

First-hand knowledge proves powerful teaching tool

DISCUSSIONS AND IN-DEPTH SHARING WITH RECENT GRADUATES WAS ESPECIALLY IMPACTFUL FOR THE ACADEMY'S UPPER SCHOOL STUDENTS WHEN THEY PARTICIPATED IN THIS YEAR'S ALUMNAE FORUM SESSIONS ON JANUARY 7.



ABOVE: During the Forum's Mini-Fair, a trio of Upper School students ask specific questions and obtain more details about programs, courses and student life at the University of Hawai'i at Manoa (UHM) from current college students Kailanianna Ablog, '17, and Zoey Sprott, '15. Ablog is majoring in Anthropology and is pursuing Certificates in Ethnic Studies and Korean Language at UHM, while Sprott is working on a Master's Degree in English.

Depending on the situation, sometimes heeding the advice of age-group peers is not the most ideal route to heed in setting life decisions. However, these types of discussions and in-depth sharing was especially impactful for the Academy's **Upper School** students when they were immersed in this year's **Alumnae Forum** sessions on January 7.

Over 35 recent graduates returned to campus for the Forum and shared specifics about their educational and collegiate lives and experiences, post-Academy.

Often, they linked the transition and growth in their current life phase with the skills and prep work done in the Upper School.

And, while academic work is a large component of their collegiate tenure, the graduates also shared about the peripheral items that compose large parts of their current lives.

One of the key aspects the alumnae stressed for current students – which included the seventh and eighth graders as well as those in grades nine to 12 – was that **“it is never too early to prepare.”**

While they were specifically emphasizing the need to start, at least, mulling collegiate options beginning as a pre-teen, many related that this also applied to many, more general, aspects of life, as well. From their experiences, research and good planning are never wasted!

Many also shared that the “tools” of **“being flexible, problem-solving and compromising are key to being able to adjust to living with others who are not family.”** These

From the Head of School

ACTION-LEARNING AND PEER SESSIONS AT FOREFRONT

Thursday, January 30 was an action-packed day at the Academy! Starting early in the morning, girls in the Lower School were busy working on projects across campus to beautify our school. Teachers were handing out gloves and providing support as students discovered things that could look better and went about making fixes.

In the Upper School, Thursday was full of LIFE Day events, starting with Mass to begin the day, followed by a series of activities that students rotated through in the morning...participating in sports, Zumba and yoga, making posters and watching a movie. Their day was centered around this year's LIFE team study theme, which is immigration.

While today was certainly a special day with a special schedule, it's also one that was much like any regular day at the Academy, with a focus on learning by doing and learning for taking action.

At the Academy, we focus on learning by doing because we know that girls learn best with hands-on activities.

You've probably seen the data, but girls will tend to remember 75 to 90 percent of what they

learn through activities, while they'll only remember about 10 percent of what they learn through reading and only five percent of what they learn by listening to a lecture.

In this issue of e-Parentline, you'll get exposure to a few of the action-learning opportunities that our daughters have taken part in recently.

You'll read about the Digital Media Club covering the opening of the legislative session. You'll learn about the Lower School students' participation in an "Arctic Adventure." And, you'll get a sense of what happened when recent alumnae, now college students, came back to campus to share with our Upper School students what university life is really like.

In every case, action-learning provides Academy girls and young women lessons they will never forget, lessons that they can share with others!



STEM symposium

4 GIRLS FEBRUARY 15, 2020
7:30 A.M. TO 2:00 P.M.
GRADES NINE TO 12



SCIENCE



TECHNOLOGY



ENGINEERING



MATHEMATICS

SCIENCE symposium

4 GIRLS FEBRUARY 22, 2020
7:45 TO 11:40 A.M.
GRADES FIVE TO EIGHT

DETAILS > WWW.SACREDHEARTS.ORG/SYMPOSIUM



Digital Media Club covers Legislative Opening



A new crew of young journalists provided media coverage of the **Opening Day** of the 2020 **Legislature** on January 15 at the State Capitol – the members of the Academy's **Digital Media Club (DMC)** teamed with **'Olelo TV** for their "**Youth Capitol Commentary**" during the festivities.

The aspiring DMC journalists in grades four to six set-up and operated the camera and audio equipment, provided on-air talent and (right) interviewed State Representatives and Senators about an array of important issues. They not only conducted these informative interviews in the main Capitol Rotunda, but also in the individual office chambers, where they often obtained "behind-the-scenes" material about each serving member, such as their individual interests and personalities.

This special media opportunity was coordinated by (right) **Jodi Leong**, mother of sixth grader **Caris Leong**, who serves as (above) **Gov. David Ige's** press secretary. In addition to the hands-on media portion, the DMC members also received a private tour of the Capitol Press Room from Leong. In addition, she taught the group a bit of Social Studies, covering how laws are passed, and provided information on how the DMC members can use their skills in the media in the future.

The Academy's DMC is advised by **Lower School Library Media Specialist Laurel Oshiro**.



Journalists and Media Makers refine their craft



The Academy's **Video Production and Journalism** students learned the basics of media coverage and built on these skills as the fall semester progressed.

They not only refined their craft in the classroom under the guidance of **Alyssa Myers**, but benefited from various discussions and sessions with some of Hawai'i's leading industry professionals.

One such opportunity these students participated in was the fall's **Media Makers Summit**, which provides a place for journalists and media specialists to gain insight into different media platforms, to network and to "revolutionize Hawai'i's media for a global audience."

The Academy's journalism students were fortunate to take part in several breakout sessions covering a wide array of topics, including film festivals, Hawaiian culture in the media, public media and much more.

They also were intrigued during the keynote speeches by **PBS Hawai'i Chief Executive Officer Leslie Wilcox**, a longtime player in the State's media field, and **Hawai'i State Film Commissioner Donne Dawson**. Dawson plays a unique role for Hawai'i, working with broadcast media professionals and filmmakers from the mainland and around the world on television, feature films, commercials and other film projects.

This trip was sponsored by **Leanne Ferrer**, the executive director of **Pacific Island Communications** and mother of **Kaiulani Ferrer**, '24.

Arctic Adventure transports readers to different realms

Lower School students were visited by **Clifford the Big Red Dog** and even spotted a few polar bears when they were transported into the intriguing realms of books during "**Arctic Adventure**," this year's **Scholastic Book Fair**!

Parents, teachers and young readers were thrilled to explore and participate in the week-long Fair from November 12 to 15 in the Lower School Library.

Students were able to browse the well-stocked Fair shelves, which featured a wonderful selection of engaging and affordable books for every reading level.

Due to the dedicated work of 25 parent volunteers and the patronage of the readers, the Fair earned \$2,911 for the Lower School Library to go towards new books and programs to promote literacy!

In addition to books, **Coordinator Laurel Oshiro** and her crew of volunteers created amazing visuals and staged fun games throughout the week to generate interest in going on the Arctic Adventure.

This annual Fair is geared towards fostering a love of reading, which unlocks the power of information and imagination and helps students discover their individuality through the world of books.



ALUMNAE: First-hand

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are three skills Academy teachers work diligently to help students develop before they graduate.

Another important lesson the graduates learned at the Academy is the **“importance of experience and being a global citizen.”**

Hence, there is new emphasis on taking a “gap year” off from schooling to travel, work and experience different cultures, places and people before delving into degree coursework. This practice often gives students a better idea of what direction they want to follow and more focus in pursuit of their collegiate credentials.

Paralleling this trend of garnering experience, the graduates also discussed the need to be **“independent and responsible citizens,”** including exercising fiscal savvy, as imparted and advocated at the Academy.

Many stressed the importance of earning money to cover daily expenses, sans an allowance from parents, and the value of obtaining an on-campus, flexible job.

The graduates, in small groups, shared these in-depth, honest discussions during panel sessions tailored to where students in each Division is in the collegiate-planning process.

After the panels, the **Junior High** students sojourned for a Guidance Lesson on **“College Readiness,”** while the alumnae staffed stations in the Gymnasium during a **“Mini-College Fair”** to answer specific questions about their experience or their particular university.

The graduates from classes between 2010 to 2019 are currently enrolled at 26 colleges and universities from across the mainland and Hawai'i, and even one from the

Netherlands!

The diversity of their educational situations proved eye-opening and extremely helpful in aiding the Academy's current students navigate the complicated collegiate-planning process.

Their peer advice will definitely be applied and put to good use!



TOP: Forum participants included graduates attending the University of Hawai'i at Manoa, including 2019 alumnae Jalen Tam and Logan Shiroma and Tricia Khun, '12, and Kailanianna Ablog, '17; **MIDDLE:** Catherine Palmer, '18, and Shelby Mattos, '19, share insight about their current school, Creighton University, with junior Ahrim Jeon; **RIGHT:** Senior Bethany Joy Calaycay picks up information about the University of Portland during the Mini-College Fair portion of this year's Forum.