

‘AUKAKE 2023

HOPE

KE AO LONO

The monthly newsletter of Ka Pa‘alana



Good Thyme in the Garden

The keiki walked away from the garden study having learned lifelong lessons, including patience, kuleana, environmental awareness, problem-solving, connection to food, and the joy of nurturing and caring for something alive.

The keiki’s gardening journey also taught them about their community. They learned individual responsibility to tend their garden and became aware of where the food goes: enjoyed by themselves, shared with others, or made available at local grocery stores and farmers’ markets.

The garden study allowed the children to make fascinating discoveries and observations beyond just planting and harvesting. They spent time observing bugs and insects in the garden and learned about the effects of sunlight and water on plant growth.

Similar to the care that our keiki provided for their growing plants, our kuleana as caregivers is to create a loving and nurturing environment for our keiki by providing all the necessary ingredients to help them become compassionate individuals.



Blooms and Bugs!

Our gardening study was an awesome adventure into our outdoor school environment. By caring for our garden, keiki learned values such as kuleana (responsibility), mālama (caring), and aloha (love).

The keiki also practiced kilo (observation) and made some exciting discoveries around our school: praying mantises, cockroaches, ants, bumblebees, and caterpillars. Keiki learned about how insects can be helpful or harmful to the garden.

To experience gardening on a larger scale, we had the opportunity to visit Hoa ‘Āina o Mākaha where we got to harvest and plant, as well as visit the animals. To celebrate the study and all our hard work, we were able to see and appreciate our garden growing!

By Lauren Somera



By Nida Otto



Kumu Kukui



By Pua Aquino

Welina mai kākou!

“Kūlia i ka nu‘u” means “Strive for the highest.” This was the motto of Queen Kapi‘olani. She was an amazing woman with many accomplishments in her life. In 1890, Queen Kapi‘olani established the Kapi‘olani Maternity Home which is now known as the Kapi‘olani Medical Center for Women and Children. She never had children of her own but had a deep love for children and mothers. In 1884, after visiting those diagnosed with leprosy in Kalaupapa, she raised enough funds to build the Kapi‘olani Home for Girls. This was a home for girls whose parents had leprosy.

During her seventeen-year reign, Queen Kapi‘olani traveled to many parts of the world, including San Francisco, Washington D.C., Boston, and New York. She even attended a formal dinner at the White House, hosted by President Grover Cleveland, en route to visit Queen Victoria in England.

The accomplishments of Queen Kapi‘olani are impressive and definitely embody someone who strived for the highest. What are some of your proudest accomplishments in life? How will you show and teach your keiki to always strive for the highest, or “kūlia i ka nu‘u?”

Difficulty Transitioning? Try These Tips

Many keiki, especially those with ADHD, anxiety, autism, or sensory issues, have difficulty transitioning without acting out. Creating a simpler routine and a pictorial schedule for their day can help ease transitions.

Before each transition, show keiki the schedule and point to the next activity so they can emotionally prepare themselves. Be sure to make eye contact and get on their level by crouching or kneeling. You can even ask them to repeat what you just went over so that you both have a clear understanding of what will happen next.

Try using music (such as the “Clean Up” song) as a transition tool or implementing simple rewards (a high five, a sticker, a snack, etc.) to reinforce behavior. Just remember to use something you can eventually phase out.

These simple strategies can make the difference between a good and bad day for them and for you.



By Denise Mazepa

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