



ST. ANDREW'S SCHOOLS

THE PRIORY ♦ THE PREP ♦ THE PRESCHOOL

July 10, 2018

Dear St. Andrew's Schools 'Ohana,

Welcome to the 2018-2019 school year!

Our teachers and staff are busily getting ready for the new school year – and we can't wait to see your children on campus! The theme for the year is “**Hope!**” Our children are growing up in a time when their hopes and dreams can be readily dashed simply by what they see and hear in the news. Like you, we have high hopes for your children and want them to have high hopes for themselves. Our goal is to instill a sense of hope and optimism in every child that attends The Priory, The Prep and The Preschool.

The song “High Hopes” keeps playing in my mind as I write this letter to you. It is a great song – and is the song my mom always had my brothers, sisters and I sing when things weren't going as well as we wanted or expected. Now we were not great singers, yet we all felt better after we sang this song. You can watch a video of Frank Sinatra joyfully singing “High Hopes” with a group of children at: bit.ly/Sinatra-High-Hopes. It is worth checking out and will surely make you smile – I highly recommend singing it with your children!

Why is hope so important? Researchers have found that hope is an essential ingredient to a healthy mind and reduces anxiety and self-doubt. It turns out that high-hope individuals:

- Are better able to set goals, and often set higher goals and select more goals.
- Are able to craft flexible plans to reach their goals and then take the necessary action to achieve them.
- Have a strong belief in the likelihood that they will attain their goals.
- Trust in themselves to be able to adjust and flex as needed should problems arise.
- Possess the ability to think positively about themselves when they face adversity and often use positive internal self-talk. They use phrases such as: “I can,” “I'll make it,” “I won't give up,” and “we can do this,” to help them along.

At St. Andrew's Schools, we infuse children with a strong sense of hope and optimism, along with a great love for learning. Our talented teachers help students believe in themselves and their unique individual capacities at a time when they may not fully believe in themselves. We ask students to be active participants in setting their own personal, social, and academic goals and then help them develop multiple pathways to achieve success. While at St. Andrew's, your child will uncover their interests and talents, learn many new skills, and become more knowledgeable about themselves and the world around them. By instilling hope and a sense of purpose in our students they will be better equipped to fulfill their potential and lead happy, healthy and meaningful lives.

Now, I would like to once again welcome and introduce our award-winning Principal of The Prep, **Dr. Winston Sakurai** to you. Dr. Sakurai comes to St. Andrew's from Hanalani Schools in Mililani. Over the last 17 years, he's taught history, applied engineering, statistics, and servant leadership. He then served as the Elementary School Vice Principal, Elementary School Principal and Upper School Principal. The National Association of Secondary School Principals (NASSP) named Dr. Sakurai the 2016 National Digital Principal of the Year. During the same year, The Hawaii Association of Secondary School Administrators (HASSA) named him the 2016 State Principal of the Year. Dr. Sakurai earned his

Bachelor's, Master's and Doctorate degrees from the University of Hawai'i at Mānoa and has distinguished himself as an innovative leader who is passionate about helping each child learn and grow.

We are also delighted to welcome **Mrs. Rochelle Sakurai** as our Director of College Counseling. Mrs. Sakurai has spent the last 17 years of her career at Hanalani Schools where she taught Earth Science, Life Science, Health, British Literature, Grammar and Composition, Keyboarding, Speech and Debate, Culinary Appreciation, and served as High School Society Advisor. Since 2004, Mrs. Sakurai has served as the Director of College and Academic Services. She loves our school motto and believe it or not in 2012, she won the *Kūlia I Ka Nu'u* – Outstanding Excellence Award at her school! Mrs. Sakurai earned her Bachelor's and Master's degrees from the University of Hawai'i at Mānoa.

This spring, we welcomed two new members to our communications and marketing team, **Ms. Dani Douglass** (Communications and Marketing Manager) and **Mrs. Elizabeth McDonnell** (Communications and Marketing Associate). Ms. Douglass earned her Bachelor's in Journalism and Master's in Education from the University of Hawai'i at Mānoa, and most recently served as the Assistant Director of Marketing and Communications at Oregon State University's College of Public Health and Human Sciences. She also served as a corporate writer for HMSA and taught third grade for the Hawai'i Department of Education. Mrs. McDonnell earned her Bachelor's in Communications, with a double minor in Business and Art History from the University of Arizona. Most recently, Mrs. McDonnell has been a professional photographer and business owner as well as a lead docent for the “‘Āina in Schools” program funded by the Kōkua Hawai'i Foundation. Ms. Douglass and Mrs. McDonnell will be actively taking photographs, contributing to our social media storytelling and telling our school's story on our website: standrewsschools.org. Make sure you check out our weekly parent eNews – you will definitely see some great photos of your children!

And lastly, please give a warm welcome to our new Executive Assistant to the Head of School, **Mrs. Camille Michel**. Mrs. Michel comes to us from Maryknoll School where she served in a variety of roles including Director of Student Services, Assistant to the President, and Communications Coordinator. Mrs. Michel earned her Bachelor's in Journalism from the University of Oregon and her Master's in Counseling from the University of San Diego. Mrs. Michel will be on campus beginning July 9, 2018. Feel free to stop in and say hello!

I'm looking forward to greeting everyone at our annual 'Ohana Barbeque at the Queen Emma Square Campus on Friday, August 24, 2018. It is a terrific family event – we sure hope you can attend.

With my warmest aloha,



Dr. Ruth R. Fletcher
Head of School

P.S. I'm especially excited this year as my grandson will be starting kindergarten at The Prep and I will get to see him during the school day!