

## Principal's Message

Aloha and Happy New Year Parents and Guardians,

Thank you always for your continued support and providing PHIS the opportunity to serve your child(ren).

Please continue to express to your child(ren) the importance of using their personal and school technology devices appropriately and stayed focus on their personal academic program.

You are welcomed to stop by to observe your child(ren) in the classroom. Please provide us with 24-hours notice so we can prepare for your arrival.

I will be meeting with the Seniors on January 22, 2018 to go over the graduation 'walking the line' expectations. They will be bringing home the forms for you to review and sign. Please do not hesitate to call if you have any questions or concerns.

Also, look us up on [www.pahoahis.org](http://www.pahoahis.org).

Onward and Upward  
Principal Darlene Bee

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

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## Pahoa High & Intermediate School

15-3038 Pahoa Village Road  
Pahoa, HI 96778

Website: [pahoahis.org](http://pahoahis.org)

Phone Number: (808) 313-4300



Principal, Darlene Bee  
Vice Principal, Kim Williamson

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## 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.primeredge.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 Meals Recipes: Egg White and Avocado Salad

**Ingredients:** 10 hardboiled egg whites, diced; 1 avocado, mashed; 1Tbsp Dijon Mustard; 1 tbsp. plain Greek Yogurt; 2 tsp. fresh lemon juice; 1/3 cup green onions, chopped; 1/2 cup celery, diced; 1/2 tsp. paprika; 1/4 tsp. pepper; Pinch of sea salt; 2 sliced uncured turkey bacon, chopped.

**Directions:** In a large bowl, mashed avocado and add in mustard, Greek yogurt and lemon juice, mixing until smooth. Stir in green onions, celery, paprika, salt and pepper and set aside. Begin chopping the egg whites, discarding the yolks, and fold into the avocado mixture until completely combined. Add in the turkey bacon and serve on whole wheat break with fresh arugula.

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## School Highlights and Announcements -

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

## Holiday Craft Activity

Pahoa High & Intermediate students participated in a Holiday Craft Activity on the last day of school before Winter Break. Activities were facilitated by PHIS' teachers and staff. The purpose of the activities is that every student leaves for winter break with one, handmade item they can give as a holiday gift, learn skills they can use again and share with others.



## Congratulations to the 2017 Fall Athletics All Stars



**Emma Marshall** - 2<sup>nd</sup> All BIIF Team Cross Country

**Kriya Benn** - Honorable Mention Girls' Volleyball

**Keala Harris** - Co-Offensive Player of the Year  
Football & 1<sup>st</sup> All BIIF Defensive Team Football

**Paris Hayes-Kai** - 1<sup>st</sup> All BIIF Offensive Team  
Football

**Josiah Waiolama** - 1<sup>st</sup> All BIIF Defensive Team Football

**Kai Martin** - 1<sup>st</sup> All BIIF Defensive Team Football

Hawaii Tribune-Herald "Athlete of the Week" - **Keala Harris**  
ESPN Hawaii 1420 "Athlete of the Week" - **Duane Correa**

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## Upcoming Events and Activities

**January 15-19** – Report Cards will be mailed home.

**January 26** – Quarter 2 and Homecoming Assembly

**January 27** – Boys' Basketball Homecoming Game: Pahoa Daggers vs. Kealakehe Waveriders. Time: 6 PM – 9 PM

**February 7** – Coast Guard Recruiter Presentation in Room F105; 11:30 PM. To attend see Ms. Kiyomi Nozawa-Edwards High School Counselor.

**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.

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

## Chopped Competition Health & Nutrition Course

Students in the Health & Nutrition class participated in a Chopped Competition. Students had an hour to create and present a healthy, savory dish using secret ingredients to a group of judges.



## 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. Laukea. We will contact all families one week before expected start date.

## 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 before February 2, to arrange pick up.  
Sheryl Ogawa, 313 4245, Joel Behr, 313-4246 or Lois Iwashita, 313-4320.

### 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.

## 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.

### Recent Scholarship Available:

- Hawaii Rotary Youth Foundation Scholarship - \$5000
- 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
- Hawai'i Community Foundation Scholarships

## Athletic Events and Activities

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

Contact School Athletic Director at 313-4242

### Girls' Basketball

January 20 – Pahoa at Honokaa; 6 PM  
January 24 & 25 – BIIF Girls' Basketball Championships at Civic

### Boys' Basketball

January 22 – Keaau at Pahoa; 6PM  
January 27 – Kealakehe at Pahoa, Senior Night/ Homecoming Game; 6PM  
January 30 – Pahoa at Hilo; 6 PM  
February 3 – Pahoa at St. Joseph; 6 PM  
February 7 & 8 – BIIF Boys' Basketball Championship at Civic

### Paddling

January 20 – at Hilo Bay; 9 AM

### Soccer

January 25 – at Kau; 3 PM  
January 30-31 & February 3 – BIIF Soccer Championships

### Swimming

January 20 – at Kona; 10 AM  
January 26 & 27 – at KSH; 1 PM

### Wrestling

January 20 – at Hilo; 10 AM  
January 27 – at HPA; 8 AM  
February 3 & 10 – at Kealakehe; 8 AM

### Practice Schedule

2:15 - 5:00 pm - Wrestling @ Gym  
3:00 - 5:00 pm - Swimming @ Pahoa District Park  
3:00 - 5:00 pm - Soccer @ Pahoa District Park  
3:00 - 5:30 pm - Paddling @ Hilo Bay  
2:30 - 5:00 pm - Middle School (Tuesday & Thursday)  
4:30 - 7:00 pm – Girls' Basketball  
7:00 - 9:00 pm – Boys' Basketball

### PHIS Spring 2018 Athletic Sports Start Dates

January 29 – Softball & Baseball  
February 5 – Track & Boys' Volleyball

View PHIS Spring 2018 Athletic Schedule at

<https://goo.gl/EYaseq>

# HAPPY NEW YEAR

# 2018