



Parent Community Networking Center Newsletter

We are now online: <http://www.waimeahighschool.org/>

IMPORTANT ANNOUNCEMENT

Aloha Parents and Guardians - In an effort to save money and cut back on costs, the remainder of the school's newsletters this year will be distributed through your child's advisory class and sent home with your child for you to read. You can also read the newsletter on our school's website at <http://www.waimeahighschool.org/>

Drug Awareness and Underage Drinking Event - Tuesday, October 26 6:30pm - Waimea Theater

All students, parents and community members are invited to attend a drug awareness and underage drinking event on Tuesday, October 26, 2010 - 6:30pm at the Waimea Theater. Guest speakers will be highlighting the serious issues facing our youths today concerning over-the-counter medications, prescription drugs and underage drinking. There will be vendors on hand with informational packets as well.

The first 100 people to attend will receive a free hot dog, drink and popcorn to this event.

The Family Focus Group of Waimea High as well as Theresa Koki, the Anti-Drug Coordinator for the County of Kauai is sponsoring this event. All are welcome and encouraged to attend this event as these issues are affecting our youth right within our community. Please come and support our local agencies working together to help our young ones and keep them drug free.

If you have any questions or concerns, please contact either Theresa Koki (245-4925) or Judy Cano (338-6810 ext 176).

INSIDE THIS ISSUE:

- Counselor's Corner	2
- Testing Dates	
- Manoa Experience	
- Hawaii College and Career Fair	
- STD Presentation	
- Making Decisions - Bullying	
- Bus Payments	3
- Kekaha School - Gotcha Night	
- Project Grad News	
- Special Olympics	
- Teens and Stress	
- Sports Calendar Of Events	4
- School Supplies	
- Title 1 Information	
- Bank for Education	

Upcoming Important Dates to Remember

- 10/15 - No school - Furlough
- 10/17 - Bonfire/Parade - Start of Homecoming week
- 10/22 - 1st qtr. Report Cards mailed
- 10/22 - Homecoming Assembly
- 10/23 - Homecoming Game
- 10/26 - Drug Awareness/ Underage Drinking Event Waimea Theater - 6:30pm
- 11/2 - No School
- 11/17 STD Presentation WHS Band Room - 6pm
- 11/25 - No school - Holiday
- 11/26 - No school - School Holiday
- 12/9 - Parent Night - Incoming 9th grade students - Band Room
- 12/16 - 2nd qtr. & 1st semester ends
- 12-17 - No school - Furlough
- 12/20-12/31 - No school - Winter Break
- 01/03 - No school - Teacher Work Day
- 01/13 - 2nd qtr. Report Cards mailed
- 01/17 - No school

JROTC NEWS

This past summer four cadets of the Junior ROTC program from Waimea High, competed in the National JROTC Leadership Academic Bowl, held in Washington D.C. The team members were c/LTC Kendra Ishida, c/1LT Kimberly Aguilar, c/CSM, Branden Gatioan, and c/1SG Jasmine Cardenas. The cadets placed 8th in the leadership category out of 48 schools from around the nation. The Society of American Military Engineers held camps for students interesting in engineering. Two of our cadets, Branden Gatioan and Bengino Baclig each attended one of these camps. Gatioan attended the Army Corps of Engineers camp in Mississippi and Baclig attended a Navy Engineering Camp at Port Hueneme, California. Additionally, one of our graduates, Xavier Guirao, our previous Battalion Commander, was offered and has accepted a four year Army ROTC Scholarship at the University of Colorado, Denver.

It has been a good year for the Menehunes so far. We've participated and helped out the community at several events such as a clean up in Kokee for the Hui o aka organization, the Kauai Science In-step, and Wilcox WMD Mass Casualty to mention a few.

This past weekend the Junior ROTC participated in the annual ceremony to recognize the 100th Infantry Battalion for actions served in WWII. The Color and Honor Guard, Drill Team, and buglers performed at the ceremony.

In future events the male rangers (adventure challenge team) are planning on participating in the Navy Team Challenge on Oahu. NTC is a 2 day competition hosted by Kalaheo High School, on October 16th & 17th. The Menehune Battalion staff is also busy at work preparing for our upcoming Federal Inspection on October 19th!

To all parents of Junior ROTC cadets, we have another booster club meeting on October 21st for fundraising; your support is greatly appreciated. Our new website is now available at: <http://waimeahighschool.org/whsjrotc/index.htm>. Our year round calendar is posted for future reference as well as the JROTC Text Books.

Article submitted by Battalion S-5, Public Affairs Officer, Cadet Captain Wili N. Wheatley

DO YOU WANT TO BE IN THE 2011 YEARBOOK?

The 2011 Ka Menehune Yearbook production is underway. We are excited about this year's theme and want to produce a great yearbook. We know students look for their picture and we want to feature as many students as we can. However, to be published in the yearbook, students need to have permission from the parents. Students who did not turn in the Student Publication/Video Release Form will not be included in the yearbook. The Senior section editors would like to include baby pictures. There is still time to bring in your baby pictures so please do that as soon as possible!

2010 Yearbooks are still for sale! If your child didn't get one last year, you may purchase one by contacting Mrs. Akuna at 338-6810 ext 141.

Counselor's Corner

If you have any questions or concerns about your child please feel free to contact Waimea High Schools' counselors at any time at the numbers below: **Grades 10 & 12...**Miss Paulette Morrissey - 338-6810 ext 113 **Grade 9 & 11...**Miss Jennifer Moniz - 338-6810 ext 112
Career Center Coordinator, Ms. Leila Kuboyama - 338-6810 ext 190 **Registrar**, Ms. Debbie Chaffin - 338-6810 ext 109
Attendance Clerk, Mrs. Ilima Keala - 338-6810 ext 110

Parents and Students - A number of forms for different scholarship applications are now coming in to the counselor's office. Applications come in throughout the school year and due dates vary for submission. Please take advantage of all opportunities available for scholarships. See the counselor's office for more information and to pick up applications.

Attention Seniors - Don't forget to sign up for your Fastweb accounts at Fastweb.com

WHS 2010-11 Testing Dates - Waimea High School Code: 120-240

SAT Subject Tests (Scholastic Assessment Test) – Online registration at www.collegeboard.com

Test Date	Registration Deadline	Late Registration:	Testing Sites
November 06, 2010	October 08, 2010	October 22, 2010	Island School, Kauai High School Kapaa High School, Kauai Community College
December 04, 2010	November 5, 2010	November 19, 2010	Island School, Kapaa High School
January 22, 2011	December 23, 2010	January 7, 2011	Island School, Kauai High School, Kauai Community College
March 12, 2011	February 11, 2011	February 25, 2011	Island School
May 07, 2011	April 8, 2011	April 22, 2011	Island School, Kauai High School, Kapaa High School
June 04, 2011	May 6, 2011	May 20, 2011	Island School

ACT (American College Test) – College admissions test. Online registration at www.actstudent.org

Test Date	Registration Deadline	Late Registration	Testing Sites
October 23, 2010	September 17, 2010	October 1, 2010	Island School, Kauai High School
December 11, 2010	November 05, 2010	November 19, 2010	Island School
February 12, 2011	January 07, 2011	January 21, 2011	Island School
April 9, 2011	March 4, 2011	March 8, 2011	Island School

HSA Testing - HSA Testing Window is from 10/18 through 5/20. There is no sign ups for the test... All 10th grade students will be taking the test.

If you have any questions or concerns, please call your grade counselor. Mahalo

University of Hawaii - Manoa Experience

Join the faculty and staff of the University of Hawaii at Manoa at the Manoa Experience on Sunday, December 5, 2010 from 2:00 - 3:30pm at the Kauai Beach Resort - Jasmine II Room (4331 Kauai Beach Drive). High school students and their families are invited to attend. Discover the many opportunities that the University of Hawaii at Manoa has to offer. Hear an overview of the university, presentations on admissions, financial aid, and residential life, and insights from a faculty member and a current student. Light refreshments will be served. If you would like to attend, please register by November 17, 2010 at http://manoa.hawaii.edu/admissions/rsvp/manoa_experience_kauai.php

Hawaii College and Career Fair

The annual Hawaii College and Career Fair on Kauai will be held on Monday, November 15, 2010 at the Kauai Beach Resort, Main Ballroom. Numerous colleges from across the United States will be present with information for students on admissions, financial aide, housing, and much more! The morning session which runs from 8:30am to 11:30am is designated for students who arrive with their respective schools during assigned times. Students who are interested in attending with Waimea High School should sign up at the Counseling office with a payment of \$5.00 for the bus transportation. Preference will be given to Seniors and Juniors first, then Sophomores and Freshmen on a space available basis. The evening session from 5:00pm - 7:00pm is open to the public. Parents are encouraged to attend during this time with their children.

STD's (Sexually Transmitted Diseases) Presentation - Wednesday, November 17 - WHS - Band Room

All students, parents and community members are invited to attend a presentation on sexually transmitted diseases on Wednesday, November 17 from 6:00 - 7:30pm in the Waimea High School band room (Room B10A). A guest speaker will be talking on the issues facing our youths today with being sexually active and the diseases that are being passed around. Many students are not even aware that they are in contact with these diseases and vulnerable to catching them when sexually active. Please attend this informational event and find out how to help our youths be as safe as possible as well as the statistics surrounding these STD's. Light refreshments will be provided. If you have any questions, please contact PCNC, Judy Cano, at 338-6810 ext.176

MAKING DECISIONS WHEN YOU NEED HELP - Discuss the Important Facts About Bullying With Your Teen

Bullying was once looked at as "part of growing up" - a sort of initiation ritual that taught kids that life wasn't always fair. But bullying among teens has become a huge problem. It can affect students' attendance, schoolwork and their mental and physical health. Bullying can be:

- Physical. Physical bullying ranges from shoving or tripping to punching, hitting or even sexual assault.
- Verbal. Verbal bullying includes taunting, teasing and cyberbullying - posting insults or sending cruel messages via the Internet.
- Psychological. Psychological bullying occurs when a teen is gossiped about or purposely excluded from a group.

Here's what you can do:

- Talk to your teen about bullying. Most teens have experienced bullying, whether as the bully, the victim or a witness.
- Stress to your teen that if any bullying situation seems likely to escalate to physical danger, he should report it immediately to you, a teacher or the principal.
- Tell your teen to avoid being alone if he is the victim of a bully. Being part of a group may discourage a bully from attacking. If the bully still confronts him, he should ignore the bully and walk away.
- Encourage your teen to speak out against bullying. He can join his school's anti-violence program or start one.

Source: "Dealing With Bullying," TeensHealth, http://kidshealth.org/teen/your_mind/problems/bullies.html.

Bullying and cyberbullying is included as Class B offenses in Chapter 19, Subchapter 2 - Student Misconduct and Discipline During the Regular School Year:

§8-19-6 Prohibited student conduct; class offenses. (a) The following prohibited conduct applies to all students in the public school system, on campus, or other department of education premises, on department of education transportation, or during a department of education sponsored activity or event on or off school property.

2) Class B offenses: (A) Bullying; (B) Cyberbullying;

If you have any questions or concerns about bullying or cyberbullying, please contact Waimea High School's Resource Officer (SRO), Kauai Police Department Officer Mark Ozaki at 338-6810 ext 121.

Student Transportation Services Quarterly Payment Plan Notice - School Year 2010-2011

To: Parents and Guardians of School Bus Riders From: Student Transportation Services Branch

This is a friendly reminder that school bus riders who are on the Quarterly Payment Plan must purchase their new bus pass prior to the start of the next academic quarter (as scheduled below) if they wish to continue riding the bus after the break. Please remit your payment to the school office either in person or by mail (Do not mail cash) on or before the due dates listed below. Payments made by check, money order or cashier's check should be made payable to "Department of Education." Please call your child's school office for more information.

As a reminder, there is a \$25 service fee for all returned checks (payable to "Director of Finance"), and a \$5.00 fee to replace a permanent bus pass.

3rd Quarter:	Round-Trip = \$60.00	One-Way = \$30.00	Due by: Dec. 17, 2010
4th Quarter:	Round-Trip = \$60.00	One-Way = \$30.00	Due by: March 11, 2011

Gotcha Night at Kekaha School—Mahalo to WHS Volunteers

A big Pueo hoot hoot from Kekaha School to the following teachers and students for volunteering their time and assistance at our Science/Math Gotcha Night on September 15, 2010 -

JROTC & SGM Castaneda - Mark Abalos, Alfredo Agrade, Charlene Alicante, Klungelene Alicante, Maethelle Batulayan, Kristy Bugayong, Kuuipo Catiggay, Brian Ceballos, Bryson Collado, Ryan Collado, Juliette Cowell, Josh Duldulao, Gabby Machado, Mark Minia, Michael Olores, Charlene Papa, Joshua Ponting, Ariel Soliva, Weston Souza, Jessica Tabalan, Kekoa Tacub, Traci Tokuuke, Renee Yanagihara, Jaymee Yadao, Pedro Zollinger;

Leadership & Mr. Liko Pereira - Casey Noda, Sarah Predas, Jena-Lee Sagucio;

ROV Team & Mr. Ryan Kakuda - Elisa Broyles, Jacob Matutino, Ken Morikawa, Tanner Fernandez, Michal Nakashima;

Individual Students - Shelbi Shimazu, Kristy Bugayong. Mahalo nui loa.

Connie "Tano" Castaneda, PCNC, Kekaha School

Project Grad News

The friends of Waimea Project Graduation (WPG) launched our first meeting in September and were excited by the turn out and support of the many interested families and community members.

WPG is a nationally recognized drug and alcohol free all night celebration aimed at preventing fatalities due to alcohol and driving on graduation night. We encourage all parents, including parents of underclassmen, to get involved. It is a great opportunity for you to learn about Project Grad and get a head start on plans for your child's Project Grad celebration. A large part of what we do is fundraising. **We have fundraising events every month and we need all of your help for this celebration to take place.**

Scheduled events are: Lawai Cannery Garage/craft fair (11/21), Waimea Light Parade food booth (12/18), Christmas Imu service (12/23-24), WAFF Carnival and Waimea Town Celebration (February), Huli huli chicken (3/25-26). Attend our meetings set for 11/7, 12/15, 1/26, 2/16, 3/16 and 4/20. Meetings are held at the Waimea NC craft room @ 6:30pm.

Please sign on to waimeapg@gmail.com and provide us with your email so we may keep you updated on all of our events and meeting dates which may change. You will also find us on FB Waimea Project Grad. Please turn in your child's PG registration forms which are available at the front office counter and Mrs. Saiki, second floor of the Admin. Bld. For further questions, call Gloria Acain, 346-0534 or e-mail us.

Special Olympics Soccer Tournament

A huge congratulations goes out our special team of soccer players who played in the latest tournament. Adam Nishi scored 6 goals and Waimea took the gold for the 4th straight year in a row!! Way to go Adam, Shayna Ana, Bennie Padilla and Tessie Ana on all those goals and to the whole team for doing such a great job!! We are proud that you take your winning in pride and with no complaints.

Also, congratulations to Waynesly Kauakahi in cross country taking 2nd for Waimea High School in the meet. He took 5th and 7th in the past 2 meets.

Next up, our WHS boys will be traveling to Oahu for a bowling tournament in December. Have a fun and safe time!!

Way to go!! Waimea High School is proud of all of you!!!

Tips on Teaching Your Teen How to Deal with Stress

By Denise Witmer, About.com Guide - http://parentingteens.about.com/od/teenwellness/a/deal_stress.htm

Learning how to deal with stress is a part of growing up, but your teen will need your help. Here are seven tips that will help you, help him:

1. Be available to talk. If you're never there for your teen, you won't be able to help him. Take some time out of your week for some one-on-one time with him. Make this part of your routine so that your teenager will know that he can count on you being there.
2. Encourage healthy escapes from the daily grind of school. Show your teenager the benefits of taking the dog out for a jog, hiking a trail, or just going out for a walk. Physical activity is known to relieve stress. Creativity will also help to relieve stress. Buy your teenager a journal or diary or encourage another creative hobby.
3. Laughter can get rid of stress just as much as exercise and is another healthy escape. Make comic or humorous books available in your home. Allow get-togethers with friends. Rent movies with a comedy theme. You can also teach your teen how to laugh at himself, using humor to take the stress away from normal human mistakes that can happen.
4. Build your teenager's confidence and self-esteem by remembering to praise him when he does something good. Make this a habit by finding something your teenager did right ~ everyday. It's not that they aren't doing good things all the time; it's just that we, as parents, sometimes need to take the time to notice that they are doing good things. With the basic foundation of confidence and self-esteem that you provide, your teenager will be better able to handle changes and stress.
5. Teach your teenager how to keep things in perspective. This is an important part of relieving stress. Taking a situation and looking at it from different points of view and seeing how it relates in the whole scheme of life is a skill your teenager will need to learn. He will be able to reduce his stress load if he is able to 'let go' of the little stress triggers we encounter in our lives.
6. Show your teenager how to focus on the positive aspects of a situation. Have him try and list the benefits and opportunities created, rather than the problems. Even the most unpleasant experiences can lead to positive growth and outcomes.
7. Be wary of negative roadblocks. Often teenagers who do not learn how to deal with stress appropriately turn to drugs and alcohol. Talk to your teen often about these roadblocks and remember the warning signs.

Sports Calendar of Events - 10/13/2010 - 12/31/2010 (Schedule Subject To Change)**Football -**

10/23 vs Kapaa Hanapepe Stadium JV 1:30, Varsity 4:30pm
 10/30 vs Kauai Vidinha Stadium JV 12:30 Varsity 3:00pm
 11/6 Playoff 3:30pm
 State Tournament
 11/12 Div II Quarterfinals TBA
 11/19 Div II Semi Finals TBA
 11/26 Div II Championships Aloha Stadium

Girl's Basketball -

12/7 vs IS IS Gym Varsity Only 7:00
 12/10 vs Kapaa WHS Gym JV 5:30, Varsity 20 minutes after JV game ends
 12/14 vs Kauai KHS Gym JV 5:30, Varsity 20 minutes after JV game ends
 12/17 vs IS WHS Gym Varsity Only 7:00
 12/21 vs Kapaa KHS Gym JV 5:30, Varsity 20 minutes after JV game ends
 12/28 vs Kauai WHS Gym JV 5:30, Varsity 20 minutes after JV game ends
 12/29, 30 Playoff Varsity Only 7:00
 1/4 vs IS WHS Gym Varsity Only 7:00
 1/7 vs Kapaa KHS Gym JV 5:30, Varsity 20 minutes after JV game ends
 1/11 vs Kauai WHS Gym JV 5:30, Varsity 20 minutes after JV game ends
 1/14 vs IS IS Gym Varsity Only 7:00
 1/18 vs Kapaa WHS Gym JV 5:30, Varsity 20 minutes after JV game ends
 1/21 vs Kauai KHS Gym JV 5:30, Varsity 20 minutes after JV game ends
 1/24-26 Playoff Varsity Only 7:00

Boy's Basketball -

12/2-12/4 Kapaa Preseason Tournament
 12/22 vs Island IS Gym Varsity only
 12/29 vs Kapaa WHS Gym JV 5:30, Varsity 20 minutes after JV game ends
 1/5 vs Kauai KHS Gym JV 5:30, Varsity 20 minutes after JV game ends
 1/8 vs Island WHS Gym Varsity only
 1/12 vs Kapaa KHS Gym JV 5:30, Varsity 20 minutes after JV game ends
 1/15 vs Kauai WHS Gym JV 5:30, Varsity 20 minutes after JV game ends
 1/17-1/18 Playoff Varsity only 7:00

Soccer -

12/15 vs IS Island School Varsity Boys only 4pm
 12/16 vs IS Island School Girls JV exhibition 4pm
 12/18 vs Kapaa Hanapepe Stadium JV Boys 10:00, JV Girls 11:45,
 Varsity Boys 1:30, Varsity Girls 3:30
 12/22 vs Kauai Vidinha Stadium Varsity Boys 4:30, Varsity Girls 6:30
 12/23 vs Kauai Vidinha Stadium Girls JV Exhibition 6:30pm
 12/29 vs IS Island School Girls JV exhibition 4pm
 1/5 vs Kapaa Kapaa Stadium JV Girls 4:30, Varsity Girls 6:30
 1/8 vs Kauai Hanapepe Stadium JV Girls 1:30, Varsity Girls 3:30
 1/12 vs Island Hanapepe Stadium Varsity Boys Only 4:00
 1/13 vs IS Hanapepe Stadium Varsity Boys Only 4:00
 1/15 vs Kapaa Kapaa Stadium JV Girls 10:00, JV Boys 11:45,
 Varsity Girls 1:30, Varsity Boys 3:30
 1/19 vs Kauai Hanapepe Stadium Varsity Girls 4:30, Varsity Boys 6:30
 1/20 vs Kauai Hanapepe Stadium Varsity Girls 4:30, Varsity Boys 6:30
 1/22 vs IS Island School Varsity Boys Only 10:00,
 Girls JV Exhibition 12:00

Bowling -

10/14 Week 6 Lihue Lanes 5:30pm
 10/28-29 State Tournament Host: KIF

Air Riflery -

10/13 vs Kauai at Hanapepe Armory
 3:00pm
 10/20 Shoot OFF TBA 3:00pm
 10/26 HHSAA State Tournament
 at Blaisdell Center Exh. Hall

Cheerleading -

11/2 - KIF Championship
 Kapaa High School Gym
 12/5 - State Tournament

Canoe Paddling -

12/11 Week 1 Wailua River 2:00pm
 12/18 Week 2 Wailua River 10:00am
 1/8 Week 3 Wailua River 10:00am
 1/15 Week 4 Wailua River 10:00am
 1/22 KIF Championship - Kapaa
 Wailua River 10:00am
 2/4 State Tournament Host: OIA

Swimming -

12/18 Invitational
 TBA 10:00am
 1/8 Qualifying Meet
 Waimea Pool 10:00am
 1/15 Qualifying Meet
 Kapaa Pool 10:00am
 1/22 Qualifying Meet
 YMCA-Kauai 2:00pm
 1/29 KIF Championship
 YMCA-Kauai 10:00am
 2/11-2/12 State Tournament
 Host: OIA

School Supplies Available

Waimea High School still has a limited supply of free school supplies available. If your child needs any composition books, filler paper, wirebound notebooks, folder notebooks, or pencils, please have them see Mrs. Judy Cano, PCNC, located in the counselor's office upstairs in the main office building. School supplies, when in supply, are available year-round to any student needing them. If you have any questions, please contact PCNC, Judy Cano at 338-6810 ext 176.

Menehune mahalo's go out to The Kauai Board of Realtors for their generous donation of free school supplies this year. Your donation and commitment to our school makes a HUGE difference. Mahalo!!

Title 1 Information

All students of Waimea High received before the Fall Break a Home School Compact letter along with a packet to be read, signed and returned to school. If your child has not returned this signed form, please have them do so as soon as possible. If you have any questions or concerns about this letter, please contact our Title 1 coordinator, Mrs. Susan Rose at 338-6810 ext 159.

Bank for Education -

Help earn over \$10,000 for Our School - Or Even \$100,000!

American Savings Bank (Member FDIC) is bringing back its Bank for Education program to support Hawaii's schools. It's bigger and better, with more ways for our school to earn money. Through this program we could raise over \$10,000 for Waimea High School, or even \$100,000! Just imagine what we could do with this money - purchase computers, teaching supplies, books, musical instruments, athletic equipment or fund field trips, and more!

Here's how the Bank for Education program works:

- From September 18 through November 26, 2010, Waimea High School will receive \$25 for each qualified account opened at American Savings Bank when the account holder designates our school.

- Plus, American Savings Bank will award \$10,000 to our school if we receive the most qualified designations among the participating schools in our county.

- Or, \$100,000 could be ours if we receive the most qualified designations overall!

For more information about the Bank for Education program from American Savings Bank, including the accounts that qualify for designations, call 6217-6900 (Oahu) or 800-272-2566 (Neighbor Islands and Mainland) or visit www.asbhawaii.com/Bank_for_Education. To open your account, visit any American Savings Bank branch...and remember to designate Waimea High School!

Let's work together to earn some money for Waimea High School with the Bank for Education program, we can do it!