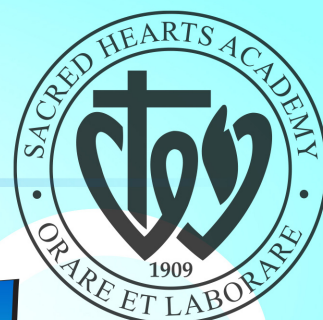


SACRED HEARTS ACADEMY



SCIENCE symposium+

FOR GIRLS



LAUNCHING ► MARCH 02.2024
PLAYERS ► GRADES FIVE TO NINE

THE SCIENCE SYMPOSIUM FOR GIRLS

a free program sponsored by **SACRED HEARTS ACADEMY**, focuses on the areas of **SCIENCE, TECHNOLOGY, ENGINEERING, THE ARTS AND MATHEMATICS (STEAM)**. The **SYMPOSIUM** begins with a keynote session; then students participate in two 60-minute workshops of their choosing, taught by STEAM experts and featuring exciting, hands-on activities. During this time, parents attend three "For Parents Only" sessions.

GLIMPSE INTO THE DAY

- ▶ 7:45 – 8:15 a.m. **REGISTRATION**
- ▶ 8:30 – 9:00 a.m. **KEYNOTE ADDRESS**
(Judge Shanlyn Park, '87)

FOR STUDENTS

- ▶ 9:00 – 9:20 a.m. **BREAK**
- ▶ 9:30 – 10:30 a.m. **WORKSHOP SESSION I**
- ▶ 10:40 – 11:40 a.m. **WORKSHOP SESSION II**

FOR PARENTS ONLY

- ▶ 9:00 – 10:00 a.m. **SESSION I**
(Judge Shanlyn Park, '87)
- ▶ 10:00 – 10:20 a.m. **BREAK**
- ▶ 10:20 – 11:00 a.m. **SESSION II**
(Sgt. Chris Kim, Crimestoppers, Angela Kaiwikuamooohoihou, Dept. of the Attorney General)
- ▶ 11:00 – 11:40 a.m. **SESSION III**
(Sun Choi, American Lung Association)

SYMPOSIUM WORKSHOPS GLIMPSES (STUDENTS REGISTER FOR TWO SESSIONS)

#1

CONNECTING SCIENCE + ICE CREAM!

Who would have thought that science is mainly responsible for the delicate nature of ice cream! Using food chemistry, learn a quick and easy way to make and enjoy this tasty treat at home. **ERIN AWAI** + **SODEXO HAWAII MANAGER**

#2

CREATIVITY+ COMPUTERS

Create stunning digital artwork using Procreate for iPads. In this digital drawing and painting session, discover how to use layers, masks, brushes, blenders and other tools to create dazzling pieces of digital artwork. **DAVID RANDALL** + **ACADEMY INSTRUCTOR**

#3

EMBARK ON AN ULTRA ENLIGHTENING EXPERIENCE

It's invisible, but participants will SEE! Put ultraviolet radiation, part of the electromagnetic spectrum, to the test. Be illuminated when making an UV light-detecting bracelet to learn about and experiment with UV radiation. Take bracelets home to continue being enlightened!

MICHAEL RICHARDS + **SCIENCE CAMPS OF AMERICA DIRECTOR**

#4

EXPLORE THE WORLD OF VETERINARY MEDICINE

Explore how veterinarians perform a physical exam on pets, using a dog! Discover how x-rays and other tests - similar to those done on humans - are used to diagnose health issues in pets. **DR. KATIE NAKAMURA** + **KING STREET PET HOSPITAL**

#5

FIRE IT UP!

Be artistic in this workshop to create an incredible ceramics project from a slab of clay. In two weeks, finished masterpieces can be picked-up at the Academy. **KAYCIE BALTUNADO** + **ACADEMY INSTRUCTOR**

#6

FOR FOODIES - FOOD SCIENCE 101

Learn how a chef identifies food profiles and balances taste in a restaurant. Explore "taste profiles" - like sweet, sour, salty, bitter and umami - and learn how to make emulsions and a salad dressing to taste-test and make at home! **JON MATSUBARA** + **FEAST RESTAURANT CHEF**

#7

FOR FUNCTIONAL FITNESS EXPLORERS

Dive into the world of functional movement patterns and fitness. Design personalized, unique exercises using a variety of equipment and test these exercises on friends! **EVAN STRONG** + **NASM CERTIFIED PERSONAL TRAINER**

#8

GO HIGHER, FASTER, STRONGER - IMPROVE ATHLETIC PERFORMANCE

Integrate technology into sports routines using Dartfish, an iPad app, to quickly identify athletic areas of improvement and review. This app can record video for analysis and potential growth. **CYRIL PIRES** + **TRACK COACH**

#9

GOT THE BUG? THE ACTING BUG?

Aspiring thespians will explore their natural storytelling abilities in this dramatic session using the body, voice and imagination. Learn teamwork and self-expression and build confidence while training to be an actor! **KAREN KAULANA** + **ACTING COACH**



#10 HOW DO CHICKENS TAKE FLIGHT AND FLY?

Eating a chicken wing actually means devouring the chicken's muscles. In this session, participants will dissect – not eat! – a chicken wing to observe how muscles and bones work together to produce movement and even flight. LAURA HOUSMAN + ACADEMY INSTRUCTOR

#11 IT'S ORIGAMETRY! – ORIGAMI+MATHEMATICS

Create unique origami pieces using Mathematics and Art! View origami from a new angle with some amazing two- and three-dimensional art objects produced when Geometry and creativity are combined! JORDAN YAMASAKI + MATHEMATICS INSTRUCTOR

#12 IT'S SLIME-TIME!

Ready to dip hands into a unique experience? Learn about equivalent ratios and graphing while making SLIME! These ratios will be used to create the perfect slime recipe and the relationship between the amounts of each ingredient will be graphed. It will be ooey-goey fun! CAITRIN HOLOHAN + ACADEMY INSTRUCTOR

#13 KUNG HEI FAT CHOI+LION DANCING 101

Learn about Chinese culture, the New Year and good luck! Enter the enchanting world of Lion Dance, including Lion Dance equipment, musical instruments and proper technique to become a Lion Dance expert. BRYCE NAKANISHI + ZACHARY CHANG + LION DANCE INSTRUCTORS

#14 LEARN THE ART OF LEI-MAKING – SPREAD SOME ALOHA!

Making and giving of lei is unique and special in Hawai'i. Learn to make a Hawaiian lei – a wiki-style hair piece – to keep or gift and spread some aloha! KUMU HULA HAUKEA HO +

#15 NURSE A HEALTHY CAREER

Delve into this exciting medical field during a hands-on health fair. Explore the many facets of nursing in a simulation booth with mannequins to try it as a career. NURSING STUDENTS + CHAMINADE UNIVERSITY

#16 SPAN THE GAP = BUILD A BRIDGE

Learn about different bridge designs and how they distribute loads using pulling forces (tension) and pushing forces (compression). Skills will be tested to build a bridge using various common materials to hold a cup of 100 pennies that will not tip over! SHANNON KIM + ELEMENTARY INSTRUCTOR

#17 TAKE HEART AND CARE FOR IT!

Learn all about heart health and the basics of heart disease and ways to prevent it. Performing and practicing CPR is part of the heart care components to be covered. JONATHAN HU + UNIVERSITY OF HAWAII JOHN A. BURNS SCHOOL OF MEDICINE STUDENT

#18 A/B TAKE THE VEX ROBOTICS CHALLENGE

Aspiring robotics engineers and programmers will be thoroughly challenged in this double-session! No experience needed to take this fast-paced, engaging session. (Registrants sign up for both sessions #18A+B) JAMES BELL +

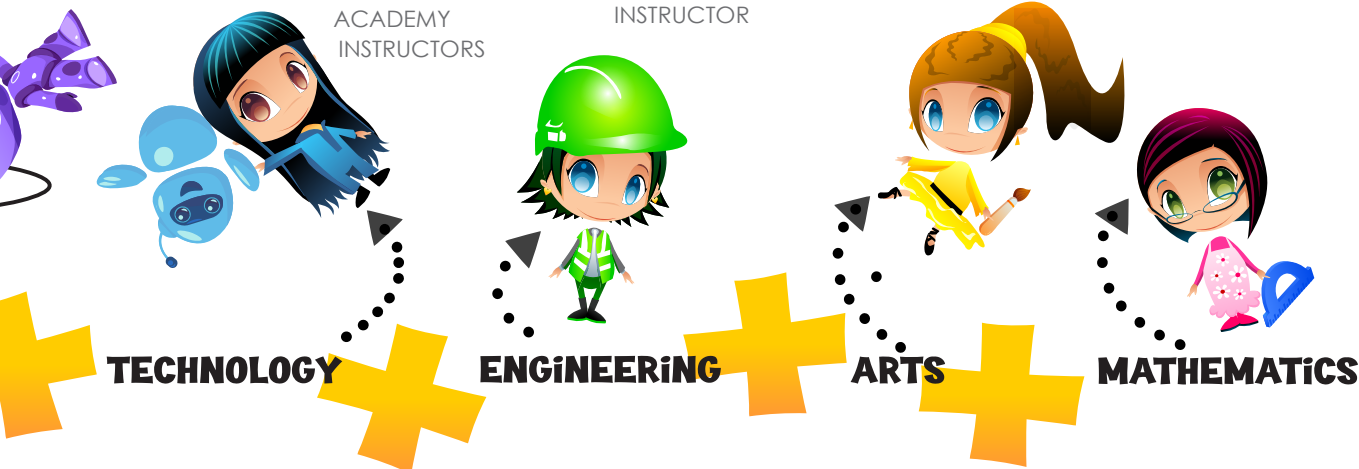
KYLEE MACLEAN
ACADEMY
INSTRUCTORS

#19 TAP DANCE LIKE A PRO

Be introduced into the world of tap dance. Learn foundational steps of this rhythmic and stylish dance genre. Flat, closed-toe shoes are required. Tap shoes are not required, but can be worn. VICTORIA CHANG + DANCE INSTRUCTOR

#20 WANT TO WEAR CREATED ART?

Learn the basics of textile design and its role in creating clothes to wear. Use a combination of art and math to create a simple repeating pattern that can be used to print on a garment. RACHEL ALENCASTRE ARROYO + TORI RICHARDS TEXTILE ARTIST



REGISTRATION FORM

FIRST NAME _____ LAST NAME _____

MOTHER'S FIRST NAME _____ MOTHER'S LAST NAME _____

FATHER'S FIRST NAME _____ FATHER'S LAST NAME _____

STREET ADDRESS _____ CITY _____ ZIP _____

HOME PHONE _____ SCHOOL ATTENDING _____ GRADE _____

MOTHER'S WORK PHONE _____ MOTHER'S EMAIL _____

FATHER'S WORK PHONE _____ FATHER'S EMAIL _____

STUDENT'S T-SHIRT SIZE (Adult sizes, circle one): S M L XL

Each student will attend two workshops. Put workshop numbers in the blanks in order of preference:

1st _____ 2nd _____ 3rd _____ 4th _____ 5th _____

☐ Check here if mother/guardian will attend the **Parents Only** section; indicate t-shirt size below if she will attend:

(circle one): S M L XL

☐ Check here if father/guardian will attend the **Parents Only** section; indicate t-shirt size below if he will attend:

(circle one): S M L XL

I/We heard about the **SCIENCE SYMPOSIUM+** from (specify): _____

I/We understand my daughter's choices will be honored until the session is filled, and that workshop preferences are assigned in the order registration forms are received. I understand that due to the large amount of registered participants, my daughter may not be placed in one of her five choices. Also, I hereby agree, by signing below, that photographs may be taken of my daughter and used in future Symposium publications.

Mother/Guardian Signature

Father/Guardian Signature

REGISTER by completing **ONE** of the **THREE** options below:

1. **ONLINE** at www.sacredhearts.org/symposium

2. **MAIL** completed registration form to:

SPECIAL PROGRAMS OFFICE, 3253 Waialae Avenue, Honolulu, HI 96816)

3. **EMAIL** completed registration information to: specialevents@sacredhearts.org

QUESTIONS: Call 808-734-5058, ext. 232