

# KA LAMA

18-Kepakemapa-2020

20

## Important updates

### Surveys

#### Federal Survey

Included in Friday's packet pickup was a Federal Survey. This is very important to our kula. This paper copy needs to be filled out and dropped off at Hale Lamalama. There is an outside mail drop located on a wooden door directly to the left of the main entry.

#### **Distance learning Survey**

Please take the time to fill out our distance learning survey online. Here is the link: <a href="https://gqle.io/3RWc">https://gqle.io/3RWc</a>, it is also on our webpage at kaumeke.org. Your input is valuable to the sucess of our program.

## 'Ōlelo Help & Classes

Starting September 20th, Kumu Kaliko Trapp will be offering office hours on Sundays from 1-3pm and Thursdays 4-5pm. Kumu Trapp is available to help with all your 'ōlelo Hawai'i questions and with ha'awina for 'ohana and haumāna. Beginning in October interested 'ohana will be able to sign up for access to 'ōlelo classes and other subscription based content that will be free to our 'ohana. Visit oleloonline.com to learn more. The Zoom ID and password for his office hours will be posted on our website soon.

# Mana'o o Kēia Pule

I maikaʻi ke kalo i kaʻōhā

'Alohi Manuia

Papa 8, Kumu Emilia

<u>Ka manaʻo:</u> Pono mākou e mālama ai i nā keiki liʻiliʻi a pono e aʻo i nā mea kūpono i hiki i nā keiki liʻiliʻi ke holomua.

Koʻu manaʻo: Pono mākou e ʻalakaʻi ai i nā keiki liʻiliʻi a pono mākou e kōkua a mālama pū i nā keiki liʻiliʻi. A hiki pū mākou ke aʻo mai nā keiki liʻiliʻi. He ʻohana kākou a pau.

## Ola Kino

Does distance learning have you stressed out?!! 'A'ole pilikia! Come release your stress and anxiety with Kumu Stephanie and other kumu and staff of Ka 'Umeke Ka'eo during mindful yoga practice every weekday morning and afternoon. Sessions are 15-20 minutes each.

Yoga Kakahiaka @ 7:30am on ZOOM

Meeting ID: 863 2646 3323

Password: yoga

Yoga 'Auinalā @3:00 on ZOOM

Meeting ID: 829 0848 1006

Password: yoga

## Reach out to us!

## Kokua@kaumeke.net

Phone: 933-3482, 961-0470

We have created an email just for you! If you have any questions, concerns, or needs please email us at <a href="kokua@kaumeke.net">kokua@kaumeke.net</a> or call our ke'ena. We will do our best to find solutions and support you. There are resources available to our 'ohana and by shooting us an email or a phone call we can make sure that those resources reach you.

# Computer/Tech help

## Techhelp@kaumeke.net

Phone :935-8081

Having problems with your school provided computer or tablet? Email

techhelp@kaumeke.net or call to get your problem solved! Ka 'Umeke Kā'eo provides you with a full time technology employee to help guide you and maintain your device in its optimal working condition.

## K'UK 'Ohana Art

Build it, Draw it, Collect it, Find it!

Do an art project together, take a picture of it (just the art, no people please), and write a paragraph in 'ōlelo Hawai'i explaining the details of how it came to be. Send these to us at <a href="mailto:nenaauld@kaumeke.net">nenaauld@kaumeke.net</a>. These will be featured on our website, in our newsletter, and our facebook page!



He lā'au haka, 8ft x 8ft ka nui kēia, i kūkulu ai mai ka waiho ana i nā pōhaku ma ke kinona haka. Ua 'oki i ke kumu lā'au waiwī a kau i nā lā'au i loko o nā pōhaku. Ua waiho i ka lā'au waiwī hou ma luna o ka lā'au 'ē a'e a laila ua nāki'i me ka jute. A laila ua ho'ohuli a pena i kekahi o nā lā'au me ke ke'o ke'o.-ka 'ohana Auld

This is a huge 8ftx8ft heart. We made this by placing rocks on the ground in a shape of a heart. We cut waiwī from our forest and placed them within the rocks. We laid more pieces across the top and tied them together using jute. Then we flipped it over and we spray painted some of them white

## Food Drive

### The Food Basket

Supplies are limited and will be distributed on a first come first serve basis. They ask everyone to be considerate of the local traffic around the drops and to arrive a half an hour prior to the start time. Stay in your vehicle these are dirve thru only.

Honoka'a Sports Complex and Skate
Park

Friday Sept. 25, 10am

Volcano Cooper Center
Wednesday Sept. 30, 10am

## P-EBT is Back!

\$286 total per keiki will be distributed for August and September. This total is for both months together. Benefits will be distributed by September 29th. Both our K-12 program and Pre-K program are eligible, however, benefits may come on multiple cards if you have keiki in both programs.

# Free Breakfast and Lunch

Starting September 21st, the following DOE schools will be providing free grab and go meals to students:

EB DeSilva Elem Keaukaha Elem Keaau Elem, Middle & High Hilo Inter & High **Hilo Union** Kalaniana'ole Elem & Inter Chiefess Kapi'olani Elem Kaumana Elem Mountain View Elem Pāhoa Elem, Inter, & High Waiākea Elem, Inter, & High Waiākeawaena Elem Keonepoko Haaheo Elem Na'alehu Elem & Inter Ka'ū High Pahala Elem

Breakfast served 7:30-8:00a.m. Lunch served from 11:30a.m.-12:00p.m.