



Ka'Umeke Kā'eo
Hawaiian Immersion Public Charter School
I N K E A U K A H A

KA LAMA
O Ka Lou Iua O Na Ikiu

Kepakemmapa 2018

WHAT'S IN A MĀLA?



Hilo mahi ha 'aheo

Along with the many plants, fruits, vegetables, and flowers grown in a māla; you can also find health, happiness, knowledge, and focus. Being outdoors and engaging in māla related activities is one of the best ways to engage in nature.

Through mālama 'āina and working in a māla, keiki can establish a lifelong appreciation for their 'āina and develop good habits that will have a positive effect on their mauliola.

Five fabulous reasons to get in a māla:

It encourages keiki to eat healthier: A māla 'ai (food garden) can encourage keiki to eat healthier because what is more fun than eating what you grow? This leads to an increased consumption of fresh produce. Additionally, research shows a link between growing food and increased food prep at home leading to healthier eating over the long term.

It provides engaging, moderate exercise: Anyone who has worked in the yard or māla knows it's sweaty work that includes physical activities like raking, weeding, digging, pushing, and pulling. Studies suggests, depending on the activity, you can burn anywhere from 250-500 calories an hour, done consistently this can lead to a healthy pattern of activity.

It develops STEM, analytical abilities, and is directly tied to the practice of Papakū Makawalu : Growing something means you have to consider reasoning, initiation, planning and organization and offers many learning opportunities. Whether in your own māla, a community mala, or a māla they may be working at in school ask your keiki about the various stages of a plant growth; the tools they use; the different uses for the plants they are growing; the sun, rain, and other weather patterns that affect the māla; discuss math through measuring a plants growth; ask about their kilo and records of what they observed over time, you can even ask them about any animals/insects that live in and around the māla.

It improves focus & memory: Studies have shown that when keiki play and work outdoors they perform better mentally and that hana māla has a positive impact on memory.

It positively impacts mood & psychological wellbeing: People who hana māla experience a decrease in the stress causing hormone cortisol. Accordingly, hana māla can also trigger emotions of happiness.

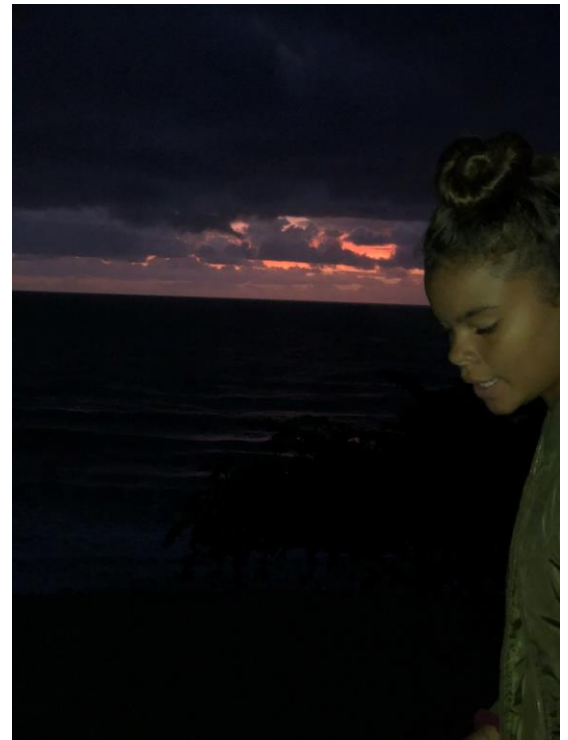
Ma Ka Papa

Ke Ala Piko O Wākea



Ua hele 'o Welelaulani Kahikina o ka papa 10 i Hilo Palikū ma Honoli'i ma ke kakahiaka nui o ka lā 22 o Kepakemapa e kilo lani ai i ka pi'ina o Kānehoalani i ke ala Piko o Wākea, 'o ia ho'i ka hikina 'oia'i'o. Mai kēia wā a i ke Ao Polohiwa a Kāne e ne'e iki ana kahi e pi'i ai ka lā.

E ko Ka 'Umeke Kā'eo, pehea e loli ai ka pi'ina o ka lā mai ke ala Piko o Wākea a i ke Ao Polohiwa a Kāne, i ka 'ākau a i 'ole i ka hema?



Fall Equinox

Tenth grader, Starsea Kahikina, stood on the Hilo cliffs at Honoli'i early Saturday morning, September 22, to observe the rising sun, Kānehoalani, as it cast directly upon the equator marking due east. From 5:45am, the hues of red in the sky changed to salmon, orange, yellows, and then bright white. After the sunrise at 6:09 Starsea exclaimed, "Did you see the sun stretching and stretching and then plop, all of a sudden, it was all above the horizon in a huge perfect circle". In the next three months of fall until the summer solstice the point of sunrise will continue to move along the horizon.

Families of Ka 'Umeke Kā'eo, how does the rising sun change from the Fall Equinox to the Winter Solstice, does sunrise happen to the north or south of due east?

Ma Ka Papa

Papa 'Ehiku

Hana ka Uluna I ka Paka Ua



He Ali'i Ka 'Āina, He Kaua Ke Kanaka

Huaka'i ka papa 'ehiku, he 'umikūmāono haumāna, i Lihikai i kēlā me kēia Po'ahā a huli ka lima i lalo i ka lepo no ka mālama 'āina a no ko lākou pāhana nui o ka makahiki kula.

E noi'i a e ho'okolohua ana ka papa 7 ma ka ho'oulu meakanu, ka mahi'ai, a ma ka ho'ohana 'ana i nā meakanu. Wahi a 'Anakala Keone Turalde, ke kia'i o Lihikai mai ka makahiki 2001 mai, "Inā mālama 'oe i ka 'āina, e malama ka 'āina iā 'oe a inā ola ka 'āina, ola kākou".

Ma ka lā mua a ka papa 'ehiku i hele ai i Lihikai, ua 'ike koke lākou i ke āiwaiwa o ko 'Anakala akamai i ka na'auao. Punihei lākou i ko 'Anakala Keone nui 'ike a me kona mau mo'olelo no ka 'āina o Lihikai, no ka loko i'a 'o Awāao, no kona kālai lā'au, a no kona 'ike lu'u kai kekahi.

Ma ia mau mahina mua o ka makahiki kula, ua kūkulu nā 'ōpio i ko lākou pilina i ia 'āina. 'O kekahi o kā lakou mau hana: 'o ka waele honohono, 'o ka huki kalo, 'o ka pa'i lū'au, 'o ka ho'omākaukau huli no ke kanu 'ana a me nā hana 'ē a'e he nui. Kāhāhā nā keiki i nā 'ala o ka honua, nā 'ano 'elala like 'ole i loko o ka honua, a pēlā pū i nā 'ano meakanu like 'ole ma Lihikai.

I nā pule e hiki mai ana, e ho'omākaukau ana nā haumāna i mau haneli huli Mana'ulu, Lihilihi Molina, a Poni 'Ula'ula a laila e kanu a e ku'i 'ai ana! Inā hoihoi kekahi e komo pū ma ia mau hana, uhaele mai! E kelepona mai i ke kula, 961-0470.

Ka Nuhou Kula

Lā Māla Lihikai

On Sunday, September 23, we had a great turnout at Lihikai! We got to hear the history of the area from ‘Anakala Keoni and ‘Anakē Pāhana including how the area floods during high tides and the ocean cleans the land. Kumu Lono and our Papa ‘Ehiku visit Lihikai once a week where they maintain a mala ‘ai kalo and will be propagating coastal plants. There was an abundance of native plants and loko wai that our ‘ohana were able to explore. We harvested kalo, weeded the māla ‘ai kalo, cut grass and cleared invading weeds. We even got to swim in the loko wai after we enjoyed our ‘aina awakea. Mahalo to all of the ‘ohana that joined us on this successful day, as well as ‘Anakala Keoni and ‘Anakē Pāhana for giving us the opportunity to huli ka lima i lalo.

