



**Ka'Umeke Kā'eo**  
Hawaiian Immersion Public Charter School  
IN KEAUKAHA

# KA LAMA

*O Ka Lou Iua O Na Nohu*

Kekemapa 2020 Vol.1

## MĀLAMA

### KEEPING HEALTHY DURING THE PANDEMIC

A day that may have previously included many steps, physical activities like walking to and from your car at your workplace parking lot twice per day, shopping for groceries, outings with the family or visiting a shopping mall are not happening now. With this unprecedented lifestyle shift, your days may be filled with activities like watching TV, sitting while reading or on a computer for long periods of time. We must stay proactive, and in some cases creative, to maintain an active lifestyle in the era of social-distancing. Even if you are not directly affected by COVID-19, it probably has had a big impact on your day-to-day routine, which could negatively affect your overall health.

#### *Tips for everyday health:*

Keep to your regular routines as much as possible. Maintain a daily schedule for yourself including sleeping, meals and activities. Stay socially connected. Speak to loved ones and people you trust every day or as much as possible, using the telephone, video-calls or messaging, through writing letters, etc. Use this time to share your feelings and to do common hobbies together. Be physically active every day. Reduce long periods of sitting and set up a daily routine that includes at least 30 minutes of exercise. Make sure to do activities that are safe and appropriate for your level of physical fitness as indicated by your health-care worker. You can use household chores as a way to keep physically active, follow an on-line class (e.g. Tai Chi, yoga) or choose your favorite music and dance to that. Isolation and being at home can increase the temptation to eat snacks. Snacks that include junk food and low-quality meals provide instant gratification for our taste buds. This is a challenge for many in these times of social distancing and self-isolation.

#### *Tips for healthy eating:*

According to the CDC, whole foods like dark, leafy greens, oranges and tomatoes—even fresh herbs—are loaded with vitamins, fiber and minerals. Make it a habit to try to eat more whole nutritious foods instead of processed snacks or fast food.

## 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, as these are drive thru only.

#### Naalehu Hongwanji Temple

Tuesday, December 8 10am

#### Hilo Afook-Chinen Civic Auditorium

Wednesday, December 9 10am

#### Waikoloa Kamakoa Nui Skate Park

Friday, December 11 10am

## MANA'O O KĒIA PULE

### HAHAI NO KA UA I KA ULULĀ'AU

*Rains always follow the forest*

The rains are attracted to forest trees. Knowing this, Hawaiians hewed only the trees that were needed.

It is always important to only take what you need and leave a situation better than when you came upon it. If resources are only taken with no actions made for replenishment, the resources will diminish until they are gone forever.

Visit

<https://dlnr.hawaii.gov/dofaw/education/> for fun ways to learn about our forest.

## MA KE KULA

### ACCREDITATION

*WASC Accreditation visit*

This week we had a visit by our Accreditation team, Elizabeth Oberreiter, the ACS WASC Director (Visiting Chair), Stacy Bookland who is the Po'okumu of Lahaina Intermediate, and Kealohi Reppun, the Director of Hawaiian Studies Department at Punahou. They virtually visited classrooms, met with our board and staff, and spoke with 'ohana. The got to learn all about the ins-and-outs of what makes Ka 'Umeke Kā'eo so great. Mahalo to all of our kumu, limahana, and 'ohana that participated in this visit. Everything went well and we look forward to the findings sometime in Peleluai.

## ORIENTATION

*New Haumāna*

Our next orientation for new haumāna will be held virtually on Zoom. It will be on December 8th at 4:30p.m. Interested 'ohana will need to call our Hale Lamalama office (933-3482) to RSVP and to receive the zoom link. Mahalo!

## KŌKUA

### KA PAPAHAHA HO'ŌLA PILINA 'OHANA

*The Ho'ōla Pilina 'Ohana Program*

He papahana 'o Ho'ōla Pilina 'Ohana e 'imi ana i ke kākō'o i nā pono a'oa'o o nā 'ohana Hawai'i ma nā kaiāulu o Puna a i Hilo ma o ke kuana'ike Hawai'i. E ho'okō 'ia ana kēia ma o ka 'ōlelo makuahine a pēlā pū ka 'ōlelo pelekānia, ke pono. 'O ka pahuho'u nui o kēia 'imi 'ana 'o ia ka ho'oikaika i ke ola kino, ka mana'o pa'a, a me ka maui o ka 'ohana holo'oko'a. E wala'au 'ia ana :

KA 'ALO'AHIA: Nā mea e uluhua ai ke kanaka kēlā lā me kēia lā

KA 'EHA: Ka 'eha e ili mai ana mai kekahi hanauna a i kekahi hanauna hou

KA MAULI: Ka pilina o ke kanaka i kona maui Hawai'i

E 'ike 'ia ana ke 'ano e pā ai nā pilina 'ohana e kēia 'alo'ahia, kēia 'eha, a me kēia maui, me ka no'ono'o mau i ke ala kūpono.

The Ho'ōla Pilina 'Ohana program offers free culturally based counseling services to 'ohana living in Puna and South Hilo. These counseling services are provided bilingually, in 'ōlelo Hawai'i and/or English, to families with underage children. The purpose of this program is to increase the overall health, resilience, and wellbeing of the entire 'ohana. This is done by addressing issues arising from day-to-day life stressors, multigenerational trauma, cultural identity issues and how it affects the relationships within the 'ohana and it's overall proper functioning.

You can apply online at <https://neighborhoodplaceofpuna.org/>. There is also a download a printable PDF version of the referral form at the same website. For more information about Ho'ōla Pilina 'Ohana program, call (808)965-5550 or email [ohana@neighborhoodplace.org](mailto:ohana@neighborhoodplace.org)