



## WASHINGTON MIDDLE AFTER-SCHOOL ALL-STARS NOVEMBER 2025

### TOBACCO AND VAPE PREVENTION WEEK

Washington All-Stars learn about the harmful effects tobacco and vape use has on youth and the environment, along with resources that can help students or their loved ones to quit this habit. All-Stars make posters to raise awareness for their peers on campus.







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### ALL-STARS ATHLETIC LEAGUE (ASAL) VOLLEYBALL GAME 2

Washington All-Stars student-athletes brought their best and gave their all at Halawa District Park. Even teaming up and sharing the court with the Kalākaua players.







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### ALL-STARS ATHLETIC LEAGUE (ASAL) VOLLEYBALL GAME 2

To warm-up before the game, Washington All-Stars students run drills to practice quick thinking and communication skills.







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### ALL-STARS ATHLETIC LEAGUE (ASAL) VOLLEYBALL CHAMPIONSHIP

Washington All-Stars showed up at the ASAL Championship games determined to play their best with other ASAL teams on O'ahu.







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### ALL-STARS ATHLETIC LEAGUE (ASAL) VOLLEYBALL CHAMPIONSHIP

After many weeks of daily practice, All-Stars donned their uniforms and had fun playing in friendly competition. The matches were exciting as teams, served, received, set and hit the ball. Long rallies energized the audience and players.







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### LEAD FORWARD

Washington All-Stars attended an inspiring leadership presentation by Punahou students. The students led the All-Stars in fun games like Silent Categories and Tallest Tower that encourages critical thinking and communication skills.







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### HAWAIIAN VALUE OF THE WEEK: ALAKA'I

Washington All-Stars play a fun game of Landmine, where the group leader directs their blindfolded teammates in the “minefield.” This game encourages teamwork, communication, and how to stay calm under pressure.







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### HAWAIIAN VALUE OF THE WEEK: MAHALO

During Thanksgiving week, Washington All-Stars learn about the Hawaiian word, mahalo, and share their gratitude through a “Thankful Turkeys” activity. Each student drew a hand-shaped turkey and wrote something they are thankful for on every feather.







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### COOKING

Cooking students tackle a new challenge, making a local favorite, kalua pork and cabbage. They start the dish by preparing the kalua pork, then boiling it with chopped cabbage until it is ready.







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## VOLLEYBALL

Volleyball class always starts practice with a warm-up and stretching, so their muscles are loose and nimble before starting volleyball drills.



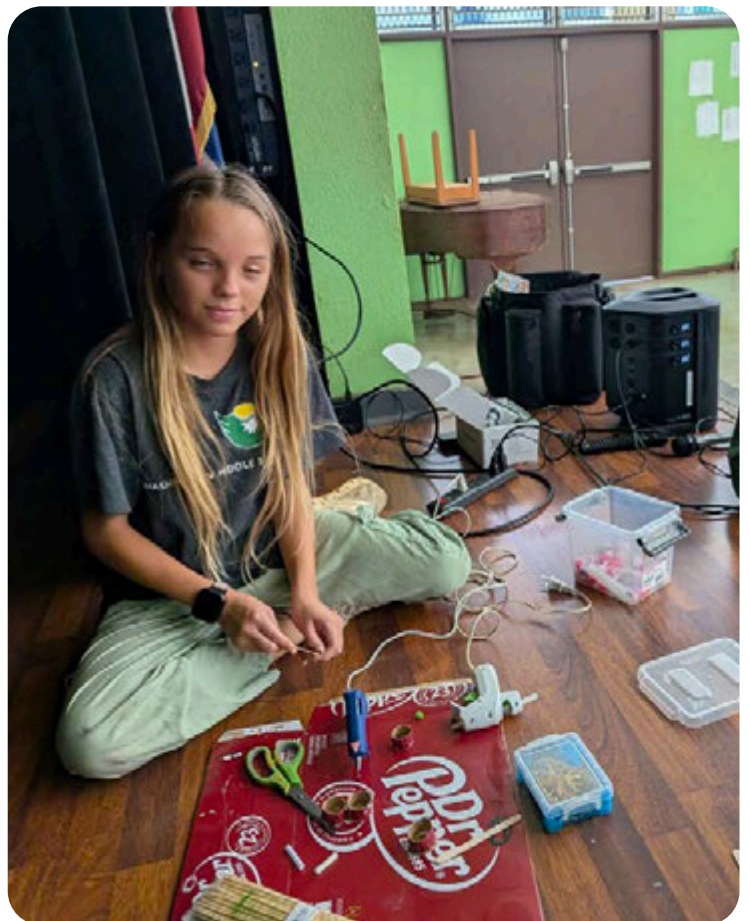
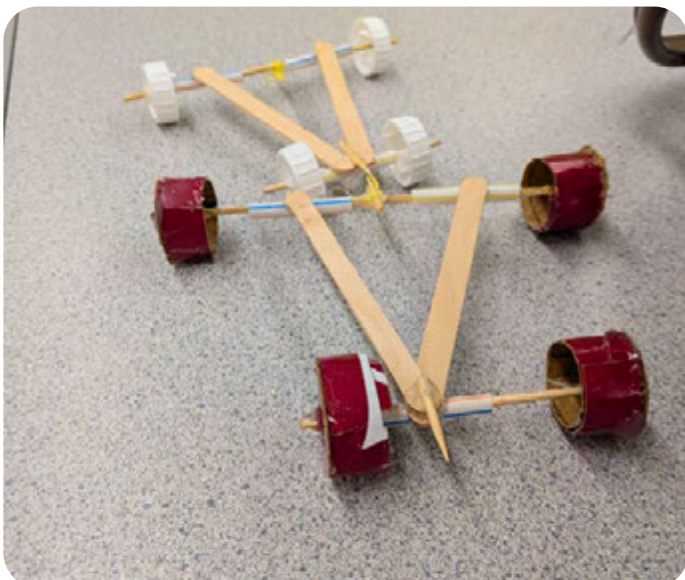




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## SCIENCE

Science class students take up the challenge to make a rubber band powered car with recycled materials.



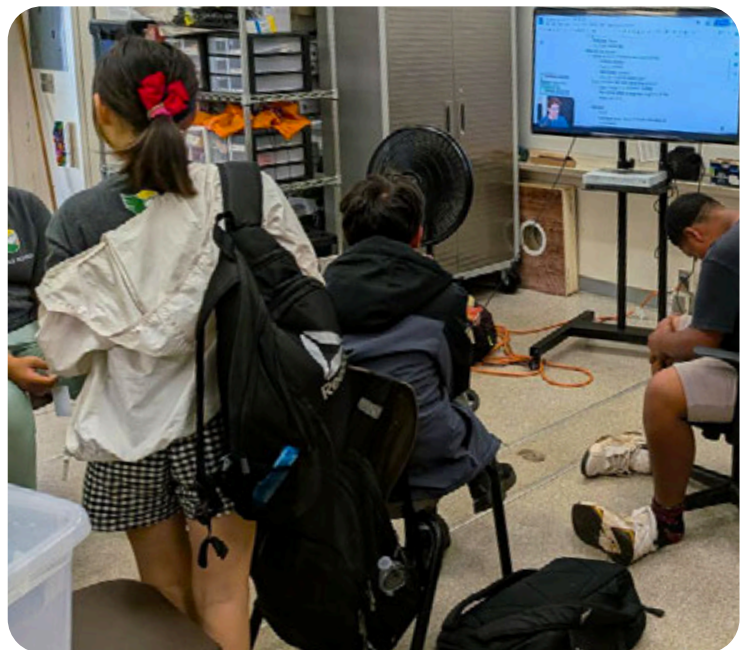
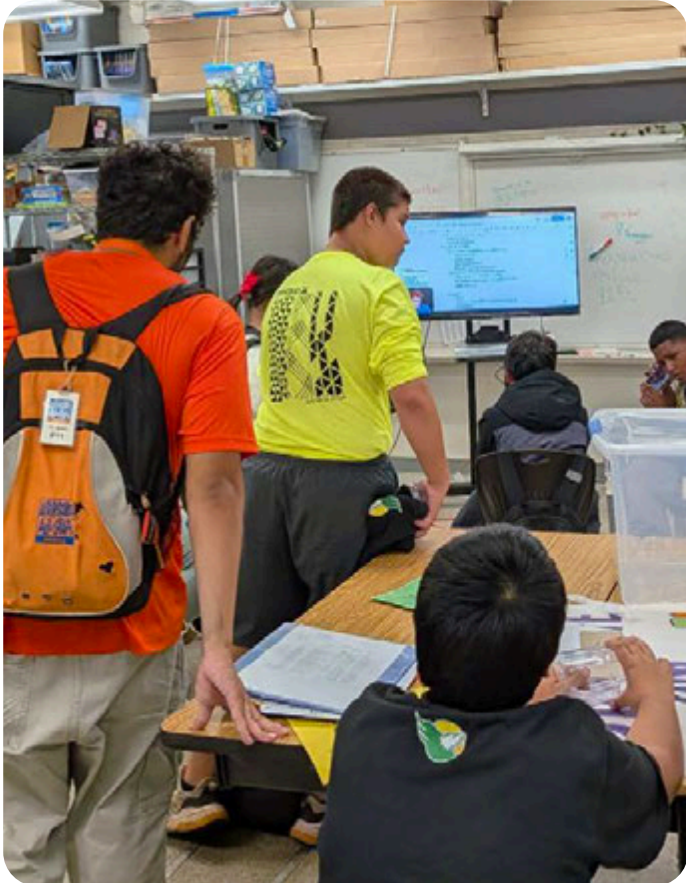




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### ESPORTS

Washington Esports students wanted to learn what makes Esports streamers successful players. So they went straight to the source, exploring various streamers and how they create a plan to be successful.







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## QUARTER TWO 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.







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## BASKETBALL

Basketball students spend their class time practicing shooting, dribbling, and passing drills. Each exercise helps them to be more comfortable with the ball and their teammates, building their confidence.







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### HAND SEWING

Washington ASAS students in Hand Sewing make pillows and beanie bags. This project helps students stay on task and improves their hand-eye coordination.

