

# NANAKULI HIGH & INTERMEDIATE

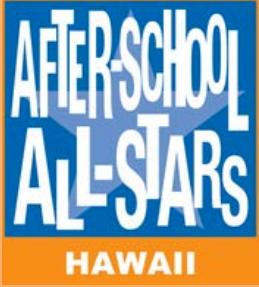
## AFTER-SCHOOL ALL-STARS

### MAY 2026

#### WRESTLING

Students do warm-ups which consists of 10-15 minutes of light jogging, calisthenics, and sport-specific mobility drills. Students strengthen their shoulders, hips, and hamstrings while building healthy habits, discipline, and confidence.

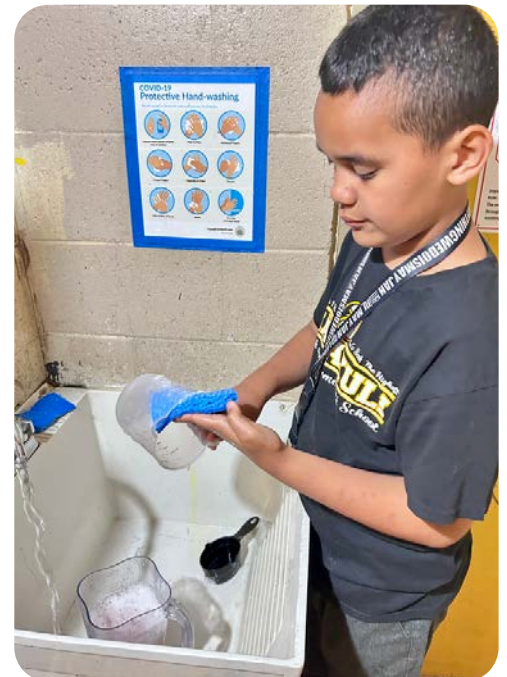


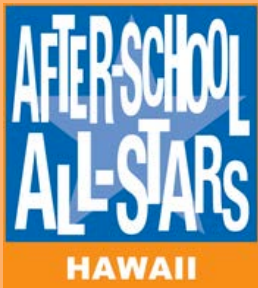


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## COOKING

Cooking class makes strawberry banana smoothies while practicing important kitchen skills like slicing, measuring ingredients, wearing gloves for food safety and washing dishes. This activity helps students develop independence and confidence in the kitchen.



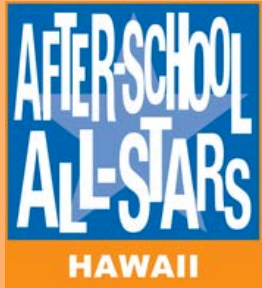


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## ARTS AND CRAFTS

Students use their creativity by making fluffy slime while practicing fine motor skills and following directions. Through this hands-on activity, students experiment with different textures and colors while expressing themselves in a fun and engaging environment.





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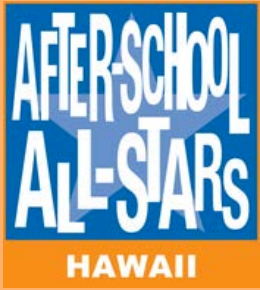
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#### LIFE SKILLS

Students practice basic first aid and problem-solving skills by learning how to make an arm sling, properly apply a bandage, and tie different types of knots. These hands-on activities help students build confidence while learning important safety skills.



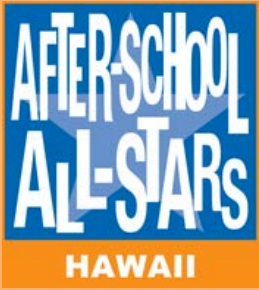


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## MULTI-SPORTS

Multi-sports class practice volleyball fundamentals by working on passing, setting, and spiking techniques. Through drills and team activities, students strengthen their coordination, communication, and teamwork skills while growing their confidence on the court.



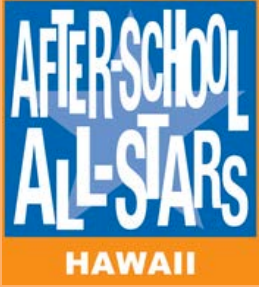


# NANAKULI HIGH & INTERMEDIATE AFTER-SCHOOL ALL-STARS MAY 2026

## WE ARE READY CAREER FAIR

Students explored future career opportunities through a day of interactive learning and hands-on experiences. They connected with professionals from different industries, practiced interview skills, visited career booths, participated in a virtual reality scavenger hunt, and learned basic suturing techniques.



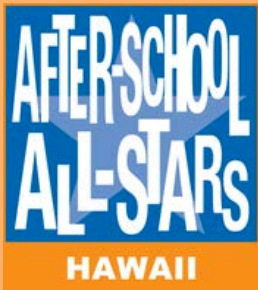


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## WE ARE READY SPORTS BOX

Following the career fair, students enjoyed an afternoon at Sports Box where they explored virtual sports including golf, baseball, and bowling, along with karaoke activities. The experience gave students an opportunity to build friendships, socialize, and create lasting memories together.





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## HŌ'IKE

All-Stars Culture in Motion Hō'ike celebrated student achievement, creativity, and culture through an evening of performances and community gathering. Families enjoyed hula presentations, food, and raffle prizes as students proudly showcased all they accomplished throughout the school year.

