



KA HALE KULA O WAIMEA

December 2015

<http://waimeaca.hidoe.us> or <http://www.waimeacanyonmiddleschool.us>

9555 Huakai Street

Waimea, HI 96796

Phone: 338-6830

Dates To Remember

December 15

Legends & Songs of Kauai
Mr. Tango's Drama & Hula
Class Ho'ike
Cafeteria 6:00p-8:00p

December 17

2nd qtr. /1st Semester Ends
Last day for students

December 19

WCMS at Waimea Lighted
Christmas Parade
Meet in WCMS parking lot at
5:00pm

December 18-January 5

Winter Break

January 11

Teacher Workday
No School

January 14

2nd Qtr Report Cards go home

January 18

Martin Luther King Day

January 20

Science Fair

Principal's Message

Dear Parents/Guardians, Staff, Community Members, and Students,
Happy holidays!

December marks the end of the first semester of this school year and what a great way to end it with wonderful student performances. Many thanks to those who were able to see our KPAC students in their play, *The Stone in the Road* at the Convention Center on December 5th - 6th and the Ukulele and Band students in their concerts on December 8th and 10th. Thanks also, to all who were able to attend the west side movie showing of *Most Likely to Succeed* on December 3 at the Waimea Theater. Along with ending the first semester, WCMS has one more performance for your enjoyment on December 15th, Mr. Tango's Drama and Hula class Ho'ike, 6pm in the cafeteria.

If you are in Lihue, stop by the Marriott Hotel and catch a glimpse of our school sponsored Christmas tree. Visitors to the Marriott can vote on the trees they like the best and the proceeds of these votes will be given back to our Media class for much needed equipment. The Media students used a 3-D printer to create the ornaments.

What should you do if your child comes home and says they have no homework? If you have Internet, have your child go on *TeenBiz*. Your child should read the articles and respond to the questions. The address is <https://login.achieve3000.com/index>. If Internet is not available, have your child read a book, newspaper or magazine. Math concepts can be reinforced and previewed online at Kahn Academy.

Have you heard of our "Two for Tech" initiative? We are asking for community support in funding laptop carts for each of our 24 Advisory teachers for SY 2016-17. This aligns with our Future Ready 1:1 Technology plan rollout next year. If you want further information about how you can help, please contact me at 338-6830 x102.

Did you know Waimea Canyon Middle School now has its own Facebook page? Please join us at: <https://www.facebook.com/WaimeaCanyonMiddleSchool/> We have two teachers with accounts on DonorsChoose.org. Their sites are: Mr. Braun: <http://www.donorschoose.org/we-teach/3199250> Mrs. Foulks: <http://www.donorschoose.org/mrs.foulks> Please check it out.

Show your Happy New Year 2016 Minihune pride!

Aloha,

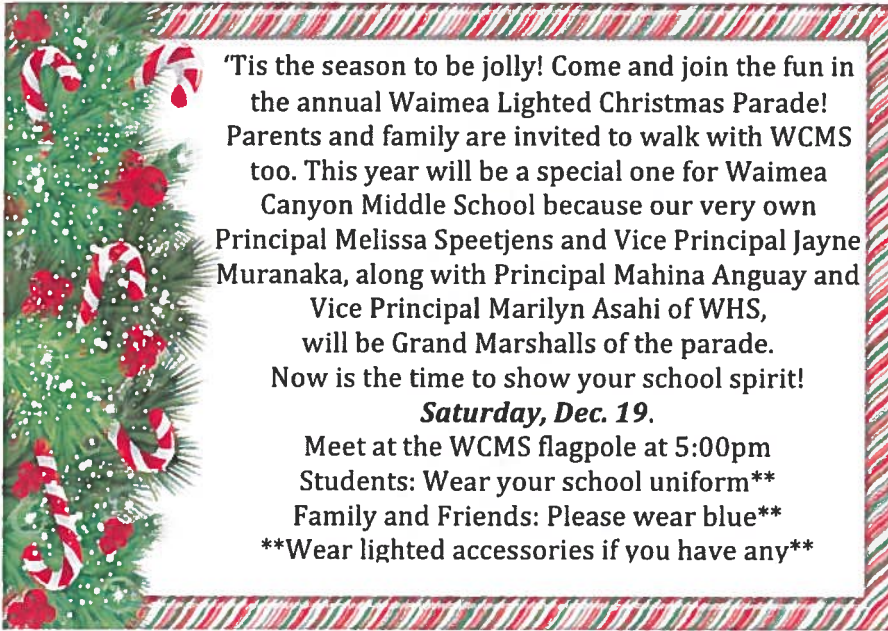
Melissa Speetjens

Principal



Happy Holidays

Waimea Canyon Middle School is ADA accessible. Contact the school office to request for accommodations to participate in school events.



'Tis the season to be jolly! Come and join the fun in the annual Waimea Lighted Christmas Parade! Parents and family are invited to walk with WCMS too. This year will be a special one for Waimea Canyon Middle School because our very own Principal Melissa Speetjens and Vice Principal Jayne Muranaka, along with Principal Mahina Anguay and Vice Principal Marilyn Asahi of WHS, will be Grand Marshalls of the parade.

Now is the time to show your school spirit!

Saturday, Dec. 19.

Meet at the WCMS flagpole at 5:00pm

Students: Wear your school uniform**

Family and Friends: Please wear blue**

Wear lighted accessories if you have any

Connecting for Success News!

We had 13 CFS students who had Perfect Attendance during the 1st quarter and received gift certificates at our October luncheon.

6th grade: Cainen Akana, Xavier Cano, Kailey Ruiz

7th grade: David Bagoisan, Dalen Delanoza, Mehana Kaiakapu-Manoi, Levi Nakaahiki, Jillian Ochua, Elijah Rivers-Igaya, Shalyn Vegas

8th grade: Zachariah Costales, Keinan Kamakele, and Rachel Nakaula

The following CFS students received ice cream bars at our 1st quarter Honor Roll Social:

Honor Roll: Jillian Ochua, Jaysha Olores

Honorable Mention: Cainen Akana, Briana Apo, Morris Caberto, Qiyrah Rapanot, Levi Nakaahiki, Kiani Olivas-Dominguez, Jaeden Ragraola, Pauline Ragus, Maikoa Sahut-Baniaga, Rachel Simola, Shalyn Vegas, Jamie Horner, Keinan Kamakele, Karen Kilar, Xyran Pai, Nainoa Santos, Makeyah Wisneski

Congratulations to all and keep up the good work!

Upcoming Events to Remember!

Dec 15: 6th grade holiday luncheon

Dec 16: 7/8th grade holiday luncheon

Dec 19: Waimea Christmas Lighted Parade

Jan 29: CFS Family Bingo Night

If you have any questions concerning the Connecting for Success program or our events, please contact me at 338-6820.

Esther Estes

Community Grant Coordinator

CONNECTING FOR SUCCESS PROGRAM

WCMS/Hale 'Opio Kauai



Please Remember the WCMS Library this Holiday Season

WCMS Library wants to thank our Library Supporters for the generous Holiday Book Donations to the library so far! We received nine exciting titles that the kids will truly enjoy. The donation tree decorated with our book "wish list" will continue to be in the School Office for the month of December.

Here is how you can get involved:

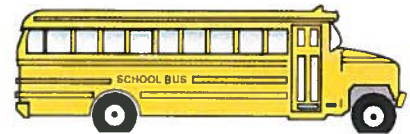
- Come to the office and pick out a "wish list" title from our tree.
- Pick out any book at the store that you think our library should have.
- Donate gently used books from home.

The students at WCMS will appreciate any new books added to our library!

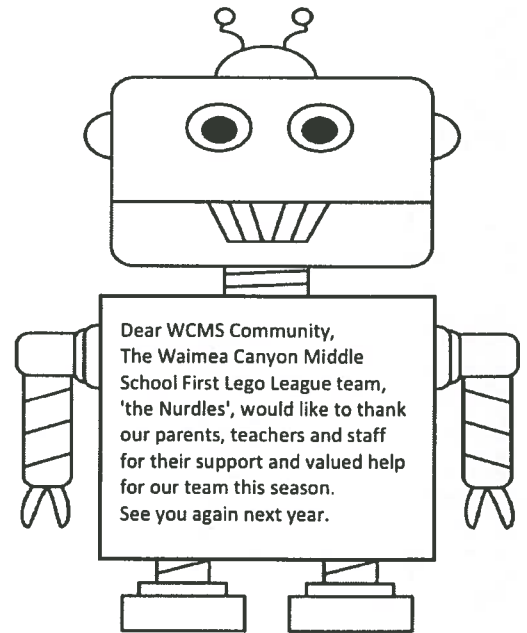
Third Quarter Bus Payment Due Now

For those of you who still have not paid for your child's quarterly bus payment, please do so as soon as possible. Prompt payment will ensure that your child will be able to ride the bus after the Winter Break. Parents can make payment to our office either in person or by mail.

Payments made by check, money order, or cashier's check should be made payable to "Department of Education." Please call our office for more information at 338-6830.



As a reminder, there is a \$25 service fee for all returned checks (payable to Director of Finance) and a \$5.00 fee to replace a permanent bus pass.



Dear WCMS Community,
The Waimea Canyon Middle School First Lego League team, 'the Nurdles', would like to thank our parents, teachers and staff for their support and valued help for our team this season. See you again next year.

Aloha Parents and Guardians!

Please consider adding hand held pencil sharpeners to Christmas stockings this year. These, along with pencils, always seem in short supply in January, and are greatly appreciated by students, and teachers.

Mahalo and Happy Holidays!

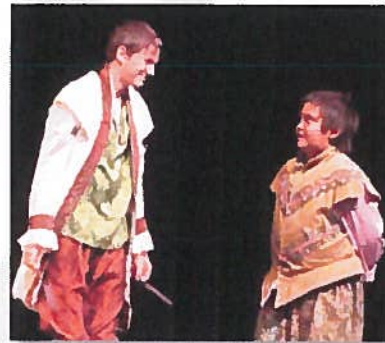


WCMS Students Shine on Stage

Our KPAC students recently performed at the Convention Hall as part of the program for the Kauai Performing Arts Center. A total of 15 students representing all grade levels put on the one-act play entitled "The Stone in the Road." Directed by 6th grade Social Studies teacher, Penny Shimomura, they practiced after school for months. Their hard work was evident in their outstanding performance.

KPAC is a DOE program designed to give students the opportunity to study theater island-wide for middle and high school students. Congratulations on a job well done to the following cast members: Lily Alt, Jenna Antolin, Cayden Artaho, Asa Chelius, Amber Drake, Milo Ewing, Jayce Foster, Julienne Gawaran, Cameron Hanson, Joel Hedstrom, Morgan Joy Igaya, Taila Schmidt, Ariell Siliado, Breycinn Silva and Maegan Soares.

Stone in the Road



Thank you Syngenta!

Syngenta recently donated monies to the Home Ec department of Waimea Canyon Middle School. This money will be used to purchase food and cleaning supplies for the 5 kitchens in the Home Ec classroom. Mrs. Beth Tokioka was instrumental in obtaining this donation for the Home Ec classroom.

The next time you see a Syngenta employee, thank them for thinking of Waimea Canyon Middle School's Home Ec program.

Mahalo 

'Ōlelo No 'eau of the Month

'Ōlelo No 'eau are Hawaiian proverbs, or wise sayings, that Hawaiians used throughout every aspect of their lives. We choose one every month that supports the development of the life essence in each person.

'A'ohe hana nui ke alu 'ia.

No task is too big when done together by all.

In order for students to get the best academic results, there needs to be a collaborative effort from teachers and staff, parents, and the community as a whole.

When all three parts of this machine are working together with the students best interests in mind, then the students are far more likely to succeed in all their academic goals. Let's think about this as we head into the end of this second quarter so that all our students here at Waimea Canyon Middle School can achieve academic success. Let this become the new culture and model when it comes to education in Waimea! Imua kākou! (Let's all move forward!)

Advice Column

Dear Wise Minihune,

I found out that my friends are talking about me in a bad way. I honestly don't know what to do. Should I confront them and tell them to stop talking about me, or should I just let it go? What should I do? Please help me!

Sincerely,
Friendly Fire

Dear Friendly Fire,

I think you should confront them and tell them to stop. Once they stop, you should just forget about the situation. If they don't stop you should tell a trustworthy adult on campus to talk to them. I'm pretty sure they wouldn't like it if someone were to say bad stuff about them behind their back. I hope this helps.

Sincerely,
Wise Minihune (Julie Jane Remigio)

Dear Friendly Fire,

I think you should confront them because if you try to let it go it will get worse and they will keep talking about you behind your back. If confronting them doesn't work tell a teacher, your parents, or an adult you trust. Just remember, nobody has the right to talk to you that way and whatever they say about you is NOT true.

Whenever something like this happens, remember you are awesome!

Sincerely,
Wise Minihune (Richelle Agor)

Dear Friendly Fire,

The best thing for you to do is confront your so-called "friends". If not they will continue to say hurtful things about you. If they continue doing these things then tell an adult, but stay anonymous. They can help resolve this situation. Always know you have a voice!

Sincerely,
Wise Minihune (Kayana Niheu-Kamaka)



Question of the month

If you could add anything to the school lunch schedule what would it be? And why?

I would like to add Korean Chicken because it's a fun and enjoyable lunch item. Also everyone likes it and loves eating it!

Kyra McMurray – Grade 6



I would like to add salad because it is healthy!

Rachel Simola – Grade 7

I would add poi because we live on an island that provides taro, and it is healthy for you too!

Keona Taniguchi – Grade 6



I would add mac and cheese because it's good and it's also magically delicious!

Sasha D'acosta – Grade 7

I would add poi because it is healthy for you and Kaua'i has lots of it!

Ka'ililani Fernandez – Gr. 8



I would add loco moco because the gravy makes it taste good and a lot of people won't waste the food.

Marcial Geronimo – Grade 7

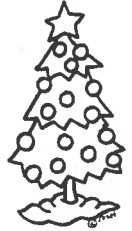
News from Student Voices – Leadership



The Waimea Canyon Middle School Student Voices-Leadership class gives a BIG shout out to all who supported our recent Thanksgiving Food Drive. We collected 358 items, that's 269 pounds of food for the Kauai Independent Food Bank. Mahalo to all who contributed to this sharing of aloha!



On Tuesday, Dec. 11 the Student Voices-Leadership class walked over to the Kauai Veterans Memorial Hospital to visit with the patients in the long-term care unit. The students chanted a Christmas poem, did some crafts and sang a couple of Christmas songs with the kupuna. It was a fun time for everyone! Here are some reflections of their visit.



The experience I had at the hospital was very enjoyable because all of the patients were really enjoying the songs and the crafts that we did. It made me feel happy inside to help an old person who might not have family to come over and talk to them and care for them. Even if the patient I was working with was falling asleep I know inside of her she was happy. I loved that we could help some of the people have a good day and that they would remember this day.

Cameron O'Day

My experience with the patients at KVMH was fun! They were very welcoming and kind. At first I was nervous because I thought I would do the ornaments wrong. But then after we went around and greeted them I realized that it wouldn't quite matter if I do something wrong because we were there to share the Christmas spirit. My patient wouldn't talk but she would nod her head when I asked her a question. I think she was shy because when I was with her, she wouldn't do anything...but when I went to the table to grab materials I noticed that she was fixing and playing with the Christmas tree ornament that we made. The patients made me happy. Although they didn't talk much, it was nice to see them smiling and happy.

Glydelle Valmoja

My experience going to the hospital was actually fun. At first I thought it would be boring a little – like maybe I was going to be boring for the patients. But it turned out to be fun helping them and teaching them how to make an ornament. I felt like I was a teacher and I wondered if kids are going to come see me when I am that old or that age. It would be great if they did. It was a great experience.

Shandalyn Kuhlmann

Going to the hospital was fun. It was nice seeing the elderly. They looked happy. They were really nice, too. The man I was partnered with was nice. We made small talk. While we talked he said he had something wrong with his eyes. He couldn't do much but I tried to include him in the crafts. When we were leaving I felt happy seeing them smile. While we were singing it was nice seeing some of the patients singing along.

Kaela Tsuchiya

My experience going to KVMH was amazing. I loved my partner. I just love to hang out with elderly people. They were real happy that we were there. It also feels good to just do stuff with and help people that can't do a lot. My elder's name was E.A. She was really, really nice. I wish I had a grandma like her.

Justice Daliva

My experience with the long-term care patients was very awesome. It was a great thing to do. We love our elderly and we should start doing this more. My patient was great, she participated making everything but the thing is, she ripped off the snowflakes from the box we made! I love old people. I would like to go and visit them again. When we first went in I had to introduce our group to the patients. When we sang the songs the patients were singing along with us and we felt really pleased that they were actually participating. We thought that they would not talk but oh well, we were wrong.

Palenapa Kaohelaulii

When I first met the patients I felt kind of scared because I am not used to old people. Once I got to meet my partner I was happy because my partner could do a lot of stuff. By the time we finished I felt better because I got to know the patients. When we made the Christmas tree my partner tied the fabric on and she was so proud of herself. When we made the box I asked her to cut tape and she cut it. When we finished she had an idea. She said, "How about we tape the Christmas tree to the box?" It was a great idea. My partner also had a very small memory. She kept asking me what my name was and what school we were from and what grade I was in. She was nice and funny. If I was a patient there I would love visitors too because you mostly only see the other residents and the nurses. It's a good thing we went to visit them and I liked it.

Sassaley Aviguetero

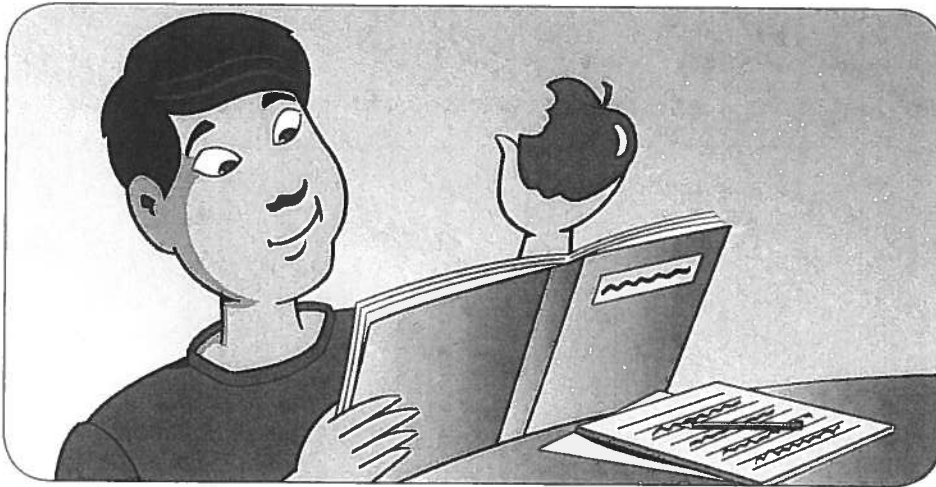
Parents[®]

Middle School

December 2015
Vol. 19, No. 4

Waimea Canyon Middle School
Newsletter

still make the difference!



Allow standing, fidgeting & snacking at homework time

If your child can't seem to sit still during homework time, it's probably because he can't! And if he can't seem to stop snacking, it's probably because he needs that food.

Your middle schooler is entering adolescence. And this marks the biggest period of physical change he has experienced since infancy.

Among other things, middle schoolers often:

- **Get up out of their chairs.** As adolescents grow, their bones (including their tailbones) begin to harden. Sitting too long can cause nerve pain. Getting up is a natural defense against that discomfort. Your child may want to try doing some of his homework standing up. Or he could study vocabulary words as he walks around the house.

- **Fidget.** Even if they manage to stay seated, middle schoolers spend lots of time fidgeting. In adolescence, bone growth outpaces muscle growth, meaning kids' muscles are constantly being tugged and pulled. This causes so-called "growing pains." Stretching can help relieve them, so encourage regular stretch breaks during homework time.
- **Raid the refrigerator.** It's not just kids' bones and muscles that are growing. Their stomachs are, too—and it takes more food to fill them. Not only that, but all that physical growth requires serious amounts of fuel. Stock up on healthy snacks and let your child munch while he's studying.

Source: P. Lorain, "Squirming Comes Naturally to Middle School Students," National Education Association, niscw.com/mid_squirm.

Winter break activities keep learning alive



Winter break should be just that—a break from the normal routine. But your middle schooler should keep learning, just not as formally as she did at school.

Here are ways your child can continue to learn over the break:

- **Write.** Encourage your child to start a journal and write in it for about 10 minutes each day. She can write a letter to friends or family she won't see during the break. She should also write thank-you notes to anyone who gives her a gift or extends her a kindness over the holidays.
- **Read.** Your child should read something every day. If she has a book she is enjoying, great. Otherwise, a magazine or newspaper article of interest works, too. Take a trip to the library together to help her find appealing reading material.
- **Do math.** Ask your child to help you add up the day's expenditures or stick to your budget while shopping. She can also calculate the ingredients you will need to bake a double batch of cookies.