



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

KA LAMA

O Ka Lou Ima O Na Moku

'Apelela 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 Koku 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 Koku EBT card.

For students on SNAP that had received P-EBT benefits on their family's SNAP Koku 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 'Apelela 18 a i 'Apelela 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
Ulūa-Giant Trevally
He'e-Octopus
Leho-Cowry
Sila-Seal
Makau-Fishhook
Ko'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



What is P-EBT?

Pandemic Electronic Benefits Transfer (P-EBT) are a supplemental benefit for households with children who have temporarily lost access to free or reduced-price school meals due to pandemic-related school closures. P-EBT benefits can be used to buy breads, cereals, fruits, vegetables, meat, fish, poultry, dairy, and plants and seeds to grow food for your household to eat. P-EBT benefits are accepted at retailers displaying a Quest or SNAP logo/signage. (KTA, Safeway, SACKnSAVE, Island Naturals, Target, Wal-Mart, 7-Eleven)

What does this mean for my 'Ohana?

Ka 'Umeke is a participant in the National School Lunch CEP Program allowing for **100%** of 'ohana to receive P-EBT benefits. P-EBT benefits will be retroactively provided from October 2020. P-EBT benefits are provided per child and the expected benefits will be distributed starting April 27, 2021.

How do I access my P-EBT benefits?

For existing SNAP customers, the P-EBT benefit will be added to your current EBT and no further action is required. For all other 'ohana a P-EBT card was mailed to your eldest child this past summer. Benefits for all children in your home who attend Ka 'Umeke should be on that card. **IMPORTANT NOTE:** If a replacement card is needed (Kokua EBT or Hawai'i P-EBT) please call Fidelity Information Service (FIS) customer service at 1- 888-328-4292 and mention you are requesting a replacement card for a PEBT account.