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LADY COUGAR BASKETBALL SENIOR NIGHT TONIGHT!

Invitation from Coach Bri, "Aloha fellow Cougars! Hope that you all enjoyed your holidays! We would like to invite everyone to come and support your girls basketball team on Tuesday, January 8th. Our Lady Cougars are currently sitting in 3rd place in conference play and are looking to close out the season with a bang! Tonight will be special as we will be honoring our awesome Seniors: Maiya Cadinha, Stephanie Cannon, Trinidee Kahunahana and Kylee Mahiko on their final season. Please come and show your support as we face the Rough Riders of Roosevelt! JV starts at 5:30pm with Varsity to follow. Thank you!"

See you there! Go Lady Cougars!

LADY COUGAR SOCCER SENIOR NIGHT TOMORROW, WED. JANUARY 9TH

Come on out to celebrate our Lady Cougar Soccer Seniors, as they face Kailua! Lady Cougars are currently 2nd in the East Conference Division and are 8th in the State Power Rankings, according to Scoring Live. Lei giving will be done on the concourse in the bleacher area, only Senior parents will be allowed on the field. JV game starts 5:30 with varsity to follow around 7:00pm.

Let's go Cougars!

PROJECT GRADUATION MATSON SANDY BEACH CLEANUP, JANUARY 12TH

Attention Class of 2019: Our signup is live for the Matson Sandy Beach Cleanup. We especially want the students to participate in this event. Sandy's is our unofficial beach... so let's keep it clean and make our group some money. WIN-WIN!

Details and signup via this link: [Beach Clean Up Sign Up](#)

Seniors, please bring the attached waiver with you: [Beach Clean Up Waiver](#)

CLASS OF 2022 – CPK FUNDRAISER, TUESDAY, JANUARY 29

Please support the Freshman Class as they begin raising money for Freshman Sophomore Banquet. Enjoy fresh pizza at California Pizza Kitchen on Monday, January 29th. Don't want to dine-in? Get your pizza to go with their with excellent takeout service. Call them at 808 737 9446 to place your order!

Bring THIS flyer when you arrive! [CPK Flyer](#). We appreciate all your support.

We hope you have a wonderful New Year!

PSAT TEST SCORES

For students who took the PSAT in October, your test scores will be ready to be picked up in H101, January 14th and 15th. You may pick them up during non-instructional time only. Then make time to attend informational sessions to go over and interpret your results on January 17th and 18th during lunch and after school. You will pick up important tools to help you prepare for the SAT.

QUARTER 2/SEMESTER 1 REPORT CARD DISTRIBUTION

Target date for Quarter 2/ Semester 1 report card distribution is Wednesday, January 16, 2019 during Period 1.

PROJECT GRADUATION ANNOUNCEMENTS:

PROJECT GRAD 2019 DUNKIN' DONUTS FUNDRAISER

Tickets are still available! Project Grad is selling tickets for yummy Dunkin' Donuts – One dozen for only \$11. Tickets are good for an assortment of donuts and they are good for a year! You may redeem tickets during business hours at any Dunkin' Donuts full restaurants. These will make great stocking stuffers! PG2019 will be selling tickets today at Tuesday's Farmer Markets and now online! Click here to order: [Dunkin Donuts](#)

PROJECT GRADUATION CLASS OF 2019

December 22nd through graduation - \$300.00

Download your registration form here: [ProjectGrad 2019](#). Forms are also available at the front office. Please fill them out completely and return with your payment to the front office.

Parents... please email kaiserprojectgrad2019@gmail.com if you would like to join the committee and to stay informed.

COLLEGE AND CAREER ANNOUNCEMENTS:

COLLEGE ADMISSION PRESENTATION: WHAT ARE COLLEGES LOOKING FOR IN A STUENT?

Hawaii Kai Library, Monday, January 14th at 5:00pm

Join in on this free presentation which will assist students and their families to understand the college admission process. This free presentation is suitable for high school students and their families. All are welcome to attend. Click here for more information: [College Admission](#)

UNITED STATES MARINE CORPS VIST

Learn about different Marine Corps scholarship and education opportunities, job opportunities, along with other benefits that the Marine Corps has to offer. Learn how the Marine Corps can help you achieve your goals.

2 Sessions;

Thursday, January 17, 2019 (B Day) 10:15-10:47

Thursday, January 17, 2019 (B Day) 11:30-12:10

Sign up on [Naviance](#)

COLLEGE FIT PRESENTATION: FINDING THE RIGHT ACADEMIC SOCIAL AND FINANCIAL FIT

Hawaii Kai Library, Monday, January 28th at 5:00pm

This presentation will help to guide students and their families to make informed decisions about finding the right fit for college. This free presentation is suitable for high school students and their families. Younger students and families are also welcome to attend. Click here for more information: [College Fit](#)

SCHOLARSHIPS

Seniors, and not just for Seniors, now is the time to start thinking about scholarships and getting ready for their deadlines. Please click here: [Scholarships](#) to view the many opportunities which are available to you.

CONTESTS

HAWAI'I BICYCLE LEAGUE

Calling All Artists! Design a Hawai'i Bicycle League T-Shirts & Jersys to Win Cash Prizes.

Deadline to enter: **January 18, 2019**. For more information and contest rules, please click here: [HBL Design Contest](#)

20TH ANNUAL DR. MARTIN LUTHER KING PEACE POETRY CONTEST

The International Peach Poem Project started on Maui in 1996 by volunteer teachers, writers and artists. A 6-year-old girl wrote the first lines of the Peace Poem and it has grown to more than 160,000 lines of poetry from over 120 nations. If you would like to be a part of this living, growing peace poem, please click on the following for more information: [Peace Poem](#).

Deadline – February 15, 2019

CANCER UNWRAPPED WRITING CONTEST

Experiencing a cancer diagnosis can cause a storm of emotions. Whether cancer has made you feel angry, sad, lonely, or even grateful, we want to hear about it. The Cancer Unwrapped Teen Writing Contest invites high school students to submit essays about their experience with cancer for the opportunity to win cash prizes. Since the contest began in 2006, we have received more than 2,900 submissions and handed out over \$135,000 in prize money.

Click [here](#) or the graphic to apply. See the flyer for more information.

Deadline - April 15, 2019

KAISER HS ATHLETICS ANNOUNCEMENTS

CLICK HERE FOR [PARTICIPATION/PARENT CONSENT FORM](#):

CLICK HERE FOR [PHYSICAL EXAM/CONCULSSION RISK ACK FORM](#)

CLICK HERE FOR [PARENT ATHLETE HANDBOOK](#)

CLICK HERE FOR [KAISER ATHLETICS WEBSITE](#)

VARSITY GIRLS SOFTBALL TRYOUTS, MONDAY JANUARY 28TH

Girls interested in trying out for the Varsity Softball team should meet at the softball field on January 28th at 3:00pm Bring your glove and either cleats or athletic shoes. Tryouts will run from January 28th to the 30th, from 3:00 – 5:30pm.

Do not buy new equipment until tryouts are over.

For more information please call Coach Mitch at 306-3610. You will need to have your physical form and participation form completed

GIRLS WATER POLO INFORMATIONAL MEETING, JAN. 10TH

For those interested in participating in Girls Water Polo, an informational meeting will be held on Thursday, January 10th during lunch in room H202.

SWIM UPDATE- OIA RELAY CHAMPIONSHIPS

A Big Congratulations to **Lady Cougar Swim who placed 1st** in this past Saturdays OIA Relay Championships held at Kalani High School! Boys placed 5th and overall, Cougars took 3rd place. Congratulations to the following for placing in their relay:

Diving - 1st – Jill Chafee; 2nd – Jaymie Jacobs

Girls 200 Yard Medley – 1st Place - Reina Kim, Noelle Nakakura, Kanoko Niimura and Sarah Lorenzo.

Boys 200 Yard Medley – 2nd Place – Micah Ginoza, Jarrett Takahashi, Sam Delgadillo and Brennan Dompe

Girls 200 Yard Breaststroke Relay – 1st Place – Megan Kaneshiro, Reina Kim, Taylor Kuroiwa and Noelle Nakakura

Girls 200 Yard Backstroke Relay – 1st Place – Jenna Ikegami, Shayna Gakiya, Mina Hanada and Erin Patterson

Girls 800 Yard Freestyle Relay – 3rd Place – Kanoko Niimura, Emma Chung, Rachel Gorham and Sorren Motaraghi

Boys 800 Yard Freestyle Relay – 3rd Place – Micah Ginoza, Isaiah Appasay, Thomas Osa and Brennan Dompe

Girls 400 Yard Freestyle Relay – 3rd Place – Jenna Ikegami, Megan Kaneshiro, Taylor Kuroiwa and Sarah Lorenzo

Girls 400 Yard Medley Relay – 1st Place – Erin Patterson, Leigh Farah, Sophia Harrison and Sofia Carlson

Boys 400 Yard Medley Relay – 2nd Place – Micah Ginoza, Jarrett Takahashi, Sam Delgadillo and Brennan Dompe

Great job Cougars!

For full results, please click here: [OIA Relay Championships](#)

BOYS BASKETBALL UPDATE

Vs. Kalaheo, lost 58 – 65; JV won 51 - 43

Vs. Kahuku, won 45 – 43; JV lost 39 - 45

LADY COUGARS BASKETBALL UPDATE

Vs. Kailua won 84 – 17; JV won 30 - 5

Vs. Anuenue – won by forfeit, no JV game

BOYS VARSITY SOCCER UPDATE

Vs. Kahuku, won 5 – 0; JV won 3 – 0

LADY COUGARS SOCCER UPDATE

Vs. Kahuku, won 2 – 1; JV won 3 – 0

PADDLING UPDATE 4th REGATTA

Four regattas in and Lady Cougar Varsity Paddling still remains Undefeated!

Mixed Varsity placed 2nd , Boys place 5th.

JV girls placed 4th, JV boys 2nd and Mixed JV placed 4th. All JV teams will advance to the finals held next Saturday at Ke'ehi Lagoon at 1:00pm.

UPCOMING ATHLETIC EVENTS

Tuesday, January 8

Girls Basketball vs. Roosevelt @ Kaiser ****Senior Night****, 5:30pm

Wednesday, January 9

JV Baseball vs. Kailua @ Kailua, 3:00pm

Boys Soccer vs. Kailua @ Kailua, 5:30pm

Girls Soccer vs. Kailua @ Kaiser ****Senior Night****, 5:30pm

Thursday, January 10

JV Diving Championships @ Kaiser, 4:00pm

Friday, January 11

Boys Basketball vs. Anuenue @ Anueue

KAISER COMPLEX ANNOUNCEMENTS:

BELLA PROJECT DRESS, SATURDAY JANUARY 26TH

Registration is now open for the Spring 2019 dress giveaway. Open for high school students only and this event is not just for prom.

Do you want to go to prom in the dress of your dreams, but simply cannot find an affordable dress? High school students face challenges every day, and going through this important rite of passage should not be an additional stress. The Bella Project truly believes that every high school woman deserves to feel beautiful on the day of her prom, and we are here to make your dreams come true. We are here to make you the “bella of the ball” – for free! Click on the link to register: [Bella Project Dress](#)

HONOLULU DISTRICT SCIENCE & ENGINEERING FAIR: SEEKING JUDGES

The Honolulu District Science and Engineering Fair will be held on Saturday, February 16, 2019 at Farrington High School. We anticipate approximately 300 student projects from grades 6-12 this year. We are seeking approximately 125 judges across 22 categories to identify approximately 50 projects that will proceed to the state and international fairs. Your support and partnership with the Honolulu District Science and Engineering Fair is what makes it possible for our children to explore and discover new understandings in the science and engineering field. On behalf of the teachers, parents, and most importantly our students, thank you for considering this opportunity.

Category list: <http://tinyurl.com/ISEFcategories2019> Judge registration: <http://tinyurl.com/JudgeRegistrationHonSEF>.

If you have colleagues and friends who might be interested in serving as a judge, please feel free to share this information with them.

For more information: fkstem@fkk.k12.hi.us.

PARENT PROJECT RETURNS TO NVMS

This eight week course will have parents feeling more confident about dealing with pre-teens and teenagers in a technology driven world. Parent Project is a nationally recognized programs that offers strategies to empower parents. Facilitated by NVMS PCNC Joanne Imada & AHS PCNC Renee Ako. Deadline to register: January 11, 2019. Class runs from January 24 – March 14, 2019. Please see attached flyer: [Parent Project](#)

KAISER HIGH SCHOOL FARMER'S MARKET & PLANT SWAP TODAY!

Farmer's market returns today and every Tuesday, from 4:00 until sunset. Come on out for tasty treats at the Farmer's Market held in the Kaiser High School parking lot. Also, bring a plant to swap at the monthly Plant Swap.

IMPORTANT UPCOMING DATES (Click here for link to [KHS CALENDAR](#))

Jan 11 Quarter 2/ Semester 1 ends

Jan 11 Assembly – Talent Show

Jan 16 Friends of Kaiser PTSA, 6:00pm in the Admin Conference Room

Jan 17 SCC Meeting, 5:00pm in the Library
Jan 18 Planning and Collaboration Day – No Students
Jan 21 Holiday – Martin Luther King Day – No School
Feb 5 Kaiser High Blood Drive
Feb 6 Class of 2021, IBMYP Personal Project Due
Feb 11 Teachers' Institute Day – No Students
Feb 18 President's Day Holiday – No School
Feb 20 ACT Testing
Feb 21 – 22 Literature Festival

Mahalo,

Ann Olson

Parent Community Network Coordinator (PCNC)

Henry J. Kaiser High School

An International Baccalaureate World School,

AVID Certified, Advanced Placement and Dual Credit School

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