



Ke Ao Lono

The monthly newsletter of Ka Pa'alana
A Program of Partners in Development Foundation

LEARNING FROM KAI

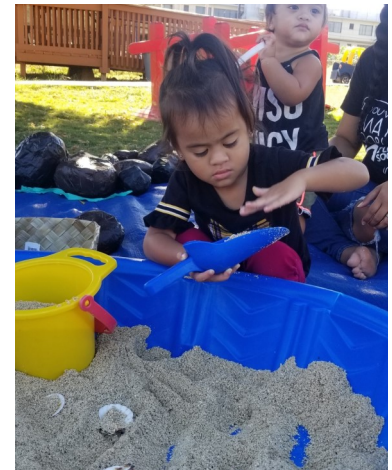
By: Kathy Fong

It was exciting to see how the interests of the children took the Kai theme in many directions. An interest in building homes for sea creatures turned into a study of ocean habitats. The children's love of playing with water was used to explore the properties of kai and what lives in it. The making and tinkering in the Creation Station became opportunities to explore the characteristics of ocean creatures and create beautiful

interpretations of kai. Songs, stories, and pretend play provided ways for keiki to express their ideas and feelings about the sea and how to *mālama i ke kai*.

Have you witnessed the deepening of your own keiki's knowledge of kai? What have they said and done that surprised you?

In Hawai'i, ke kai is never far from us. Continue to share in the rich experiences of learning from the kai, even as this new year begins.



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For more information

Contact us at:

(808)596-8711

THE FAMILIES OF KA PA'ALANA



By: Chelsea Kekuna

Jerica Fernandez (Mom) her daughters, Aulia Fernandez (age 4) and Ava Fernandez (8 months) attend Ka Pa'alana's Hope site. During their free time, the family enjoys going to the beach, going to the mall and visiting family. Aulia enjoys playing with playdough and singing the alphabet song. Jerica noticed that since attending Ka Pa'alana, "Aulia interacts more with kids and has become more open." Ava has also grown "Before Ava wouldn't let anyone hold

her. Now she lets others hold her, for a long period of time." Preschool teaches mom to be more patient. "The program helped me and Aulia create a stronger bond." Attending parent class Jerica said "My expectations I had, was not what I was expecting. I thought I was going to be taught parent skills but I learned way more. I'm learning things I wanted to learn but wouldn't go out of my way to learn it, like cultural things and sewing."

PRESCHOOL REFLECTIONS

BY: Kelsey La Cuesta

Aloha kākou! As we wrapped up our theme of Kai last month, we saw a huge spark in the keiki's interest of the ocean. The keiki explored many aspects of kai, from what's in it, how we can take care of the ocean and our sea animal friends, to how we use it in our lives. Some of the activities we had planned for the keiki included them creating their own beaches out of materials provided such as sand, water, driftwood, shells, and more. This is one of the many simple PACT activities you and your keiki can do together on your own time. We also learned and sang many ocean themed mele such as Nā I'a 'Ono Ē, Slippery fish, and Mele the crab. A big mahalo to our parents for being so engaged with the keiki as they explored the kai! We hope you had a great Christmas & a Happy New Year!



PARENTING TIP

By: Nida Otto

Separation anxiety is something very normal that most children will experience at a young age. Children typically experience separation anxiety around 8-14 months; some things that might trigger this emotion are unfamiliar people or places and being away from their primary caregiver. Here are some ways you can help make their separation transition easier.

Start small; get your child used to the idea of you leaving by disappearing behind a door for a moment then return saying, "I'm back." Then later go into another room for a cou-

ple of minutes and return saying, "Here I am!" Until, finally, you can leave the house for longer periods of time. Never sneak out without letting your child know, it will only make your child feel more anxious the next time you need to separate. Another thing you can do is create a "leaving ritual" (e.g., a parting phrase like "See you later, alligator," five kisses on each cheek, or an exchange of wacky waves from the window). This will attach a positive experience to your separation time from your child and hopefully leave them in a less anxious state.



TECH TIP

By: Ano'ile'a Clemente

Is your child always on YouTube clicking random videos that may or may not be appropriate for their age group? Are you worried your child may be "wasting away" watching useless videos and playing on apps that take up too much room on their tablet? Do you wish there was something that could provide your child with fun activities and videos that are secretly helping with their social/emotional, literacy, science and math skills? I found the perfect app for you!

PBS Kids

Join Daniel the Tiger, Curious George, Sesame Street, Arthur and many more as they help your keiki navigate through life's obstacles. The PBS Kids app is available on every provider's app store. The PBS Kids app also provides parents with great reading material, activity ideas (for the days your keiki aren't in preschool), and resources. Download it today!



STAFF HIGHLIGHT



Jan
Staff

Did you know that Darla...?

- has been Preschool Teacher's Assistant with Ka Pa'alana since July 2019
- will be attending Early Child Education classes in January
- has 2 sons and 1 daughter
- likes watching her kids' football games

KUMU KUKUI

By Pua Aquino

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.



ADULT CLASS

By: Ronnee Stewart

In the second month of our "Kai" theme, parents at Hope assisted with a lesson plan for their keiki at preschool. The first part involved research and art. In our parent class, they searched the Internet for any saltwater fish they liked. Then they needed to draw it, and cut it out. It was then labeled with their child's name and the name of the fish. The second part involved research and writing. Still focusing on the kai, parents were asked to write what kinds of things they would like their child to learn about in preschool. Parents were then asked to research then write down what *they* could teach their keiki about the kai after doing all their research.

This collaborative effort offered parents insight on what their child is being taught at preschool. When the keiki finished their artwork on the fishes their parents made, it was a beautiful school of Hope fishes!



Ka Pa‘alana HOPE site
is funded by:



U.S. Department of Education



Kamehameha Schools



HAWAII HOTEL INDUSTRY
FOUNDATION

Hawaii Hotel Industry Foundation



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