



Lahainaluna High School Daily E-Bulletin

TODAY IS
THURSDAY, FEBRUARY 3, 2022
REGULAR Schedule WHITE (B) :
1, RECESS, 2, 3, LUNCH, 4

PLEASE SUBMIT INFINITE CAMPUS ATTENDANCE WITHIN TEN MINUTES OF START OF EACH CLASS PERIOD. ENTRIES FOR THE DAILY E-BULLETIN ARE DUE BY 1:00PM AT LEAST ONE DAY PRIOR

TO jon.shigaki@k12.hi.us

DAILY BULLETIN BROADCASTED LIVE DAILY ON CHANNEL 46 or YouTube channel Lunabroadcast1831. If there is no TV access, please read this Daily Bulletin to your class. Mahalo!

Mask Reminder: Please remember that in order to keep our school and home ohana safe we need to continue to wear masks while in doors unless you are actively eating or drinking.

Please check out the UPDATED return to school and daily wellness check:
<https://4.files.edl.io/a968/01/12/22/013052-97cb0628-f1d6-468c-94ea-c56aa5c1593d.pdf>

Lahainaluna H.S. will be offering the PSAT10 exam on Thursday, February 24, 2022 at 7:45am to current 10th graders only. The cost will be \$20.00. Cash or Money orders only. No checks will be accepted. Students must return their signed registration form and payment to Mr. Mahoe in room P-18 by Friday, February 18, 2022. Money Orders can be made payable to Lahainaluna High School. NO REFUND WILL BE GIVEN FOR ANY REASON AFTER TUESDAY, FEBRUARY 22, 2022!

We have a new text a tip number to report fighting, bullying, theft, harassment, Vapes-e-cigarette, drugs, alcohol, insubordination, and suicide. 100% confidential. Mahalo!

Hello Everyone! If you are one of the people who completed the Aloha Kino Survey, Lorraine Aguilar is really grateful for the time you spent in completing it. Here are the results of the survey:

The Research Question is: Does The Number of Hours Spent On Social Media Influence Risk Factors Related to Eating Disorders in Lahainaluna High School Students? Out of 1054 students in Lahainaluna High School, 143 students took the survey.

After analyzing the data, Lorraine found out that most of the Lahainaluna HS Students spend 3-5 hours a day scrolling through social media. However, the American Board of Pediatrics says that children and teenagers should spend no more than two hours of screen time a day. There was a significant jump in numbers in all categories after spending over an hour on social media. There were more responses connected to the risk factors of eating disorders during 5-9 hours of spending time on

social media. Based on the results, students who spend more than an hour on social media will more likely develop risk factors related to eating disorders because the number of responses went up high after an hour spent on social media. That means that social media has somehow affected the way they answered the questions.

Why do the results matter? The results matter because it's important to know the well-being of Lahainaluna High School Students. It's a must to know how well they're doing mentally because in that way, they can receive help that is needed to prevent any further problems regarding their health.

THE National Honors Society will be having a mandatory meeting this Friday during lunch in Mr. Mahoe's room (P18). See you all there!!

Club Chatter:

The Lunas Gaming Club will be hosting a 6 versus 6 At-Home Overwatch Tournament this Saturday, if you are interested, please contact them through the email 4131600087@k12.hi.us, or personally sign up at the library. You can invite any one of your friends, as long as someone from the group is part of Lahainaluna. Mahalo!

SPORTS SHORTS:

Congratulations to our girls basketball team as they defeated Maui High School by the score of 42-32 behind Ledjan Pahukoa's 17 points followed by Taylor Eldredge's 11 points and Kiera Kaniho's 9 points. The win clinched the regular season title and the berth to the state tournament. They are the number #1 seed in the MIL tournament. I mua Lahainaluna!

Congratulations to LJ Morikawa who was named The Maui News Defensive Player of the Year. Others named to the first team include Ian Cabanilla (RB), Jaysen Akahi-Vida (OL), Morgan Montgomery (OL), Keawe Kane-Keahi (DL), Noah Arase (LB), and Christian Clarion (DB). We are proud of all of you! I mua Lahainaluna!

Breakfast: Cereal with Toast, Apple Sauce, Paradise Punch Juice. Lunch: Roast Turkey with Gravy, Mashed Potatoes, Whole Grain Roll, Baby Carrots, Diced Pears, Pineapple Chunks. Cafeteria monitors, please report to the cafeteria 15 minutes before lunch period. Today's monitors are: Cristal Carruso, Ellysa Cartagena, Marc Cartagena, LC Castillo, Amber Castro, Laura Castro. **Just a reminder that students can only have 1 breakfast and 1 lunch for free. Additional breakfast or lunch needs to be purchased from their meal account.