



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

KA LAMA

O Ka Lou Iua O Na Moku

‘Apelila 2021 Vol.1

MA KE KAIAULU THE COVID-19 VACCINE

Addressing Concerns

Some of us have already been offered the opportunity to get the vaccination shot that will prevent us from becoming infected with the strain of coronavirus known as Covid-19. With this virus causing a global pandemic that has seen millions of people experience grave losses, it seems that everyone would be lining up to get the vaccine. However, some of us are understandably concerned about receiving the vaccine. I took two of the main concerns about the current vaccines and gathered some information from CNN health. This information is based on consulting with two experts:

Dr. William Schaffner, a professor in the Division of Infectious Diseases at the Vanderbilt University School of Medicine

Dr. Ruth Karron, a leading vaccine expert and professor of international health at the Johns Hopkins Bloomberg School of Public Health.

What is in the Vaccine?

Here are some of the main ingredients in the **Moderna and Pfizer vaccines**, the two vaccines currently authorized for use, and how they work:

mRNA: Short for messenger ribonucleic acid, **mRNA** is a "genetic software" that tells cells how to make the coronavirus spike protein, the structure the virus uses to invade cells. The mRNA gets your immune system's attention, so it's prepared to attack the spike protein if infection occurs. The mRNA disintegrates as soon as it relays its message, Schaffner said, and you excrete its remnants.

Fatty lipids: The mRNA is very fragile, so it's coated in a fatty lipid to protect it. The lipids, a buttery substance, can melt at room temperature -- which is why both vaccines must be kept at extremely cold temperatures. Fatty lipids used in Covid-19 vaccines include polyethylene glycol-2000 and cholesterol, among others.

Salts and sugars: Salts such as potassium chloride and sodium chloride are in the vaccine to balance the acidity in your body, according to the **MIT Technology Review**. Sugar, listed as sucrose, is there so the vaccine nanoparticles keep their shape.

The vaccine was created too quickly

Part of the reason why the vaccines were developed rapidly is because the circumstances called for speed: We're in a pandemic that's **killed more than 2 million people worldwide** and sickened over 103 million people. The need for a vaccine is urgent. So rather than wait for the results of trials to manufacture a vaccine, the companies creating these vaccines produced them simultaneously so they'd be ready to deploy when the trials were completed. Typically, the companies that create vaccines would wait for a trial to end before giving the OK to manufacture the vaccines. Both Pfizer and Moderna's vaccines are 94% to 95% effective at preventing severe sickness from Covid-19. The technology the vaccines use, mRNA, was developed long before the virus that causes Covid-19 began to circulate in humans, so the tech can be trusted. The **Covid-19 vaccine trials** included tens of thousands of participants whose reactions to the vaccine were closely monitored for months before the vaccines were approved by the FDA.

Vaccine developers also had the resources to speed up the process -- there were no questions of demand or funding.

There are many more questions and information to be had. Make sure your concerns are addressed before you sign up for any vaccine. To read the entire article which includes lots of answers to vaccine worries, visit <https://www.cnn.com/2021/02/02/health/covid-vaccine-hesitancy-questions-answered-wellness-trnd/index.html>

MEA'AI THE FOOD BASKET

Ma ka Pule o 'Apelila 5 a i 'Apelila 9

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.

Kea'au High School
Wednesday, April 7 10am

Waimea District Park
Friday, April 9 10am



MANA'O O KĒIA PULE

'A'A I KA HULA, WAIHO KA HILAHILA MA KA HALE

When one wants to dance the hula, bashfulness should be left at home.

Dance the dance of life without fear, hesitation or shyness. In spite of our circumstances and regardless of our challenges, we can choose to dance. We may dance to a different beat and we may have different dance moves, but the main thing to remember is that we can dance.

MA KE KULA ENROLLMENT

New Haumāna

Ka 'Umeke Kā'eo provides a well-rounded academic program as a culturally based indigenous Hawaiian Language Immersion School. Our school prepares students to participate in and contribute to the local and larger communities. We provide experiential-based Hawaiian learning environments in partnership with our haumāna and 'ohana. We are currently accepting applications for the 2021-2022 school year. Our next orientation for new haumāna will be held virtually via Zoom, April 6th, 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!

KĀ'EO

Kaiapuni Assessment of Educational Outcomes

Ka 'Umeke Kā'eo is gearing up for our haumāna to be a part of KĀ'EO Assessments. These assessments allow us to better serve our haumāna. The results we receive give us the data to reinforce our program so that it always progresses and grows right along with our haumāna. We are able to focus on areas that need additional resources and continue to build upon areas in which we are excelling. While this information is crucial to the development of our kula it also assists us in providing for the educational needs of each individual haumāna. Keep an eye out for the parent information booklet that will be distributed to 'ohana along with the assessment day and time for each papa.

Here are some important tips on how to prepare our keiki for their assessment day:

1. Prioritize attendance and homework.

Assessments are ultimately intended to be a measure of how well students have learned the material being taught in kula. Ensure that your keiki are fully engaged with his or her ha'awina throughout the year.

2. Communicate with kumu.

Regular communication with your keiki's kumu can help you gain insight into his or her progress. Make a point of meeting or talking with your keiki's kumu on an ongoing basis to understand what your keiki is working on, what subjects the assessment will be based on, and the areas that he or she is excelling and struggling in.

3. Talk to your child about taking the assessment.

The purpose and goals of testing are not always obvious to our keiki. It's easy to be intimidated by testing or simply not feel motivated to put forth a lot of effort. Have open, ongoing conversations with your keiki to explain the benefits of testing, focusing on how it helps them, our kumu, and our kula.

4. Offer positive reinforcement

A little encouragement can go a long way in helping haumāna walk into assessment days feeling confident— which, in turn, can have a huge effect on their performance.

5. Support healthy habits

Sleep and nutrition can have a huge impact on your keiki's ability to focus and retain information. One of the most helpful things that you can do as a parent is focus on supporting these basic needs. Well-rounded meals and a regular sleep schedule will help your child succeed in kula on a day-to-day basis. On testing days, it's especially important to make sure that your keiki gets a good night's sleep, starts the day with a filling breakfast, and comes to kula with a water bottle to help stay hydrated.