

## 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 (Grades 7 & 8)  
Vice Principal, Kasey Eisenhour (Grades 9 & 11)  
Vice Principal, Sandra Haiku (Grades 10 & 12)

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### School Highlights -

Visit school website to view additional school highlights and images

Congratulations to the participants at the **1<sup>st</sup> Annual 4-Legged Turkey Trot Race** held on November 23, 2016 on PHIS Campus. There was a total of 17 teams of students and 1 team of teachers. Teams raced the ½ mile course around campus solving riddles and competing in mini games. At the finish line, teams won a free frozen turkey or a gift card.



### Employee of the Month! Congratulations to Ma'ave Enos!

"Ma'ave has taken on extra responsibilities and gone above and beyond during the past month. She has followed up with the health department and been involved with the various campus improvement projects. Mahalo!" – PHIS staff member

"Always willing to follow up with concerns, always willing to learn, cordial with all stakeholders and always has a can-do attitude." – PHIS staff members

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### Healthy Living

Written by Ms. Leilani Silva, PHIS' CTE Health Teacher

CTE Health/Nutrition Class is learning about healthy living and the blue zone project's principles. The Blue Zone Project has been publicized around town encouraging everyone to live healthy lifestyles, and Pahoa High and Intermediate is a Blue Zone school who promotes the nine principles. Students have chosen a blue zone principle to focus on and are creating campaigns that share information to others on how to live a healthier life by making simple daily changes.

One of the principles is to Move Naturally. People who have lived long healthy lives didn't need to run marathons, join a gym, or exercise excessively; all they did was move naturally without thinking about it and made moving a part of their daily lives. By simply incorporating movement into our daily lives it will increase our health, wellbeing and longevity. It doesn't need to be complicated, just park farthest from the store instead of driving around and around to find the nearest parking, walk to lunch instead of drive, and take the stairs instead of the elevator. Every little bit counts, and by incorporating movement daily it will allow us to live up to a decade longer than without movement. So let's get moving!

Another principle is to Downshift. Did you know that stress can cause a lowered immune system, chronic inflammation, heart disease, obesity and diabetes? Making a healthy choice to down shift your lifestyle and reduce stress will allow you to have a healthy long life. It's as simple as giving yourself some fun time like taking a walk, exercising, listening to music, dancing, playing with a pet or just surround yourself with good company. Give it a try and start down shifting now.

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## Upcoming Events and Activities

**December 3** – PHIS' Ho'olaule'a 2016, 10 AM to 2 PM; Magic the Gathering Tournament, 12 PM to 7 PM. More information on school website.

**December 6** – School Community Council Meeting Room F105, 3:15 to 4:15 PM

**December 21** – 2<sup>nd</sup> Quarter/1<sup>st</sup> Semester Ends

**December 22 – January 6, 2017** – Winter Break.

**January 9** – Students Back to School. Odd Period Day.

Turn Page for Athletic and Sports Events and Announcements

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### School Breakfast & Lunch Program

Pahoa High & Intermediate School has been designated as a CEPT school (Community Eligibility Provision) for this school year. This means that all students' breakfast and lunch is free for the whole school year. Our School Breakfast & Lunch Program is available every school day. Call or visit school front office for more information and pick up an application.

### Learn More about the Breakfast & Lunch Programs

School Breakfast Program- <http://goo.gl/60UYp2>  
Hawaii Child Nutrition Programs - <http://goo.gl/u3n9fd>

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### December Healthy Snacks: Sesame-Soy Nut and Pretzel Mix

#### Ingredients:

1 cup unsalted miniature pretzels; 1 cup whole-wheat cereal squares; ¾ cup wasabi peas; 2/3 cup unsalted roasted cashew halves; 2 tbsps. canola oil; 1 tbsps. reduced-sodium soy sauce; 1 tbsps. toasted sesame oil; 1 tsp. garlic powder; 1 tsp. ground ginger; ¼ tsp. ground red pepper; 4 cups unsalted air-popped popcorn

#### Instructions:

1. Preheat oven to 250°F
  2. Combine the first 4 ingredients in a large bowl. Combine canola oil and next 5 ingredients (through red pepper), stirring with a whisk. Drizzle oil mixture over pretzel mixture; toss to coat. Add popcorn; toss.
  3. Spread popcorn mixture in a single layer on a rimmed baking sheet. Bake for 30 minutes, stirring once after 15 minutes. Cool.
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## Athletic Events and Activities

### Boys' & Girls' Soccer

December 6 – Makua Lani at Pahoa; 3 PM (Boys' Soccer)  
December 10 – Pahoa at Waiakea; 3 PM (Boys' Soccer)  
December 14 – Pahoa at Konawaena; 2 PM & 4 PM  
December 20 – Kohala at Pahoa; 3 PM (Boys' Soccer)  
January 3 – Pahoa at Christian Liberty; 3PM (Boys' Soccer)  
January 7 - Hilo at Pahoa; 2 PM (Boys' Soccer)  
January 10 – Ka'u at Pahoa; 1 PM (Boys' Soccer)

### Wrestling Team at Kealakehe High School

January 7 at 8 AM

### Paddling Team at Hilo Bay

December 10 - 9 AM  
December 17 – 8:30 AM  
January 7 - 8:30 AM

### Girls' Basketball at 6 PM and 7:30 PM

December 6 – Kealakehe at Pahoa  
December 10 – Pahoa at HPA  
December 22 – Waiakea at Pahoa  
December 27 – KS Hawaii at Pahoa  
December 30 – Pahoa at Hilo  
January 4 – Kea'au at Pahoa  
January 10 – Pahoa at Ka'u

### Boys' Basketball at 6 PM and 7:30 PM

December 20 – LPCS at Pahoa  
December 23 – Pahoa at Kea'au  
January 6 – Pahoa at St. Joseph  
January 9 – HPA at Pahoa  
January 11 – Hilo at Pahoa

### Adult Softball Tournament at Pahoa Community Recreation

January 7, 7 and 8. Stay Tuned for More Information

### Wrestling After School Concession Stand Fundraiser

December 5, 9, 12, 16 and 19 from 2 to 3 PM. Please support the Wrestling Team

### Mark your Calendars! Boys' Volleyball Tournament!

Saturday, February 25, 2017. Teams entered: Konawaena, Kea'au, Pahoa, Ka'u Hawaii Prep, Hilo, St. Francis (ILH) and Lanai (MIL). Come and support the concession and our school's volleyball team. There is an entry fee of \$2 per person.

Visit [pahoahis.org](http://pahoahis.org) under PHIS News' Athletic and Sports category for additional and new information.

Contact School Athletic Director at 313-4242

## Continue Healthy Living by Ms. Leilani Silva -

Let's talk about Purpose. Getting swept up into daily routines can make someone feel insignificant with a low sense of purpose. People with a low sense of purpose are more likely to be unhealthy and stressed; develop heart disease which can lead to heart attacks and stroke. Be 52% more likely to develop Alzheimer's and 2.5 times more likely to have dementia. To prevent this feeling, make it a point to have a reason to wake up in the morning, find your purpose in your daily life by setting goals that will make you feel significant.

When students talk about the Right Tribe, what they are saying is by surrounding ourselves with positivity and positive people it will inspire and motivate us to be better people. Positive people achieve goals, are successful, and are an inspiration to others. No one thrives with negativity and negative people weigh us down. Be that positive person to help lift others up, cheer them on, and always look for the good in every situation.

Another principle is the 80% Rule; this principle is trying to tackle the obesity problem. Approximately 3.5 million people die from diseases related to obesity each year, and the rise in obesity is continuing to gradually grow world-wide. A simple principle to help us not be a statistic is to simply eat till satisfied instead of full.

And finally Plant Slant also contributes to eating healthy for the prevention of obesity. Although we all love our BBQs, mac salad, and plates full of rice, we shouldn't forget to add the vegetable and fruits. The more fruits and vegetables we eat the healthier our bodies are. Plants have so many vitamins and minerals that provide important nutrients for a healthy body and mind. Let's all remember to incorporate more plants on our plates than anything else so we can live healthy long lives.

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## Attention Seniors Yearbook Deadline

Senior Portraits and baby pictures are due to Ms. Heather Gleason in room 5-203 by December 16th. Portraits can be received on CD, USB or through Google Drive. Ms. Gleason's contact information: 313-4239 or [hgleason@pahoacomplex.k12.hi.us](mailto:hgleason@pahoacomplex.k12.hi.us)

## Hawai'i Community College RISE Program

Attention and Parents! Hawaii Community College is offering free college preparation workshop and advising. For example: College Admissions; Understanding and Assistance in Financial Aid; Scholarship Searches & Resources; College & Career Exploration; Preparing and Registering for the PSAT, SAT, ACT and Dual Credit Courses, etc. Students in grades 9<sup>th</sup> – 12<sup>th</sup> Grade attending Pahoa High School is eligible for this program. See your High School Counselor for an application or apply online at [bit.ly/RISEhawaii](http://bit.ly/RISEhawaii)

## Make Up Parent Mandatory Meeting for Winter Sports

Attention parents and guardians! A Make Up Parent Mandatory Meeting for Winter Sports will held on Monday December 5, 2016 at PHIS' Cafeteria from 6 PM to 7:30 PM. You must attend this meeting to have your child participate in this school year's Winter Sports. Please call Pahoa Athletics at 313-4242 if you have any questions.

## Attention Students and Parents! Middle School Counselor's Office moved to Room U205

To the PHIS 'Ohana –  
Happy Holidays and have a Happy New Year.

