

[www.voyagerschool.com](http://www.voyagerschool.com) Like us on Facebook  
and follow us on Twitter @VoyagerPCSHI

## A Wonderland of Learning



January is a great time to reflect on the areas in our lives where we felt successful during the past year. It is also a time to consider how to make changes in areas where we would like to improve. Here are some tips to help students start the New Year off on a positive note.

- *Get plenty of sleep.* Scientists have found that students who do not get enough sleep have difficulty paying attention in class and do not do as well in school. *Recommended* amounts of sleep range from about 8½ to 11 hours a night for elementary students.
- *Eat healthy.* Eat more fruits, nuts, and vegetables. Drink at least 8 (8 oz) glasses of water every day. Limit the amount of sodas and snack foods you eat.
- *Exercise your body and your mind daily.*
- *Follow the Golden Rule* - Treat others (children and adults) the way you would like to be treated.
- *Time + Effort = Achievement* - Take the time to carefully complete all assignments at school and home; ask questions when you do not understand a task; demonstrate perseverance (that means keep trying - even when the work is difficult), and eliminate the word "can't" from your vocabulary. Make it a goal to do your personal best at school every day.
- *Read, read, read* - Success in school depends, in large part, on a student's ability to read and understand what they have read. Students should read a variety of books, including folktales, poetry, biographies, and more.
  - Read to get information, read for fun, read to someone in your family...just read!
- *Attend school regularly and on time.*
- *Write out your Plan for Success.* The plan may include getting better grades, making new friends, studying harder, staying out of trouble, etc.

## A New Year of Events

- 12/31 - 1/1 - Front Office Closed
- 1/2 - 1/9 - Front Office Open
- 1/1 - 1/9 - Winter Break No School
- 1/12 - School Resumes
- 1/13 - Safety Committee Meeting
- 1/15 - Site Council Meeting
- 1/15 - Governing Board Meeting
- 1/15 - PTSO Governing Board Meeting
- 1/19 - Martin Luther King Jr. Day No School
- 1/20 - Student Council Meeting
- 1/27 - Student Council Meeting
- 1/28 - Coffee Talk 8:30 am and 5:00 pm



### Voyager Staff Spotlight:

**Krystle Richman - 7th/8th Grade Math/Science**

Krystle was born and raised in Southern California where her entire family still resides. She is a recent first-generation college graduate from Colorado College with a B.A. in Sociology. Krystle spent the last five years working with students, both as a teacher on the Big Island of Hawai'i and as a Special Education Coordinator at the top performing charter school in Denver, Colorado. While teaching, Krystle earned her M.Ed in Special Education from UH Manoa. After spending last year mentoring and coaching new teachers, Krystle loves her return to the classroom at Voyager, working in the Ka'apeha Academy with Ms. Amy and Mrs. Eren (she couldn't ask for a more committed staff who cares just as deeply about students and their experience). She is privileged to work with such amazing students who push her growth every day! In her spare time, Krystle embraces sunshine, adventuring, and traveling.

## Notes from Mr. Vilardi

Winterfest 2014 was a huge success and we thank everyone for their patience and cooperation. Mahalo to the 4th/5th Grade Parents for selling coffee and treats. Mahalo to the PTSO for funding our stage and sound system. Mahalo to Mrs. Ralleta, Ms. Anne, Mrs. Eren and Mr. Howe for all of the time and effort put forth in planning for this year's performance. Mahalo to the teachers and students for the incredible showcase of Voyager's talent.

Happy New Year!