Health & Fitness

The physical educational program provides a range of learning experiences. With an emphasis on "healthy choices," units are characterized by locomotor skills, body awareness, endurance, and "Pono". Each class focuses on stretching routines, practice, skill building, and healthy competition.

Community partners are asked in to provide exposure to a variety of community health and fitness opportunities, which may include yoga, volleyball, karate, or soccer. All students participate in our multiage Makahiki event in November, with classes leading up to this field day centering on Makahiki game skill development.

Students are expected to come to class prepared with appropriate footwear, clothing, and attitude.

Health and Fitness skills and activities may include:

- gross motor development
- body awareness
- fitness challenge/testing
- using equipment
- basic gymnastic skills
- bean bags, balls, hoops, ropes, streamers, parachute
- running, catching, throwing, kicking, targeting, dodging, etc.
- fitness routines
- rhythmic activities
- sports introduction - rules, theories, skills, practice
- sports concentrations - soccer, kickball, rugby, touch football

Garden ~ Na Keiki Aloha 'Aina

We have a creative, safe, and welcoming learning garden that will foster students' connections to the natural world, raise awareness about food and nutrition, and create a bridge between outdoor and indoor classrooms.

All students spend regular time in the garden, engaging in all aspects of the gardening program:

- amending soil
- composting
- planting
- transplanting
- mulching
- watering
- weeding
- harvesting
- seed saving
- tasting/eating
- recipe planning
- using tools

Garden classes often tie directly to units of study in science, art, mathematics, language, or social studies. Students learn how to live a sustainable lifestyle and how to care for the land. Students find great satisfaction in being outside and harvesting the food they plant. Students learn to prepare and utilize the plants we harvest, promoting healthy eating habits and knowledge of how to eat local, slow, nutritious food. All students participate in the Spring Plant Sale, showing off their work in the garden and earning funds for the garden program.

Students observe, harvest, weed, and otherwise tend garden beds weekly. After instruction on proper use and care of garden tools, they use them to perform manual tasks in the school garden and yard. Students are required to wear closed-toed shoes or garden boots when working in the garden. Students harvest and consume edibles from the garden after learning proper procedures for washing and preparing fresh produce.

In the Koa and Koai'a classes, students participate in Gart (a Gardening/Art hybrid). This class combines students into two multiage groups on Friday afternoons. Each group has a block of art instruction as well as a block of garden instruction. In the 'Ohi'a class, students work in small groups in the garden on Wednesday afternoons.

Waimea Country School Curriculum Guide

We offer a child-centered curriculum embracing a multiage learning program that incorporates literature, fine arts, mathematics, science, Hawaiian Studies, health and fitness, social studies, technology and study skills. Integration of many subjects helps student learning gain vitality, depth and relevance.

Waimea Country School students learn to be in charge of their own learning – to be thinkers, challengers, and wonderers. Our graduates develop into eager, creative learners who are well-prepared for life's challenges – academically, socially, and ethically.

Children are taught the core subjects – Language Arts, Mathematics, Science, and Social Studies, with computer skills and study skills integrated throughout the curriculum.

Literacy skills encompassing content reading and decoding are taught through the experiences of Readers' and Writers' Workshops. Students are introduced to different types of literature, such as biographies, poetry, and mystery. Reading for information is part of the learning process at this level as early research skills and different levels of comprehension are addressed.

Through the content areas of Science and Social Studies, children gain a deeper understanding of the world and the peoples around them. Our Hawaiian Studies program is integrated into the content areas of Science, Social Studies, Art, Language Arts, and Music. In this way, children also gain an appreciation and awareness of the culture that is unique to Hawai'i.

Character Education

We believe that moral character shapes the course of a student's life more than any specific academic skill. We provide a values-based curriculum as a companion to our academic curriculum in order to create a balanced school environment where students are encouraged to grow socially and emotionally, as well as intellectually.

Children need to be exposed to strong moral values and be expected to behave correctly in order to grow into morally strong adults. Common courtesy and good manners are traits we foster. Attending to the moral development of children is woven into all we do.

We highlight specific monthly values over a two-year cycle. Discussions, sharing stories from other cultures, highlighting individuals of strong moral character, and various practical applications, such as community service projects, are some of the initiatives that help define our program.

	Year One		*Year Two*	
	Value	**Meaning**	**Value**	**Meaning**
August	Pono	Respect	Pono	Respect
September	Kūpono	Honesty	Mālama	Respect
October	Laulima	Cooperation	Kuleana	Responsibility
November	Haʻahaʻa	Humility	Lokomaikaʻi	Compassion
December	Maluhia	Peace	Manaʻoʻiʻo	Faith
January	Ahonui	Patience	Kūpaʻa	Commitment
February	Wiwoʻole	Courage	Aloha	Love
March	Makakū	Creativity	Naʻauao	Wisdom
April	Mālama ʻĀina Aloha ʻĀina	Environmental Awareness	Olakino Maikaʻi	Health
May	Kuʻokoʻa	Freedom	Hoʻomākeʻaka	Humor

Mathematics Overview

Teaching and learning at Waimea Country School is informed by the latest research in brain science — namely, that students who embrace a growth mindset learn more and with greater understanding, and accept challenges and failures as opportunities to improve their skills and learning.

This approach is particularly important and effective in learning mathematics.

Developing number sense is key to success in mathematics. This means being fluid and creative in thinking about how numbers work so there is actual understanding that goes well beyond rote memorization of algorithms to make calculations.

“The best way to develop fluency with numbers is to develop number sense and to work with numbers in different ways, not to blindly memorize without number sense.”
Fluency Without Fear, Jo Boaler, Professor of Mathematics Education, January 2015

Music & Hawaiian Studies

Students in all classes have music instruction twice each week:
‘Ohi’a K/1st Multiage = 30 min/class
Koai’a 2nd/3rd Multiage = 40 min/class
Koa 4th/5th Multiage = 45 min/class

Our **‘Ohi’a** students begin with the musical expression of singing and chanting to develop an awareness of tone, pitch, and rhythm. The focus is on big body movement and percussion.

Koai’a students focus on singing and chanting while introduced to more complex percussive sequences and instrumental music. ‘Ukulele instruction begins with Koai’a class.

Koa students build on foundational musical skills and concepts while learning the ‘ukulele. Each student is assigned a school ‘ukulele for the year, taking responsibility for caring for the instrument while having access for practice outside of school.

When possible, Guest Artists are brought in for both teaching and performance. All students attend Youth Concerts at the Kahilu Theatre throughout the year.

We have two performances per year – a recital at the end of the first semester and our May Day show at the end of the school year. During the second semester, our Kumu Hula works in collaboration with the music teacher to produce a holistic show that highlights student performance with songs, chants, hula, and instrumentation.

Our primary goals are to develop a love for, an appreciation of, and a foundation for music in the lives of each of our students! We want our students excited about music!

Hawaiian Studies at Waimea Country School is integrated into many areas of the curriculum rather than taught as a separate class. Our main goal with Hawaiian Studies is to expose our children to aspects of the culture—from learning songs and chants to studying cultural beliefs and practices to understanding the importance and history of the Hawaiian peoples—as well as the significance of place.

Students learn basic Hawaiian words and phrases primarily through songs and chants. In addition, the Koai’a and Koa students learn about state history and geography and cover early Hawaiian life, voyaging and exploration, and cultural influences.

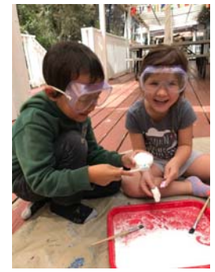
We use a school-wide character education program that focuses on a different value each month. Through daily implementation of this character education study, students learn the value of community and ‘ohana.

Science

Science at WCS helps children think critically while stimulating their natural curiosity about the world around them. We use a hands-on instructional approach where students are involved in actually doing science. Our format encourages collaborative work to seek knowledge and understanding, just like the approach in which scientists engage.

Science Fair

The annual school-wide Science Fair is the focus of the science curriculum in the fall. Participation is built over the course of the 6-year program. Scientists from the local community spend the day with students in all classes, listening to presentations, asking questions of our student scientists, and providing feedback.



'Ohi'a students run hands-on science centers related to a unit of study. Students learn the scientific process as they work together on a single topic. Individual students have the opportunity to show their learning through small group demonstrations at the Science Fair itself.

Koai'a students work with a partner or in small groups to share knowledge about a unit of study they have been working on. This event serves as an introduction to the scientific method that we practice throughout the remainder of the school year.

Koa students each choose a scientific question that is personally interesting to him or her, and then research, investigate, perform experiments, draw conclusions, and report on his or her findings. Through this project, students learn scientific skills, including how to use the scientific method to solve problems and answer questions.

Social Studies

The primary purpose of social studies is to help young people develop the ability to make informed and reasoned decisions for the public good as citizens of a culturally diverse, democratic society. Social studies prepare young people to be responsible citizens by stressing the safeguarding of rights, fulfillment of responsibilities, and honoring the dignity of all people. Through their studies, students develop lifelong learning skills in communication, information technology, teamwork, problem-solving, and decision-making.

By 5 and 6 years old, ‘Ohi’a children are beginning to realize that they are a unique person who interacts with other individuals, groups, and cultures, including family, school, community, Hawai’i, the nation, and the world.

In Koai'a, students are beginning to wonder about other parts of the world and are just beginning to understand their relationship to their community at large. The program is designed to give students a strong understanding of the local community around the school, to respect diversity, to recognize the rich cultural history of their island home, and to become engaged citizens.

Koa students begin making international connections through a variety of digital platforms and global education projects.

Highlights of the learning program at Waimea Country School, particularly relevant to social studies, are the learning trips. Hands-on learning, engaging in the real world with guest teachers, makes a real impact on student learning.

Students may travel to Anna Ranch, here in Waimea, while learning about the history of our town. Taking the 'Ohi'a k/1st multiage class to the police station, post office, and to meet the firefighters teaches about the important members of our community. While studying early Hawaiian history and migration, students go to the harbor to learn directly from a master navigator while sitting in a traditional voyaging canoe.

Experiential learning is a powerful instructional tool and has a lasting impact.

Language Arts

Our Language Arts program consists of skill development and practice in reading, writing, speaking, and listening. Each day, teachers create opportunities for students to express themselves and practice their developing skills. Student projects, including book reports, biographies, science fair exhibits, and research papers are on display, and classes are alive with oral reports, read aloud, and lively conversation. Literacy Day, with our all-school Vocabulary Parade, is a popular annual event that showcases language arts.

ʻ Ohiʻa ~ Reading Readiness

Reading is the most important skill developed in ʻOhiʻa. Students begin with reading readiness and move on to extend their phonemic awareness, decoding skills, sight word recognition, and fluency.

The focus of reading readiness is building a foundation in these three key areas:

- **Phonemic Awareness** ~ distinguishing the different sounds in a spoken word
- **Letter recognition** ~ knowing letter shapes and the name for each letter
- **Phonics** ~ understanding the letters and the sounds they stand for

Reading instruction includes a variety of instructional strategies and activities, such as:

- direct teaching of letters and their sounds using a variety of sensory techniques
- shared reading, such as echo reading where the teacher reads aloud and students repeat
- learning centers that enrich phonics lessons
- building words with word families
- leveled-book reading
- introduction and daily review of high frequency sight words

Writing/Motor Skills Development

ʻOhiʻa students have direct instruction and guided practice in the *Handwriting Without Tears* curriculum to learn to form letters. Students write daily. Teachers model writing and take dictation. Specific writing skills include:

- writing left to right
- writing first and last name
- writing numbers, letters, and words
- using inventive spelling
- writing complete sentences
- writing in a variety of grade-appropriate formats for a variety of purposes and audiences
- printing legibly using correct spacing, capital letters, and end punctuation to distinguish words and sentences
- using periods and question marks as end marks
- focusing on a single topic in a piece of writing

Language mechanics—spelling, grammar, punctuation, capitalization, and usage—are emphasized and taught directly; however, students also have the opportunity to free write in order to learn to express themselves creatively.

Listening and Speaking Skills

- use appropriate social conventions in various large and small group situations
  - waiting one's turn
  - raising a hand
  - showing attention/respect to speaker
- use clear and appropriate vocabulary when speaking
- understand difference between question and comment
- rehearse presentations
- use complete sentences when speaking
- answer questions from audience appropriately

Koaiʻa ~ Building Literacy

Koaiʻa students build literacy through daily work with reading, writing, speaking, and listening.

Daily reading is vital to building independence and reading skills, such as fluency, comprehension, and accuracy. In addition to reading each day in class, children are expected to read at home; daily reading makes up the majority of homework in Koaiʻa class. ***We encourage families to read together and build a love of literacy at home that shows reading is valued rather than a chore.***

Students have direct instruction in reading strategies daily, including a continuation of phonics, word families, and sight words. Children read appropriate-leveled texts to build literacy skills. Additionally, a wide range of fiction and non-fiction is read aloud and discussed with the entire class., exposing students to higher level vocabulary and modeling reading and understanding novels.

Koaiʻa students write every day. Specific writing skills, including the writing process, are taught utilizing the *Step Up To Writing* program and other resources. The Author Resource Folder (ARF) is a valuable tool in teaching student independence with writing and spelling. Language instruction (writing conventions, capitalization, punctuation, and grammar rules) is embedded in the writing curriculum and taught in the context of the students' writing.

The *Handwriting Without Tears* curriculum is used for handwriting instruction. The expectation is for all students to effectively communicate in writing – that is, using neat, legible handwriting.

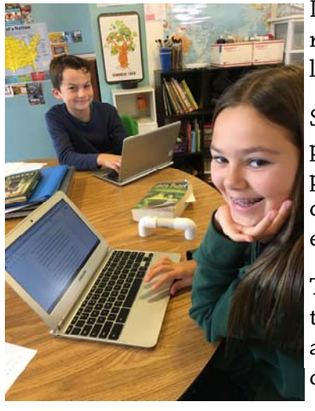
Koaiʻa students are introduced to roots, prefixes, and suffixes that are the "puzzle pieces" of our language. This work directly leads to the Koa class, where the depth of study is greater and the expectations are higher.

Koa ~ Using Literacy to Learn

Students at this level are moving beyond decoding towards independent reading. Students read a variety of fiction and nonfiction materials throughout the year, including novels, short stories, informational articles, and poetry. Specific reading strategies and skills are taught on an ongoing basis. Students read daily across the curriculum and are required to read independently every day to practice and strengthen independent reading skills.

Writing is taught using the *Step Up To Writing* program and other resources. Students work on specific writing skills; a major focus is ensuring that students can plan and write effective paragraphs. Journaling, creative writing, and poetry are also integrated into the writing program.

Correct spelling and the ability to understand a wide variety of words and use them well are essential skills. Students learn to use resources such as a personal spelling dictionary and environmental print to spell words correctly while writing. Instruction in Greek and Latin word roots helps students to develop their vocabulary as they learn these "puzzle pieces" that make up many words in the English language.



Listening for a variety of purposes is taught across the curriculum. Students listen to reading aloud by the teacher and other students, practicing being active and respectful listeners.

Students have many opportunities to develop and practice speaking skills, both for public speaking and for clearly expressing themselves in discussion. Oral reports and presentations are used regularly across the curriculum as a means for students to demonstrate learning and practice speaking skills. Teachers use specific instruction for expressing ideas and articulating supporting evidence.

Technology integration: students use Google Documents to publish final versions of their writing and write regularly online using our Class Blog and other tools. This allows students to share work with a wider audience and to interact beyond the classroom walls.

Science & Social Studies Rotation

Basic skills in science and social studies are covered each year, while the content rotates on a two-year cycle. Science skills include safety while experimenting, measurement , using the scientific method, use of correct scientific terminology, and thinking/acting like a scientist. Social Studies skills include finding source material, reading for information, taking notes, and research writing.

SCIENCE	'Ohi'a K/1st Multiage	Koai'a 2nd/3rd Multiage	Koa 4th/5th Multiage
Year 1	**Year 1 ~ 2019/2020** • Rocks & Minerals • Dinosaurs • Whales • Plants	**Year 1 ~ 2019/2020** • Computer Science • States of matter • Food Science, nutrition • Simple Machines	**Year 1 ~ 2019/2020** Individualized Science Fair Projects • Geology: internal earth structure; earthquakes & volcanoes, tsunamis • cells • heredity/genetics
Year 2	**Year 2 ~ 2018/2019** • Weather & Seasons • Human body & Dental Health • Animals, classification, life cycles, habitat	**Year 2 ~ 2018/2019** • Computer Science • Cycles: Sun, earth, moon, water, energy • Constellations • Insects • Human body systems	**Year 2 ~ 2018/2019** Individualized Science Fair Projects • Astronomy • Electricity & Magnetism • Engineering/Computer Science

SOCIAL STUDIES	'Ohi'a K/1st Multiage	Koai'a 2nd/3rd Multiage	Koa 4th/5th Multiage

Year 1	**Year 1 ~ 2019/2020**
	• What is history?
	• State of Hawaii
	• United States
	• National symbols, songs, coins, presidents
	• World continents & oceans
	• National holidays: Presidents' Day, Earth Day, Memorial Day, Thanksgiving
		Year 1 ~ 2019/2020
		• Local Community
		• Early Hawaiian life
		  ◦ King Kamehameha I
		  ◦ Ahupua'a
		• Migration and transportation
		• US Geography (regions)
		• Native Americans
		• Exploration of the New World
			Year 1 ~ 2019/2020
			• Pacific geography
			• Early Hawaii history and migration (immigration to Hawaii)
			• Early American History: Colonial America
			• Early American History: Revolutionary War
			• U.S. States and Regions
			  ◦ U.S. States & capitals

Year 2	**Year 2 ~ 2018/2019** • Family • Community People: police, firefighters, doctors, etc. • Compare urban, suburban, and rural • Citizenship • National holidays: MLK, Jr., 4th of July, Discoverers' Day, Veteran's Day	**Year 2 ~ 2018/2019** • Community History/Waimea Place study • Family history • Physical Geography—focus on North America/USA ◦ Landforms & Landmarks • Natural resources • Important people in U.S. history past & present	**Year 2 ~ 2018/2019** • US Government—Foundation, Structure, Constitution, Democracy • Elections • Modern Hawaii History • World Geography and Cultures • Individual country projects

Art

Art education at WCS is designed to

- develop art making skills
- nurture the natural joy of creating
- help children develop an appreciation for art created by the great masters and by artisans from different cultures

Art curriculum includes lessons based on the elements of art (line, shape, color, form, texture, value and space) and inspired by the works of famous artists and the arts and crafts of artisans from different cultures.

Art is integrated throughout the curriculum in all classes and largely taught by individual classroom teachers. Students draw, paint, collage, chalk, stamp, make dioramas, mold sculptures and create many other crafts as way to respond to reading, express understanding of scientific/mathematical concepts, or culminate a unit of study. There is also direct instruction in art techniques.

Art is taught opposite gardening in the Koai'a/Koa Gart Fridays, as well as in the 'Ohi'a Friday afternoon block. When possible, guest artists are brought in to work on a variety of techniques or special projects.

Students in all classes keep an art portfolio of their artwork for the year. There are two non-juried Art Shows at WCS per year—at the end of the First Semester (in conjunction with the December Music Recital) and at the end of the Second Semester (in conjunction with Student-Led Conferences).

Mathematics

All classes utilize a scope and sequence of skills and concepts based on the national Common Core Standards. Each grade level has a specific set of benchmarks on which teachers base year-long curriculum planning. While there are no school-wide adopted math textbooks, teachers pull from a wide variety of resources to create a balanced instructional approach.

Visual representations and hands-on manipulatives are used by students at every level in math classes to teach concepts, build connections, and deepen understanding. Teachers use a wide range of instructional strategies, including small guided math groups, math centers, partner and small group activities, projects, one-on-one instruction, and so on, to meet the needs of each individual math student. Mental math strategies and problem-solving strategies are introduced and developed at every level.

In **'Ohi'a class**, children begin to gain an understanding of mathematical ideas. For that understanding to be meaningful, children need to integrate and connect a variety of concepts in many different ways. The effective use of manipulatives helps children connect ideas and integrate their knowledge so that they gain a deep understanding of mathematical concepts.

In **Koai'a** class, students work in centers, which include a teacher-led guided math session used for teaching specific skills and concepts based on the needs of students. Other centers might include independent practice, partner or small group game play, problem-solving, math journaling, or review activities.

In **Koa class**, mathematics is taught both through direct instruction of specific computational skills and through the application of those skills in problem-solving exercises. Small class size allows students to work closely with teachers and peers and allows the teacher to address the needs of each student and challenge each appropriately.

Basic Facts

Memorization of basic math facts is our goal, but memorization that comes from ongoing practice and engagement with math facts tasks, not memorization that comes from rote drill with no understanding behind it.

At all levels, students engage in activities designed to promote automatic recall of basic math facts. Through hands-on activities, direct teaching of strategies, and number talks, students master basic addition, subtraction, multiplication, and division facts.

Key mathematical concepts include:

'Ohi'a K/1st Multiage	Koai'a 2nd/3rd Multiage	Koa 4th/5th Multiage
• place value through 100 • count to 120 • skip counting • addition & subtraction within 20 • commutative property of addition • measurement with nonstandard units • telling time to the half hour • sorting by attribute • basic graphing	• place value through 10,000's • addition & subtraction within 20 • addition & subtraction with and without regrouping • problem-solving with dollars and coins • telling time to the minute • pre-multiplication ~ arrays, repeated addition, equal groups • basic fractions • measurement ~ length, time, weight	• place value through billions and thousandths • multiplication by two or more digits • division with two or more divisors • factors & multiples • fractions & decimals ~ naming, converting, and calculating • area, perimeter, volume, angles • measurement ~ metric and standard units