kamehameha Schools to \$27,600 at Horizons Academy of Maui, a special education school with just 12 students. The average private school tuition is \$8,900 per year.

Background

The State Department of Education is the only statewide public school district in the country. It comprises 255 schools on six islands and educates about 183,000 students in grades kindergarten through grade 12. About 13,000 teachers and another 12,000 support staff are charged with educating Hawaii's children.

Hawaii's public school system was founded on October 15, 1840 by King Kamehameha III. It is the oldest public school system west of the Mississippi. Hawaii has one statewide public school district with 15 Complex Areas. Children in Hawaii are required to attend school between the ages of 5 and 18.

All DOE schools are rolled into what's known as a "complex"—A high school and the elementary and middle schools that feed into it. Anywhere from two to four complexes are grouped into a Complex Area, which has its own Complex Area Superintendent (CAS) and support staff. The CAS reports to the Deputy Superintendent in the state office.

On Oahu, the Leeward District remained the largest administrative-wise with 40,959 students, followed by Central (33,496), Honolulu (31,552) and Windward (15,189).

On the neighbor islands, the Big Island had 23,445 students, followed by Maui with 21,330, and Kauai's 9,505.

In 2013-14, the five largest DOE public schools by grade level are:

- High Schools (grades 9-12)—Campbell (2,821), Waipahu (2,450), Mililani (2,445), Farrington (2,437) and Kapolei (2,045).
- Intermediate/Middle Schools—Mililani Middle (1,743, grades 6-8), Kapolei Middle (1,464, 6-8), Waipahu Intermediate (1,314, 7-8), Maui Waena Intermediate (1,095, 6-8) and Kalakaua Middle (1,040, 6-8).
- Elementary Schools—August Ahrens (1,427, grades K-6), Holomua (1,383, K-6), Kapolei (1,136, K-5), Ewa (1,109, K-6) and Waipahu (1,093, K-6).

The five smallest DOE public schools in the state include: Niihau (10 students, K-12), Hawaii School for the Deaf and the Blind (48 students, K-12), Maunaloa (61 students, K-6), Waihole (71, K-6) and Kilohana (80 students, K-6).

Charter Schools

In Hawaii, charter schools are public schools that are funded on a "per-pupil" allocation separate from the Department of Education. They are state-legislated, legally independent, innovative, outcome-based public schools operating under contract with the State Public Charter School Commission (SPCSC).

Since charter schools are public schools, state law explicitly prohibits them from charging tuition.

Charter schools operate on three basic principles:

- Choice: Charter schools give families the opportunity to choose the school most suitable for their children's educational well-being. Teachers choose to create and work at schools where they directly shape the best working and learning environment for their students and themselves.
- Accountability: Charter schools are judged on how well they meet the academic, financial, and organizational performance expectations set forth in their charter performance contracts. Because charter schools are schools of choice, another measure of accountability is student enrollment. If students and their families are unhappy, they can choose to go elsewhere.
- Autonomy: While charter schools must adhere to the same federal laws and regulations and state standards as all other public schools, they have flexibility with curriculum and direct management of energy and resources, allowing them to be innovative.

Charter schools realized a 2.1 percent gain in enrollment to 9,797 over last year's 9,593.

The five largest charter schools are: Kamaile Academy (899, K-12), Hawaii Technology Academy (751, K-12), Ka Waihona o ka Naauao (634, K-8), Hawaii Academy of Arts & Sciences (600, K-12) and Kihei

(continued on page S12)

Adult Education Campuses

Oahu	McKinley Community School (MCSA)	634 Pensacola Street Honolulu, HI 96814	(808) 594-0540
Oahu	MCSA-Farrington Campus	1101 Kalihi Street Honolulu, HI 96819	(808) 832-3595
Kauai	MCSA-Kauai Campus	3607A Lala Road, P-12 Lihue, HI 96766	(808) 274-3390
Maui	MCSA-Maui Campus	179 Kaahumanu Avenue Kahului, HI 96732	(808) 873-3082
Oahu	MCSA-Moanalua Campus	2825-A Ala Ilima Street Honolulu, HI 96818	(808) 837-8466
Oahu	Waipahu Community School (WCSA)	94-1211 Farrington Highway Waipahu, HI 96797	(808) 528-9577
Hawaii	WCSA-Hilo Campus	155 W. Kawili St. P27 Hilo, HI 96720	(808) 974-4100
Hawaii	WCSA-Kona Campus	74-5062 Onipaa Street Kailua-Kona, HI 96740	(808) 327-4692
Oahu	WCSA-Wahiawa Campus	1515 California Avenue Wahiawa, HI 96786	(808) 305-3200
Oahu	WCSA-Windward Campus	730 Iliaina Street Kailua, HI 96734	(808) 254-7955

NEWS FEATURE

BACK-TO-SCHOOL SUPPLEMENT 2014

PUBLIC SCHOOL... (from page S11)

(576, K-12).

The five smallest charter schools are: Ke Kula Niihau O Kekaha (38, K-12), Ke Ana Laahana (54, 7-12), Hakipuu Learning Center (61, 5-12), School for Examining Essential Questions of Sustainability (63, 6-7) and Kula Aupuni Niihau a Kahelelani Aloha (63, K-12).



MCKINLEY HIGH SCHOOL



WAIPAHU HIGH SCHOOL

Adult Education

The DOE's Adult Education Program offers a variety of courses for adult learners including basic education, English literacy and civics, and General Educational Development (GED), family literacy, citizenship, workforce education and life enhancement.

All enrolled students seeking a diploma from the Community Schools for Adults (CSA) who complete the graduation requirements, via General Education Development (GED) and Competency-Based Community School Diploma Program (CB), will receive a Hawaii Adult Community School Diploma, which is

equivalent to a high school diploma.

The GED test provides a valid means of measuring the educational achievement of adults who have not graduated from high school and of comparing their academic competence with that of high school graduates. Individuals who successfully complete the test battery will receive an official GED transcript and may qualify for the Hawaii Adult Community School Diploma. The diploma may provide graduates the opportunity to enter the military service, gain college admission, increase income, increase job qualifications or assist in obtaining work

advancement.

Competency-Based Community School Diploma Program enables adult learners to become functionally literate adults; productive and contributing citizens/ community members; effective family members; and productive workers. The curriculum is aligned to the adult learner standards, Equipped for the Future, and the Comprehensive Adult Student Assessment System Life and Work competencies.

The two primary Community School campuses are at McKinley and Waipahu high schools, with eight satellite sites.

Board of Education

The Hawaii State Board of Education (BOE) formulates policy and exercises control over the public school and library systems. There are nine Board members, a student council representative and a military liaison. The current chair is Don Horner.

The BOE's mission is to equip all public school students with the skills and knowledge required to lead them into lives of responsible citizenship. BOE members are currently appointed by the governor.

But it wasn't always that way. In 2004, former Gov. Linda Lingle's proposal to divide the statewide board into

seven local school boards was rejected. She tried again in 2010, this time proposing to eliminate the board and make the superintendent an appointed cabinet-level position. The Legislature rejected the idea and then passed its own proposal for an appointed BOE. This appeared on ballots in the form of a constitutional amendment.

Voters on November 2, 2010 passed the amendment by 57.4 percent to replace the elected BOE with one appointed by the governor. They also elected an outgoing Board of Education that held their seats until Gov. Neil Abercrombie's appointees were confirmed in April 2011. ☺

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