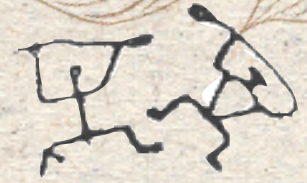


Keaukaha Elementary School Ka Wa'a

'Ohana and Community Bulletin



JANUARY 2017



Aloha e Keaukaha 'Ohana!

Hau'oli Makahiki Hou and Welcome to 2017!! I hope this monthly newsletter finds you healthy and happy with the opening of a brand new year. Our students return to school on Monday, January 9 and we just can't wait to hear their voices or see their smiles on campus again!

A Welcome Back/Piko Ceremony will be held to kick off the 2nd semester on the morning our students return. This ceremony will be very similar to the one that took place on the first day of school back in August 2016. During the ceremony, I will remind our students of the following:

My Principal's Pledge	Their Student Pledge
<ol style="list-style-type: none"> 1. All adults in this school will work hard for you. 2. You will be safe in this school. 3. If you have something to say about this school, we will listen. You have a voice! 	<ol style="list-style-type: none"> 1. Come to school on time everyday. 2. Follow all expectations. 3. Be ready to learn - Be a sponge!

Please mark your calendars with the following. There will be no school for students on Friday, January 13, 2017. It is a Hilo Complex Area Professional Development Day for our staff. Teachers and EAs will continue to "sharpen their saw" in learning more about technology. Meaning, they will strengthen their knowledge in utilizing technology in their classrooms to showcase and challenge student learning. It'll be a great day of growth! In addition to no school on Friday, Monday is a holiday as well - Martin Luther King, Jr. Day. Students will have a 4-day weekend and return on Tuesday, the 17th.

MALAMA is the next Hawaiian core value we will focus on for the months of January, February, and March. Students will learn the importance of taking care of, serving, honoring and/or protecting something over the next three months. This could come in the form of a service to someone or someplace, whether it is within their home, the school community or the community at large. Staff members will emphasize and model MALAMA in our everyday school activities. Mahalo for your continued discussions and teaching of MALAMA in your home as well. J

During the month of January, we also begin our transition to Hilo Intermediate School for our 6th grade students. I can't believe it's that time already! This orientation meeting will assist with a smooth transition for students and their parents as 6th graders register for classes and learn a little more about the intermediate level. An informational flyer for the upcoming orientation meeting to be held on Thursday, January 12 at 5:00 pm in the Hilo Intermediate Cafeteria. We will inform you if there are any changes to this meeting, but I look forward to seeing our 6th grade families there!

Our HERO program continues to grow! As stated in previous monthly bulletins, HERO is a positive behavior incentive program that focuses on recognizing students when they are doing well and making good choices. Students can earn points daily for 7 specific behaviors throughout the campus. Please continue to talk to your child about HERO and reinforce those positive behaviors in all settings. Mahalo for your support!

<ol style="list-style-type: none"> 1. Present and On-Time to School 2. Be PONO in line 3. Stay on Task/Participate 4. Follow Classroom Expectations 	<ol style="list-style-type: none"> 5. Follow Recess and Lunch Expectations 6. Random Acts of Kindness 7. Complete All Classwork/Homework
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Just a reminder, DAILY attendance and ON-TIME arrival to school (before 8:05 am) continues to be a focus area for us. Students receive HERO points every morning for being in school on-time. Please help your child earn those points! J They love it!! I can not stress enough how important it is for our haumana to learn this skill for their every day life. If we can be of any help with this, please do not hesitate to call. We want to support you in anyway we can.

We say HAPPY JANUARY BIRTHDAY to our Adult Supervisor Lena Rowe, Tutor/Title I Clerk Natalie Pua, Tutor/Adult Supervisor Sandy Reis, PCNC Jandi Kamanu, Multi-Media Facilitator Janel Masuhara, and to our many students who share January as their month of birth. Hau'oli La Hanau to you!

In closing, we wish you ALL a healthy, happy and prosperous 2017! Mahalo for your continued partnership and the love and aloha you show our school, our staff, and our students everyday. You truly make Keaukaha a special place to be!

Happy 2017!!! Be Strong, Be Proud, Be Pono!

A Hui Hou!
Kumu Stacey Bello





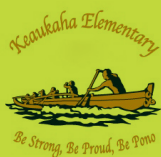
NEW YEAR'S RESOLUTIONS FOR KIDS

As we start the new year, it is a time to think about resolutions. New Year's Resolutions are not just for adults. It is important for kids to think about goals they would like to achieve in the coming year.

Challenging your child to try new things, work harder and achieve goals can be a fun adventure you can go on together. Make your goals SMART. Here are some important tips when setting goals or resolutions with your child.

1. Set Specific and realistic goals. Encourage your child to pick one or two areas to work on. Make sure they know exactly what they want to accomplish. Example – read a new book each month.
2. Measurable – How will they know when they reached their goal?
3. Achievable - Make sure their goal is not too far to reach, but make it challenging.
4. Relevant – Link the goal to something important.
5. Timely - Have an idea of when you want to reach your goal. If it is longer term, have mini-goals along the way.

Post your goals as a reminder.



KEAUKAHA EVENING OF SONG 2016



Keaukaha Elementary celebrated our annual Evening of Song on December 21, 2016. Together our keiki and 'ohana enjoyed themselves with singing and dancing! Santa and his elf came to visit and fun was had by all!



Christmas Door Decorating Contest

**Mahalo to all classes that participated in our Door Decorating Contest!
Class winners posted below:**



Kumu Bento's Class
Most Eco-Friendly



Mrs. McComber's Class
Most Creative



Kumu Harada's Class
Most Winter Spirited



Kumu Harman
Most Eco-Friendly



Kumu Agbayani's Class
Most Creative



Kumu. Aguiar's Class
Most Winter Spirited



HEALTH & WELLNESS How Your Child Can Mindfully Succeed At School

Mindfulness and focusing have the potential to help children achieve school success with peace. I am talking about not just your peace of mind as a parent, but peace and ease for your children if they are experiencing aversion towards school or homework. Mindfully focusing at school can help students get through their day with greater ease and success. The effect of mindfulness on the brain supports increased memory, positive emotions and physical state, increased confidence and a greater sense of overall control, even when getting through something like homework, which may seem at some level out of their control.

The following is a short, helpful exercise that has helped many children. Your child can practice it at home first, before doing homework, and then practice it when needed at school.

Ask your child to sit as if at they are at their school desk. Have them notice things around the room that may be a distraction.

Next, ask them to find something in the room or at the desk to use as a focusing tool. This could be any simple object within easy view, such as a spot on the wall in front of them, a light switch or a pencil. This tool will help your child ease their focus back to their mindful self, sitting upright but not rigid, with feet on the ground, hands in lap or on the desk, and the breath as their anchor.

Invite your child to stay focused on the focusing tool or briefly close their eyes, then bring their awareness to their breath for at least three inhalations and exhalations.

When your child begins to feel a sense of ease, invite them to open their eyes and begin their work or to listen to the teacher (if at school).

Have your child practice shifting their attention and focus back and forth between their focusing tool and their breath, to encourage the ability to be flexible in their mindfulness exercise. Our breath is always there, while a familiar tool or object may not be present.

When people practice meditation even three to five minutes a day for a period of six weeks, they often notice an increase in concentration, emotional regulation, ease and well-being. Mindfulness is a way of being that is useful in active or sedentary times. Whether you are a surgeon, an athlete, a mechanic or a student, mindfulness can increase success. I invite you to give it a try. It can't hurt, requires little effort (in fact you are already doing most of it if you are breathing), and can bring joy and ease to get your kids through their school day and their homework.

Heidi Gunderson is a licensed Marriage and Family Therapist and a Certified Mindfulness Facilitator based in Pasadena. She specializes in working with children, adolescents and young adults.





READING FOR SUCCESS

By Kumu Loke



Here we are beginning a new year with so much to look forward to in learning, reading, writing, and math! Boy we got ready, and set and we're off to reading with each of your children showing growth in reading this past year. They worked really hard on their fluency. Reading is difficult so how do you how fluent is your child?

How fluent is your child? How do you know?

Fluency develops over time and with lots of practice it doesn't just happen. The best way for parents to determine how fluently their child can read is to listen to him or her read out loud every day. When you are listening, you need to think about:

-Phrasing and smoothness: Does your child read word-by-word with frequent hesitation? Does your child read in short phrases, but ignores punctuation so you don't know where the beginning or end is? Does your child read with good phrasing and flowing rhythm?

-Pace: Does your child read slowly, at a mixed rate (fast and slow depending on vocabulary), or at a conversational rate (a rate at which they speak at)?

-Expression and volume: Does your child read with a quiet voice (maybe needing more confidence), or with volume and expression? As your child continues to develop fluency through daily readings with you, you will notice that your child reads words in a meaningful way. They will be guided by the text's punctuation. Their reading will be at a conversational pace throughout the passages. You will begin to hear them read with expression, and the volume will sound as though they are talking with a friend.

Here are some ways you can practice with your child:

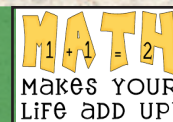
-Paired or buddy reading. The easiest and best way to help your child develop fluency is to sit with your child and read! Read together every day, which is often called paired or buddy reading. Simply take turns reading aloud. You go first, as your reading provides a model of what good fluent reading sounds like. Then, ask your child to re-read the same passage or lines you just read. You'll notice that your child's reading will start to sound more and more like yours. Do this regularly. Once your child is comfortable enough, and familiar enough with the book, take turns reading page for page.

-Re-Read Favorite books. A second way you can help develop fluency is to get books that your child can read easily. Encourage your child to reread favorite books over and over again. With each reading, you may notice your child reading a bit easier, a bit faster, and with a bit more confidence and expression.



Math Corner

By Kumu Miyataki



Happy New Year! Welcome Back Everyone! Hope you all had a wonderful winter break and are ready to tackle the rest of the year! Students have been hard at work learning the common core standards and our math programs, Stepping Stones K-5 and Go Math for grade 6.

This month's math corner will focus on the last two Standards of Mathematical Practices (SMP) that our teachers seek to develop in our students. These practices also rely on important concepts and strategies used in daily mathematics education.

Math Tip #5

As you work with your child, keep in mind the mathematical practices they are using as they work. Ask your child: How did they solve the problem? Why did they solve it that way? Or Can they justify/check their work? Together, we can show your child that math is fun! ☺

MP.7: Look for and make use of structure

- Find, extend, analyze, and create patterns
- Use patterns and structures to solve problems

MP.8: Look for and express regularity in repeated reasoning

- Use patterns and structures to create and explain rules and shortcuts
- Use properties, rules, and shortcuts to solve problems
- Reflect on your thinking before, during, and after you solve a problem

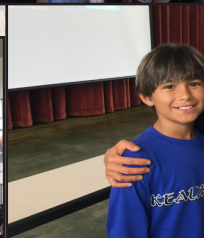
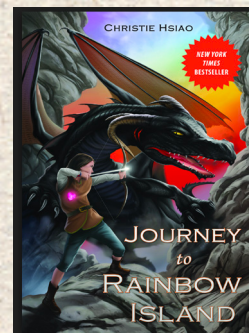
Don't forget, if you ever need help with work or to understand the math programs better, please feel free to come and see any of the coaches. We are located in A basement, under the "former" office or email us: loke_kamanu@notes.k12.hi.us or lei_fa'anunu@notes.k12.hi.us or tina_miyataki@notes.k12.hi.us. You can also call the school at 974-4181. Mahalo and we look forward to meeting you soon! ☺



"The study of mathematics, like the Nile, begins in minuteness but ends in magnificence."
~Charles Caleb Colton

Visit By Author Christie Hsiao

On December 9, 2016, Author Christie Hsiao shared her New York Times Bestselling book, Journey To Rainbow Island. Students were excited as she shared a little about the story and showed illustrations from her book.



UPCOMING EVENTS and Announcements



January 13 - Hilo Complex PD Day - No School for students

January 16 - Martin Luther King, JR. - No School

January 26 - 2nd Quarter Awards Assembly

January 27- 2nd Quarter Attendance Celebration

Ē hoe í ka wa'a! Ē ho'olōkahī e! ~"Let's Paddle Our Canoe Together!"

Principal's Pledge to Students

All adults will work hard for you.
You will be safe in our school.
If you have something to say about
our school, we will listen.

Student's Pledge to Keaukaha

Come to school on time everyday.
Follow all expectations.
Be ready to learn and work hard.
Be a "sponge"

YEARBOOK

Reserve your yearbook
copy now! Cost is \$10!
Payment can be made at
the school office.

Keaukaha Elementary School NEW WEBSITE!

WEB ADDRESS:
<http://www.keaukahaelementary.com>

Annual Notification of Privacy Rights

Know your privacy rights as they apply to 1) Student record information; 2) Directory information; 3) Surveys and other information collection; and 4) Military recruitment information.

For more information on your privacy rights, the laws that protect them, and how to exercise your rights, contact your school administrator or visit <http://bit.ly/FERPAHI>

Keaukaha School is a Title 1 school. We receive Federal funds to ensure that all children have a fair, equal and significant opportunity to obtain high-quality education and reach, at a minimum, proficiency on the challenging state academic standards.