



**Ka'Umeke Kā'eo**

Hawaiian Immersion Public Charter School

IN KEAUKAHA

# KA LAMA

*O Ka Lou Iua O Na Moku*

Kepekemapa 2021 Vol.2

## MA KE KAIĀULU WEEKENDS ARE BACK!

### *Keeping safe while enjoying time off*

The days of being home 24/7 have changed for a lot of our 'ohana with their keiki being back at kula and parents back at work. As our lives have started to loosely resemble pre-covid normalcy we spend our weekdays filled with responsibilities and look forward to our days off, as do our keiki. No matter how we decide to spend our weekends, we know time outside is good for us. Nature can help reduce anxiety, promote creativity and contribute to heart health. With Covid safety a top priority, spending time in nature is easy. We can go for walks, runs, and bike rides around our neighborhoods. We can also check out great options in our community and around our island.

### **Lili'uokalani Park**

Walk, run, bike, hike, swim, fish, picnic, soccer, volleyball, etc.

This park is perfect for an outing of any type. It is large enough that you can always find a space and make it yours for the day. Leave the paved path and hike around, going up and over bridges and rock formations.

### **Panaewa Zoo**

Walk, explore, experience.

The newly renovated Panaewa Rainforest Zoo is great for keiki to kupuna. The paths are spacious and the walk is mild to moderate depending on where you want to go and what you want to see. The zoo offers amazing wildlife and plants that offer hours of outdoor exploring.

### **Beaches**

Swim, dive, float, fish, surf.

Choose a beach that has a lot of space where you can set up. A great plan for the beach is to bring floatables so you can create your own floating island far away from other beach goers.

### **National and County Parks**

Hike, walk, run, bike, picnic.

Check out all of the great trails we have all around the island! To name a few, there are the Kaumana caves, Kipukapuau, and if you are up for a drive the Kahuku unit in Ka'u is worth it. There are so many adventures waiting just around the corner on our island. Get outside and explore!

## MEA'AI KELE KUAWA

### *Super easy guava jam*

All you need: 5-6 pounds of ripe or semi-ripe guavas, water, 4-5 cups of white sugar, and 1 huge juicy lemon.

Wash and cut your guavas. Leave the skin and seeds. Put into a large pot and add about 1/4 cup water. Bring to a boil for about 10-15 minutes until fruit is softened.

Let cool and blend with a large spoon.

Scoop the mixture into a large fine mesh sieve. Smash down and try to take out all the seeds.

Add guava puree back to pot and add the juice of one lemon and the sugar. Bring back to a boil and stir constantly to prevent burning. Lower heat to medium and cook for about 30 minutes. Enjoy!

*P.S. It's guava season*

## MANA'O O KĒIA PULE I HEWA NO I KA WAHA

### *The fault lies in the mouth.*

Trouble results from speaking the wrong words. Choose the words that you speak very carefully because they have the potential of accomplishing nearly anything or destroying nearly anything. The words we speak are loaded with power. One comment can ruin someones day, a few comments can negatively impact someones life. On the flip side, a positive comment has the ability to spread happiness.

Benjamin Franklin said, "Remember not only to say the right thing in the right place, but far more difficult still, to leave unsaid the wrong thing at the tempting moment."

## MA KE KULA

### *Hu'a Kopa*

### *Nā Haumāna*

Bubble play! This great outdoor activity encourages fine motor skills and thinking strategies.

At home get creative and make your own bubble wands with stuff around the house!

Try things like: netting from onion bags, the plastic punch-out holders for sodas, fly swatters, funnels, cookie cutters, small strainers, and strawberry baskets.



### **Homemade Bubble Solution**

Measure 6 cups of water into one container, then pour 1 cup of dish soap into the water and slowly stir it until the soap is mixed in. Try not to let foam or bubbles form while you stir. Measure 1 tablespoon of glycerin or 1/4 cup of corn syrup and add it to the container.

**POP! A Book About Bubbles** by Kimberly Brubaker Bradley

**Bubble Trouble** (Rookie Readers: Level B) by Joy N. Hulme

**Benny's Big Bubble** by Jane O'Connor

**Bubble Trouble** by Margaret Mahy

**Gilberto and the Wind** by Marie Hall Ets

*Fun  
Books  
To Read!*

# 'Aha Kū'oko'a Hawai'i 2021

*E ho'ohanohano ana i ka Lā Nui 'elua o Ko Hawai'i Pae 'Āina*

## LĀ KŪ'OKO'A HAWAI'I

'Auhea 'oukou e nā hoa aloha 'ōlelo makuahine o nei 'āina. He leo kono kēia iā 'oe me kāu po'e haumāna e komo pū i ka ha'awina a me ka hanana o ka 'Aha Kū'oko'a Hawai'i 2021 e ho'ohanohano ana i ka lā nui 'o ka Lā Kū'oko'a Hawai'i. 'O kēia ke kolu o nā makahiki o kēia 'aha kūmau. Ma nā makahiki mua 'elua, ua mālama nā kula kaiapuni a kaia'ōlelo Hawai'i a pau ma Hawai'i mokupuni i 'aha kūikwā. I kēia makahiki, 'oiai e mālama 'ia ana kēia hanana ma o ka pūnaewele, ua hiki i nā kula kaiapuni a kaia'ōlelo Hawai'i ma nā mokupuni a pau o Hawai'i ke komo pū. He hanana 'ōlelo Hawai'i kēia.

E a'o mua ke kumu i ka ha'awina no ka Lā Kū'oko'a a laila e hō'ike'ike nā haumāna i kā lākou i a'o ai. He mau koina e ho'okō ai no ke komo 'ana. He mau māhele kēia mau koina no ka Piko wehena a panina. E mālama 'ia ana he 'elua mau ho'okūkū, 1) ka ho'okūkū ha'i'ōlelo ma luna o kekahi o nā kumuhana 'o Hawai'i Kū'oko'a a ke komike 'Aha Kū'oko'a Hawai'i e ho'olako ai, a 2) he ho'okūkū ha'i mo'olelo e ha'i hou ai ka haumāna i ka mana'o nui o kekahi mo'olelo Hawai'i. He hō'ike'ike ho'opāpā ma luna kekahi 'ōlelo ho'oholo a ke komike 'Aha Kū'oko'a Hawai'i e ho'olako ai. E pa'i wikiō 'ia a ho'ouna aku ma o ka leka uila ma mua o ka lā 19 'o Nowemapa. E hō'ike 'ia ana ma ka Lā Kū'oko'a 'o Hawai'i no ka nanea o nā 'ohana a me ka lehulehu. Ma ia wā e ho'olaha 'ia ai nā mea lanakila. He mau pukana nā luna loiloi o ke kula kaiapuni a kaia'ōlelo Hawai'i. Inā hoihoi paha kēia iā 'oe, e ho'opihapiha i ka palapala kāinoa ma o ka loulou ma lalo iho. I loko o ho'okahi pule, e loa'a ana ka 'ikepili e pono ai iā 'oe.

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**E kāinoa ma kēia  
Palapala Kāinoa**

**9/27, Po'akahī**

Lā palena pau e kāinoa ai e hō'ike ana i kou hoihoi e komo

**11/19, Po'alima**

Lā palena pau e leka uila aku i nā wikiō

**11/28, Lāpule**

Lā Kū'oko'a 'o Hawai'i

*E ola hou ke kū'oko'a o Hawai'i i loko o ka leo 'ōiwi o Hawai'i nei, nā pua, nā lei, nā mamo.  
E 'imi mau kākou i ke ea Hawai'i.*

### Nā Koina Komo

### Nā Ho'okūkū

### Ka Hō'ike'ike

*E ho'ouna 'ia mai he wikiō i pa'i 'ia o kēia mau mea:*

- ❖ Ho'okani i ka pū 4x
- ❖ E ho'onoho 'ia ana kekahi māhele o ka palapala kū'oko'a a me ka 'ōlelo ho'oholo e heluhelu ai kēlā me kēia kula
- ❖ E hīmeni iā Hawai'i Pono'i i ka hae
- ❖ He mele a i 'ole he oli pili i ke kula

### **Ha'i'ōlelo**

*Nā pae papa 5-6, 7-8 & 9-12*

### **Ho'opāpā**

*Nā pae papa 9-12*

### **Ha'i Mo'olelo**

*Nā pae papa 3-4, 5-6, 7-8, 9-12*

**~ E mau ke ea o ka 'āina i ka pono ~  
E ola mau ka 'ōlelo Hawai'i**