



Ke Ao Lono

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

REFLECTING ON AO AND PŌ

By: Kathy Fong

During the months of May-June we encouraged you to explore the theme of "Ao and Pō" (Light and Darkness). We hope you took advantage of the activities provided through our Kōkua Kits and by logging on to your child's ClassDojo.

Through playing with flashlights, taking walks in the day and at night, playing with shadows, making sun collages, and even building

forts, we hope you had fun exploring different concepts of Ao and Pō. Here are some things your keiki may have learned as you played together:

Science: Darkness is the absence of light. We need light to see. Light can shine through some things but not others.

Technology: There are many sources of light

Engineering: Exploring which materials are best to create a dark, cozy space.

The Arts: Light and darkness affect the way our art creations look. We can manipulate our shadows through movement. Reading ao and pō stories.

Math: Sorting objects by their transparency, counting lights on evening strolls, comparing sizes of shadows.

Summer is here! Take the opportunity to go outside and continue learning about ao and pō.



VIRTUAL CLASS FUN

By: Kelsey La Cuesta

Aloha! Another month has passed since starting our distance learning via Class Dojo! We explored the second month of our theme, Ao and Pō. Our keiki have been doing gross motor activities, singing songs and dances, as well as completing our Kokua Kits and various Class Dojo activities. We also have a weekly Zoom virtual classroom where we do

circle time with our families. It allows the staff to see our keiki and the families to interact with each other as well. This month we also have four keiki graduating to Kindergarten! We will miss them so much but are excited to see them move on to bigger and better things. As we begin summer we hope you all have a safe and wonderful time and we look forward to seeing you back on Class Dojo and Zoom!



K U M U K U K U I

By Pua Aquino

Aloha mai kākou!

This month's Hawaiian value is *laulima*, which translates as "cooperation" or "many hands working together." The word *lau* often means "leaf" but it can also mean "many." The word *laulau* is the perfect example of this; it means "many leaves." The Hawaiian proverb, "*E kuahui like i ka hana*" translates as, "Let everybody pitch in and work together." The word *kuahui* means to "cooperate, work together" but it also refers to the "supporting rods on the purlins of a house." This provides a great visual of how a collaborative effort works. It takes everyone, or all the support-



ing rods, to work together in order for the house to remain intact. *Laulima* supports the truth that each person's effort, whether big or

small, adds to the completion of a task, and that when working together each contribution matters.

Parenting Tip

By: Ronnee Stewart

How are you feeling today? It's normal to feel cranky sometimes and easily get on each other's nerves. You may still be trying to figure a routine to incorporate sleep, work, or exercise while also still being worried about the uncertain future, you're not alone. Here's how you can monitor your emotions:

- Change your situation: When someone is annoying you, go to another room or take a walk (follow physical distancing).
- Change where you focus attention: Positive thinking – if your husband delivered meals to kūpuna or your son took out the trash without being told, acknowledge their efforts. These are reminders that, in their own ways, everyone's trying their best.
- Change your emotional regulation goal: It's not healthy to go for long periods without being cranky. If your crankiness is a 9 today (scale 0 -10), try to only get to an 8 tomorrow.

Please talk with someone if you need help. We're all in this together!

Ka Pa'alana is funded and supported by:



U.S. Department of Education



Kamehameha Schools



State of Hawai'i



Office of Hawaiian Affairs



American Savings Bank



W.K. Kellogg Foundation



Aloha United Way



Administration for Native Americans



Friends of Hawai'i



Executive Office on Early Learning



Hawaii Hotel Industry Foundation



Department of Human Services