



JARRETT MIDDLE AFTER-SCHOOL ALL-STARS NOVEMBER 2025

COOKING

All-Stars chefs in Cooking class, continue learning new recipes and how to use different ingredients. Some favorites from this month are grilled cheese and spaghetti carbonara.



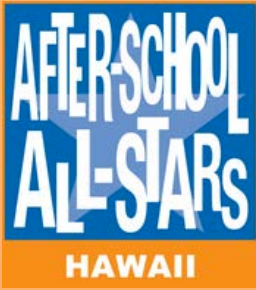


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FLAG FOOTBALL

In Flag Football class, students scrimmage to practice coverage on defense and getting open on offense. The offense continues to show speed and agility when they receive the ball.



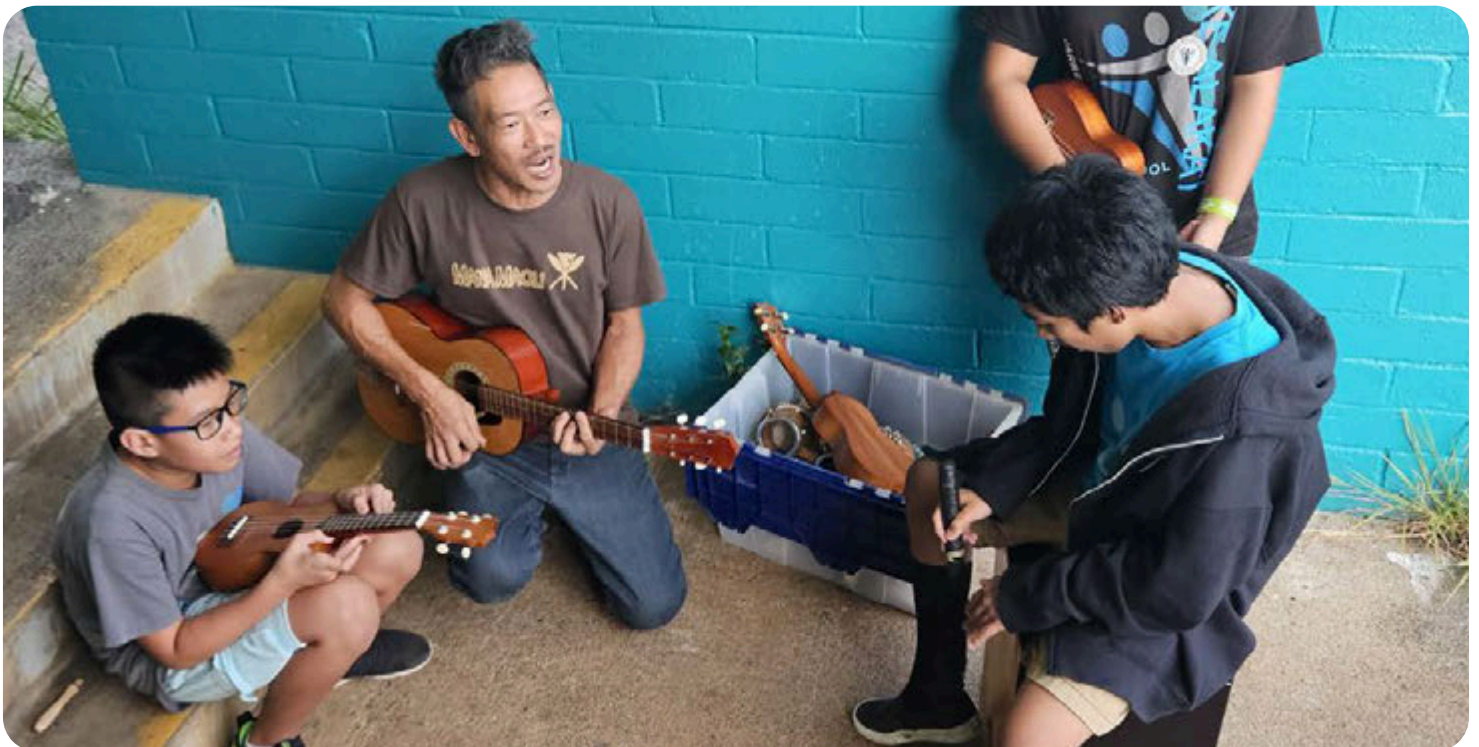


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MANA MELE



Mana Mele students work very hard to prepare for this quarter's Hō'ike performance. They are perfecting their ukulele chords, and working on playing together in rhythm.





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STEM

STEM class planted arugula seeds and compared how they grew inside and outside. Students also explored the tiny decomposers living around campus.





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VOLLEYBALL



Volleyball student-athletes are preparing themselves for the All-Stars Athletic League championships. They practice serves, sets, and bumps, as well as keeping the ball in play.





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WEIGHT TRAINING

In Weight Training class, students learn how to combine cardio with strength training. They have been alternating days lifting weights, riding the stationary bikes, using the treadmill, and rowing.



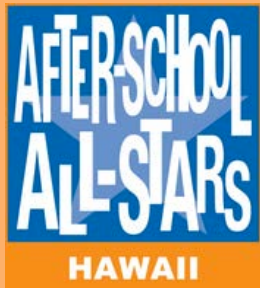


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YOGA

Yoga class students are learning challenge poses and have made a goal to master two new poses every week.





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ALL-STARS ATHLETIC LEAGUE (ASAL) VOLLEYBALL

Jarrett's Volleyball team excelled in the ASAL championship games, making it all the way to the Blue League finals. The student-athletes demonstrated great improvement and a competitive spirit this season.





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LIFE SERVICE ACTION: CAMPUS CLEAN-UP

Jarrett All-Stars students pick up trash on the school campus. As part of their Life Service Action project, All-Stars beautified the campus to prepare for a visit from incoming fifth grade students and their families.





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GIFT WRAPPING DONATIONS FOR KŪPUNA



In the spirit of giving, students wrapped up blankets, socks, and coloring books that are being donated to the Palolo Chinese Home. All-Stars will be delivering them to the seniors before the holidays.





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GO LEAD FORWARD

Volunteers from the Go Lead Forward organization from Punahou School visit Jarrett All-Stars to host a leadership workshop for the students. All-Stars learn what makes a good leader while playing trivia and team building games.





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VAPE AND TOBACCO PREVENTION

All-Stars students learn about the dangers of nicotine products for children and adults, how nicotine companies use deceptive advertisement techniques, and how these products are bad for the environment. To raise awareness on campus, students made signs promoting vape and tobacco prevention.





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YOUTH ADVISORY BOARD MEETING

Youth Advisory Board members from All-Stars programs from across the state met virtually to talk about and share ideas for improving the program. Students played a fun round of “Shark Tank” to practice their public speaking skills. They pitched creative ideas, explained their plans with confidence, and learned how to answer questions on the spot. It was an engaging way to build communication skills and boost their confidence.

