

Holualoa Elementary and Konawaena High Join Forces For Health & Fitness

For Immediate Release

Contact

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Holualoa, Hawai'i - May 16, 2023 - Last week Tuesday, students from Konawaena High School drove to Holualoa Elementary to host a remarkable health and fitness field day. With the support of parents, high schoolers, and community stakeholders the event was a resounding success. The day was filled with fun physical activities, team building challenges, lacrosse and even archery! The Holualoa PTO stepped up with parent volunteers and a teacher appreciation coffee & snack table. While field days offer fun and engaging physical activities, this event aimed for something bigger.

Did you know most elementary schools in West Hawai'i lack physical education teachers? This means many students might not be getting the necessary physical activity required for their success in school. When Konawaena TA Vice Principal Dan Curran & PE Teacher Eryn Yamaguchi discovered that one of their largest feeder schools had no PE teacher, they teamed up with Project No Ke Ola Pono O Nā Keiki, Holualoa Elementary School & the Holualoa PTO to make the event happen. These field days comprise various physical activity stations designed to model fun and easy PE lessons that teachers can replicate in the future. Thanks to sponsorship of City Councilwoman Rebecca Villegas ([Resolution No. 549-22](#)), athletic equipment will be purchased for the school, enabling teachers to do these activities again!

Project No Ke Ola Pono O Nā Keiki, initiated by teachers to help schools recover from the pandemic, focuses on strengthening the quality of Health and Physical Education. Over the past two years the project has organized more than 35 wellness events in West Hawai'i public schools. One of their notable achievements has been the passage of resolutions supporting these events by all West Hawai'i City Council Representatives, including Holeka Inaba, Maile David, Rebecca Villegas, Tim Richards and Heather Kimball. These resolutions not only provide financial assistance to procure PE equipment but also demonstrated the representatives' commitment to prioritizing Health and PE in schools.

"In Konawaena, most students' first experience with Physical Education happens in 6th grade. By that time they've missed the basics of how to move, how to throw, how to use equipment properly. A majority of my students in 9th grade could not even skip correctly! We as a school and community need to support the movement of more "MOVEMENT" in our schools, children who are active in their younger years have a significant advantage of staying active into their adulthood. Events like this are a step in the right direction and we look forward to continuing to be a part of the solution." - Dan Curran, Konawaena High TA Vice Principal

For more information on volunteering for Field Day or organizing an event at your school please contact Joel Matsunaga at joel.matsunaga@k12.hi.us.





















