



# Ka Hale Kula 'O Waimea

## MAY 2013

<http://waimeaca.hidoe.us>

<http://www.waimeacanyonmiddleschool.us>

9555 Huakai Street

Waimea, HI 96796

Phone: 338-6830

### Dates To Remember

#### **May 1**

4<sup>th</sup> Qtr. Mid Progress Reports go home

#### **May 6**

Transition day for incoming 6<sup>th</sup> graders

#### **May 8-10**

Student-Led Conferences  
Students released 12:40

#### **May 14**

Ukulele Concert 6:30 pm

#### **May 16**

Band Concert 6:30 pm

#### **May 17**

Heritage Day

#### **May 24**

Last day of school

#### **May 27**

Memorial Day

Aloha Students, Parents, Staff and Community Members,

With your donations of “gently” used items, the PTSA was able to hold a rummage sale in the cafeteria on Saturday, April 27<sup>th</sup>. Profits from the sale will be used to support your child’s school activities which include excursions and events. Thank you!

As the school year comes to an end, please continue to monitor your child’s school work by checking the planner to ensure that all assignments are completed so your child can earn the necessary credits needed to move to the next grade level. If you have any questions or concerns, please contact your child’s teacher(s) or grade level counselor.

It has always been our focus to address the academic, social, physical, and emotional learning needs of our middle school students since we know that the middle school years can be difficult as our students experience different situations. This is the time when we need to be supportive but firm as they transition from middle on to high school. We have been fortunate to have you as a partner in your child’s education!

We have also established a collegial working relationship with some of our community businesses and the partnerships have enriched the learning opportunities for your child. In the future, we want to expand the partnership to other businesses because we have seen how the school can benefit with the added expertise.

**It has been a pleasure working with you and with your child!**

**Mahalo for all you do to support your child’s learning.**

Glenda L.B. Miyazaki, Principal

\*Please refer to our “Dates to Remember” so you can continue to be part of our school’s activities.

**Student Learning is Our Focus**

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

To learn more about NCLB Public School Choice, please contact the Title 1 Coordinator at 338-6830, ext. 128.

The NCLB Title I SES free tutoring program for Waimea Canyon Middle School's deadline was October 25, 2012. There will be no second semester applications this school year. We apologize for the inconvenience.

## Science News

Congratulations to our  
8th grade science teacher,

**Justin Yamagata,**  
for being awarded the  
**Hawaii Academy of Science  
Teacher of the Year!**

As part of his award, Mr. Yamagata will be traveling to Phoenix, Arizona to attend the International Science and Engineering Fair in May. He will also be accompanied by two Waimea High School students who won 1st and 2nd place awards at the Kauai District Science Fair.

We would also like to congratulate the group of students who represented WCMS at the Hawaii State Science and Engineering Fair, which was held on Oahu from 4/7 to 4/9. The students were BreeAnn Cayaban (8th grade), Jacky Lin (8th grade), and Braden Kobayashi (7th grade).

These students did an excellent job and we should all be very proud of them!

## Library FYI

### eBooks at WCMS!

We now have a few eBooks to access 24/7 from school, home and anywhere with Internet connection! eBooks will provide quick access to recreational reading and informational books to help with student projects. Students can read their favorite eBooks anywhere using computers, iPads, Android tablets and smartphones.

Right now, you can log in as a guest! Just follow the steps below:

Go to the WCMS website

**waimeaca.hidoe.us**

Click on **Library**

Click on **Library Catalog** (big yellow box)

Click on **Catalog Tab** (top left)

Click on **FollettShelf** (left side)

**Open** the title you want to read

Log In: username - **waimeac**

Password - **waimeac**

If you have any questions, call the library at  
338-6830, ext. 104.

## CHINA TRAVEL GROUP

Spring Break 2013 saw 47 Waimea Canyon Middle School students and their parents take part in an amazing journey abroad to the historic and ever evolving Beijing, China. We visited famous sights like the Forbidden City, Summer Palace, Tiananmen Square, Olympic Bird's Nest Stadium and the Beijing Zoo. We also visited a local middle school, enjoyed a traditional Chinese meal with Hutong families and participated in a tea ceremony and taiji lesson. One of the highlights of our tour was spending the day in Badaling where we took a tour of the Great Wall of China.

*"Travel is fatal to prejudice, bigotry, and narrow mindedness." – Mark Twain*

One of the goals of our trip was to prepare students with a global education – cultural awareness, creative and critical thinking, and international understanding. I truly believe this experience overseas transformed their lives and equipped students with the necessary tools to navigate our increasingly globalized society. Not only did our travelers develop an understanding of the Chinese culture, many also learned a lot about themselves through the traveling experience.

*"Twenty years from now you will be more disappointed by the things you didn't do than by the ones you did do. So throw off the bowlines, sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover." – Mark Twain*

Over a year ago, several teachers had a dream of opening up the world to our students and community through international travel. With the wonderful Education First Tour company, we organized and motivated many students and parents in our community to join us on our adventure. Many students and parents fundraised their entire trip and almost all of the travelers were on a payment plan to make their dream a reality. Needless to say, we were thrilled to see all that hard work pay off through the experiential learning on tour. We saw gorgeous, ancient sights, ate delicious Chinese cuisine, attended lavish Kung Fu and Acrobatic productions, interacted with Beijing locals, learned from our fantastic Chinese tour director, and bonded as an 'ohana overseas.

The Beijing tour experience exceeded our expectations on every level. It was pretty magical.

**Waimea Canyon Middle School  
Quarter 3**

***Principal's List***

GPA 4.0

**Grade 6**

Aguinaldo, Brandie  
Bostick, Samantha  
Felix-Keamoai, Moanikealohilani  
Franco, Dawson  
Funtanilla, Sara  
Samio, Marley  
Texeira, David Josiah

**Grade 7**

Agena, Corey  
Barrett, Madilyn  
Broyles, Anna  
Chelius, Eosin  
Correa, Kari  
Daligdig, Danielle  
Hashimoto, Michael  
Kauahi, Allysa  
Kobayashi, Braden  
Lorenzo, Monique Joy  
Ochua, Joshua  
Penner, Ian  
Ruiz, Kristine May  
Satumba, Carla Mae  
Tomimoto, Kelsey

***Honor Roll***

GPA 3.5-3.99  
(Bs and higher)

**Grade 6**

Acob, Ron Janus  
Agustinez, Rochel Mae  
Albarado-Rita, Kaila  
Albite, Reine Darcy  
Bermudez, Adrienne  
Duncan, Makanaalohamokihana  
Hedges, Evan  
Jensen, Maeve  
Kauamo, Naomi  
Lasconia, Xavier  
Llapitan, Kharyl  
Minia, Azea  
Numazawa-Pacanas, Kalena  
Ofisa, Tai  
Pablo, Christian Earl  
Ramos, Kimberly  
Robinson, Kyle  
Salomon, Kylea

Sandal, Kaitlin  
Santos, Sarah  
Simao, Naikoa  
Simbre-Medeiros, Shayne  
Villanueva, Ezekiel

**Grade 7**

Frasco, Brooke  
Guillermo, Micah Erica  
Helgen, D'Annalyn  
Laysa, Jeryn  
Luis, Jana  
Miguel, Avery  
Owen, Rain  
Parubrub, Meighan  
Perpose, Trisha Angel  
Planas, Travis  
Ragus, Princess Kyla  
Sustaita, Rachael

**Grade 8**

Acob, Robyn  
Aguon-Kona, Java  
Altomare, Vincent  
Cacal, Rachel  
Castaneda, Kaleohano  
Castro, Kasen  
Cayaban, BreeAnn  
Corotan, Charlene  
Dela Cruz, Erika Faye  
Duarte, Richard  
Evans, Andrew  
Lansdell, Kai  
Magno III, Alejandro  
Mecham, Carl  
Miner, Shania  
Natividad-Parraga, Cheyenne  
Newell, William  
Nishihira, Elijah  
Pascual, Ashley Marie  
Rapozo, Sharay  
Rendon, Shaya  
Tayamen, Gelene

***Honorable Mention***

GPA 3.0-3.49  
(Bs and higher)

**Grade 6**

Berg, Marlin  
Espino, Anson  
Fernandez, Veronica  
Jardin, Malyssalin  
Kali-Bagaoisan, Mark  
Lacaden, Shyli  
Miguel, Wendee  
Montameyor, Lacin

Noda, Wayne  
Peleras, Gabrielle  
Pimental, Terrilyn  
Ragragola-Palacio, Jacelyn  
Rull, Reyden  
Yamauchi, Leiko

**Grade 7**

Mararagan, Jaime  
Oyamot-Campos, Jayda

**Grade 8**

Parubrub-Vidinha, Beighlee  
Ramos, Devon  
Santella, Jasmine  
Stevens, Kaikea  
Subia, Venice



**Recycle School Shirts!**

Outgrown your school shirts?

Moving onto another school?

Bring your school t-shirts to the office and donate to our 'recycle school shirts program' from May 13-24, 2013 only. Each student who donates their 'gently used' school uniform will get a "Free Uniform" day pass!

## 30 Ways to Add Fruits and Vegetables to Your Daily Meals

### Breakfast

1. Add strawberries, blueberries, or bananas to your waffles, pancakes, cereal, oatmeal or toast.
2. Have fruit as a mid-morning snack.
3. Stir low-fat or fat-free granola into a bowl of low-fat or fat-free yogurt. Top with sliced apples or berries.
4. Top toasted whole-grain bread with peanut butter and slices bananas
5. Fill your omelet with onions, bell peppers, spinach, broccoli, mushrooms and tomatoes instead of meat and cheese.
6. Add sliced apples or bananas and a dash of cinnamon to your pancake batter.

### Lunch and Dinner

7. Place a box of raisins in your child's backpack and pack one for yourself, too.
8. Ask for more vegetable toppings (like mushrooms, peppers, and onions) and less cheese on your pizza.
9. Add some cooked dry beans to your salad. Or, if you have a sweet tooth, add chopped apples, pears, or raisins.
10. Add broccoli, green beans, corn, or peas to a casserole or pasta.
11. Have soup. You can stick with the basics like tomato or vegetable soup or mix up some minestrone or veggie chili to cut winter's chill.  
when possible, choose soups with less sodium.
12. Add lettuce, tomato, onion, and cucumber to sandwiches.
13. Order salads, vegetable soups, or stir-fried vegetables when eating out.
14. Choose beans, corn on the cob, or a side salad with low-calorie salad dressing instead of French fries.
15. Try eating at least 2 vegetables with dinner.
16. Canned, dried, and frozen fruits and vegetables are also good options. Look for fruit without added sugar or syrups and vegetables without added salt, butter, or cream sauces.
17. Customize spaghetti sauce with fresh zucchini, green peppers, mushrooms and onions.
18. Turn a mixed green salad or spinach salad into a main dish by including diced apples, almonds and grilled chicken.
19. Grill Portobello mushrooms as a main or side dish.

### Snacks

20. Try hummus and whole wheat pitas.
21. Snack on vegetables like bell pepper strips and broccoli with a low-fat or fat-free ranch dip.
22. Try baked tortilla chips with black bean and corn salsa.
23. Stash bags of dried fruit at your desk for a convenient snack.
24. Keep a bowl of fruit on your desk or counter.
25. Drink a fruit smoothie made with whole fruit, ice cubes and low-fat or fat-free yogurt.
26. Top a cup of fat-free or low-fat yogurt with sliced fresh fruit.
27. For quick and easy snacks, stock up on fresh, dried, frozen, and canned fruits and vegetables.
28. Pick up ready-packed salad greens from the produce shelf for a quick salad any time.
29. Encourage your child to choose his or her own fruit when shopping.
30. Store cleaned, cut-up vegetables in the fridge at eye level and keep a low-fat or fat-free dip on hand

## Tools For Healthy Living!



Walking at least 30 minutes a day, eating five or more fruits and vegetables a day, and living tobacco-free is good for your health. These healthy lifestyle choices can reduce your risk for chronic diseases such as cancer, heart disease and diabetes.

## IT TAKES A VILLAGE TO RAISE A CHILD

The place to be on April 24<sup>th</sup> was on the Westside of Kauai. Waimea Canyon Middle School (WCMS) and Hale Opio sponsored an evening of dinner and entertainment. The theme for the evening was, "It Takes a Village to Raise a Child." Comedian Augie T had the audience of 300 laughing, some to the point of tears, with his hilarious stories. He reiterated the purpose of the evening, that we are all responsible to help the children of our community be successful and attain their dreams.

Over 90 families shared in a delicious dinner and participated in a lucky number drawing. The school choir, under the direction of Na Hoku Hanohano nominee for best jazz album of the year, David Braun, entertained the crowd. Student soloists displayed their performing talents to an appreciative audience of peers, parents, community members and WCMS faculty and staff.

Aside from the great entertainment and food, there was a breakout session for school stakeholders to provide input on what they feel is important for our students to learn to become productive citizens and how the school and stakeholder group can support this goal. The brainstormed information will be used to write a Hawaii Community Foundations grant. The input will also be shared out in our beginning of the school year newsletter. If Hale Opio and WCMS are awarded the grant, information will be shared in upcoming newsletters.