

MEI 2025

HOPE

KE AO LONO



TS Gold: Clothing & Roads

Children are interested in clothes from a very young age, and this interest can be the foundation for learning about different kinds of clothes, a variety of fabrics, the processes involved in making and selling clothes, the specialized purposes of some garments, and how clothes have changed over time. The study helped children use skills in literacy, math, science, social studies, and the arts as they investigated.



Rolling down the learning lane

Vroom, vroom! Last month, our preschoolers zoomed into a new topic: Roads! We learned how roads help us travel, from signs and traffic lights, to crosswalks and cars. Our preschoolers were buzzing like a busy intersection!

Keiki and caregivers explored different kinds of roads, built their lanes, and discovered how roads are made and used. The preschool class went on a walking trip around the school, searching high and low to spot all the exciting things found on the road. The toddler class got hands-on with a special stamping activity as they created their kapa-inspired cloth, strengthened their gross motor skills, and took meaningful steps closer to learning about cultural clothing and traditions.

We wrapped up our road study with an exciting show-and-tell, where everyone shared their favorite discoveries! A local author who writes books about roads came to visit and read us one of his amazing works! We're so excited to watch our preschoolers zoom down the learning lane, ready to roll toward success!



Kumu Kukui



Welina mai kākou!

Hawai'i is known for producing some of the finest kapa in the Pacific and some say this is because they had enough time to perfect the craft. In order to have enough time to perfect something as labor intensive as making kapa, which involved soaking the bark of the wauke or māmaki plant and pounding it with a beater into a fine cloth, all the other kuleana, or responsibilities, needed to be taken care of.

Hawaiians were and many still are strong believers of the saying, "Work hard so you can play hard." They took advantage of opportunities to do things when they would be most productive, like working in the lo'i when the sun was either coming up or about to go down. Each member in the old Hawaiian community had their own responsibilities, or kuleana, and everyone helped one another to ensure the work was completed in a timely manner so there would be time to perfect crafts and enjoy leisure activities.

"Ai nō i kalo mo'a."

One can eat cooked taro.

The work is done; one can sit at ease and enjoy himself.

By Pua Aquino

Taking care of yourself is key

May is Mental Health Awareness month and what better way to take care of your mental health than with some self-care? What is self-care? It's taking the time to do things that help you improve both physical and mental health. Taking care of your mental health can help you manage stress, lower your risk of illness, and increase your energy.

Here are some self-care tips:

- Get regular exercise. Just 30 minutes of walking every day can boost your mood and improve your health.
- Eat healthy, regular meals and stay hydrated.
- Make sleep a priority. Stick to a schedule, and make sure you're getting enough sleep.
- Try a relaxing activity. Schedule regular times for these and other healthy activities you enjoy, such as listening to music, reading, spending time in nature, and engaging in low-stress hobbies.
- Practice gratitude. Remind yourself daily of things you are grateful for.
- Stay connected. Reach out to friends or family members who can provide emotional support and practical help.



By Maria Cueva

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