



Kalaheo High School Newsletter

Issue 128 September 2012

Schedule of Events

Tuesday, Sept. 11 5:30 pm PTSA Mtg. Teachers' Workroom

Friday, Sept. 14 BLOOD DRIVE at Kalaheo Library 8:15 am to 2:45 pm (p. 11)

Tuesday, Sept. 25 Proj Grad CPK Pizza Fund-raiser at CPK in Kailua

Wed., Sept. 26 7 pm Mayoral candidates to discuss your concerns. Aikahi Elementary School

Friday, Sept. 28 Homecoming Kick-Off Dance

Oct. 7-12 Homecoming Week

Remember: Every Friday is "Mustang PRIDE Day" wear your school colors!



The Kalaheo High School Parent Newsletter is published monthly for the Kalaheo PTSA by Kalaheo High School:

730 Iliaina Street, Kailua, HI
96734-1815

For more information, contact PCNC Meg Barth Gammon at kalaheopcnc@gmail.com.

KALAEHO HIGH SCHOOL HOMECOMING

OCTOBER 7-11, 2012

HOMECOMING KICK-OFF DANCE

Friday, September 28 in the Cafeteria @ 7-10pm
Ticket Prices: \$5 presale and \$10 at the door

SUNDAY	Building Decorating Day 9:00am-3:00pm
MONDAY	DDLWOP—No School
TUESDAY	Nerd Day Nerd Relay @ Lunch
WEDNESDAY	Jock Day Tug-of-War @ Lunch
THURSDAY	Punk Day Air Band Competition @ Lunch
FRIDAY	Mustang PRIDE Day Homecoming Pep Rally Assembly Homecoming Football Game Kalaheo vs. Roosevelt (Location and Time TBA)

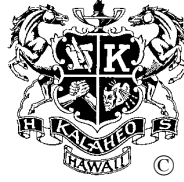


COLLEGE & CAREER CENTER NEWS



College & Career Speakers

- Sept. 10, 2012 9:05 am Creighton University (NE)
 Sept. 11, 2012 9:05 am Holy Names University (CA)
 Sept. 11, 2012 10:20 am Chaminade University (HI)
 Sept. 12, 2012 9:05 am University of Oregon
 Sept. 17, 2012 9:05 am Mills (Women's) College (CA)
 Sept. 17, 2012 11:25 am Notre Dame de Namur University (CA)
 Sept. 18, 2012 8:05 am University of Denver
 Sept. 18, 2012—11:25 am Portland State University
 Sept. 19, 2012—8:05 am Colgate University
 Sept. 19, 2012 9:05 am University of San Francisco (CA)
 Sept. 19, 2012 10:20 am Loyola University --Chicago
 Sept. 19, 2012 11:20 am Embry Riddle Aeronautical University (AZ)
 Sept. 19, 2012 1:55 pm Sarah Lawrence College (NY)
 Sept. 20, 2012 8:05 am Whittier College (CA)
 Sept. 20, 2012 10:20 am California Maritime Academy
 Sept. 20, 2012 12:55 pm Gonzaga University (WA)
 Sept. 20, 2012 1:55 pm Honolulu Police Dept. Explorers Program
 Sept. 21, 2012 10:20 am Otis College of Art & Design (CA)
 Sept. 21, 2012 11:25 am Washington State University
 Sept. 21, 2012 12:55 pm California Institute of the Arts
 Sept. 25, 2012 10:50 am U.S. Marine Corps
 Sept. 26, 2012—10:50 am University of Nevada at Las Vegas
 Sept. 27, 2012 10:50 am University of Northern Colorado
 Oct. 11, 2012 1:55 pm Mount St. Mary's (Women's) College (CA)
 Oct. 15, 2012 11:25 am University of Southern California
 Oct. 15, 2012 1:55 pm Oregon State University
 Oct. 16, 10:20 am Colorado State University
 Oct. 18, 2012 10:20 am Paul Mitchell -- The School Honolulu
 Oct. 18, 2012 12:55 pm University of Hawaii at Manoa
 Oct. 19, 2012 1:55 pm University of Hawaii at West Oahu
 Oct. 22, 2012 12:55 pm Northeastern University (MA)
 Oct. 23, 2012 11:25 am Pepperdine University (CA)
 Oct. 25, 2012 10:20 am Evergreen State College (WA)
 Oct. 29, 2012 9:05 am Linfield College (OR)
 Nov. 5, 2012 11:25 am Marist College (NY)
 Nov. 14, 2012 11:25 am University of Hawaii/Manoa: Shilder School of Business
 Nov. 15, 2012 1:15 pm Whitworth University (WA)
 Nov. 15, 2012 12:55 pm Point Loma Nazarene University (CA)
 Nov. 19, 2012 10:50 am University of California at Irvine



These visits are open to ALL students. Each student must ask their teacher for permission to attend a speaker session and arrive with a pass. Teachers have the ability to approve or deny a speaker visit.

Contact: **April Inouye,**
College & Career
Counselor (254-7924) or
email:
April_Inouye@notes.k12.hi.us

For the most updated information:
<http://kalaheohigh.org>
 click on College & Career Center

ASVAB

The Armed Services Vocational Aptitude Battery (ASVAB) will be offered on campus on Friday, Oct. 26 from 8 to 11:30 a.m. in the Kalaheo Library. Students interested in enlisting in the military need to take the ASVAB in order to enlist. All students in grades 10, 11 and 12 are welcome to take the ASVAB. We do not release ASVAB scores to military recruiters. Sign up in H208 until Oct. 19th.

PSAT Ticket Sales

The PSAT (preliminary SAT) will be offered on campus Wed., Oct. 17, 2012 from 8 am to 11:30 am. The PSAT is a standardized test that provides firsthand practice for the SAT. Students in grades 9, 10 and 11 can take the PSAT. It measures critical reading skills, math problem-solving skills and writing skills. Juniors will be entered into the National Merit Scholarship program based on this exam score. Cost to purchase a PSAT ticket is \$15 CASH only in the College & Career Center between now and September 21. For more information on the PSAT, visit www.collegeboard.com/psat.

SAT Prep Class

Students interested in taking an SAT prep course in Fall 2012 or Spring 2013 should pick up a registration form in the College & Career Center, Room H-208. With the sponsorship of the Kalaheo PTSA, cost for the course is \$75.00. Checks payable to: Kalaheo PTSA. Limited to 30 Kalaheo students in each class. No refunds or make-up dates for missed classes.

Fall 2012 class: Sept. 1, 8, 15 & 29 from 9 to 11:30 in the Library. Sept. 21 (Friday) from 2:45 p.m. to 4 p.m. in Rm H-208.

Spring 2013 class: Feb. 2, 9, 16, 23 and March 2 from 9 am to 11:30 am in the Library.

SAT:Reasoning Test and SAT: Subject Tests

Website: www.collegeboard.com

Test Date	Registration Deadline	Late Deadline (add'l fee)
October 6, 2012	September 7, 2012	September 8-21, 2012
November 3, 2012	October 4, 2012	October 5-21, 2012
December 1, 2012	November 1, 2012	November 2-16, 2012
January 26, 2013	December 28, 2012	Dec. 29, 2012-Jan. 11, 2013
March 9, 2013	February 8, 2013	February 9-22, 2013
May 4, 2013	April 5, 2013	April 6-19, 2013
June 1, 2013	May 2, 2013	May 3-17, 2013



ACT Assessment

Website: www.actstudent.org

Test Date	Registration Deadline	Late Deadline (add'l fee)
October 27, 2012	September 21, 2012	September 22—Oct. 5, 2012
December 8, 2012	November 2, 2012	November 3-16, 2012
February 9, 2013	January 11, 2013	January 12-18, 2013
April 13, 2013	March 8, 2013	March 9-22, 2013
June 8, 2013	May 3, 2013	May 4-17, 2013

SAT and ACT 2012-2013

To register for either the ACT or SAT, students must create their “login” and “password” for each test. Students register online, paying with a credit card. When asked for the high school code, **Kalaheo High School’s Code is 120143 for both tests.**

Students can **send their test scores to four colleges for free** and are encouraged to do so. Scores released AFTER the testing dates may incur a cost per each release.

Fee waivers are available to juniors and seniors who are eligible for free/reduced lunch. Be sure to submit the necessary paperwork with Kalaheo High School. See Ms. Inouye if you have any questions.



2013 Horatio Alger Scholarship

Are you a senior who has exhibited integrity and perseverance in overcoming personal adversity and aspire to pursue higher education? If your answer is yes, you have a minimum gpa of 2.0; have a financial need (preferably \$50,000 or lower adjusted gross income), a commitment to pursue & complete a bachelor's degree and are involved in co-curricular & community service...then the Horatio Alger Scholarship is for you! Apply online: www.horatioalger.org/scholarships. Deadline to apply is Oct. 25, 2012.

HPD Explorers Program (ages 14-20)

Are you interested in a career in law enforcement? Do you want to work for the Honolulu Police Dept.? If your answer to one of those questions is "yes", then attend HPD Explorers Program on **Sept. 20th** at 1:55 p.m. in the C&C Center. HPD Explorers is for youth 14 to 20 years who want firsthand knowledge of the challenges & skills that make up police work.

Gromet Foundation Scholarship

Seniors who excel academically and whose families earn \$38,040 or less (family of 4) should pick up a Gromet Foundation Scholarship application in the College Center. Students attending a Hawaii university could earn a \$1500 award and those attending mainland universities, a \$5000 award. The application requires SAT or ACT scores, tax returns, official transcript and letter of recommendation. Deadline to apply is Nov. 10, 2012.

Hawaii Future Dentists Symposium & Scholarship

Juniors and Seniors interested in a career in dentistry are invited to attend the Hawaii Future Dentists Symposium on October 13 from 8:30 am to 12:30 pm at Dr. Cecile Sebastian's office in Honolulu. This symposium will feature a discussion by several of Hawaii's foremost dental specialists who will discuss the joys and challenges of their particular dental specialty. In addition, there will be a rep from the UH School of Hygiene. This is a free event. Want to win a scholarship with a value of: up to \$500? Submit an essay on *Why you would like to become a dentist*. Deadline for scholarship essay is Sept. 30. To register email: lyn@hawaiiansmile.com or call 537-2880.

Off-Campus Receptions

Washington University, St. Louis, MO invites students & families to Admissions Info on Thursday, **Sept. 13** from 7-8 pm at the Waikiki Beach Marriott Resort & Spa. A rep from the office of Undergraduate Admissions will talk about academic programs, life on campus and how to apply for admission and financial aide. No reservation needed.

Duke, Georgetown, Harvard, Penn and Stanford invites students to "Exploring College Options" a student/parent information session on Thursday, **Oct. 4** at 7:30 p.m. at the Hilton Hawaiian Village, Waikiki. To register visit: www.exploringcollegeoptions.org.



2012 Engineering Day at UH Manoa

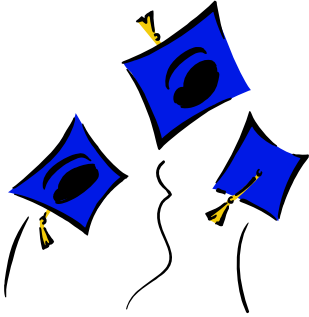
The University of Hawaii at Manoa, College of Engineering, will be hosting "2012 Engineering Day" on **Sat., Sept. 22** from 8:30 am to 12:30 pm. Prospective students interested in Engineering and who are considering UH Manoa should plan to attend. Come to H208 for more registration info.

Hawaii Future Physicians Symposium

Juniors and Seniors interested in a future in medicine are invited to the Hawaii Future Physicians Symposium on **Sept. 22** from 8 a.m. to noon at EyeSight Hawaii in Honolulu. Several of Hawaii's foremost physicians will discuss their particular medical specialty. Also UH Medical students will share med school life and offer tips on getting into medical school. Registration deadline: Sept. 7. Call 735-1935 or email: summerb@eyesighthawaii.com to register.



Project Graduation 2013



Project Graduation happens because of senior parents and their kids.

If you are a parent of a senior...please read this.

- **September 9th, 7 p.m. Project Graduation Meeting for senior parents;**
Please email Laura Kerns at tkerns6@yahoo for the address.
- **September 25th;** California Pizza Kitchen in Kailua (see below)
- Volunteers: Contact Laura Kerns at (410) 533-5699 or tkerns6@yahoo.com to help.c
- September: need volunteers (kids and adults) for Marine Base Air Show--contact Laura
- October: need volunteers (kids & adults) for Haunted House
- **FUNDRAISERS:** CPK on Sept. 25th: Seniors please hand out the flyers that you receive.
- " **Habilitat Christmas Trees** --flyers given to Seniors on Sept. 7th Advisory
- Any senior who wants to go to PG but cannot afford it, please contact Mrs. Koopman or Mr. Pregitzer by Sept. 26th.

Seniors!

Support the two BIG fundraisers:

CPK Pizza on Tuesday, **Sept. 25** and

Habilitat Christmas trees!

Complete and return the form below to the Project Grad box in the office . Include a check for \$125, payable to **Kalaheo PTSA/Project Grad 2013.** -----

1. Student Name: _____
2. Parent Name(s): _____
3. Parent Cell Phone#: _____ Do you text? Yes No
4. Home Phone #: _____ (Please circle which phone # best to reach you.)
5. Parent Mailing Address: _____
6. Parent Email Address: _____
7. Student T-shirt Size: SM MED LG XL 2XL
8. *My student and I volunteer for:
 - Project Grad Planning Committee
 - Help Get Community Donations
 - Work on Fund Raisers
 - Other: _____



What is Project Graduation?

***Project Graduation (not to be confused with Senior Project or Graduation Fees), is a celebration for graduating seniors in a drug-free, safe environment. It starts right after graduation and ends the next morning when parents pick up their graduates. It takes alot of money, and WE NEED YOUR HELP to earn it! All seniors and families enrolling are expected to participate in fund-raising efforts. Otherwise, parents will pay the entire cost of the event (approx. \$350 each). This fun night will provide memories to last a lifetime ☺ !**

Be a Mustang Parent!

Kalaheo High School PTSA Membership

2012-2013

Last Name: _____ First: _____ Spouse: _____

Address: _____ City: _____ Phone: _____

E-mail address (please print): _____



Student's Name (last, first)	Grade

HELP KALAHEO GET FREE MONEY! Sign up for eScrip by giving us your Safeway card number or going on-line to www.escrip.com and registering your card. Every time you shop at Safeway, a percentage of your purchases will be donated to Kalaheo PTSA! Don't forget to also register your Macy's card, debit and credit cards on-line.

Safeway Card Number: _____ **Already signed up!**
 (Phone # does not work. Call Safeway at 1-877-723-3929 for card #)

Membership Dues	\$15.00	(\$9.25 goes to the State PTSA)
Donation	+ _____	(Totally tax deductible!)
Total	\$ _____	(Please make check payable to Kalaheo PTSA)

We need you! Please consider helping us with:

- ___ PTSA Board or Committee
- ___ Campus Beautification
- ___ "Make A Difference Day": Sat., October 20, 2012
- ___ Food (Provide refreshments when needed)
- ___ Call me for anything!

* * *



We are currently seeking PTSA Board members. Please volunteer—it's a great way to get involved with your teen's school.

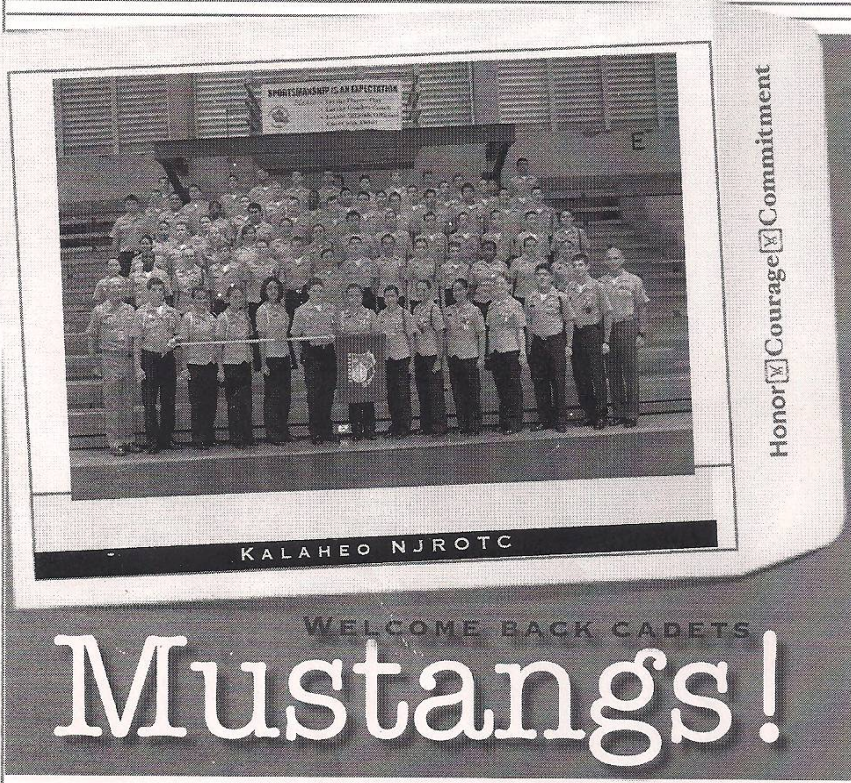
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Please join us for our monthly meetings beginning September 11—the 2nd Tuesday of every *other* month at 5:30 p.m. in the Teachers' Workroom (blue door) 1st floor H Bldg. next to "mustang" on outside wall.

SEPTEMBER

KALAHEO NJROTC

2012-2013



WELCOME BACK CADETS

Mustangs!

As our 2012 - 2013 school year starts up again, Kalaheo's NJROTC has grown since the summer. Over the break, nine of our cadets went to leadership programs. Alexandra Dickerson went to the Naval Academy Summer Seminar, Pauline Gachalian went to STEM at Embry Riddle University in Florida, Maddison Kerns went to the West Point Summer Seminar. In addition Sarai Newbold, Amber Major, Mikael Manibusan, Brandon Pothul, and Nathan Milca went to Army Leadership Training Course (ALTC) over the summer.

On August 8, 2012 we had a great parent turnout at our 2012

NJROTC Open House. The 2012 Unit Achievement Award Banner was presented to our principal, Mrs. Hummel.

On September 17, we had our first unit field trip, the Makapu'u Light House Hike and lunch at the MCBH Dining Facility. We had a wonderful turnout this year, a hundred cadets new and old attended this amazing event. Many of the cadets had an awesome time with their friends and played the Ultimate Ninja Game at the top of hike. After the hike we trotted off to MCBH's Anderson Hall to enjoy yummy food and desert! I hope everyone enjoys this school year!

Monthly Events

Sep 10

Platoon Award Ceremony (in class after uniform inspection)

Sep 15

Hickam Air Force Drill Meet
@ Hickam Airforce Base

Sep 22

Aloha Parade in Waikiki

Sep 28

Blue Angels Field Trip - Blue Angels will be visiting NJROTC Building in the morning.

Public Affairs Dept.
C/ENS Amber Major

PCNC's Corner

Welcome parents !



Our next PTSA meeting is Tuesday, September 11 at 5:30 p.m. in H Bldg. first floor, blue door (Teachers' Work Room). You don't have to be a PTSA member or on a committee to attend.

"Make A Difference Day" is planned for Saturday, October 20th from 8 am to 11 am. We will have church and community groups working with our students, teachers, parents and staff to plant, paint and spruce up the campus. Please plan to attend and/or donate snacks and water.

If you'd like to be added to my parent email list, please send me your name and child's name, and graduating year. Send to: kalaheopnc@gmail.com

We need you! Please join our PTSA, come to PTSA meetings, join us on October 20 for "Make A Difference Day", and come to our two SCC Community Meetings in September and December.

Aloha,

Meg Barth Gammon

From:

Madame PTSA President:

Aloha!

On behalf of the PTSA, I'd like to extend a huge "thank you" to all of our awesome teachers and staff for working a long day on Tuesday, August 14: staying through the evening to meet with our parents at Open House. We appreciate your time and dedication. It meant a lot to all of us to have you here.

Renae Bell



Escrip - Renewal Reminder!

By November 1st, all escrip memberships MUST be renewed. If you haven't registered your Safeway card, please do so at www.escrip.com It's simple and it's free. Please select Kalaheo High as the organization you wish to support.

Your PTSA budget comes from the monies we receive from escrip. (That means we don't have to create a major fundraiser every year!) This means the PTSA can focus on "being here" to support our faculty, staff, students and school in as many ways as we can.

Please don't delay - join or renew today! Mahalo!

Renae Bell, PTSA President

Parents of teens!

Interested in a workshop just for you?

The "Parent Project" - created for parents of teenagers and the least expensive of all your options, begins Oct. 10. Cost is \$24 and includes the parent workbook.

Contact Rosey Potts at 233-5727 Ext. 247 or register online: www.parentproject.com

End parent-child arguments; improve grades & school attendance

"We thought we had tried everything. We were wrong. This program works."

I love this course. It helped me clarify my role as a parent. Very practical and empowering."

Kalaheo's PTSA needs YOU!





ASSOCIATED STUDENTS OF

LEADERSHIP News Bulletin

September 2012

KALĀHEO HIGH SCHOOL

Elementary School Leaders Gather for Kalaheo Complex Leadership Camp

Student leaders from six schools gathered for the annual Kalaheo Complex Leadership Camp from August 22-24 at YMCA Camp Erdman in Mokuieia. About 80 participants from Aikahi Elementary, Kailua Elementary, Kainalu Elementary, Lanikai Elementary, Kailua Intermediate, and Kalaheo High Schools attended the leadership training. This year's theme was "Peace, Love, Leadership."

Elementary school leaders attended workshops on how to run meetings, plan activities, build teamwork, and strengthen communication. Participants also brainstormed and prioritized ideas for a complex service project to be completed by the end of the school year by all six participating schools. Student leaders also learned how to trust one another and work together to achieve school

goals. Each elementary school had the opportunity to create SMART goals and brainstorm ideas for activities for their schools.

The leadership camp was planned and facilitated by high school and intermediate school leaders. With the guidance of Mr. Richard Lau, advisor from Kalaheo High, and Mr. Bill Budenholzer, advisor from Kailua Intermediate, facilitators taught participants important leadership skills necessary for a successful year. Facilitators from Kalaheo included Chairperson Hannah Carnes, Juenea Dement, Marcella Gallo, Tristin Makham, Anisia Paisley, and Helena Stevenson.

"These have been the best three days of my life," said Marcella Gallo. "It ran really smoothly because of how well we were trained."



Students and advisors from Aikahi Elementary, Kailua Elementary, Kainalu Elementary, Lanikai Elementary, Kailua Intermediate and Kalaheo High school pose for a picture at the Kalaheo Complex Leadership Camp.

A.S.K. CALENDAR

SEPTEMBER

- 1 Football Social @ 6:15pm @ Kailua HS Field
- 4-13 Sophomore Volleyball Tournament in the Gym
Tuesdays & Thursdays during Lunch
- 12 Organization of Clubs Meeting @ 2:55-3:40pm
- 14 Club Applications Due
- 18-28 Senior Luau Ticket Sales during Lunch in M202
- 19 Student Senate Meeting, Library, period 7
- 24 Yearbook Picture Make-Up Day
Cafeteria @ Lunch
- 28 Homecoming Kick-Off Rally, Cafeteria @ Lunch
Homecoming Kick-Off Dance, Cafeteria
@ 7-10pm

OCTOBER

- 7-12 Homecoming Week (see schedule on front page)
- 7 Homecoming Building Decorating, 9am-3pm
- 12 Homecoming Assembly
Homecoming Football Game
- 17 Organization of Clubs Meeting @ 2:55-3:40pm
- 20 Make a Difference Day
- 23 WDSC Meeting, King Int. School, 8:30am-1:00pm
- 24 Student Senate Meeting, Library, period 1
- 26 Senior Luau
- 29-31 Kids Voting
- 31 Halloween Costume Contest

COMING SOON

- December 7 Winter Pep Rally Assembly
- January 25 Talent Show

Associated Students of Kalaheo High School
730 Iliaina St., Kailua, HI 96734, (808) 254-7909
email: kalaheomustangs@yahoo.com

Saymydarling Akaveka, President Hannah Carnes, Vice President
Hayli Gibson, Rec.Secretary Marcella Gallo, Cor.Secretary
Helena Stevenson, Treasurer Richard Lau, Student Activities Coordinator

Yearbook Picture-Taking Make-Up Day

September 24 @ Lunch in the Cafeteria

This is your last chance for students in grades 9-11 to be in the yearbook. No purchase necessary. Picture order forms are available in the Student Activities Center (C102). Retake fee is \$5. Please return your original order.

SENIOR LUAU

Treetops Restaurant

October 26 @ 5-10:30pm

\$30 Early Ticket Sale Sept. 18-21

\$40 Late Ticket Sale Sept. 24-28

Permission forms are available on our school website or in C102. Ticket sales will be held in M202 from September 18-28. Cash only. Paid school fees and obligations required.

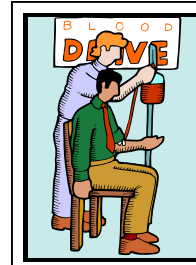
New Clubs Sign up Members at Club Fair



Club leaders set up sign up tables during Club Fair held on August 29-31 during lunch around the cafeteria. Students learned about the various clubs on campus including three new clubs: The Crash, Family, Career, and Community Leaders of America (FCCLA), and Creative Corner. Some clubs signed up over fifty students into their membership. Other possible clubs include Art Club, Anime Club, Be the Change, Chess Club, Environmental Club, Interact Club, National Honor Society, Polynesian Club, Red Cross Club, and Surf Club. Club applications are due on September 14.

<u>DATE</u>	<u>DAY</u>	<u>SCHEDULE</u>	<u>PERIODS</u>	<u>RELEASE TIME</u>
09/03	Monday	N	Labor Day	N/A
09/04	Tuesday	4A	1 – 6	2:45
09/05	Wednesday	4B	7 – 4	1:45
09/06	Thursday	4C	5 – 3	2:45
09/07	Friday	4D	4 – 7	1:45
09/10	Monday	5A	1 – 6	2:45
09/11	Tuesday	5B	7 – 4	1:45
09/12	Wednesday	5C	5 – 3	2:45
09/13	Thursday	5D	4 – 1	1:45
09/14	Friday	5E	2 – 7	2:45
09/17	Monday	5A	1 – 6	2:45
09/18	Tuesday	5B	7 – 4	1:45
09/19	Wednesday	5C	5 – 3	2:45
09/20	Thursday	5D	4 – 1	1:45
09/21	Friday	5E	2 – 7	2:45
09/24	Monday	EA	1 – 5	2:40
09/25	Tuesday	EB	6 – 2	1:30
09/26	Wednesday	EC	3 – 7	2:40
09/27	Thursday	ED	1 – 4	1:30
09/28	Friday	EE	5 – Event	2:40

REVISED 7/24/12



Kalaheo Blood Drive

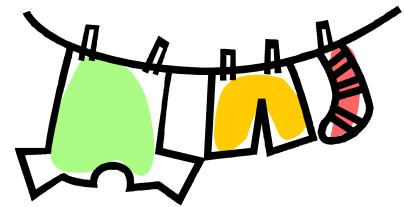
Friday, September 14

8:15 am to 2:45 pm

Library

For an appointment, contact Ms. Powers at 275-6477 or mkpow-ersltd@yahoo.com

Bring a valid photo ID with birth-date; eat well & drink plenty of fluids.



DRESS CODE GUIDELINES (revised 7/12)

Students will come to school clean and well-groomed in appropriate clothing to promote a positive learning environment. Administrators, faculty, and staff will refer any dress that is deemed inappropriate to the Health Room to change into a DCV t-shirt or call home to obtain acceptable clothing based on the following guidelines:

1. All tops must have attached shoulder straps. No tube tops or bustier tops are permitted.
2. Cleavage, chests, backs, and midriffs must be completely covered with clothing. Exposure of these areas of the body is prohibited. Males must wear their shirts at all times. Students are not permitted to wear low-cut, transparent, or cut-out clothing.
3. Shorts and skirts must be at mid-thigh length. Exposure of the buttocks region is prohibited.
4. Wearing sunglasses and hoods are prohibited in the classroom.
5. All tops must have neutral or positive messages. Articles of clothing, jewelry, and accessories that contain any reference to negative social issues, drugs, sex, profanity, pornography, weapons, and gangs are prohibited.
6. Underwear is not permitted as outerwear. No tank style undershirts or boxer shorts are permitted.
7. Footwear must be worn at all times. Students must adhere to classroom lab policy for safe footwear.

Girls Volleyball at Kalaheo by Coach Berta Downeydowney4804@yahoo.com

Mark Brillhante
Kalaheo Athletic Director
254-7914

You are invited to come out and support the Lady Mustang Volleyball Program! Here are our events for September:

- Thursday, Sept. 6th: Home game vs McKinley. After the Varsity Game we'll be hosting the "Spike for Troops". Each spike will be \$1 and you'll be give an opportunity to spike a volleyball and win prizes. All proceeds will go to the Wounded Soldier Fund.
- Sat., Sept 8th: Coed Volleyball Fundraiser. Cost: \$80 per team. Winning team will win cash prize. Begins at 10 am and ends at 3 pm Let me know if you are interested.
- Sat., Sept. 15th: Dodgeball Fundraiser. Cost: \$100 per team. Cash prize awarded to winning team. Begins at 10 am, ends at 3 pm. Rules are: you can have 6-10 players but only 6 can play at each time. Each match will be 2 out of 3 with a time limit of 3 min. for each round. You win a round if you get everyone on the opposing team out within the 3 min. round or if you have more people left than the other team once time is expired. You cannot hold the ball for more than 5 seconds. If you get out, you will need to leave the court. If a player on your team catches a ball, you can return to the court within that round.
- Other Home Games: Sept. 13 vs Moanalua; Sept. 20 vs Kahuku; Sept. 25 vs Anuenue; Sept. 27 vs Kailua (Senior Night)

Girls Soccer at Kalaheo with Coach Alanah96734@yahoo.com**Pre-Season Meeting: Wednesday, Sept. 12th**

Any girl interested in playing soccer at Kalaheo - please come to this meeting (Wed., Sept. 12th) right after school ends. It will be held in front of the Gym. Coach Alan will be discussing the forms that are needed and filled out before any student begins conditioning or tries out for the JV or Varsity team.

Bring yourself and any other questions you might have to this important meeting!



Mustangs!

Visit oahuia.org to see the athletic schedule for all sports

Kalaheo Athletics Calendar for September 2012 (Subject to Change)

<u>Date</u>	<u>Sport</u>	<u>Opponent</u>	<u>Site</u>	<u>Time</u>
8th	Soft Tennis	McKinley/Kailua	McKinley	3 pm
8th	Football	Radford	Radford	4 pm
8th	Soft Ball	Kaimuki	Kaimuki	3 pm
8th	Cross Country	Pre-Season	Kailua	3 pm
8th	Air Riflery	Moanalua	Home	9 am
11th	Girls Volleyball	Farrington	Farrington	5 pm
12th	Air Riflery	Kaiser	Home	3 pm
13th	Bowling	East	K-Bay	4:30 pm
13th	Girls Volleyball	Moanalua	Home	5 pm
15th	Soft Tennis	OIA Team Playoffs	Waipahu	9 am
15th	Air Riflery	Castle	Home	9 am
18th	Girls Volleyball	Castle	Castle	5 pm
19th	Air Riflery	Kalani	Home	3 pm
20th	Bowling	East	K-Bay	4:30 pm
20th	Girls Volleyball	Kahuku	Home	5 pm
21st	Football	Pearl City	Pearl City	5 pm
22nd	Soft Tennis	OIA East Doubles	Kaiser	9 am
22nd	Cross Country	Kaiser Invitational	Kaiser	8:40 am
22nd	Air Riflery	McKinley	Home	9 am
25th	Girls Volleyball	Anuenue	Home	5 pm
26th	Air Riflery	Kaimuki	Home	3 pm
27th	JV Soft Ball	Moanalua	Moanalua	3:30 pm
27th	Bowling	East	K-Bay	4:30 pm
27th	Girls Volleyball	Kailua	Home	5 pm
29th	Soft Tennis	OIA Doubles Finals	Kaiser	9 am
29th	Football	Kalani	Kaiser	9 am
29th	JV Soft Ball	Moanalua	Aikahi	10 am
29th	Air Riflery	Kahuku	Home	9 am



September

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Parents of Teens!

"Parent Project" has been created just for you.

See p. 8.

"Only six weeks and very positive change in my family."

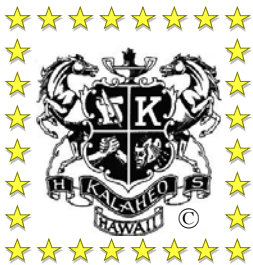
Specially designed for parents of strong-willed children.

Ten Wednesdays and \$24.00.

See p. 8 in this newsletter.



Next PTSA meeting:
Tuesday, September 11th 5:30 pm
Teachers Workroom (blue door)
H Bldg.



Kalaheo High School
730 Iliaina St.
Kailua, HI 96734-1815
Phone: 254-7900

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