



**Ka'Umeke Kā'eo**

Hawaiian Immersion Public Charter School

IN KEAUKAHA

# KA LAMA

*O Ka Lou Iua O Na Mehu*

Okakopa 2020 Vol.1

20

## Mālama

### DISTANCE LEARNING

#### Quarter2

Our school board has decided that we will continue distance learning through the second quarter of the SY 2020-2021.

### BEACHES OPEN

#### COVID-19 Emergency Rule #12

All county and State Parks are reopened as of Thursday Oct.1 under Mayor Harry Kim's COVID-19 Emergency Rule #12.

Camping at all beach parks and shoreline parks remains prohibited, and we all must continue to physical distance ourselves, use face masks, and no more than 10 of us may gather at any given time. For more information you may call the civil defense at 935-0031.

### EMAIL US

[Kokua@kaumeke.net](mailto:Kokua@kaumeke.net)

Email us with questions, needs, or concerns!

## Mea'ai

### 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 drive thru only.

#### Waimea District Park

Tuesday Oct. 6, 10am

#### Kea'au High School

Wednesday Oct. 7, 10am

#### Kohala Kamehameha Park

Thursday Oct. 8, 10am

#### Na'alehu Hongwanji Temple

Tuesday Oct.13, 10am

#### Hilo Afook-Chinen Auditorium

Wednesday Oct 14, 10am

#### Waikoloa Kamakoa Nui Skate Park

Friday, Oct 16 10am

## Pō Mahina

### LUNAR CALENDAR

#### Māhealani

Po'aono

3 Okakopa

Kulu

Lapule

4 Okakopa

Lā'aukūkahi

Po'akahi

5 Okakopa

Lā'aukūlua

Po'alua

6 Okakopa

Lā'aupau

Po'akolu

7 Okakopa

'Olekūkahi

Po'ahā

8 Okakopa

'Olekūlua

Po'alima

9 Okakopa

'Olepuu

Po'aono

10 Okakopa

These moons are good for all types of work, high energy, behavior, and action

Our Lā'au moons are time of healing, self-care, rest, and gathering of medicinal plants.

The 'Ole moons are a time for relaxation and rest. A time to be unproductive.

## Mana'o o Kēia Pule

*E LAUHOE MAI NA WA'A; I  
KE KĀ, I KA HOE, I KA HOE,  
I KE KĀ; PAE AKU I KA  
'ĀINA*

## OLA KINO

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

*Yoga with  
Kumu  
Steph!*

## KĀ'EO

### BINGO NIGHT

Join us for a night of fun with our version of Bingo on Zoom. Each 'ohana will receive a digital KĀ'EO Bingo card sent to them via email. Just click on the link! You will also be sent the Zoom meeting ID and Password with the email. We will be hosting this event next Wednesday evening, Oct.7th, at 6pm. Check your emails for further information and call our ke'ena if you have any questions.

## KŌKUA

### DEALING WITH ISOLATION

The changes in lifestyle we are facing are hard. We are all concerned for the health of ourselves and our loved ones. Resources are available to help each other. Even in isolation, we're still together

Here are some ways to prioritize your mental health if you're feeling anxious and lonely: 'Ohana

Help when you need it. Help is available by text! Text HOME to 741741 to connect with a Crisis Counselor.

Go outside. Go for a walk, a hike, trying some yoga with kumu Stephanie.

Check in with yourself. Try some mindfulness techniques like meditation.

Talk story. Facetime with friends and family

Haumāna

Keep up with school work. It is a great way to have a purpose and be moving forward while alot of things are not.

Create a schedule. Give yourself a list of things to do and make it a routine.

Use social media. Use facetime and text to keep in contact with your classmates and friends.

Mākua

Plan. With so many significant changes all at once it's important to have a schedule to stick to. Make a plan for your days.

Communicate. Talk to those that are sharing this time with you. Vent.

Personal care. Make time for yourself. Take turns with tasks when you can.

Be considerate. To yourself and others. We are all going through these changes together .

For more information on help with anxiety and stress during this time visit  
<https://www.crisistextline.org>

## *Free Grab-and-Go meals program launching at 203 public schools this fall*

The Grab-and-Go school meals program will be returning this fall at 203 public schools.

The program will run from **Monday, Oct. 12, through Friday, Dec. 18**, and provide free meals to children ages 18 and younger.

Children can receive free meals regardless of whether or not they are enrolled at the distribution site, are public school students, or eligible for the free or reduced-price lunch program.

Meal distribution will be **at lunchtime only**. Pick-ups will include one lunch for that day and one breakfast for the following day, per child. Please contact your school for meal serving times.

Pick-ups will be available Monday through Friday, excluding holidays and designated school breaks, at drive-thru lines at the campuses listed below and

walk-up lines where possible. Dine-in options will not be offered.

Social distancing is required and masks must be worn at all times. There will be no personal interaction between serving staff and the community. All meals will be placed in take-out containers.

Families are encouraged to visit their nearest participating school and to not visit multiple locations to ensure that schools can produce the appropriate number of meals each day. Please contact the school of your choice for more details.

Meals at other schools not listed here will be distributed on normal serving schedules and pricing rates.

For prescribed meal modifications, send an email to [specialdiets@k12.hi.us](mailto:specialdiets@k12.hi.us) or call (808) 784-5500.



Photo: Koloa El.



Photo: Lokelani Inter.

### Notice to Parents & Guardians

Meals may be picked up without children present but parents and guardians must provide one of the following verification documents:

- Official letter or email from school listing child(ren) enrolled
- Recent student report card(s)
- Attendance record(s) from parent portals of school websites
- Birth certificate(s) of child(ren)
- Student ID card(s)
- Driver's permit(s)/license(s) for high school students
- State-issued ID of the student



Photo: Dole Middle



Photo: Campbell High

# Participating Schools

## Honolulu District

Ala Wai El.  
Aliiolani El.  
Anuenue School  
Central Middle  
Dole Middle  
Farrington High  
Fern El.  
Hokulani El.  
Jarrett Middle  
Jefferson El.  
Kaahumanu El.  
Kaewai El.  
Kaimuki High  
Kaiulani El.  
Kalakaua Middle  
Kalihi El.  
Kalihi Kai El.  
Kalihi Uka El.  
Kalihi Waena El.  
Kapalama El.  
Kauluwela El.  
Kawananakoa Middle  
Kuhio El.  
Lanakila El.  
Likelike El.  
Linapuni El.  
Lincoln El.  
Lunalilo El.  
Maemae El.  
McKinley High  
Palolo El.  
Pauoa El.  
Puuhale El.  
Roosevelt High  
Royal School  
Stevenson Middle  
Washington Middle

## Central Oahu District

Aiea El.  
Aiea High  
Aiea Inter.  
Haleiwa El.  
Helemano El.  
Iliahi El.  
Inouye El.  
Kaala El.  
Kipapa El.  
Leilehua High  
Makalapa El.  
Mililani High  
Mililani Middle  
Pearl Harbor El.

Pearl Ridge El.  
Salt Lake El.  
Scott El.  
Solomon El.  
Wahiawa El.  
Wahiawa Middle  
Waialua High & Inter.  
Waimalu El.  
Webbing El.  
Wheeler El.  
Wheeler Inter.

## Windward Oahu District

Hauula El.  
Heeia El.  
Kaaawa El.  
Kahaluu El.  
Kahuku El.  
Kahuku High & Inter.  
Kailua El.  
Kailua High  
Kailua Inter.  
Kapunahala El.  
Keolu El.  
King Inter.  
Laie El.  
Parker El.  
Pope El.  
Puohala El.  
Sunset Beach El.  
Waiahole El.  
Waimanalo Elem & Inter.

## Leeward Oahu District

August Ahrens El.  
Barbers Point El.  
Campbell High  
Ewa El.  
Ewa Makai Middle  
Highlands Inter.  
Holomua El.  
Honouliuli Middle  
Honowai El.  
Hookele El.  
Ilima Inter.  
Kaimiloa El.  
Kaleiopuu El.  
Kapolei El.  
Kapolei High  
Kapolei Middle  
Lehua El.  
Leihoku El.  
Maili El.  
Makaha El.

Makakilo El.  
Mauka Lani El.  
Nanaikapono El.  
Nanakuli El.  
Nanakuli High & Inter.  
Pearl City El.  
Pearl City High  
Pohakea El.  
Waianae El.  
Waianae High  
Waianae Inter.  
Waiau El.  
Waikele El.  
Waipahu El.  
Waipahu High  
Waipahu Inter.

## Kauai District

Eleele El.  
Kamakaha Middle  
Kapaa El.  
Kapaa High  
Kapaa Middle  
Kauai High  
Kaumualii El.  
Kekaha El.  
Kilauea El.  
Koloa El.  
Waimea Canyon Middle  
Waimea High  
Wilcox El.

## Maui District

Baldwin High  
Haiku El.  
Hana El. & High  
Iao El.  
Kahului El.  
Kalama Inter.  
Kamalii El.  
Kamehameha III El.  
Kaunakakai El.  
Kekaulike High  
Kihei El.  
Kilohana El.  
Kula El.  
Lahaina Inter.  
Lahainaluna High  
Lanai El. & High  
Lihikai El.  
Lokelani Inter.  
Makawao El.  
Maui High  
Maui Waena Inter.

Maunaloa El.  
Molokai High  
Molokai Inter.  
Nahienaena El.  
Paia El.  
Pukalani El.  
Puu Kukui El.  
Waihee El.  
Wailuku El.

## Hawaii District

E.B. de Silva El.  
Haaheo El.  
Hilo High  
Hilo Inter.  
Hilo Union School  
Holualoa El.  
Honaunau El.  
Honokaa El.  
Honokaa High & Inter.  
Hookena El.  
Kahakai El.  
Kalaniana'ole Elem. & Inter.  
Kapiolani El.  
Kau High & Pahala Elem.  
Kaumana El.  
Ke Kula O Ehunuikaimalino  
Keaau El.  
Keaau High  
Keaau Middle  
Kealakehe El.  
Kealakehe High  
Kealakehe Inter.  
Keaukaha El.  
Keonepoko El.  
Kohala El.  
Kohala High  
Kohala Middle  
Konawaena El.  
Konawaena High  
Konawaena Middle  
Mountain View El.  
Naalehu El. & Inter.  
Paaui El. & Inter.  
Pahoa El.  
Pahoa High & Inter.  
Waiakea El.  
Waiakea High  
Waiakea Inter.  
Waiakeawaena El.  
Waikoloa El.  
Waimea El.