

"Waimea Middle School empowers all students with the skills, values and cultural understanding to successfully navigate high school and beyond."

November 2, 2016

www.WaimeaMiddleSchool.org

WMS Honors Students For Their Excellence in School

6th Grade Principals' Award: 4.0 GPA



Rovi Afaga, Dallas Branco, Julia DeGroat, Sadie Giltner, Cheyenne Goepfert Hutchings, Jenifer Oliveros-Rios, Ariana Shimaoka, Ruby Stevenson, Lindsay Tagudan, Arel Urbanozo, Kyra Valencia.

7th Grade Principals' Award: 4.0 GPA



Shaiya Cacabelos-Santana, Malia Camero, Juliana Delenia-Tabbada, Makena Hurney, Godfrey Kainoa.

8th Grade Principals' Award: 4.0 GPA

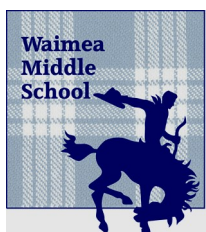


Benito Mercia, Tayson Hirayama, Marques Kahawaii, Nenekoh Kapa, Margaret Sommerhoff, Jaslyn Miura.

8th Grade Honor Roll Award: 3.6-3.9 GPA



Ellie Nakano, Nahenahe Rosario, Taliyah Sylva, Anuhea Winters, Cade Arafiles, Yuxuan Chen, Mariah Fuentes, Katiana Lalonde, Ethan Levine, Rejena Lana Soriano.



Ōlelo No`eau for the week

(Hawaiian Proverb)

ʻIke aku, ʻike mai. Kōkua aku, kōkua mai.
Pēlā ka nohona ʻohana.
Watch, observe. Help others and accept help. That is the family way.



Waimea Middle School



7th Grade Honor Roll: 3.6 –3.9 GPA

Eva Delgado, Eito Kawakami, Nya Schara, Avary Arrayan, Kalimahoonimakani Biedenarn Gali, Emma Kepoo, Natasha Lolin, Lily Mood, Selena Vasquez.

6th Grade Honor Roll: 3.6 –3.9 GPA

Kamalei Ancog, Armand Baril, Amber Berry, Rowan Berry, Randi Gali Lucero, Leo-Dreyven Lavaka, Kinohikailalo Lindsey, Della Stallsmith, Kealohalani Etherton, LiKaya Jelke, Jasmine Lagaret Hollister, Kaden Schroeder-McQuirk, Elyssa Simmons.

**100 % Attendance Award**

Rovi Afaga, Alema Ah Loy, Kamalei Ancog, Cade Arafles, Armand Baril, Keawe Beaudet, Menolly Benedict, Victoria Berinobis, amber Berry, Rowan Berry, Dallas Branco, Diego Caballero, Shaiya Cacabelos-Santana, Luna Carvalho Ojeda, Kayli-Ann Castro, Brody Duff, Jordy Duff, Dessineil Edrada, Kealohalani Etherton, Justyse Evangelista, Mikella Evangelista, Sadie Giltner, LiKaya Jelke, Marques Kahawaii, Layne Krueger, Jayson Labicani, Kailana Langan, Elisha Lincoln, Kahanu McClintock Pavao, Jenifer Oliveros-Rios, Andrei Quines, Landon Sanchez, Logan Veloria, Anuhea Winters.

8th Grade Academic Excellence Award: 3.3 -3.5 GPA

Keira Ambrosio, Joey Bates, Teani Kamau-Peters, Maximillian Musacchia, Kaiali'i Nakamoto, Jamie Ohia, Zoey Pleuss, Izak Smith, Violet Stevenson, Dione Tagabi, Kaile Dills, Malia Fetsch, Mikaela Matsuoka, Renelyn Kely Soriano, Sidney Spencer.

7th Grade Academic Excellence Award: 3.3 -3.5 GPA

Michaela Branco, Kyana Brucelas, Diego Caballero, Dallas Carlos, Angela Cootey, Tehani Gionson, Jordan Kitamura, Kyra Silva, Alema Ah Loy, Luna Carvalho Ojeda, Maile Culp, Brody Duff, Thor Ganley, Kylee Neal, Rayven Ramos, Aulani Tupe.

***Congratulations WMS Students.
Continue to Work Hard
and Strive for Excellence.***

**6th, 7th, & 8th Grade IKAIR Awards**

Tyris Ah Puck, Luna Carvalho Ojeda, Jamie Ohia.

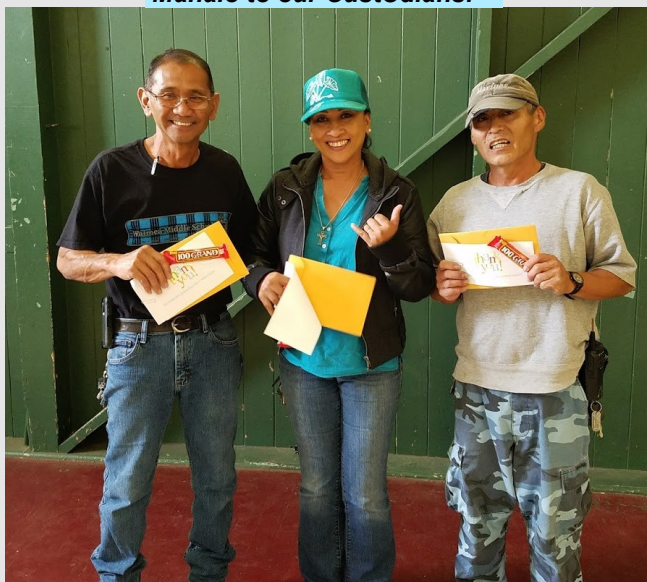
6th Grade Academic Excellence Award: 3.3–3.5 GPA

Tyris Ah Puck, Victoria Berinobis, Madison Carpenter, Antonette Carvalho, Aiden Joaquin, Jaena-Ann Kaiue, Jaylah Kekoa, Kailana Langan, Makani Miranda, Ella Musacchia, Nollen Opamin, Andrew James Robertson, Kayli-Ann Castro, Tallin Cazimero, Halia DelaCruz, Kelii Lactaoen, Sim Lee, Ashton Rowe, Billy John Sakai, Gael Saucedo-Mota, Dane Tanaka.

WMS IKAIR ASSEMBLY



Mahalo to our Custodians!



Warren Tamaye, Flo Tadio, and Mike Okunami



Mahalo to the WMS Leadership Team.

Track Athletic Award



Keaulii Ines, Kyra Valencia, Alema Ah Loy, Tyrus Arakawa, Tayson, Hirayama, Cade Arafles



Happy Halloween 2016 From WMS



WMS Staff, Students, and the Community enjoyed WMS "STEAM"Y Halloween Night in Thelma Parker Gym. Mahalo to the Science Department for hosting a fun evening.





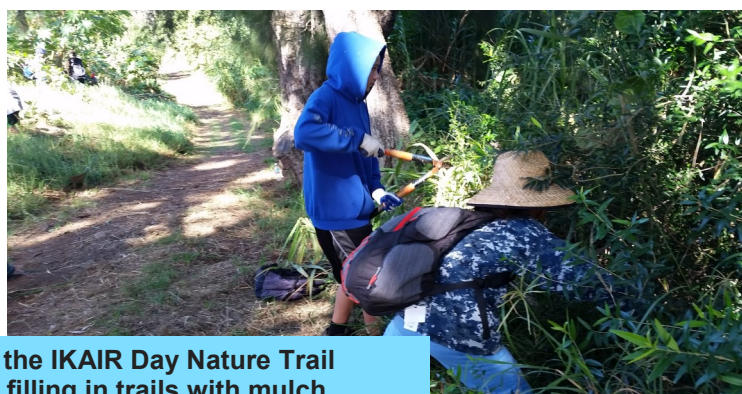
WMS Students Participate In IKAIR Day of Service



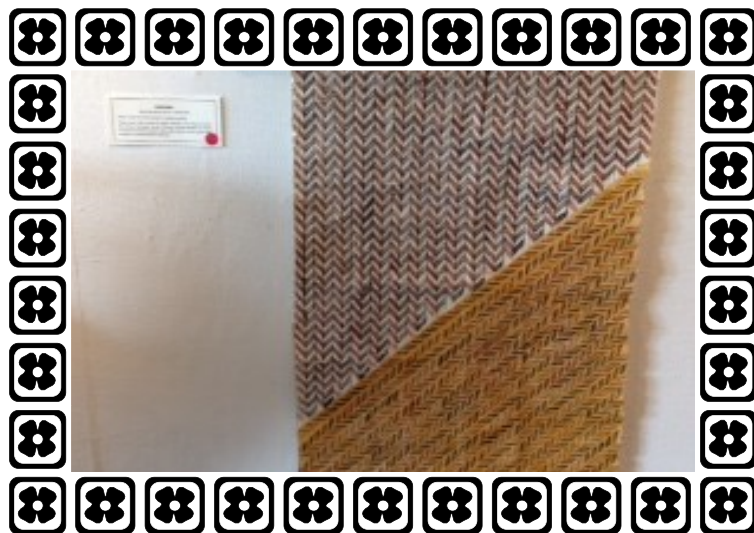
7th Graders volunteered at WES's PBIS (Positive Behavior Intervention System) Reward Day. Students assisted WES' preschool, kindergarten, 1st and 2nd grade students with their activities, rewarding students who maintained positive behaviors throughout the 1st quarter.



6th Graders volunteered on the IKAIR Day Nature Trail clearing invasive brush and filling in trails with mulch. Mahalo to volunteers Clem Lam and James Hustle for their help.



6th Grade students worked in the Mala`ai Garden with weeding, making new paths, and harvesting vanilla verbena for tea. They made leaf prints and salts with fresh eggs. Students will be making salt packets in the near future as they visit the garden.





At Kalaemano, 8th graders learned stories and cultural practices while walking the shoreline and participating in salt gathering and making.





WMS ATHELETE'S CORNER



Cross Country Meet Results - Sunrise Athletics Meet in Hilo, Hawaii

Saturday, October 22, 2016

Grade Level Results - BOYS

7th Grade:

	Name:	Team:
1st	Kederang Ueda	Sunrise
2nd	TJ Arakawa	Waimea
3rd	Karai Eckart	Kamehameha
4th	Boston Matsui	Kamehameha

TEAM RESULTS:

Place:	Team:	Points:
1st	Sunrise	3, 5, 9, 15, 16, (19, 21) = 48
2nd	Kamehameha	6, 8, 10, 12, 17, (18, 24) = 53
3rd	Waikoloa	4, 7, 13, 23, 25, (29, 32) = 72
4th	Hilo	1, 20, 26, 27, 28, (38) 102
5th	Waimea	11, 22, 30, 31, 34, (37) = 118
6th	CLA	2, 14, 33, 35, 36 = 120

Boys Results

11	TJ Arakawa	Waimea	7	10:49.17
22	Alema Ah Loy	Waimea	7	11:42.42
33	Michael Gonsales	Waimea	6	12:22.24
35	Cade Arafles	Waimea	8	12:47.70
42	Tayson Hirayama	Waimea	8	13:29.83
55	Zach Van Spronsen	Waimea	6	16:03.36

Congratulations to Keaulii Ines.
She placed 1st out of 186 runners on Sunday, October 30 in the Parker 1K Color Run. Keaulii's time was 00:04:11.0





WMS CO-ED VOLLEYBALL SCHEDULE

U-12 & U-14



12U Team (Team #1 Mundon, #2 Taniguchi, #3 Tamaye)

Thurs., Nov. 3	Team 3 v. Team 4	3:45 @ Waimea
	Team 2 v. Team 6	4:30 @ Waimea
	Team 1 v. Team 5	5:15 @ Waimea
	Team 6 v. Team 1	5:45 @ Waimea
Mon., Nov. 7	Team 2 v. Team 1	3:45 @ Waimea
Thurs., Nov. 10	Team 5 v. Team 3	3:45 @ Waimea
Mon., Nov. 14	Team 3 v. Team 1	3:45 @ Waimea
	Team 2 v. Team 8	5:45 @ Waimea
Tues., Nov. 15	Team 6 v. Team 3	4:30 @ Waimea
	Team 2 v. Team 7	5:15 @ Waimea
Wed., Nov. 16	Team 1 v. Team 4	3:45 @ Waimea
Mon., Nov. 21	Team 4 v. Team 2	3:45 @ Waimea
	Team 6 v. Team 1	5:45 @ Waimea
Tues., Nov. 22	Team 3 v. Team 4	3:45 @ Waimea
	Team 5 v. Team 2	5:15 @ Waimea
	Team 6 v. Team 1	5:45 @ Waimea
Tues., Nov. 29	Team 2 v. Team 6	3:45 @ Waimea
Wed., Nov. 30	Team 1 v. Team 5	4:30 @ Waimea

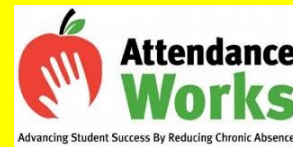
14 U Team (Team #1 Marsh, #2 Levi, #3 Tamaye)

Wed., Nov. 9	Team 2 v. Team 1	3:45 @ Waimea
	Team 1 v. Team 3	5:15 @ Waimea
	Team 3 v. Team 7	5:45 @ Waimea
Thurs., Nov. 10	Team 2 v. Team 4	4:30 @ Waimea
Mon., Nov. 14	Team 3 v. Team 6	4:30 @ Waimea
	Team 1 v. Team 6	5:15 @ Waimea
Wed., Nov. 16	Team 1 v. Team 3	4:30 @ Waimea
Thurs., Nov. 17	Team 2 v. Team 5	5:15 @ Waimea
Mon., Nov. 21	Team 1 v. Team 5	4:30 @ Waimea
Tues., Nov. 22	Team 3 v. Team 4	4:30 @ Waimea
Wed., Nov. 23	Team 2 v. Team 6	4:30 @ Pa'auilo
	Team 7 v. Team 1	5:15 @ Pa'auilo
Tues., Nov. 29	Team 5 v. Team 3	4:30 @ Waimea
	Team 3 v. Team 2	5:15 @ Waimea
Wed., Nov. 30	Team 4 v. Team 1	5:15 @ Waimea

WMS 'Ohana the next **Parent Partner Positives Drawing** will be in mid December for a **\$100 KTA Gift Card**. Here are the next events you can earn points to qualify for the drawing (15 Points Total needed to qualify):

- 👍 Wed., Nov. 2: K(Arts) Grand Finale Show at Kahilu Theatre @ 530pm. All Invited. Doors open at 5:00 pm (5 points)
- 👍 Tues. & Wed., Nov. 22 & 23: Student Led Conferences (5 pts.)
- 👍 School/Classroom Volunteering. (5 points)

Questions? Contact Amy Kailimai at 887-6090 Ext. 223



School Attendance is a priority focus. It is absolutely essential attendance is accurately recorded for all students. Parents- it is very important to please call the office for absences.

If you have any questions, please call the office at 887-8090. Mahalo!

Save First! Program

6th & 7th Graders: There's still time to sign up to practice saving regularly and enjoy a nice reward at the end of the year. All the money saved is yours and receive a \$20 incentive.

8th Graders: As an incentive for students to develop a positive savings habit, HFCU will be giving a \$40 to apply toward WMS Exit Ceremony.

Make at least 6 deposits over the eight months of SAVE FIRST deposit days and save a total of at least \$30 to receive incentive monies.

See Mrs. Onaka for more information and family permission form. Deposit dates:

November	2nd & 16th
December	7th & 21st
January	18th
February	1st & 15th
March	1st & 15th
April	5th





On Thursday, Oct. 20, 4 Seasons at Hualalai Executive Chef Massimo Falsini along with Chef Joseph Dirks Pastry Chef Kalani Garcia came to cook with Onaka's Extended Core classes. Students learned the proper way to prep a whole chicken as well as the correct ways of cutting and cleaning vegetables. The main dish made was Pollo ai Peperoni with both vegetable and fruit salads to accompany.

WMS WELLNESS POLICY

WMS 'Ohana we would like to remind you of our Wellness Policy located in the Student Handbook on page 15. With the holidays and birthdays upcoming, there are healthier options that we encourage students to have.

NUTRITION GUIDELINES FOR ALL FOOD ON CAMPUS:

- All reimbursable meals and snacks shall meet or exceed Federal nutrient standards as required by the USDA Child Nutrition Program regulations.
- All foods and beverages sold at school to students must meet or exceed current USDA Dietary Guidelines (including vending and ala carte items).
- Nutrition information for products offered in snack bars, ala carte, vending, etc. is readily available near the point of purchase.
- Food/beverage providers must promote positive nutritional logos and trademarks on school grounds.
- Meals feature fresh and minimally processed fruits and vegetables from local sources to the greatest extent possible.
- The following items are not sold anywhere on school property:
- Foods of minimal nutritional value (FMNV) as defined by USDA regulations;
- All food and beverage items listing sugar, in any form, as the first ingredient, such as candy.
- Foods containing trans fats.
- All snack and beverage items sold or served anywhere on school property, including items sold in Ala carte lines and fundraisers, provided in classrooms, or served in the reimbursable After School Snack.

Program, must meet or exceed the following standards:

1. Based on manufacturer's nutritional data or nutrient facts labels:
 - No more than eight (8) grams of total fat per serving, with the exception of nuts and seeds.
 - No more than two (2) grams of saturated fat per serving.
2. All beverages do not exceed twelve (12) ounces, with the following exceptions:
 - Water
 - Milk containing one percent or less fat.
3. Products containing 2% milk fat or more do not exceed eight ounces.

OUTSIDE FOODS AND BEVERAGES: Families are encouraged to support student readiness to learn and their overall well-being by providing their children with a healthy breakfast and by ensuring that any foods brought onto campus meet or exceed current USDA Dietary Guidelines. This includes foods and beverages sent to school for birthdays and other celebrations. In addition, families are asked to help the school by encouraging their children to bring only healthy food and drink to school.

Here are some examples of healthy snacks: fresh fruits, dried fruits, shelly senbei, mochi crunch, raisins, craisins, goldfish crackers, gogurt, yogurt, fruit snacks, fruit bars, yogurt covered snacks, jello, pudding, and low sugar muffins.



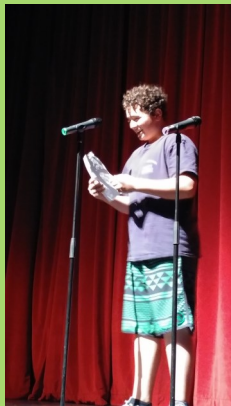
We Are A PEANUT-FREE CAMPUS
to ensure everyone's safety! Please kokua! Mahalo!



WMS & HPA Students Share Their Voices at Spoken Word Performance



WMS & HPA shared their voices with family, friends, teachers, and the community on the big stage at Kahilu Theatre Wednesday, October 26, evening. These young adults, along with all of the students in their grade levels, spent a few days working with Spoken Word Poet Myrlin Hepworth, a rising star in mainland Slam Poetry circles.

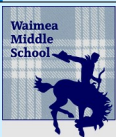


CURRENT WMS EVENTS**For the latest news & events, Follow Us On****Weekly:**

- ♦ **Mondays, Wednesday, Fridays: Free Hot Chocolate Club - 7-7:50 a.m.**
- ♦ **Wednesdays: K(Arts) - 1:25-4 p.m. A note is required if unable to attend. It is very important for students to attend practices as we prepare for the Finale Performance on Wed., Nov. 2 (5:30 p.m.) & Thurs., Nov. 3 (1-2 p.m.).**
- ♦ **IKAIR Rewards: Redemption on Fridays at 1st Recess only in the office. Students be sure to have your name, homeroom teacher, and grade on planner form.**
- ♦ **Save First! Program Deposit on Wed., Nov. , 2 & 16, 2016 before school- 7:30-8:00 am and 1st Recess at Mrs. Onaka-Winter's classroom L-04. See Pg. 4 for future dates and more information.**
- ♦ **Tuesdays and Thursdays: 3:00-4:30 p.m. - STEAMing After School in Mala'ai Garden. Free with Snacks & Bus Home at 4:30 p.m. No classes on school holidays and breaks. Starts October 25, 2016 –May 25, 2017. Students go to (1) Basketball Fundamentals in the gym with Mrs. Samura, or (2) Study Hall in L-02 from 2:25-3 p.m. Students may not leave campus.**
- ♦ **Tuesdays and Thursdays: 3:00-4:30 p.m. -21st Century Afterschool Enrichment Programs: Oct. 25- Dec. 15, 2016. Hands-On Science with Matt Binder.**

Save the Date/ Upcoming Events:

- ♦ **Wed., Nov. 2 (5:30pm) and Thurs., Nov., 3 (1 pm): K(Arts) Grand Finale Performances by WMS students at Kahilu Theatre!**
- ♦ **Wed., Nov. 2: Spirit Week. Wed., Wednesday Water Bottle Flip Challenge.**
- ♦ **Thurs., Nov. 3: Worm Run Relay.**
- ♦ **Fri., Nov. 4: Freedom Friday, Free Dress Day if wearing Red, White, and/or Blue in honor of Election Day (Nov. 8) and Veterans' Day (Nov. 11). If students are not participating, they must wear regular school uniform.**
- ♦ **Tues., Nov. 8: Election Day. No School.**
- ♦ **Fri., Nov. 11: Veterans' Day. No School.**
- ♦ **Sat., Nov. 19: 9:00-12 p.m. Mala'ai Garden Work Day. Lots of different kinds of work needed - you get to choose what interests you. Light lunch provided by Mala'ai along with tools. Please wear comfortable clothing and shoes, and bring weather protection. Any questions, contact Alethea Lai at 989-7861. Info: www.Malaai.org.**
- ♦ **Mon., Nov. 21: P/C Day. No School.**
- ♦ **Tues. - Fri., Nov. 22-25: Student Led Conferences. No School.**
- ♦ **Thurs., Nov. 24: Thanksgiving. No School.**
- ♦ **Fri., Nov. 25: School Holiday.**

**School Lunch Menus (All Served w/ Fresh Milk; All Menus Posted on Website & Facebook.)**

- Thurs., Nov. 3: Asian Chicken on Shredded Cabbage, Rice & Peaches, Vegetable Medley & Whole Grain Roll**
- Fri., Nov. 4: Cheeseburger on W/G Bun & Potato Wedge, Baby Carrots, Lettuce or Tomato, or Apple Wedge**
- Mon., Nov. 7: Baked Spaghetti, Peaches, Spinach/Romaine/ or Whole Grain French Roll**
- Tues., Nov. 8: Election Day. No School**
- Wed., Nov. 9: Chicken Patty W/ W/whole Grain Bun, Oven Fries, Lettuce, or Tomato, or Orange Wedge**
- Thurs., Nov. 10: Kalua Cabbage, Steamed Rice, Pineapple & Lomi Tomato**
- Fri., Nov 11: Veterans' Day. No School**

