



## 2021-22 Program Highlights

# NOVEMBER 2021

Site	<input type="checkbox"/> Jarrett	<input type="checkbox"/> Kalākaua	<input type="checkbox"/> Kea'au	<input type="checkbox"/> Ke'elikōlani	<input type="checkbox"/> King	<input type="checkbox"/> Nānākuli
	<input type="checkbox"/> Pāhoa	<input type="checkbox"/> Waiākea	<input type="checkbox"/> Waialua	<input checked="" type="checkbox"/> Wai'anae	<input type="checkbox"/> Washington	

### CLASSES



Students in the *Living 101* class focus on learning how to create their own homegrown garden. Students learn how to keep their seedlings healthy and happy to prepare them for transplanting.



While many online games rely on individual skills and knowledge, students in the *E-sports* class learn team strategies while playing a game called "League of Legends".

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The *Waiʻanae Jr. Seariders Volleyball Team* continued to develop their fundamental skills every day and are committed to always giving 100% in practice to prepare for upcoming games.



The *Waiʻanae Jr. Seaside Football Team* members have grown in both their knowledge and confidence as they continue to work hard on and off the field. They truly understand that the hard work they put in will help them to be successful in school and in life. Each one of them made their commitment to the team by getting COVID vaccinated





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It takes a committed All-Star athlete to know that progress is hard work. The *Wrestling Team* puts in the same amount of effort into both their conditioning and skill drills to ensure that they are well-rounded in their sport.





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### SPECIAL EVENTS/CURRICULUM



ASAS assisted in the school's annual Turkey Trot Food Drive. Students from Wai'anae Intermediate bring in canned food donations and participated in a fun run before the holiday festivities.





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### SERVICE LEARNING PROJECT



All-Stars students take pride in regular campus beautification projects at Waiʻanae Intermediate. They know that it is part of their kuleana to care for their school's grounds.

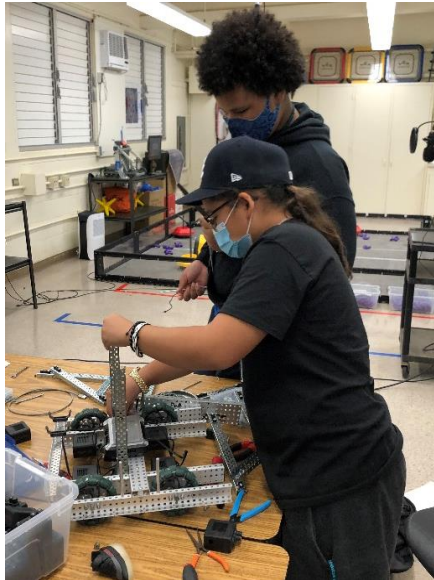




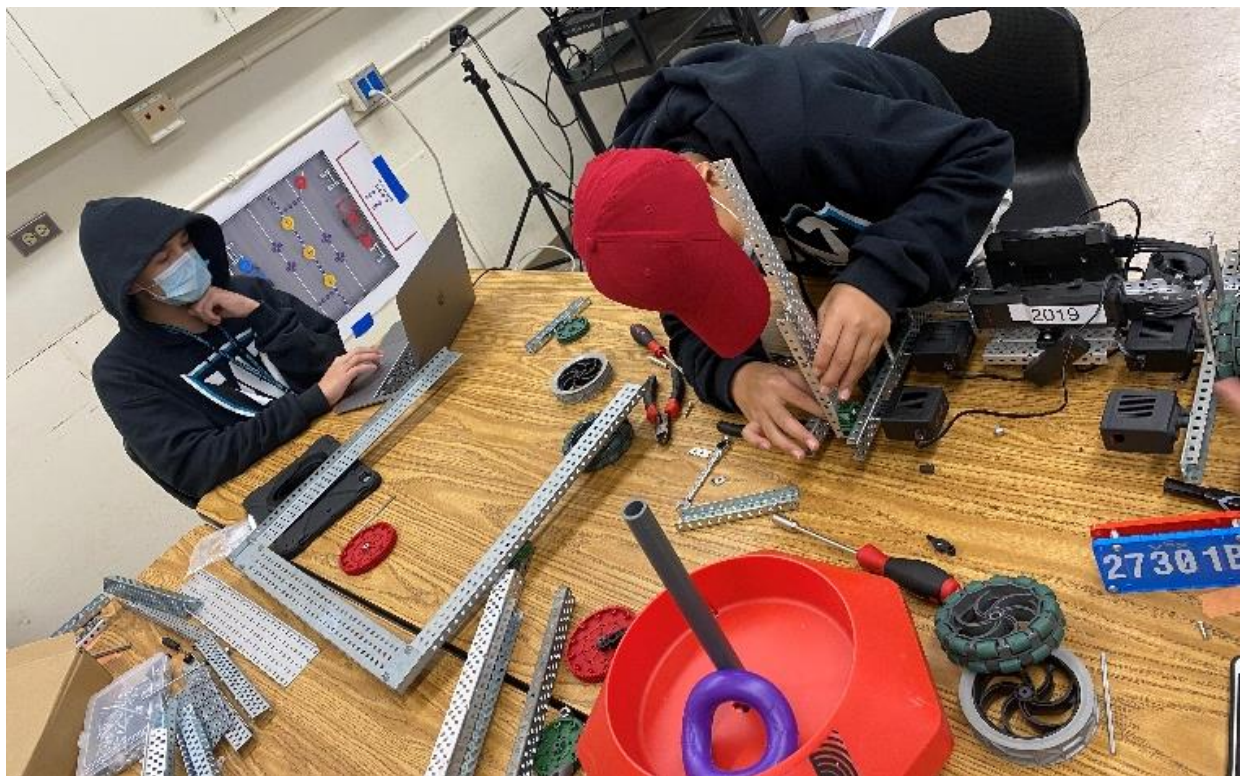
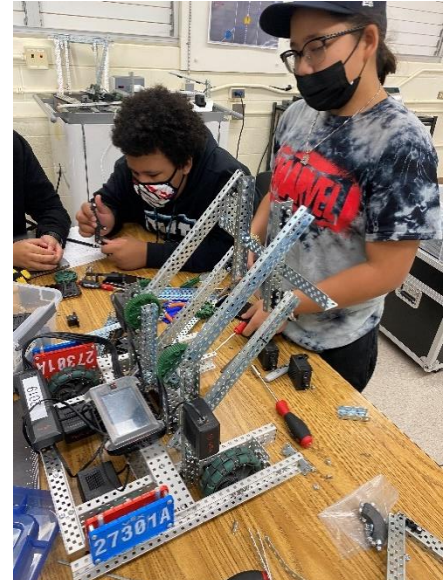
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### STEM



Science, technology, engineering and math all play a vital role in the *Robotics* program. However, it also takes strong communication skills and critical and strategic thinking to come up with a plan to win in a competition.





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### OTHER HIGHLIGHTS



Educating students about the consequences of vaping is important, as there has been an upward trend of young people experimenting with vaping. Waiʻanae All-Stars students learn all about vaping, and also take a leadership role in helping to spread awareness to their peers about the dangers of vaping.



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Wai'anae All-Stars students work hard at keeping up with their grades and understand the value of having time to work on homework during programs, so that they are able to prepare and participate in fun activities.



Principal Wataoka provided Wai'anae All-Stars with a container to house its sports equipment. This will allow the program to transform its current storage room into a fitness room. The fitness room will have a variety of equipment for students to be able to work out and have strength trainings.

Thank you Mr. Wataoka!




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### STAFF TRAININGS

ASAS staff participated in a training hosted by the Hawaii Afterschool Alliance about how to Build Vaccine Confidence and Promote Health Literacy led by CJ Johnson from the Hawaii Department of Health.

**Promoting Health Literacy and Vaccine Confidence**

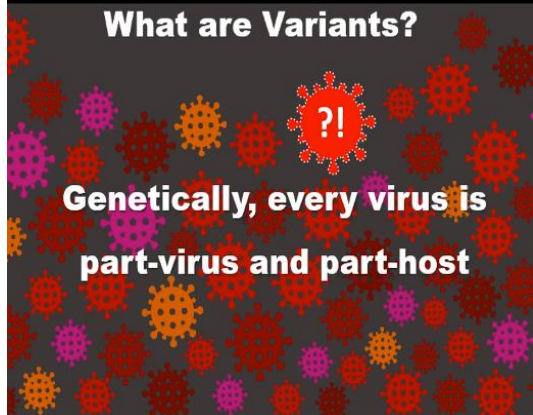
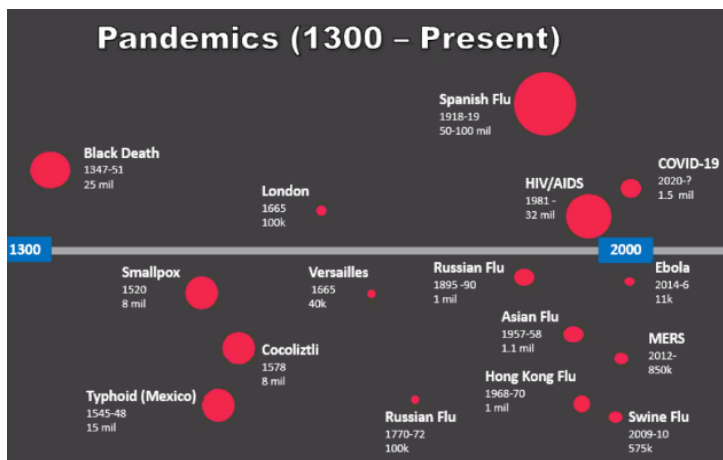


**CJ Johnson**  
COVID-19 Outreach and Public Health Education  
Hawaii State Department of Health  
Christopher.johnson3@doh.hawaii.gov



**What are Variants?**

**Genetically, every virus is part-virus and part-host**

**Kids and Vaccines**

Clinical trials in children aren't to determine whether vaccines are safe. Youth clinical trials only begin once we have confidence in a high level of safety. Based on previous clinical trials on adults and teens, and on tens of millions of real world uses, that vaccines are safe, side effects are generally mild, and serious or long term are extremely rare.

Trials do add to our confidence on safety and efficacy, but are used primarily to determine optimal dosage and efficacy.

**COVID-19 Vaccines are new recipes...**



...but they were made with ingredients and techniques we've been using and improving for decades and even centuries

Staff learned about the science behind vaccines and how they can be better advocates for health literacy to our students and parents.



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### STAFF TRAININGS

## Changes in Peer Relationships

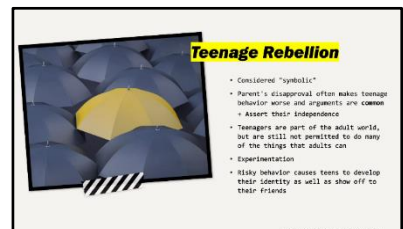
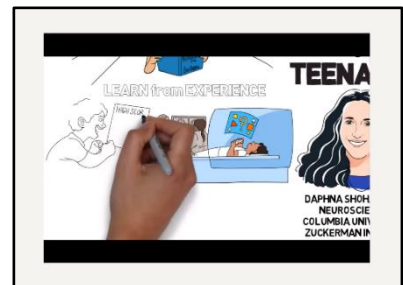


- Teens spend more time with friends
- Close friendships develop between teens with similar interests, social class, and ethnic backgrounds
- Based on educational interests
- Close, intimate, self-disclosing conversations with friends help to explore identities and define most females' sense of self.
- Teen boys' are more likely to have a group of friends who confirm each other's worth through actions rather than personal sharing

Source: University of Rochester Medical Center



ASAS is dedicated to ensuring staff are continuously learning about our students and they also participated in a training presented by Child and Family Service Parent Educator Melissa Ponce called "Developing Teen Relationships." She discussed how brain development impacts adolescent response and explained how middle school youth can sometimes have emotionally reactive experiences that impact their thoughts, feelings, and future responses. She then shared tactics to help educators provide safe learning spaces environments to thrive.



**How can we develop a relationship with our teen(s)?**

- Taking risks is a typical part of growing up, exploring limits and testing abilities.
- Try to channel your child's need for thrill-seeking and risk-taking into safe activities.
- It's OK to be concerned about risky behaviour like unprotected sex, alcohol and other drug use, dangerous driving, illegal activities, truancy and fighting.
- Open conversations, rules, role-modelling and monitoring are ways to keep risk-taking teenagers safe.
- Foster a safe and healthy environment for your teen.

Source: Raising Children Network (Australia)

**How to Handle Risky Behavior**

Encourage	Encourage safe risk-taking
Give	Give your child autonomy and independence in safe areas
Talk about	Talk about behaviors and consequences
Work out	Work out agreed rules
Talk about	Talk about values
Stay	Stay connected to your child
Encourage	Encourage a wide social network
Help	Help your child handle peer influence

Source: Raising Children Network (Australia)





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### YOUTH ADVISORY BOARD



It was a busy month for the ASAS Youth Advisory Board. Yabbies learned about time management and planned their next Light Service Action project to send holiday cards and ornaments for Christmas to local Senior Homes.



In addition, Scott Stensrud from the Coalition for a Tobacco-Free Hawai'i Youth Council spoke to the YABs about the rise of electronic smoking devices in Hawaii, shared facts and statistics about usage among youth and encouraged the Yabbies to share the information with their peers. Next year, Yabbies will be reaching out to legislators about this important issue.