

Ha'aheo 'O Kalāheo

Fall 2019

Principal

Aloha Kalāheo Ohana,

Welcome back! I want to begin by sharing that it is an honor and a blessing to serve as Principal of Kalaheo School. I personally have benefited much from this relationship and am very grateful. I have learned many important lessons, gained knowledge and grown as a person in the past eighteen years at our school. I anticipate learning much more as we move forward together in 2019-20. It is my expectation that all of us will bring an attitude of learning and growth every day to Kalaheo School. Whether as a teacher, student, parent volunteer, office staff, custodian, cook or staff member, all of us are surrounded by people we can learn from and find ourselves in situations we can grow in every single day.

One very encouraging thing to remember is that we are in control of our attitude. The amount of growth we want to experience can be stunted or enhanced by the attitude we choose to apply to each learning opportunity. No one can stop us from learning together, dreaming about the possibilities for our children, setting to work and achieving our goals! Our work is not easy, but the labor is lightened when done together. There is a Hawaiian proverb, an 'Olelo No'eau which shares a powerful truth for all of us to remember;

I maika'i ke kalo i ka 'oha.

The goodness of the taro is judged by the young plant it produces.

All of our learning and growth discussed above is ultimately for the children. We need to be the best we can for our students, so that in the years ahead they will grow to be the next generation of great leaders and great learners for our community.

Aloha,

Erik Burkman
Principal



LOGO SYMBOLISM

Sunrise: The sunrise signals a new day. Just as a new day gives everyone the opportunity to make the most out of it, our children are in the sunrise of life and have their hopes, dreams and opportunities ahead of them.

Mt. Haupu: The green represents learning and growth and the mountain symbolizes our unchanging foundation/purpose to ensure learning for all students

Red Children: The children are our passion. They motivate us to be the best we can be. They are the heartbeat of our school. Holding hands reminds us that working and learning together is the best way to achieve our goals.

Purple Band: Purple is the Kalaheo School Color

Mission and Vision: We are a dedicated group of educators who are committing our lives to providing your child with a nurturing environment where they can learn and excel to reach their full potential as students and more importantly as human beings.

Vice Principal

I am excited to begin my first year as Vice-Principal of Kalaheo Elementary School. This will be my 16th year in education. I graduated from the University of Hawaii at Manoa with a BA in Psychology and a Masters in Education Counseling and Guidance. In addition, I hold a Masters in Teaching from National University and I am currently pursuing another Masters degree in Educational Leadership from Chaminade University. Growing up, I always wanted to be in the field of education and I feel blessed to be working here on Kaua'i. This island holds a special place in my heart since I was born and raised here. I graduated from Kapa'a High school and after going away to attend college, I finally returned home in 2004. I served as a high school counselor at Kapa'a High School for 14 years and as a Temporarily Assigned Vice Principal for one year.

My husband and I, along with our 5 sons ranging in age from 5 to 18, reside in Anahola. I enjoy hiking, traveling and going to the beach with my family. I look forward to serving Kalaheo Elementary and the community in this new role.

At Kalaheo Elementary, our mission is "Together, We Dream, Believe, and Achieve." As vice-principal, I will work to support students both academically, socially, and emotionally. I believe in the potential of each student and realize we are not just preparing them for the next grade, but for the future. I am looking forward to supporting the students, staff, and community of Kalaheo. I believe in open communication and a strong home to school connection. I look forward to meeting all of the Kalaheo students and families. I truly believe that building positive relationships with our students and families are important. Please stop by and say hello and feel free to contact me with any celebrations or concerns you may have. Together, I know we will make this school year one of growth and achievement for all of our children. It is exciting to think about all that we can achieve working together. Let's make this year great!

Me Kealoha Pumehana,
Mrs. Salynn Gonsalves
Vice-Principal
Kalaheo Elementary School



Counselor's Corner

**If you are interested in participating in Career Day this year please email your name and occupation to either Mrs. Davidson or Mrs. Goo via the Kalaheo School Website contact form. Mahalo!*

Second Step Social-Emotional Learning Curriculum

Mrs. Davidson and Mrs. Goo will be visiting classrooms to teach Second Step guidance lessons during the school year. Second Step is an evidence based social-emotional learning curriculum which promotes social, emotional and academic success. It helps students to think about, develop, and practice positive social-emotional skills giving students tools to excel in and out of the classroom.

Grades K-3

Unit 1: Skills for Learning

Unit 2: Empathy

Unit 3: Emotion Management

Unit 4: Problem Solving

Grades 4-5

Unit 1: Empathy and Skills for Learning

Unit 2: Emotion Management

Unit 3: Problem Solving

For more information please contact Ms. Davidson or Mrs. Goo, or visit <https://www.secondstep.org> and/or <https://assets.ctfassets.net/98bcvzcrxclo/5Ch2APxv2eCNKk9S0AVL70/8900979734ac618953520b9430b1e107/second-step-k-5-scope-and-sequence-full.pdf> for the scope and sequence of the Second Step curriculum.

Get Back Into the Swing of Things

Children need quality sleep to be successful in school. Here are some tips for creating a bedtime routine that can help everyone rest easier.

- 1. Calculate the number of hours of sleep your child needs.** Children ages six to 13 generally require nine to 11 hours of sleep
- 2. Set up a routine.** Have your child pick out outfits the night before, make sure backpacks and lunches are packed and ready to go, and plan whether they will shower before bed or in the morning.
- 3. Avoid last-minute sleep stress or meltdowns before bed.** Plan activities that will help your children wind down, and give them plenty of warning. Create a calm environment with bubble baths, bedtime stories, and limiting noise and screen time.
- 4. Watch the sodas and energy drinks.** Drinking caffeine stimulates the central nervous system and can impede on a child's quality of sleep. It is also a catalyst to middle-of-the-night bathroom breaks and potential accidents. It is best to limit all fluid intake an hour before bed and approximately six hours prior to bedtime for caffeinated beverages
- 5. Limit technology.** Technology increases the electrical activity in your brain during use, which is the opposite of what should be happening at a time of impending sleep. Have kids unplug at least an hour before bedtime to help their brain wind down and prepare for a good night's rest

Consistency is key. While it may be difficult at first to stick to a new school schedule, it is beneficial to a child's mental and physical well-being. Getting the kids acclimated with a new schedule early on ensures a happy, healthy start to the new school year.

Source: **How to Get Kids on a Sleeping Schedule Before the School Year Starts,**

By **Felissa Benjamin Allard** (<https://www.rd.com/health/wellness/back-to-school-sleep-schedule/>)

PTSA

Aloha Kalaheo School Families! We've hit the ground running this year thanks to our awesome PTSA members and supporters! Thanks to you, we have the funding to provide field trips, classroom and teacher support, P.E. and recess equipment, art programs, cooking club, and so much more! Not a member yet? Sign up through our PTSA tab on the Kalaheo school website at www.kalaheoschool.com.

By becoming a PTSA member, your dues go to support our many programs here at the school as well as those provided through the state and national PTAs. Membership also gives us a stronger voice when advocating for student programs and affairs in both our local, state, and national legislature. Find out how to become more involved in your student's education and the numerous volunteer opportunities at our school. Here at Kalaheo School, we support the idea of the whole child providing academic, physical, and mental well being by encouraging family involvement as much as possible.

Contact us to find out how to help out and start by bringing in your HI 5 beverage containers to our school collection bins located under our bus shelter. We're looking for clean cans, plastic and glass bottles with the HI 5 symbol on the sides. Thank you for removing caps and sorting them into the appropriate bins! These cans and bottles help bring in over \$3,000 to our school every year!

Want more information? Have questions or concerns? Please contact PTSA President Malie Smith at ptsa@kalaheoschool.k12.hi.us or by phone at (808) 342-8352.

Mahalo Nui Loa!
Malie Smith
PTSA President

PCNC

Aloha Kalaheo School Families

My name is Allison Matsuo the (PCNC) Parent Community Resource Center facilitator. I regularly communicate information regarding school and community events via website, email, and flyers. I work with an amazing group of parent volunteers called the Hui O Makua and our goal is to provide monthly opportunities for families and community members to come and be a part of the Kalaheo School Ohana. Continue to check the calendar on the Kalaheo School Website for these free family events. I have listed upcoming events so you can put them in your calendar already. You won't want to miss out! I am also here for family and school support. If you ever need anything please do not hesitate to contact me. If you would like to be a part of our Hui O Makua team fill out a form on our website under the PCNC tab or contact me. Mahalo!

Allison Matsuo
(808) 332-6801 Ext 106
pcnc@kalaheoschool.k12.hi.us



EVENTS

OCTOBER

Monday 7- Friday 11	NO SCHOOL Fall Break
Monday 21- Friday 25	Parent/Teacher Conference week (12:30 dismissal)
Tuesday 22- Friday 25	PTSA Book Fair
Tuesday 22	Flu Shot Clinic
Friday 25	Fall Family Night *Free PCNC Event
Friday 25	Fun Fitness Fundraiser Kick Off! Start getting those Pledges
Monday 28-November 1	SPIRIT Week

NOVEMBER

Wednesday 6	November Walking School Bus
Wednesday 6	Fun Fitness Day for Students! Fundraiser Money Due
Friday 8	First Friday Recycling
Monday 11	NO SCHOOL Veteran's Day
Tuesday 12- Friday 15	Fall Can Food Drive
Thursday 28- Friday 29	NO SCHOOL Thanksgiving

DECEMBER

Wednesday 4	Walking School Bus
Wednesday 4	Grinchmas *Free PCNC Event
Friday 6	First Friday Recycling
December 23-January 6	NO SCHOOL Winter Break

*Event dates Subject to Change

