

**ST. FRANCIS HIGH SCHOOL
NĀ WĀHINE O ‘OLU HULA CLASS**

INSTRUCTOR: Mrs. Laureen Macugay
E-MAIL: lmacugay@stfrancishs.org
PHONE: (916) 737-5014

GRADE LEVEL: 9-12
CREDITS EARNED: 5
PREREQUISITE: BY AUDITION ONLY

SFHS MISSION

St. Francis High School is a Catholic diocesan college preparatory school dedicated to serving young women and their families who seek spiritual growth and academic excellence. We are committed to integrating faith into the learning process, promoting the gospel values of Jesus Christ, building community, and providing opportunities for worship. We strive to help each student develop her gifts and talents to become a model of Pax et Bonum (peace and goodness) through leadership and service.

COURSE DESCRIPTION

This year-long course enables students to learn basic Hawaiian language, Polynesian dance, and history. Through hula basics and choreography, the students will learn discipline, grace, teamwork, and commitment to reach each dancer’s full potential in hula. Students learn techniques to dance hula gracefully through hand gestures, body movement, and facial expression, in addition to learning basic Hawaiian language and Hawaiian history. This class performs in many of the school events, as well as some outside events.

CLASS DISCIPLINE AND PRIVILEGES

It is an honor and privilege to be a part of Nā Wāhine O ‘Olu, not a right. The class performs at assemblies, rallies, liturgies, other school sponsored occasions, and community events. Students belonging to Nā Wāhine O ‘Olu represent St. Francis High School, and must act accordingly with the SFHS student handbook (*hanohano* – honor, *‘olu‘olu* – graciousness, *lokomaika‘i* – goodwill, and *po‘okela* – excellence to name a few). These behaviors should be demonstrated in class, during rehearsals, at performances, and within the community. Defiance and insolence toward the instructor, the *kōkua* (assistants), or others will not be tolerated.

PERFORMANCE REQUIREMENTS

Students must maintain at least a 2.0 GPA to be considered for this class. If a student falls below a 2.0 during the school year, she may be removed from this class.

STUDENT EXPECTATIONS AND RESPONSIBILITIES

1. Arrive on time to class, rehearsals, and performances
2. Act with *hō‘ihi* (respect) and *aloha* (love) toward others
3. Be responsible and accountable for learning/practicing choreography, *oli* (chants), *‘ōlelo* (language), etc., especially if absent from a class/practice via practice videos posted on Haiku/YouTube
4. Communicate with the instructor if there is an area of confusion
5. Dress appropriately and participate actively in class
6. All phones on silent or turned off, so to not disrupt class and other students’ learning
7. Inform the instructor before missing a class, coming late, or leaving early
8. Keep dance room, practice areas, and performance locations clean after each use
9. Bring all necessary implements, *palapala* (paperwork), and costumes requested for class
10. *Malama* (care for) your materials needed for this class
11. Respect the protocol of hula in regards to sharing with or teaching non-members choreography or other aspects of this class
12. Student and guardian(s) will be responsible for costs of customized costumes.

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CLASS MEETINGS AND ATTENDANCE

Classes are held on Tuesdays from 4:30 p.m. to 6:30 p.m. There will be additional practices announced in preparation for performances. Participation in any extracurricular activities, such as sports, theatre or any activity that coincides with our class time is discouraged as this class takes the place of their regular PE class. Attendance in hula class is vital to success and a passing grade.

It is imperative that the student arrive on time to practice. Three late arrivals equal one absence. Any more than two absences per semester (for any reason) equals removal from the class.

GRADING POLICY

This class is graded as a pass/fail. If the student does not adhere to the attendance policy stated above, then she will receive a fail for the class, and she will have to take another P.E. for credit.

MEDICAL EXCUSES

If the member has a chronic medical problem, which prevents her from participating, or participating on a limited basis, a note from her doctor needs to be on file (recent surgery, mono, minor injury, etc.) with the instructor. In this case there will be no negative effect on her grade. If a student cannot participate because of a short-term illness (cold or flu), she must bring a written note from home excusing her from class.

HULA ATTIRE

Students are to adhere to the SFHS dress code, but may dress comfortably in practice. Pā'ū skirt will be provided upon arrival to each class that they may use through the year and return at the end of the school year. Students may wear their own top, and may wear shorts underneath pā'ū for comfort.

EXPENSES

There may be other expenses toward student-owned costumes that will be the responsibility of the student/parents/guardians.

COMMUNICATION WITH STUDENTS

This course uses Google Hangouts as a form of group text in order for effective communication between teacher and students. Students will be invited to the group via their St. Francis email. Notifications will appear as alerts in their email. Additionally, students can download the Hangouts app for their phone and receive notifications there as well. They can opt out of adding their phone number. All communication is meant to be tied directly to a student's Troubiemail account. Parents may wish to download the app, and have their daughter sign in on their phones if they would like to see the conversations. Please contact me with any questions or concerns about how we communicate as a class.

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Syllabus Agreement

I have read the syllabus for Na Wahine O ‘Olu hula class and understand the content of this class. I understand the requirements, expectations, and responsibilities of this class.

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| _____ STUDENT PRINTED NAME | _____ STUDENT SIGNATURE | _____ DATE |
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| _____ PARENT/GUARDIAN PRINTED NAME | _____ PARENT SIGNATURE | _____ DATE |
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| _____ PARENT/GUARDIAN PRINTED NAME | _____ PARENT SIGNATURE | _____ DATE |
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If you are/have a parent that is gifted in sewing or are interested in providing assistance throughout the school year, please inform Mrs. Macugay.

I would like to volunteer to help with Na Wahine O ‘Olu’s activities and/performances.

I am interested in volunteering to sew for Na Wahine O ‘Olu.

Name: _____

Home Phone #: _____

Cell Phone #: _____

Work Phone #: _____

E-mail: _____