

# Monthly Newsletter

## Principal's Message

Aloha e Waiāhole 'Ohana,

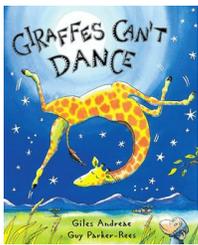
Welcome back! We are already in Quarter 4 where does the time go? During the month of April, our students in Grades 3, 4, 5 and 6 will be participating in the Smarter Balanced Assessment. We need your help in ensuring that students get enough rest, eat breakfast and come prepared to do their best on the Smarter Balanced Assessment.

We hope you can join us for our STEM night on Friday, April 20. In addition, on May 18th we will be having a Cultural Day. Our Cultural Day will be highlighting class performances, music by Hoku Zuttermeister, and various cultural practices (wa'a, makahiki games, and more)! Come join us for a day of fun!

We will be sending home a parent survey to get your feedback on our school's mission and vision. Please be on the lookout for the survey and give us feedback.

As always, thank you for your support!

Sincerely,  
Ms. Obra



The Book of the Month is "Giraffes Can't Dance" by Giles Andreae. The 5R highlighted by this book is resiliency.

# WANTED

## Do you know someone with a cool job?

Mr. Shane, our school counselor, is looking for guest speakers for our Career Day on May 4th, 2018. If you, or anyone you know, has an interesting career and would like to share about it with our students, please contact him at (808)239-3111 or by email at [skumashiro@waiahole.k12.hi.us](mailto:skumashiro@waiahole.k12.hi.us) for more information.

## E Ho'omau Ka Hā O Ka Hawai'i

Hawaiian Cultural Day



Friday, May 18th, 2018

9:30 am - 11:00 am

Student performances, Hawaiian cultural demonstrations, Hawaiian games, and more.

## Coach's Corner: Gearing Up for the Smarter Balanced Assessment

Testing. Assessment. Evaluation. Regardless of who we are or how long it's been since we've been in school, these words are often met with negative or apprehensive feelings. However, they don't have to. With the statewide, standardized Smarter Balanced Assessment (SBA) coming up this month for our keiki in grades 3, 4, 5, & 6, how can we help them put their apprehension aside and, instead, put their best foot forward? The National Association of Elementary School Principals (NAESP) has a few recommendations...

<b>Get them fed</b>	Nutritious foods help to enhance concentration levels. NAESP recommends a healthy breakfast, avoiding foods high in sugar, such as sugary cereal, pastries, and undiluted juices.
<b>Get them moving</b>	Physical activity such as sports, exercise, dance, etc can help students refresh and refocus.
<b>Get them to bed on time</b>	Our keiki need between 9 and 13 hours of sleep each night in order to do their best in school. NAESP also suggests that being media-free 30 minutes prior to sleeping will help our keiki get a better night's sleep.
<b>Review results together</b>	When test scores come back, review what went right, what didn't, and how to do better next time. Allow your child to do the majority of the talking. Talking about the amount of <b>effort</b> your keiki put into the work helps prepare them to take on tougher challenges!

Together, we can help our keiki prepare for the challenges ahead!

~ Miss Morishige

### Counselor's Message:

Aloha Families,

Welcome back from Spring Break as we get ready for the final quarter of the school year! We have our first annual Career Day planned for May 4, 2018 from 9:00AM-11:00AM. In order to prepare and get ready for this event, I'm asking for guest speakers if you or anyone you know has an interesting career that you'd like to share about. Please contact me at (808)239-3111 or email [skumashiro@waiahole.k12.hi.us](mailto:skumashiro@waiahole.k12.hi.us) for more information or if you or someone you know is interested in participating.

The 5R of the Month for April is Resiliency in order to get our students ready for the upcoming state assessment, the Smarter Balanced Assessment. Resiliency is the ability to bounce back from a setback or challenge. People who are high in this ability are more successful in life. They are able to look at challenges and find ways to meet them. Sometimes this means asking for help or sometimes it means looking at the problem from a different perspective. A resilient person has the following characteristics: having the ability to bounce back, having perseverance and not giving up easily, having positive attitudes, and having the ability to start fresh the next day.

-Mr. Shane



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[crco@notes.k12.hi.us](mailto:crco@notes.k12.hi.us)

Title VI, Title IX, and other inquiries  
Anne Marie Puglisi, Director  
Civil Rights Compliance Office  
Hawai'i State Department of Education  
P.O. Box 2360  
Honolulu, HI 96804  
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