

January 24, 2019

Dear Manoa School Ohana:

As we reflect at the midpoint of this school year, there is so much to be thankful for here at Manoa School. Earlier this month, the 4M (Manoa-Makiki-McCully-Moilili) Blue Zones Project bestowed Manoa School with the prestigious designation as a *Project Approved Worksite*. As many of you are already aware, the Blue Zones Project is a community-wide well-being improvement initiative designed to help make healthy choices easier in Hawaii. Based on Dan Buettner's New York Times Bestseller Book "The Blue Zones: Lessons for Living Longer from the People who Lived the Longest," the Hawaii Blue Zones Project looks to replicate best practices and transform entire communities through individual, corporate, and school pledges. As a *Project Approved Worksite*, Manoa School committed itself to "make the healthy choice, the easy choice." Mahalo to Vice Principal Natalie Chung for serving as the school's Blue Zones Champion and to Organization Lead Molliane Gotter for guiding our community through this rigorous process. The Blue Zones *Approved Worksite* designation is just a marker in our continued journey in working towards becoming a Blue Zone *Project Approved School*.



To that end, there are several upcoming events designed to promote a healthy lifestyle centered around movement, nutrition and family engagement. On Friday, February 8, there will be a free healthy cooking demonstration co-sponsored by the Manoa APT and the 4M Blue Zones Project. This family friendly event will take place in our school cafeteria from 6 pm to 7:30 pm. Please look for the separate email announcement for more information. We hope to see lots of our school ohana there!

To build up anticipation for the cooking demonstration, I'm offering our school families on a first come-first served basis bok choy from my garden plot that fronts the main office. The bok choy is ready for harvesting and would make a lovely addition to an assortment of dishes. I'm challenging families to take the bok choy, design a recipe centered around the vegetable, and produce and share an online cooking demonstration video. For students and families willing to take on this challenge, I will offer up a Principal Tiger Paw for your creativity and contribution to the well-being of the Manoa community! To participate, please email me at ryan_kusuda@notes.k12.hi.us or by text at (937) 315-2641.



On Saturday, March 16, Manoa School will participate in the 2019 Keiki Rainbow Run at the Clarence T.C. Ching Field at the University of Hawaii at Manoa. In addition to providing our children with a fun means to exercise, the entire \$15 entry fee, if registered by February 22nd, will go directly to support Manoa School's wonderful PE program. Please be on the lookout for information on this fantastic opportunity to support health and fitness with our children.

On behalf of the faculty and staff, we wanted to express our sincerest gratitude for all your thoughtful Holiday treats and presents. Your overwhelming generosity is warmly appreciated! Thank you. Most importantly, thank you for entrusting your family with ours here at Manoa School. Happy New Year!

Sincerely,

Mr. Kusuda