



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

# KA LAMA

*O Ka Lou Iua O Na Moku*

'Apelila 2021 Vol.3

## MA KE KAIAULU

### P-EBT

#### Mea'ai

We are happy to share that our haumāna will be receiving additional P-EBT funds. This comes at a time where a lot of us are struggling with making ends meet and will be a huge benefit for our 'ohana. Here is some communication from the Hawai'i Department of Human Services website, <http://humanservices.hawaii.gov/blog/third-round-of-p-ebt-benefits-begin-to-roll-out-in-april-2021/>, to help you better understand how it all works. Visit their website for additional information.

The Hawaii Department of Human Services and the Hawaii State Department of Education have announced that there will be a third round of Pandemic Electronic Benefit Transfer Program (P-EBT) benefits allocated to children who qualify for free or reduced-price school meals, or attend a Community Eligibility Provision School. The P-EBT program is food assistance approved by the U. S. Department of Agriculture, Food and Nutrition Service, and authorized by the Families First Coronavirus Response Act.

Eligible students will have their benefits issued to their own Hawai'i P-EBT account that is accessible through a Hawaii P-EBT card (white card with black lettering) or a Kokuā EBT card.

For students that had received P-EBT benefits for August and September of the current 2020-21 school year, benefits continuing from October 2020 through the balance of the school year will be issued their P-EBT benefits to their existing P-EBT account and can be redeemed with their existing Hawai'i P-EBT card or Kokuā EBT card.

For students on SNAP that had received P-EBT benefits on their family's SNAP Kokuā EBT account and card, a Hawai'i P-EBT card will be mailed so that you can access benefits continuing from October 2020 through the balance of the school year.

For newly eligible students that have not received P-EBT for the 2020-21 school year, a Hawai'i P-EBT card will be mailed.

The Hawai'i P-EBT benefits will be loaded to the Hawai'i P-EBT accounts beginning April 20, 2021. This first issuance will cover the retroactive increase payments for August and September, and for the benefit months of October – December. Beginning April 27, 2021 payments for the benefit months of January – March will be loaded. Payments for the remainder of the 2020-21 school year will be issued monthly.

~See our Flyer on the following page~

## MEA'AI

### THE FOOD BASKET

*Ma ka Pule o 'Apelila 18 a i 'Apelila 24*

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.

[Old Kona Airport Pavilion](#)  
Thursday, April 22 10am

[Pāhoa Community Center](#)  
Friday, April 23 10am



## MANA'O O KĒIA PULE

### UA LAKO, UA KANA

*You give, you get*

When you give of yourself, your time, your knowledge, money, or your strength, the bounty of what you receive back is indescribable. We all have had moments when we had to do something we didn't want to, or were unsure about. Doing it anyway can help us and others feel good, and create a sense of belonging, purpose, renewal for yourself. You will boost your self-esteem and promote positive feelings that you can turn around and share with others.

## 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, May 4th, 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!

## PŌ KEOLA KĀ'EO

### KĀ'EO Bingo Night

The focus for this weeks Pō Keola KĀ'EO is Ke Kai. Our ocean is integral to our lives as it supports all of our needs as it has for our ancestors and will continue to provide for our descendants. From our distant past to the present-day, the ocean has held great significance. In the Kumulipo, the creation chant, life began in the depths of the ocean, with the coral being the first stone in the foundation of earth. Present-day we focus a lot on our ocean for all that it provides, which is essential to our way of life, and support protecting that way of life. Being near the ocean provides a lot of physical and psychological health benefits as well. We know that the ocean soothes us and rejuvenates us. There is a wealth of literature emerging about how spending time near the ocean alleviates mental health issues and generally invokes a calm, positive mental state. The ocean is a massive oxygen-producing engine with phytoplankton producing 50-80% of the world's oxygen. When we are near the ocean the boost to our oxygen supplies energizes us. During this pandemic if you are feeling cooped up or not your normal self, make time to visit our ocean. Go fishing, diving, swimming, or just hang by the shore and take in the sunlight on the water, the clean salty air, the sun and breeze on your face. You will definitely feel better than you did before you got there. Check out this documentary by Josh Izenberg, Resurface (focusing on the power of "surf therapy") and this book by author Wallace J. Nichols, Blue Mind: The Surprising Science That Shows How Being Near, In, On, or Under Water Can Make You Happier, Healthier, More Connected, and Better at What You Do. Take a moment to visit this website: <https://www.papahānaumokuākea.gov/> for an in depth look of our Hawaiian waters. To really unwind, listen to White Sandy Beach by Israel kamakawawo'ole

~Papa 'ōlelo from our Pināpō KĀ'EO~

Limu-Seaweed  
Manō-Shark  
'Ū- Soldier fish  
Pāpā'i-Crab  
Puhī-Eel  
Ula-Spiny Lobster  
Mo'o lio-Sea horse  
He'e-Octopus  
Ahi-Tuna  
'Ina-Sea Urchin

Mūhe'e-cuttlefish  
Lūhe'e-Cowry Lure  
Honu-Turtle  
Ulua-Giant Trevally  
He'e-Octopus  
Leho-Cowry  
Sila-Seal  
Makau-Fishhook  
Kō'a-Coral  
Wa'a-Canoe

Hāhālua-Manta Ray  
'Ōpe'ape'a-Starfish  
Pū-Large Conch Shell  
Nai'a-Porpoise (Dolphin)  
Pololia-Jellyfish  
Koholā-Humpbacked Whale  
Hihīmanu-Sting Ray and Eagle Ray  
Āholehole-Hawaiian Flagtail fish  
Manini-Reef Surgeonfish  
Uhu-Parrot fish

