

**Pahoa School Support Foundation presents  
Pahoa Complex Schools Health & Wellness Event**

February 10, 2018 9 AM- 3 PM  
At Pahoa Regional Recreational Facility  
Pahoa Community Center  
15-2910 Puna Rd. Pahoa, HI 96778



Fun for students, families, and community members.  
Activities: 5K Fun Run; Healthy Food Booths; Makahiki Games;  
Cultural Activities and Demonstrations.

Parent and Family Newsletter February 2018 Issue  
School Year 2017-2018

**Pahoa High & Intermediate School**

15-3038 Pahoa Village Road  
Pahoa, HI 96778  
Website: pahoahis.org  
Phone Number: (808) 313-4300



Principal, Darlene Bee  
Vice Principal, Kim Williamson

**School Highlights and Announcements -**

Visit school website to view additional school highlights, images and announcements

**2018 Pahoa High School Student CPR Training**

CTE Clinical Health students held our Third Annual Hands-Only CPR Training on January 17. To meet State of Hawaii's Clinical Health Standards, our students are trained by Hawaii County Fire Department's Captain Honda in Hands-Only CPR. They then work with Captain Honda to train their peers. This is a valuable opportunity to learn the skills of saving a life and we are proud to say that each year more of our students here at Pahoa High are capable of doing so.



**A Trip to University of Hawai'i at Hilo**

On January 30, 2018, Junior and Senior students did a hands-on activity in the UH-Hilo's Bookstore and at the Mo'okini Library. At the UH-Hilo Bookstore students in teams located books by subject, course number, and price. Winning teams won prizes courtesy of Keola Callo of Student Services. PHIS Early Admit students visited the UH-Hilo Library with their Early College English 100 instructor, Ms. Janet Mohr, to learn how to use the resources available at the Mo'okini Library. This fun and educational activity was a collaborative effort between the AVID, PHIS' Early College and HETS Programs.



**PAHOA SCHOOL FOUNDATION FUNDRAISER**

Pahoa Schools Support Foundation is seeking donations of plants, vegetables, fruit and other produce to sell at our Health and Wellness Event on February 10, 2018. Funds raised will provide scholarships for our graduating seniors. If you have anything to donate, please call, to arrange pick up. Sheryl Ogawa, 313 4245, Joel Behr, 313-4246 or Lois Iwashita, 313-4320.

**School Breakfast & Lunch Program**

Breakfast and Lunch is free and available every school day. Call or visit school front office for more information.



Apply for a Free & Reduced Meals through the new online **SchoolCafe Eligibility Website** at <https://hionlineapps.primerioedge.com/Register.aspx>

With SchoolCafe Eligibility website parents and guardians will have access to view history and tracking of submitted applications, lunch purchases and school's meal menu.

**Healthy Snack Recipes: PB & J No-Bake Oatmeal Bars**

**Ingredients:** ½ cup unsweetened peanut butter; ¼ cup honey; ¼ cup coconut oil; 1 cup oats; 1/3 cup dried blueberries; 1/3 cup toasted pepitas; 1/3 cup unsweetened dried coconut; pinch salt.

**Directions:**

1. Melt together peanut butter, honey and coconut oil.
2. Remove from heat and add in oats
3. Add the remaining ingredients and mix well.
4. Press into 8x8-inch pan lined with parchment paper.
5. Chill for 2 hours then cut into bars.

**Upcoming Events and Activities**

**February 10** – Makahiki/ Pahoa Complex School Health & Wellness. See other side of newsletter for more information.

**February 14** – Valentine's Day and Balloon Sale.

**February 16** – No School for Students. Hawaii Island Teacher Institute Day.

**February 19** – President's Day. No School.

**February 20 – 23** – Mid-Quarter progress reports for Quarter 3 will be sent home with students.

**February 23** – National Honor Society Recycling Project. See other side of newsletter for more information

**March 5 -9** – Spirit Week. TBA.

**March 7** – Pahoa Dagger Day.

**March 16** – Quarter 3 Ends

**March 19 – 23** – Spring Break. No School.

View PHIS' Calendar of Events at <https://goo.gl/dUINEC>

## PAHOA DRIVERS' EDUCATION

Pahoa's Drivers' Education Program is currently taking registrations for the next Drivers' Ed session. Course lasts 10-14 weeks and will begin in March 2018. To register, a student must get their learner's permit and complete the form that you can get from Mrs. Rogers or Mrs. Iaukea. We will contact all families one week before expected start date.

### Attention Seniors – Scholarships Opportunities Available



Visit school website at <https://goo.gl/lmV1rk> or visit PHS High School Counselor's office Room F109 to learn more about recent Scholarships available.

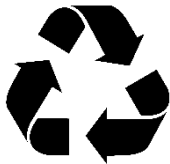
Note below- \* - New Scholarship Announcement since previous newsletter.

#### Scholarship Available:

- Kerry Meyer Scholarship 2018 - \$1000
- Monsanto Hawaii Life Sciences Scholarship - \$1000
- Big Island Federal Credit Union Scholarship - \$1000 & \$2500
- Hui Okinawa Scholarship - \$1000
- Jack and Otome Miyashiro Scholarship - \$2000
- \*Big Island Press Club Scholarship - \$500 to \$1500
- \*Pahoa Booster Club Scholarship 2018 - \$1000
- \*Hilo Woman's Club Scholarship - \$1000
- \*Hawaii Association of Public Accountants Scholarship - \$750
- \*Women's League of Central Union Church Scholarship - \$1500

### National Honor Society Recycling Project

On **February 23, 2018**, the National Honor Society (NHS) will be collecting HI-5 recyclable aluminum cans, plastic bottles, and glass bottles for our monthly fund raiser. Funds collected will pay for our dues to the national organization, purchase chords, stoles, and pins for our members, and pay for our yearbook expenses. If you would like to donate your HI-5 bottles and cans from home, please contact Mr. Joel Behr (313-4268), Ms. Mailei Bumanglag (313-4341), or Ms. Roberta Shiratori (313-4246).



### Girls' Volleyball Conditioning

Attention 8th - 11th grade interested in playing girls' volleyball, please see Mrs. Baker in room U206 or email her at [jbaker@pahoacomplex.k12.hi.us](mailto:jbaker@pahoacomplex.k12.hi.us) Conditioning will be starting soon in preparation for next year's season.

## YEARBOOK INFORMATION

Yearbooks can be ordered in two ways; Yearbooks can be ordered through the website, TreeRing.com where you will need the school code **1014682661403055** or students can order through Ms. Gleason in room S203. Don't forget that with this company you can create two custom pages that only you will see in your yearbook. Yearbook price is \$45.

## INFINITE CAMPUS PARENT PORTAL

Parents, if you have not already logged on to the Infinite Campus Parent Portal, please contact Tom VanDeren at 313-4261 or by Lotus Notes to do so. The portal will include grade, attendance, and class schedule information, is updated in real time, and can be downloaded onto your mobile devices once you've initially logged on.

## Athletic Events and Activities

Dates and Time subject to change without notice. Visit [pahoahis.org](http://pahoahis.org) or [www.biifsports.com](http://www.biifsports.com) for new information.

Contact School Athletic Director at 313-4242

### Boys' Basketball

February 7 & 8 – BIIF Boys' Basketball Championship at Civic vs. Kau or Kohala

### Wrestling

February 10 – at Kealakehe; 8 AM

### Baseball

February 27 – at Waiakea; 3 PM  
March 1 – KS-Hawaii at Pahoa; 3 PM  
March 3 – at HPA; 1 PM  
March 6 – Kau at Pahoa; 3 PM  
March 8 – Kohala at Pahoa; 3 PM  
March 10 – Konawaena at Pahoa; 3 PM  
March 12 – at Honokaa; 3 PM  
March 17 – Kealakehe at Pahoa; 1 PM  
March 22 – at Hilo; 3 PM  
March 24 – at Kohala; 1 PM

### Softball

February 26 – at Pahoa; 3 PM  
March 3 – at HPA; 11 AM or 1 PM  
March 13 – at Honokaa; 1 PM or 3 PM  
March 17 – Kealakehe at Pahoa; 11 AM  
March 21 – at Hilo; 3 PM  
March 24 – at Kohala; 11 AM or 1 PM

### Track

March 10 – at Kona; 9 AM  
March 17 – at KS-Hawaii; 9 AM

### Boys' Volleyball at 6 PM

February 28 – Kona at Pahoa  
March 2 – at Ehunui;  
March 5 – Parker at Pahoa  
March 7 – HPA at Pahoa  
March 16 – Makua Lani at Pahoa  
Pahoa JV Volleyball Tournament  
March 17 – Pahoa Varsity Volleyball Tournament  
March 19 – at Waiakea  
March 22 – at Kealakehe

### Practice Schedule

2:30 – 4:30 pm - Wrestling @ Gym (Daily)  
2:30 – 5:30 pm - Middle School (Daily)  
3:00 – 5:30 pm – Softball (Pahoa Elementary Field)  
3:00 – 6:00 pm – Baseball (Pahoa District Park)  
3:00 – 6:00 pm – Track (Field)  
4:00 – 7:30 pm – Boys' Basketball (Pahoa District Park)  
5:30 – 7:00 pm – Boys' Volleyball (Daily)

View PHIS Spring 2018 Athletic Schedule at

<https://goo.gl/EYAseq>