

Warrior News

Saint Mark Lutheran School extends the love and care of Jesus Christ to all people, while nurturing families and preparing students to integrate faith with life, through quality Christ-centered education.

**Saint Mark Lutheran School
Kaneohe, Hawaii**

February/March 2013

A Message from the Principal



Saint Mark Gets Active!

en children's muscles and bones, but also helps control weight and decrease risk of chronic illnesses, such as high blood pressure and type 2 diabetes (www.kidshealth.org). And thanks to the research of scientists like John Medina, we now know that exercise even increases brain health (*Brain Rules* by John Medina). Physical activity is so important that the Physical Activity Guidelines for Americans **recommend 60 minutes** of physical activity **everyday** for **children ages 6-17** (no guidelines for under kids under five) and 30 minutes daily for adults ages 18-64 (www.health.gov/paguidelines/default.aspx).

In addition to including physical activity in your daily routine, proper nutrition is also very important - especially for children. While we often tend to focus nutritional efforts on the foods our children eat, we don't always pay as much attention to the drinks they are consuming. As you might imagine, nutritionist recommend **more water and milk** and **less juice and soda** for kids. The following information is some food for thought from www.kidshealth.org.

Here's how much **calcium** kids need each day (one cup of milk has 300 milligrams of calcium):

- toddlers (ages 1 to 3 years): 700 milligrams of calcium daily (2.33 cups)
- kids (ages 4 to 8 years): 1000 milligrams of calcium daily (3.33 cups)
- older kids (ages 9 to 18 years): 1,300 milligrams of calcium daily (4.33 cups)

If your child likes **juice**, be sure to serve 100% juice and consider the following recommended guidelines:

- up to 6 months old: no juice
- 6-12 months old: no more than 2-4 ounces (120 milliliters) per day, always served in a cup
- 1-6 years old: 4-6 ounces (120-180 milliliters) of juice per day
- 7-18 years old: 8-12 ounces (240-360 milliliters) of juice per day

If your child likes **soda**, be sure to give it moderately and consider the following:

- Soda has no nutritional value and is high in sugar
- Do not serve it to babies, toddlers, or preschoolers
- With older kids, let them know it's a once-in-a-while beverage
- Understand that if you ban it entirely with older kids, they are more likely to overdo it when they get the chance

Let's do our part to keep our keiki healthy and happy!

Dates to Remember

March 11-15: Saint Mark Spirit Week

March 15: 3rd Quarter Ends

March 18-29: Spring Break

March 18-22: Grades 6-8 Report Cards mailed home

March 29: Good Friday - No School

March 31: Easter Sunday

April 1: Easter Monday - No School

April 2: School Resumes
Grades K-5 Report Cards go home with students

April 5: Spring Pictures

April 20: Family Work Day at 9:00 a.m.

April 21: K-2 Cantata at 5:00 p.m.

April 25: All School Fine Arts Display

April 29-May 3: SAT Testing

April 30: Mid-Quarter Reports go home with students

May 8-10: Grade 4 Big Island trip

May 14: Grades 3-6 Choir & 4-8 Band Spring Concert at 7:00 p.m.

May 16: Athletic Banquet at 5:30 p.m.

Classroom News - Kindergarten through Second Grade

Kindergarten: So many fun and special things happened the last 6 weeks: celebrating Chinese New Year, having malasadas on Shrove Tuesday, learning how to jump rope and do Zumba, going to several plays in Honolulu, having Dr. Seuss "week." And right before vacation we'll have potato sundaes for lunch for St. Patrick's Day and our parents are coming for breakfast on March 15 as we share the Prayer and Lenten booklets we made. And, of course, we never talk about the death of Jesus without celebrating His resurrection on Easter. He is risen!

First Grade: First graders have been busy learning about pets, animal groups, and specifically insects. Each student had a pet cricket for two weeks. They named their pet, watched its daily habits, provided for its daily needs and kept a daily journal about their cricket. On the last day, we wrote about our hopes for our cricket and set them free. Some students took their cricket home. Then we

watched the life cycle stages of the Monarch butterfly unfold before our eyes. We learned about metamorphosis then set them free. We used this to connect to the Easter story of Jesus dying for our sins on the cross and rising again on Easter morning. We had an excellent GET ACTIVE day with all the parent volunteers, Amber who taught us Zumba and all of the healthy foods we shared for lunch. This week we celebrated Dr. Seuss' birthday with spam musubi and green eggs and rice for lunch. The children learned about Dr. Seuss' life and read his books with buddies!



Grade 2 students enjoying the Math Fair put on by the Jr. High Students

Second Grade: The second graders have begun a poetry unit in writing. They are learning to write a variety of poems such as haiku, list, and acrostic. These poets are saving all of their poems and will choose their very favorite one to include in a class book of second grade poems! Last week, second grade was abuzz with excitement. They recently released their last butterfly as they were amazed to watch their caterpillars eat, grow, change into a chrysalis, and then into a beautiful monarch butterfly. They were amazed to witness firsthand this incredible metamorphosis. Learning about these creatures has inspired the students to learn about other insects. They looked closely at a praying mantis and watched moth eggs hatch into tiny caterpillars!

Classroom News - Third & Fourth Grade

Third Grade: The third graders did a wonderful job with their president reports in the middle of February. Each child did research on a president and then did an oral presentation before the class and parents, sharing what they had learned. We have been working on geometry in Math and used the iPads to scan QR codes for clues about what angles or kinds of lines they needed to look for on our campus. Then they



Grade 3 students doing an outdoor activity with the iPads

took a picture with the iPad and labeled each angle and set of lines using an App called Educreation. They had lots of fun. It was a learning experience for all of us, even the teacher. We will be getting ready to select our person to research for our 3rd Annual Wax Museum which will take place the middle of May. This has become a highlight for the third graders. We have been work-

ing on Word Choice in our writing and are learning how to use adverbs, adjectives, and exact nouns to make our writing "Sparkle."

Fourth Grade: The fourth grade students have become experts on a certain plant or animal we have here in Hawai'i through extensive research. With this research they created a PowerPoint Presentation to share all the amazing facts they discovered. Visit the link below to learn more about the different native and introduced plants and animals that live with us in our beautiful state.

<http://teacherweb.com/HI/SaintMarkLutheranSchool/Camit/photo5.aspx>

Classroom News - Fifth Grade

Fifth Grade: We celebrated manners and proper etiquette by having a High Tea in honor of friendship. The boys escorted the girls to the event and even pulled out their chairs to seat them.

"boys escorted the girls ... and even pulled out their chairs"

Dressed in their nicest clothes, students enjoyed tea sandwiches, scones, cakes, and teas while conversing with one another about various topics



Classroom News - Junior High

Mrs. Hantel's News:

Seventh grade Bible students are preparing Keiki Messages. Each Sunday a group of seventh graders will visit St. Mark Lutheran Church and deliver a special message for the keiki and will have the opportunity to help with Sunday School.

Westward Ho! **Eighth grade social studies** students are learning how the United States transformed from a small collection of 13 states to a nation stretching from sea to sea. They will see the challenges faced as westward expansion occurred and how it led to struggles between two sections of the country.

Hola! Como esta? In **social studies seventh graders** will be doing a quick tour of South and Central America. Each student will write a children's story sharing their knowledge.

After weeks of preparation **Jr. High Math** students put on a Math Fair! They created math games and activities for the elementary students. These included fishing for number duckies, throwing dodge balls at math nerds, and searching for math solutions in a swimming pool full of balloons! Fun was had by all!!

Miss Maddick's News:

We are wrapping up our reading groups by creating presentations trying to convince others to read our book. Next quarter we return to class novels: *Wrinkle in Time* for **sixth graders**, *Old Man and the Sea* for **seventh graders**, and *Roll of Thunder, Hear My Cry* for the **eighth graders**.

Sixth grade world history is comparing and contrasting China, Japan, and India between 600-1600 to see the common challenges and triumphs. Next we will experience Europe in the Middle Ages.

Seventh grade communications students enjoyed learning from demonstration speeches. We had the opportunity to taste foods and create flowers made from ti-leaf plants. **Eighth graders** are creating skits depicting parts of Passion Week and will perform them in chapel following Easter.

Eighth grade Bible wrapped up our 5 Love Languages Bible Study with a project asking the students to identify loved ones Love Language. Ask to see your child's project to help you understand how to best show love to them!

Mrs. Peterson's News:

Sixth grade Bible is finishing up Paul's letters and his journeys. The graphic novels are looking great! They will finalize and bind those before Spring break.

Sixth grade science students are studying non-renewable and renewable energy sources and working on animation projects highlighting the pros and cons of renewable energy types, and are creating a persuasive bulletin board on the different energies. In April, they will build and test their own vertical-axis wind turbines.

Seventh grade math started their chapter on Geometry. They will do a project focusing on why architects use triangles more than other shapes, and they will design their own tower and test its strength.

Each lesson focuses on a different aspect of geometry and how it applies to our lives.

Eighth grade pre-algebra students are solving multi-step equations and inequalities and applying what they learned to real situations. They will have to make travel plans, and will work together as city planners for placement of cell phone towers using equations.

Seventh grade science is focusing on bacteria and viruses and how they compare to and affect animal cells. They will do a project on a pathogen and the impact it could have on the world. After spring break, we will start a unit on plants and hopefully grow our own lettuce and herbs.

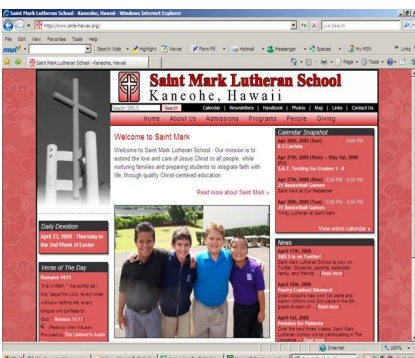
Eighth grade science is finishing a unit on chemistry focusing on types of mixtures, and factors that affect concentration and solubility of substances. In the Spring they will learn about acids and bases and will be testing different everyday foods for pH. They will also be helping out in the garden, making sure that the soil is at the right pH.

Miss Morris News:

In P.E. this past quarter we had fun playing soccer and working on our Presidential Fitness Goals. Next quarter we will be getting ready for our Track and Field meet.

The 30 Hour Famine Lock-In was a ton of fun! Thanks to everyone who came and played games, served the community, learned about poverty, and fasted for almost 30 hours. Remember how truly blessed we are and how we can serve God by helping those less fortunate.

Saint Mark Lutheran School is on-line!



Please take some time to visit the SMSL website. It continues to be updated!

Saint Mark Website
www.smls-hawaii.org

You are encouraged to visit our website and **opt-in** to begin receiving **automatic email alerts** for Saint Mark school.



Easter Services

ALL are invited to celebrate with the Saint Mark ohana on **Easter Sunday, March 31.**

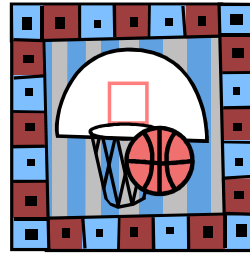
- **Easter Sunrise Service** -
7:00 a.m. at HPU Windward Campus

- **Easter Breakfast & Egg Hunt** -
8:30 a.m. at Saint Mark Church

- **Easter Second Service** -
10:00 a.m. at Saint Mark Church



Athletics



Varsity basketball season is rapidly coming to a close. The girl's team played with just five or six girls all season and never gave up! The boys finished the season in 3rd place and won their last game of the season in the consolation game of the post-season tournament. Congratulations to all our varsity basketball players and especially our all-stars: **Risa McGregor, Martine Marantz, Kaimi Won, Darrin Tsugawa, Jackson Wadsworth, and Mareko Wolcott.**

JV basketball season has started with **Coach Curtis** once again at the helm. Their first game is scheduled for **Tuesday, April 9 at Our Redeemer.**

Please come and cheer on the Warriors!



Parent Teacher Committee (PTC) - News Flash



Thanks for all of the support given to the Spring Rummage Sale. **Over \$1,500 was raised!** The PTC encourages everyone to continue collecting Box Tops & Labels for Education.

Please join us at the next PTC meeting **Tuesday, April 16 at 5:30 pm.** The PTC will be discussing Teacher Appreciation Week and next year's Benefit Gala.

This & That

Please join us at the K-2 Spring Concert on Sunday, April 21 at 5 p.m. The children will present the musical cantata "**Captain Noah and His Floating Zoo.**"

Congratulations to **Rhys Kalama** who qualified to participate at the state level of the National Geographic Bee and will represent our school by competing against other schools on April 5 at the Blaisdell Center. If he wins he will go to Washington, D.C. to compete at the national level with the prize being a \$25,000 college scholarship.



Our Scholastic Book Fair was a wonderful success, we **sold over \$3000** worth of books and sup-

plies. We used some of the profit to purchase over 50 books for the library & teachers and will be purchasing *Scholastic Magazine* subscriptions for the students. Thank you to all the volunteers who helped and to the generous parents who purchased "wish list" books.

Chapel offerings for February and March will be going to the American Heart Association. We have raised **\$455** thus far. Mahalo for your continued generosity!

We are currently **re-enrolling** for the 2013-2014 school year. Please be sure your paperwork has been turned in to the school office. We have applicants for all grades and need to know what space is available in each grade. All paperwork was due on February 23rd.

The **Spring Family Night** at the Ice Palace on February 15 was a huge success with 172 skaters! Thanks to all who participated.

We are working with **KID INK™**, a printer cartridge and hand held electronics (cell phones, cameras, laptops, etc.) collection program, specifically for schools as a program that promotes environmental awareness.

Our parent volunteer, **Mrs. Cameline** (daughter **Jaden** is in first grade) has done a fantastic time of organizing our **Boxtops for Education** program. Thanks to her, and all of you, we have more than exceeded our goal of \$1,500 for this year. We have actually received a **total of \$2,155** since school ended last year!

Thank you to all for making our **Get Active** campaign so successful. We **raised nearly \$3500** that will go towards new P.E. and playground equipment. Congratulations to our top three money raisers were **Kalanikapu Aona** (grade 2), **Ian Stone** (grade 4), and **Abi Hilpert** (grade 4).