

UPLINK, 21st Century, and Ho‘omana Classes - SY 2023-2024

All classes have started as of Monday, September 25, 2023.

Classes run through May 15, 2024.

Program Updates:

- No Role Playing Games class as of Sept. 25, 2023
- No Culture, Identity, and Self class as of Oct. 31, 2023
- Chess - Chess will no longer be on Friday's afterschool. It will be on Monday's and Wednesday's from 7:00am-7:55am.
- Sunrise Social will begin on Tuesday, November 7, 2023
- As of Nov. 17, Basketball, Cross Country, and Cornhole seasons are done.
- No Chess class as of December 2, 2023
- No Newswriting as of January 23, 2024
- No CTE Coding - Last class February 29, 2024

AFTERSCHOOL ACTIVITIES (all year)

Class	Days (Time)	Teacher and Room
Art Club Experiment and create art with different art materials and styles.	Monday 2:15 - 4:30 pm	Mrs. Takebayashi, S3
Band Get some extra help with playing music!	Monday, Tuesday, Thursday 2:15 - 4:00 pm	Mr. Uyeda, Band
Book Club Want to read books and have some fun? Join Book Club!	Tuesday, Thursday 2:15 - 3:30 pm	Ms. Luzier, S1
DECA (Distributive Education Clubs of America) DECA prepares emerging leaders and entrepreneurs for careers in marketing, finance, hospitality, and management. Students participate in community service, fundraising, and business-themed projects that can compete in the statewide competitions. Thursdays - 2:30-4:30, the entire CTSO consortium will meet and then students will break out into their own DECA group to discuss club events and work on projects. ** Thursdays the entire WIS CTSO Program will participate in small and large group activities pertaining to various CTSO standards and activities. **	Thursday 2:30 - 4:30 pm	Mr. Muramoto, AC2
Esports Students learn and play a variety of Nintendo Switch games and will compete against other middle schools.	Monday, Tuesday, Thursday 2:15 - 4:00	Mr. Yagi, LR1

Class	Days (Time)	Teacher and Room
FCCLA Thinking about a career related to the Academy of Professional and Public Services (APPS)? Join this new class to explore several career pathways that can lead to fun and exciting opportunities. We will provide opportunities to participate in competitions, community service activities, and interact with students from our school, our state, and possibly across the country. We will be working with the high school and the other WIS CTSO's to help establish this class. Be a part of this ground-breaking opportunity! Swing by J104 or AC2 for more information. ** Thursdays the entire WIS CTSO Program will participate in small and large group activities pertaining to various CTSO standards and activities. **	Thursday 2:30 - 4:00	Mrs. Honda and Mrs. Alejandro, AC2
Health and Fitness Students will have fun while participating in different physical activities such as sport games, high and low intensity exercises, stretching and weight training. Students will also be introduced to healthy eating habits and anatomy and physiology, so come and have fun with us.	Tuesday, Thursday 2:15 - 4:00 pm	Ms. Asencios, Y204
Hiking Club Want to go on fun hikes? Join Hiking Club! You'll have the opportunity to go on hikes throughout the school year.	Monday 2:15 - 4:00 pm	Ms. Luzier, S1
Hip Hop Dance Team Join our dance crew! We're looking for students who want to have fun, learn how to dance hip hop and occasionally other styles, and be part of a community. In the spring we compete in the Mara Urbanozo Hip Hop Dance Competition.	Monday, Tuesday 2:30 - 4:30 pm	Mrs. Honda (from WIS); and Mr. Henry, Ms. Julieanna, and Ms. Jadelle (from The Treasure Box!), Cafe
Ho‘omana Program Need a safe place to do your homework, meet new people, play games and have fun!	Monday, Tuesday, Thursday, Friday 2:30 - 4:45 pm	Ho‘omana Program in the PE Field House run by the City and County of Honolulu
HOSA (Health Occupations Students of America) Thinking about a career in the Health Field? Come and check out the national career and technical student organization called HOSA. We will be doing community service, leadership development and even competitions against students from across the state and potentially across the nation too. Swing by J104 or AC2 for more information. ** Thursdays the entire WIS CTSO Program will participate in small and large group activities pertaining to various CTSO standards and activities. **	Monday, Thursday 2:30 - 5:00 pm	Mr. Kozuma, AC2
Hui Dui Library Skills Club Gain knowledge about the field of library and information science. Get hands-on experience with processing and circulating books, creating displays and activities. Be an ambassador of the library to your classmates and community.	Monday 2:15 - 4:00 pm	Mrs. Misaka, Library

Class	Days (Time)	Teacher and Room
Math Team Learn new concepts each month and practice problem solving on whiteboards. Members will also participate in competition in 2024.	Tuesday, Thursday 2:15 - 4:30 pm	Mr. Staples, M104
Media/Olelo Bump up your game for Media Productions by storyboarding, filming, editing, adding music and more! Beginners to advanced welcomed!	Monday, Thursday 2:15 - 4:00 pm	Mr. Justin, 'Olelo and Ms. Uesugi, OLELO room
Natural Resources You'll have an opportunity to join the National FFA Organization and learn about agriculture, food and natural resources. You may participate in competitions, community service activities, and interact with students from our school, our state, across the country and possibly around the globe. ** Thursdays the entire WIS CTSO Program will participate in small and large group activities pertaining to various CTSO standards and activities. **	Monday 2:15 - 5:00 pm	Mr. Kozuma, AC2
Pacific Islander Club The purpose of the club is for students to get in touch with their culture and share it with others in the school and the community. The club is dedicated to spreading awareness, understanding, and appreciation of the Pacific Island cultures, its people, diversity, and values.	Tuesday, Thursday 2:15 - 4:30 pm	Mrs. Nishimoto and Ms. Gonzales, Field House
Science Fair Club Do you like Science and want to participate in competition? Join Science Fair Club.	Tuesday, Thursday 2:15 - 3:30 pm	Ms. Rowe, J101
SkillsUSA and CTE Are you interested in the Industrial and Engineering Tech (IET) Academy? Do you like to build things or take them apart? Or love drawing and designing things for family and friends? SkillsUSA / CTE is the place for you. You will learn about engineering and graphic design while building your leadership skills, participating in community service projects and possibly even state and national competitions! ** Thursdays the entire WIS CTSO Program will participate in small and large group activities pertaining to various CTSO standards and activities. **	Monday, Thursday 2:15 - 5:00 pm	Ms. Blue, CR1
Sunrise Social No morning plans? Come by with friends or make new ones over board games (e.g UNO, chess, connect4, chess, and more)! Good vibes only!	Tuesday, Thursday 7:00 - 7:55 am	Mrs. Young, Y104
Waipahu Gardeners/Safe Haven Collaborating and working with elementary students from Waipahu Elementary, running activities and teaching the students basic gardening skills.	Friday 2:15 - 5:00 pm	Mr. Kozuma, AC2
WIS Mystery Crew Are you an amateur detective? Put your skills to the test by joining the WIS Mystery Crew to investigate and solve different mystery cases using a variety of databases, books, and resources.	Monday, Friday 2:15 - 4:30 pm	Mrs. Scarborough, P6

Class	Days (Time)	Teacher and Room
Volleyball Learn the sport and/or up your game! You're sure to have fun in this class!	Monday, Tuesday, Thursday, Friday 2:15 - 5:00 pm Wednesday 1:15 - 4:30 pm	Coach Bradley Tacata and Coach Cassius Balladares, J105

TUTORING (all year)

YEAR Classes Offered	Days (Time)	Teacher and Room
Morning Tutoring	Monday, Wednesday, Friday 7:00 am - 7:55 am	Mr. Yagi, LR1
Morning Tutoring	Tuesday, Thursday 7:00 am - 7:55 am	Mrs. Loui, Y101
English Tutoring	Monday 2:15 - 3:30 pm	Mr. Murata, E102
Math Tutoring (Mrs. Bona)	Monday, Tuesday 2:15 - 3:30 pm	Mrs. Bona, M205
Math Tutoring (Ms. Bush)	Thursday 2:15 - 3:30 pm	Ms. Bush, M201
Science Tutoring	Tuesday 2:15 - 3:30 pm	Mrs. Takebayashi, S3
Social Studies Tutoring	Tuesday 2:15 - 3:30 pm	Ms. Kalilikane-Lau, P4

Inter-School Athletics (ISA) Sports to be Offered

Seasonal Sports Offered and Approximate Months.

Please keep an eye on the Student Bulletin for Sign Ups!

SEASONAL Sports Offered	Months (days and time to be announced)
Golf: 7 th and 8 th Grade Boys and Girls *must have previous golf experience	May
Soccer: 7 th and 8 th Grade Boys and Girls	January Start: Last week of January Lass class: TBA Monday, Tuesday 2:30-3:30 Ms. Medaglia, Dyson Field
Track and Field: 7 th and 8 th Grade Boys and Girls	Mid February - April Start: Monday, February 12, 2024 Last class: TBA in end of April Monday, Tuesday, Thursday 2:15-4:00 Ms. Price and Mr. Casciano, C202

COMPLETED SEASONS

Inter-School Athletics (ISA) Sports

Flag Football: 7 th and 8 th Grade Boys and Girls	Season: August/September 7 th Grade Start: August 29, 2023 Last class: September 25, 2023 Tuesday, Thursday 2:15-3:30 Mr. Yagi, Upper Field 8 th Grade Start: August 28, 2023 Last Class: September 12, 2023 Monday, Tuesday 2:15-4:00 Mr. Iraha, Upper Field
Cornhole: 7 th and 8 th Grade Boys and Girls	October Start: October 19, 2023 Last class: November 2, 2023 Tuesday, Thursday 2:15-3:30 Mr. Watanabe, Field House
Basketball: 7 th Grade Boys	October Start: The week of October 16 End: The week of November 13, 2023 Tuesday, Thursday 2:30-3:30 Mr. Yagi
Basketball: 8 th Grade Boys	October Start: October 23, 2023 End: The week of November 13, 2023 Monday, Thursday 2:30-3:30 Mr. Iraha
Basketball: 7 th Grade Girls	October Start: October 3, 2023 End: The week of November 13, 2023 Monday, Tuesday 2:45-4:00 Ms. Medaglia
Basketball: 8 th Grade Girls	October Start: October 3, 2023 End: The week of November 13, 2023 Monday, Tuesday 2:45-4:00 Coach T
Cross Country: 7 th and 8 th Grade Boys and Girls	Season: August Start: August 22, 2023 End: November 16, 2023 Tuesday, Thursday

	2:15-4:00 Ms. Price, C202
Bowling: 7th and 8 th Grade Boys and Girls	November
Softball: 7th and 8th Grade Boys and Girls	November Start: October 23, 2023 End: January 19, 2024 Monday, Friday 2:15-4:15 Mr. Muramoto, Dyson Field