



**Nu'uanu Junior Leader**  
 1441 Pali Hi-61  
 Honolulu, HI 96813  
 ertest@ymcahonolulu.org

**Junior Leader Staff**

**Edrest R.** - Program Director  
**John A.** - Teen Leader

**Program Hours**

**Monday-Friday**

7am-5:30pm

**Drop-Off:** 7am-8am

**Pick-Up:** 4:30pm-5:30pm

**Junior Leader Site Phone Number**

(808)445-4467

**NEWS & PROMOTIONS**

Hey Teens! Get ready for an epic summer with the YMCA! We've got an incredible lineup of events that you won't want to miss.

Challenge yourself with a scenic hike, unleash your competitive side on Dodgeball Day, and connect with new friends at our Sports Social.

Or dive into the gaming world on Esports Day. There's something for everyone, so grab your friends and join the fun.

Make this summer unforgettable with the YMCA—where the best memories are made!!

**Nu'uanu Y Junior Leader**  
 Week 2: June 10 - 14  
 Weekly Theme: Mahalo

**1ST WEEK DONE**

Mahalo for making the first week of our YMCA Junior Leader Program such a success! We're thrilled with the enthusiasm and energy your teen(s) have brought to the program. It's been an incredible start, filled with learning, teamwork, and fun. We look forward to many more exciting weeks ahead and appreciate your continued support!

**MAHALO**

"Mahalo" is a Hawaiian word that means "thank you" or expresses gratitude, appreciation, and respect. It is commonly used in Hawaii to show thanks and acknowledge the kindness or efforts of others. Mahalo reflects the Hawaiian spirit of acknowledging and valuing the contributions and presence of others in one's life.

ACTIVITY SCHEDULE				
Mon June 10	Tues June 11	Wed June 12	Thur June 13	Fri June 14
Junior Leader Rotation	Junior Leader Rotation	Day Camp Field Trip: Kids Theater	Junior Leader Rotation	Group A Field Trip: Makapu'u Hike
Youth and Government Group A	Swim  Junior Chef Group A	Youth In Government Group B	Junior Chef Group B	

**IMPORTANT INFORMATION**

- **DROP-OFF:** 7am– 8am and **PICK-UP:** 4:30pm-5:30pm- If you will be dropping off or picking up your Teen outside of the times listed above, please notify us at **(808)445-4467.**
- Please pack **2 snacks**- one for AM and one for PM . We are a NUT-FREE program, please do not pack snacks containing nut products.
- Please remind your Teen to bring a reusable water bottle, Pen and Paper for Youth In Government Training, and to be in proper Junior Leader Attire per the Junior Leader "Standard Operating Procedures (SOP).

[go.hawaii.edu/FrL](http://go.hawaii.edu/FrL)



SCAN to Review & Register for all Summer Teen Events!  
 Parents or Guardians must register their teen for each event separately



## JUNIOR LEADER

We're thrilled to share that the first week of the Junior Leader program was a great success! Your teens were introduced to their groups, worked under the supervision of their group leaders, and engaged with the kids. They also learned how to run indoor and outdoor activities and enjoyed walking to the Botanical Garden. Thank you for your continued support, as we look forward to more exciting adventures ahead!

## JUNIOR CHEF

We're excited to share that your teens have successfully completed their first lessons in our Junior Chef program! This week, they learned the basics of knife safety and kitchen safety, gaining essential skills for handling kitchen tools and creating a safe cooking environment. We're proud of their progress and can't wait to see their culinary talents grow in the weeks to come. Thank you for supporting their culinary journey with us!

## YOUTH AND GOVERNMENT

We are excited to inform you that your teens have made great strides in our Youth and Government program! This week, they learned what a bill is and how bills are created and received an introduction to parliamentary procedures. These foundational skills are crucial for understanding the legislative process and developing their leadership abilities. Thank you for supporting their educational journey with us!

### FIELD TRIP

#### Makapu'u Light House Trail Group A

Date: June 14, 2024

Depart Time: 10:00 AM Bus Departs Nu'uaniu YMCA

Return Time: 3:00 PM Bus Returns to Nu'uaniu YMCA

Please ensure Teen Brings

- Hat
- Closed Toe Shoes
- Sunscreen
- Water Bottle
- Packed Lunch

### Maunawili Hike

Hey Teens!! It's time to swap screens for scenery and hit the trails! Join us for an exhilarating hike where every step is a new adventure. Connect with nature, soak in breathtaking views, and make memories with friends. Lace up your boots and let's explore the great outdoors together!!

**Location:** See Branch Teen Director

**Date:** Saturday, June 22, 10:00AM - 3:00PM

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Parents or Guardians must register their teen for each event separately

Junior Leaders will be assisting our Day Camp Staff Leaders with these "Super Hero Mental Wellness" lesson plans this week...

## HEROIC JOURNEY AT HOME

This week the children will learn how to understand others to work together. The topic is "Empathy." Check out what the Heroic Journey staff have to say:

Parent Video  
[bit.ly/3Rayh01](https://bit.ly/3Rayh01)



## HAWAIIAN WORD OF THE WEEK

### 'Ike Pono

To feel, understand, and know.



Join our free [Summer Bucket List Challenge](#) where completing just 20 activities could win you a grand prize of \$2000, along with weekly Y swag and Y Bucks. Open to the public—register online or visit any YMCA location and start your adventure with the whole family!



[bit.ly/3KhpuWl](https://bit.ly/3KhpuWl)



[bit.ly/4azhJpE](https://bit.ly/4azhJpE)

Plus, [save \\$99 on new Y memberships](#) and enjoy up to 20% off camps, programs, and swim lessons, with free child watch while you work out, and 10% off personal training.