



# Opt out

## Annual notification of privacy rights, directory information, and student information requested by military recruiters

### Directory information – Elementary and secondary students

The federal Family Educational Rights and Privacy Act requires the DOE to provide notification to parents, guardians, or eligible students about privacy rights and directory information annually.

Parents, guardians, or eligible students (18 years or older) must submit a signed, written non-disclosure request if they wish to “OPT OUT” or withhold the release of directory information to persons or organizations outside of the DOE.

### Military recruiter’s request for student information – Secondary students only

The federal No Child Left Behind Act requires the DOE to provide names, addresses, and telephone numbers (including unlisted numbers) of secondary students to military recruiters when requested. Secondary school students are broadly defined as students enrolled in middle, intermediate, and high schools.

A student in a secondary school can, on his/her own, submit a signed, written request for non-disclosure of his/her information. Or the parent/guardian of a secondary student or an eligible student (18 years or older) can submit an “OPT OUT” request.

Although not legally required, the DOE has developed an “OPT OUT” form for military recruiting to facilitate response from students or their parents. The form can be downloaded from the DOE website at <http://doe.k12.hi.us>.

If an “OPT OUT” for military recruiters was filed with the school during the 2007-2008

school year, the request will be honored until the student leaves the Hawaii DOE public school system or until the submitter rescinds the “OPT OUT” request.

**NOTE:** “OPT OUT” requests will be accepted at anytime during the school year. However, the DOE is required to turn over a student list to the Inter-Service Recruitment Council (IRC) in mid-October. If a request comes in after student lists have been submitted to the IRC, the DOE IRM Branch will inform the IRC to have recruiters remove the student's information from the list.

**Submit “OPT OUT” requests to school offices by September 15.** Schools will distribute annual notices in August 2008. For questions, contact the DOE IRM Branch (808) 692-7290, option #5.

# A Parent's Guide to Preparing Teens for Higher Education



**H**elping your teen choose the right high school courses is important for college admission. Colleges look at high school courses to determine a student's readiness and capability to succeed. College admissions counselors look favorably upon students who challenge themselves and take a rigorous courseload, rather than students who take the minimum number of classes.



## Recommended High School Curriculum for College Admission

<b>English</b>	<b>4 years</b>
<b>Math</b>	<b>3 to 4 years</b> (Algebra I, Geometry and Algebra II are recommended for admission to 4-year colleges)
<b>Social Studies</b>	<b>3 years</b>
<b>Science</b>	<b>3 years</b>
<b>Foreign Language</b>	<b>2 years</b>
<b>The Arts</b>	<b>1 year</b>
<b>Electives</b>	<b>Consider Advanced Placement (AP) courses as well as honors level coursework</b>



Students can also take dual credit courses offered through programs such as Running Start. High school juniors and seniors take college courses and earn credit for both high school and college. For more information, visit [www.hawaii.edu/runningstart](http://www.hawaii.edu/runningstart).

## College-Affiliated Programs in Hawai'i

### Na Pua No'eau

Na Pua No'eau, Center for Gifted and Talented Native Hawaiian Children, focuses on culturally appropriate educational enrichment opportunities for Native Hawaiian children in kindergarten through grade twelve. Outreach centers are available on each island.

#### Na Pua No'eau sites:

- Honolulu: 956-9410
- Hilo: 974-7678
- Kona: 322-4867
- Maui: 984-3364
- Moloka'i: 553-9933
- Kaua'i: 241-3238
- Lana'i: 565-9100

## Educational Talent Search

Talent Search provides academic counseling and guidance, college and career planning workshops, and financial aid assistance at participating middle and high schools. Open to public school students who come from low-income families or will be the first generation in their families to attend college.

For more information, please call:

- Hawai'i Community College-West Hawai'i: 322-4860
- Windward Community College: 235-7477 or 235-7480
- UH Mānoa: 956-9663

## Upward Bound

Upward Bound offers a summer residential program, study abroad options, and college counseling and tutoring. Open to students who come from low-income families or will be the first generation in their families to attend college, students receive services until they graduate from high school. There are two program options, the Upward Bound Classic and Upward Bound Math & Science programs.

For more information about Upward Bound Classic, please call:

- UH Hilo: 974-7337
- Maui Community College: 984-3299
- Leeward Community College: 455-0655
- Windward Community College: 235-7488

Find more college-affiliated programs in Hawai'i by visiting [gearup.hawaii.edu](http://gearup.hawaii.edu)

For more information about Upward Bound Math & Science, please call:

- UH Hilo: 974-7337
- Leeward Community College: 455-0655



<http://gearup.hawaii.edu>



# College Pathway Checklist for High School Students



Share this checklist with your teen to keep him/her on the path to college. For more tips and free college resources, visit [gearup.hawaii.edu](http://gearup.hawaii.edu).



## 9th Grade

- Explore potential careers. (For help getting started, go to [http://uhcc.hawaii.edu/career\\_connections/overview.php](http://uhcc.hawaii.edu/career_connections/overview.php) or <http://mappingyourfuture.org> or [gearup.hawaii.edu](http://gearup.hawaii.edu) and click on "Exploring College and Careers".
- Meet with your guidance counselor to create a 4-year course plan that will fulfill the requirements of the college you want to go to.
- Earn good grades. Your high school grades will pay a big part in college admissions and scholarship opportunities.
- Volunteer or get involved in your community. It's good for you and good for the community. And, it will look great on your college application!
- Save money now to pay for school later.
- Apply for a social security number if you don't already have one.
- Begin researching financial aid options such as grants, loans and scholarships.

## 10th grade

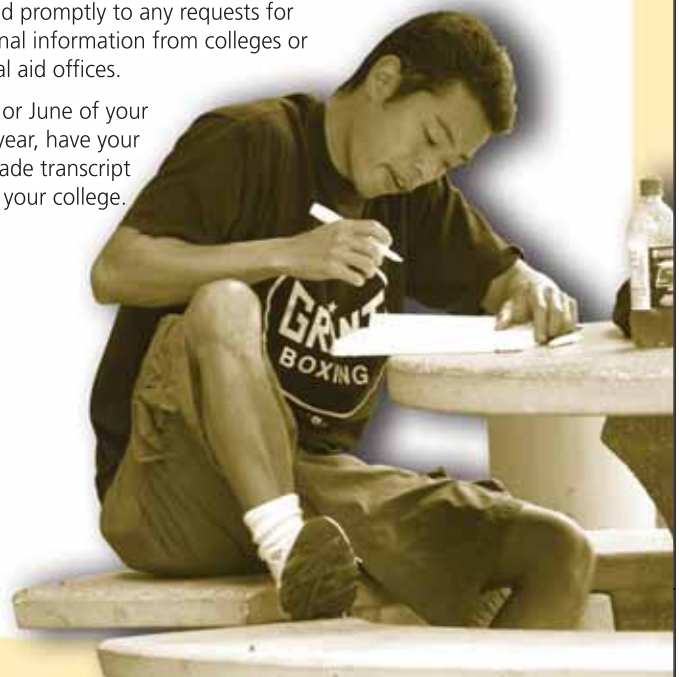
- Think about finding the right college for you.
  - What kinds of schools are out there?
  - What kind of school do you want to attend?
- Prepare for the Scholastic Aptitude Test (SAT) by taking the PSAT.
- Keep your grades up. Strive to get into Advanced Placement (AP) classes to earn college credit.
- Continue to save your money and continue to research financial aid options.

## 11th grade

- Stay motivated and keep your grades up.
- Call, write or email each college you are interested in and ask for information about admissions, degrees offered, campus life, tuition, room and board, student fees and books.
- Make a list of important admissions and financial aid deadlines.
- Get registration materials and test dates for the SAT or ACT.
- Visit several college campuses to get a feel for which school is right for you or take a virtual campus tour online.

## 12th grade

- Stay focused! Keep your grades up!
- Draft and finalize your admission essays.
- Ask teachers, employers, clergy or other significant adults for any letters of recommendation you may need.
- Choose three or four colleges you like best and keep track of your findings.
  - How much does it cost to go there?
  - How generous is the financial aid?
  - Does it offer the course of study you want?
  - What do current students and recent graduates say about the college?
- If you are not satisfied with your SAT or ACT scores, retake them.
- Apply for admission to your top three or four college choices.
- With your family's help, gather your financial records and complete the Free Application for Federal Student Aid (FAFSA) and submit it as soon as you can, after January 1.
- Keep track of all deadlines for applications, tests, and financial aid.
- Keep photocopies of everything you send out.
- Respond promptly to any requests for additional information from colleges or financial aid offices.
- In May or June of your senior year, have your final grade transcript sent to your college.



# Earning a diploma

<http://graduation.k12.hi.us>

**T**he purpose of high school graduation requirements is to establish rigorous standards of learning that will enable all public school students to meet the vision of a Hawaii public school graduate.

## Vision of the Hawaii public school graduate

### All Hawaii public school graduates will:

- Realize their individual goals and aspirations;
- Possess the attitudes, knowledge, and skills necessary to contribute positively and compete in a global society;
- Exercise the rights and responsibilities of citizenship; and
- Pursue post-secondary education and/or careers without need for remediation.

## Types of diplomas

Two types of diplomas are awarded to students enrolled in Hawaii's public schools:

### Board of Education (BOE) Recognition Diploma

The intent of Board of Education Policy 4540 is for students to strive to earn a diploma that has a more rigorous curriculum. By earning the BOE Recognition Diploma, graduates demonstrate to colleges and employers that they can challenge themselves to successfully accomplish goals. Currently, one-third of Hawaii public school students earn the voluntary BOE Recognition Diploma.

At its March 6, 2008 meeting, the Hawaii State Board of Education increased the rigor of the BOE Recognition Diploma for the Class of 2013 (8th graders during the 2008-2009 school year).

The new requirements will help students become better prepared for careers, college, and civic responsibility.

In adopting the

new requirements, Hawaii joins 32 other states in providing students with the option to earn a more rigorous diploma.

### Credit requirements:

- Class of 2009 (24 credits)
- Class of 2010, 2011, & 2012 (25 credits),
- Class of 2013 and beyond (25 credits)

To view the coursework and credits to obtain the BOE Recognition Diploma, go to <http://graduation.k12.hi.us>.

By fulfilling certain requirements, graduates with a grade point average of 3.0 or better who successfully complete course and other requirements will receive a BOE Recognition Diploma with Honors.

National research and local data show that the types of courses required for the BOE Recognition Diploma best prepare students to advance in living wage jobs and achieve success in college level courses.

Benefits to earning this challenging diploma may include eligibility for some private and public scholarships, admission to local colleges and universities, and advancement in certain job application processes.

### High School Diploma

The High School Diploma is issued to students who have met all graduation requirements by demonstrating proficiency in the Hawaii Content and Performance Standards (<http://standardstoolkit.k12.hi.us/index.html>) and General Learner Outcomes (GLOs) in the required courses.

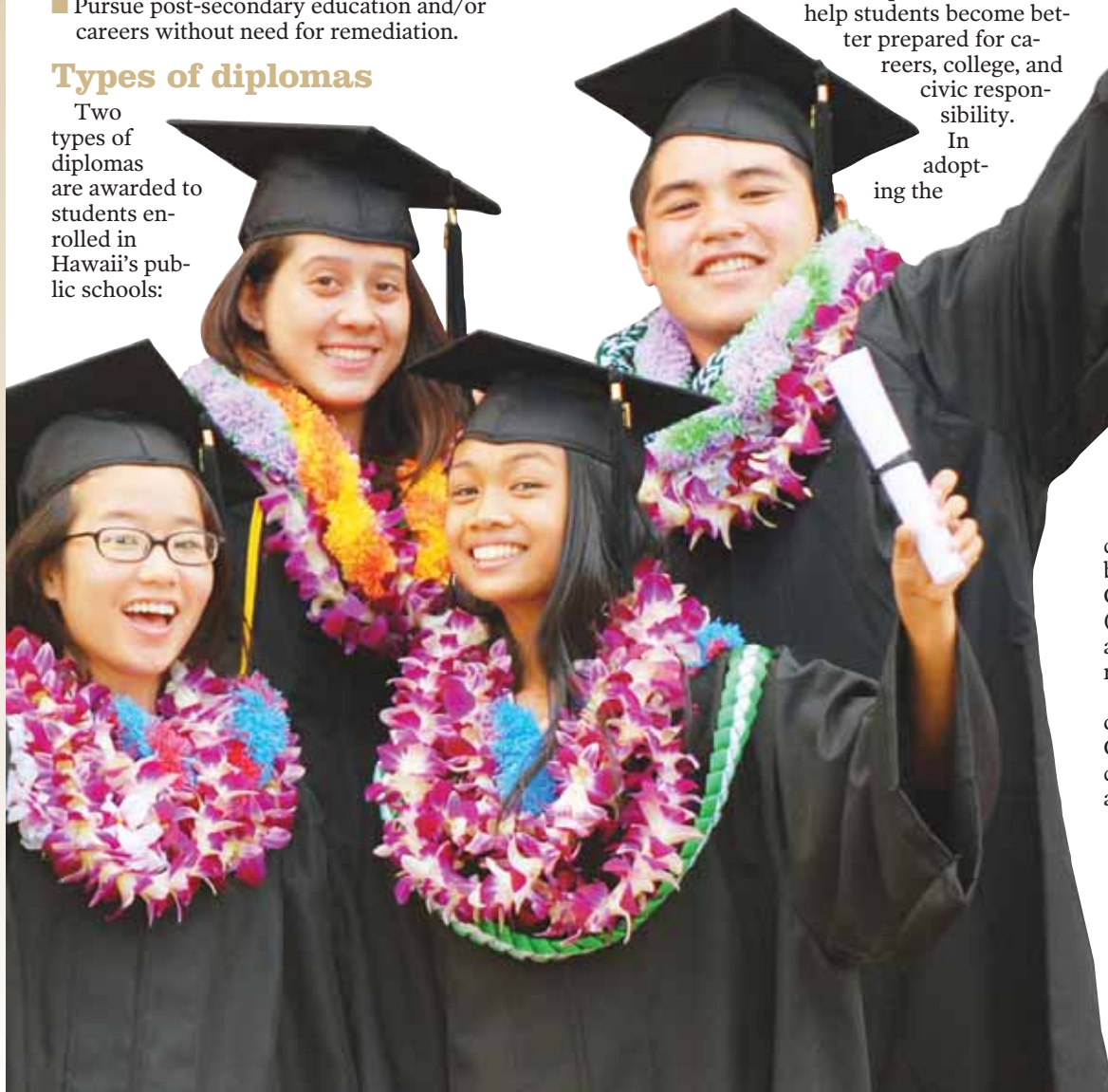
The HCPS III are the standards for what every child should know and be able to do. The six GLOs are the essential overarching goals of standards-based learning in all content areas and for all grade levels.

### Credit requirements:

- Class of 2009 (22 credits)
- Class of 2010 and beyond (24 credits)

To view the coursework requirements and credits to obtain the High School Diploma, go to <http://graduation.k12.hi.us>.

The BOE increased requirements for a high school diploma from 22 to 24 credits beginning with the Class of 2010 to better prepare students for college, work and life.



# Protect Our Keiki: at Home, at Play and On the Way

## Adolescence 11 to 18 years

### Developmental Stages and Accomplishments

- \* Youth pushes for freedom of choice and greater independence.
- \* Experiences physical and emotional changes. Ability to anticipate outcomes is limited and erratic, adolescents often think, “it won’t happen to me.”
- \* Strong need for peer approval and experimentation.

### Road safety

- ❑ Reduce teen’s crash risk: ensure extensive practice before licensure; place restrictions on driving with passengers and driving at night during the first two years after they have their license.
- ❑ Set firm rules: always wear a safety belt, as a driver or passenger; never drive impaired or ride with someone who has been drinking or using drugs; obey posted speed limits; and minimize distractions.
- ❑ Sign a parent and teen agreement that outlines privileges, restrictions and expectations.
- ❑ Require helmet use on bikes, skateboards, mopeds or motorcycles.
- ❑ Discuss the dangers of racing.
- ❑ Do not let youth ride in the back of a pick-up truck.

### Prevent drug and alcohol use

- ❑ Educate teen about hazards of alcohol and drugs and their effect on judgment and performance.

### Suicide prevention

- ❑ Know some of the warning signs: depression, talking about committing suicide, and aggressive or disruptive behaviors.
- ❑ If you are concerned call 1-800-273-TALK (1-800-273-8255).

### Water safety

- ❑ Teach basic rules of water safety (e.g. always swim with a buddy; don’t dive into unknown water or shallow breaking waves; check surf conditions with lifeguard).
- ❑ Obey water safety warning signs.

### Sport safety

- ❑ Have youth wear protective equipment recommended for each sport, including helmets.
- ❑ Avoid dehydration: advise water before and after activity.
- ❑ Advise stretching and warm up before any physical activity.

### Firearm safety

- ❑ Keep guns out of home or unloaded and locked in a place separate from ammunition.
- ❑ Ask if home where youth visits has a gun.

### Youth violence prevention

- ❑ Be consistent with rules/discipline.
- ❑ Be available to listen and speak.
- ❑ Enroll your child in after-school activities.
- ❑ Regulate internet use and exposure to violence in the media.
- ❑ Show how to resolve conflicts without resorting to aggression.
- ❑ Note warning signs such as angry outbursts, excessive fighting or bullying, cruelty to animals, fire setting, or alcohol or drug use.

### Dating violence prevention

- ❑ Be a role model, talk about healthy relationships and open communication.
- ❑ Note warning signs: unexplained bruises or injuries and behavior changes.

### Fire and burn prevention

- ❑ Test smoke alarms monthly and replace batteries yearly. Practice your family fire escape plan every six months.
- ❑ Teach youth to never leave any cooking food

items unattended.

- ❑ Encourage use of sunscreen with SPF 15 or higher.
- ❑ Model healthy behavior.
- ❑ Enroll youth in CPR and first aid classes.



Keiki Injury Prevention Coalition  
SAFE KIDS Hawaii

and the Injury Prevention Program,  
State Department of Health





**Now Enrolling Grades 9-12**  
For the 2008-09 school year.

**Where education clicks.**

**UHM SEED Academy at Kapolei High School** is a public/private partnership between the University of Hawai'i at Mānoa SEED Office, Kapolei High School, isisHawaii and Ainoa, Inc. The UHM SEED Academy offers a high-quality, innovative alternative to the traditional school experience, offering a blended curriculum of core courses taken online and hands-on STEM electives taken on-campus at Kapolei High School.

Highlights include:

- Free tuition for Hawai'i state residents
- Kapolei High School diploma upon graduation
- Online curriculum of core, world language and AP courses
- Industry-led STEM-centric electives (like 3D CAD, environmental science, social networking technology, 3D animation, robotics)
- Participation in clubs and activities at Kapolei High School

Call **808.285.6956** or email [info@uhmseedacademy.org](mailto:info@uhmseedacademy.org) for more information.

Website: [www.uhmseedacademy.org/kapoleihighschool/](http://www.uhmseedacademy.org/kapoleihighschool/)



**Does your Teen need help in any of the following areas?**

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> Communication Skills     | <input type="checkbox"/> Teen Pregnancy Prevention | <input type="checkbox"/> Motivation     |
| <input type="checkbox"/> Assertiveness Training   | <input type="checkbox"/> Peer Pressure             | <input type="checkbox"/> Attitude       |
| <input type="checkbox"/> Goal Setting             | <input type="checkbox"/> Leadership                | <input type="checkbox"/> Personal Power |
| <input type="checkbox"/> Addiction                | <input type="checkbox"/> Respect                   | <input type="checkbox"/> Stress         |
| <input type="checkbox"/> Eating Disorders         | <input type="checkbox"/> Responsibility            | <input type="checkbox"/> Self-Esteem    |
| <input type="checkbox"/> Relationships and Dating | <input type="checkbox"/> Resiliency                | <input type="checkbox"/> Body Image     |



**Motivating the Teen Spirit (MTS)** features workshops that teach teens Emotional Literacy and Healthiness. This revolutionary program uses creative illustrations, discussions, and hands-on exercises to create a safe environment where teens feel comfortable sharing their feelings to get to the heart of issues they're facing.

**Motivating the Teen Spirit has:**

- Reached over 90,000 Teens
- Created safe space for thousands of super achievers to open up
- Prevented over 3,000 suicides
- Reunited thousands of teens with their parents

Learn more at:  
[motivatingtheteenspirit.com](http://motivatingtheteenspirit.com)  
or contact  
[deidre.harris24@yahoo.com](mailto:deidre.harris24@yahoo.com)  
for upcoming workshops

