



Mark A. Noetzel
Principal

Office: 808.881.4053
Fax: 808.881.4050
e-mail: mnoetzel@hpa.edu

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Dear Class of 2014 Students and Parents:

Congratulations on completing eighth grade! I'm looking forward to welcoming you to the Upper School and getting to know and work with each of you.

Many of you attended the Eighth to Ninth Grade Transition Night held on April 20. As a follow up to that meeting, I'm including a description of the Freshman Foundations course for your review and reference. If you have any questions about this course, please feel free to contact Daena Craven (dcraven@hpa.edu), our Fine Arts Department chair and Freshman Foundations instructor.

We want all of you to have an outstanding Upper School experience. You might have heard from your family or friends that high school is filled with unique joys and challenges. To best prepare and help you to navigate high school, we have assigned the following summer reading: Sean Covey's book, *The 6 Most Important Decisions You'll Ever Make*.

As with the Freshman Foundations course, this book is designed to help prepare you for some of the unique high school challenges you might encounter, including academic pressure, the changing dynamic with parents, dating drama, bullying, drugs and alcohol, and peer pressure. The choices you make in high school are important; some are so important that they can make or break your success at HPA and greatly impact your future. We believe this is the most comprehensive book to help prepare you to successfully navigate your high school years. **This is required as part of your summer reading list; please check with your local bookstore or online to purchase this book.**

Students: We hope you will enjoy the information presented in this book. We will have several freshman seminars in the fall to review and discuss these topics. Please know that we always are available to "talk story" with you about these and any other issues that might arise during your high school experience.

Parents: Please spend some time familiarizing yourself with the contents of the book. It will be most helpful if you can help monitor your son's/ daughter's progress as they read and make time to talk with them after each chapter to include your unique family perspective, experience, and values regarding each subject.

Again, we look forward to getting to know you and working with all of you. If you have any questions about Upper School, please feel free to contact me (808-881-4053; mnoetzel@hpa.edu), Fred Wawner, dean of student life, (808-881-4290; fwawner@hpa.edu), or any of the counselors and teachers listed below.

Best wishes for a safe, relaxing summer. See you in August!

Sincerely,

MARK NOETZEL
Principal, Upper School



Class Deans: Sarah Hayslip (shayslip@hpa.edu)
Yuta Masuda (ymasuda@hpa.edu)

Counselors: Steve Furchner (sfurchner@hpa.edu)
Crystal Sebastian (csebastian@hpa.edu)

Registrar: Dana Petteys (dpetteys@hpa.edu)

Department Chairs: Gordon Bryson, English (gbryson@hpa.edu)
Daena Craven, Fine Arts (dcraven@hpa.edu)
Aimee Donoho, Modern Language (adonoho@hpa.edu)
Deighton Emmons, Science (dkemmons@hpa.edu)
Chad Kamrow, Social Studies (ckamrow@hpa.edu)
Marc Rice, Computer Science (mrice@hpa.edu)
George White, Math (gwhite@hpa.edu)

Enclosure: Freshman Foundations Description



HPA UPPER SCHOOL FRESHMAN FOUNDATIONS 2010-2011

A) COURSE DESCRIPTION/OVERVIEW

Hawai'i Preparatory Academy is committed to addressing the needs of our diverse, multicultural student body. Freshman Foundations is a yearlong course that prepares students for life in high school and beyond. The course employs a multidisciplinary approach to help students express themselves through the arts while learning to develop and improve critical skills in research, organization, and communication (oral and written).

Through class discussions, reading assignments, and self-reflection, students learn about health and wellness and examine their own morals and ethics, including how these might apply to real life situations. Responsibility, integrity, honor, and self-discipline are emphasized.

Guest lecturers and artists and field trips are scheduled as appropriate.

This course incorporates Sean Covey's book, *The 6 Most Important Decisions You'll Ever Make*.

B) COURSE CONTENT AND SEQUENCE

Freshman Foundations is taught in four quarter-long classes, with students pursuing complimentary course content between a team of two teachers.

First Quarter – Bryson/Craven

The first quarter focuses on providing freshmen with the tools and knowledge they will need to be successful in high school. Students introduce themselves and learn about each other through stage and art activities. Students explore and conduct research about physical health issues, including nutrition, hydration, caffeine, and the importance of sleep, while refining their research, library, and essay writing skills. The class concentrates on integrity and honor in personal and academic life. As part of that study, students learn how to avoid plagiarism and violations of fair use, in essence the theft of the ideas and insights of others. As members of an academic community all students learn the ethical and moral consequences of such behavior, including role-playing an honor council hearing for a plagiarizing student. Although all students write to learn during the course, their writing and rewriting of two-to-four page papers is central to their first semester in Foundations.

Second Quarter – Bryson/Craven

During the second quarter, the class focuses on raising awareness of how alcohol, tobacco, and marijuana affect the mind and body. Using Alcohol EDU, an online program for high school students developed by prevention experts at Outside The Classroom in conjunction with Mothers Against Drunk Driving, this interactive course delivers a science-based, prevention experience about alcohol and focuses on healthy decision-making strategies for youth. The class looks at how the media target young audiences attempt to influence their decision-making. Using research, library, and writing skills students prepare a Keynote slide show about their chosen topic to share with the class and the school community. All students are required to write a reflective piece that chronicles their experience in the first quarter. Parents can find all student essays for Mr. Bryson's unit on the class Moodle at <http://moodle.hpa.edu/>. The quarter ends with students learning how to manage stress in healthy and positive ways.

Third Quarter—Craven/Tichotsky

This quarter focuses on relationships and decision-making. Topics introduced are intended to help students navigate the social world of adolescence, understand the importance of making good decisions, and provide them with tools to make these decisions. This is done through musical theatre, literature, and group discussion. Students examine the various types of relationships (family,



social/friends, and couples) and consequences of decisions presented in novels, such as *Name Me Nobody* by Lois Ann Yamanaka, musicals, such as *Into the Woods*, and fairy tales such as *Little Red Riding Hood*, *Jack and the Beanstalk*, *Cinderella*, and *Rapunzel*.

Discussion topics can include how the media can influence decision-making and how students perceive themselves, dealing with peer pressure, setting limits, choosing friends, bullying, cyberbullying, tolerance and acceptance, self-identity, body image, reproductive health, and consequences of engaging in sexual relationships (e.g., STDs and contraception, dating violence/date rape).

Fourth Quarter—Craven/Goodspeed

During the fourth quarter, students hone their written and oral communication skills by creating a public service announcement using iMovie about a topic that is important to their community. Students use their research skills and gain an introduction to theatre work, including vocabulary and acting concepts, directing, improvisation skills using theatre games, audience and scripting skills, and editing. Through this exercise students also learn about how the media use propaganda, stereotypes, bias, and assumptions to manipulate audiences.

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