



# Ke Ao Lono

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

## SHOW THEM THE WAY

By Kathy Fong

As we steer our way back into a new school year, a question arises: Where are we headed?

To be successful, canoe navigators, or *ho'okele*, need to have a clear goal and a plan to get to their destination. As you guide your children through their journey at Ka Pa'alana, where would you like to see your children by the end of this school year? Maybe you'd like them to be more

independent or develop their physical abilities. You may want to see them become better communicators and learn to play well with others or become good problem-solvers.

In the coming weeks and the coming school year, we will provide you with the aloha and support you need to be the best *ho'okele* for your keiki. As you guide and steer them toward their destinations, you will see them develop the skills and charac-

teristics to make them strong and successful in their own future journeys.

Ka 'ike a ka mākua he hei

na ke keiki. (The knowledge of the parent is absorbed by the child.)

‘Ōlelo No‘eau # 1397



## WELCOME BACK TO SCHOOL!

By Dawn Stephens:  
Aloha!

Welcome to Mā'ili Valley. We would like to extend a very special welcome to all of our new families and staff! If your keiki is feeling anxious about attending school, please help them adjust by reassuring and encouraging them that they will meet new friends and will have a fun time learning. Before you know it, your keiki will

quickly settle into school and the classroom routines.

Our current theme is Ho'okele, which means to navigate, to sail, to guide through dangers. The activities we are providing your keiki will help them gain skills they need to navigate and be successful in this world. Each family has a Ha'awina (lesson) Bin. This bin is filled daily with materials and activities related to our theme.

Once again, welcome, to our class. We are very excited to have you all here with us at our Mā'ili Valley site.

If you have any questions or concerns, please don't hesitate to ask any staff.





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 embodies 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?”

## Empower your Keiki against bullying

By: Ronnee Stewart



Merriam-Webster defines bullying as “abuse and mistreatment of someone vulnerable by someone stronger, more powerful.” Here are a few ways to prepare your keiki against bullies.

Model compassionate, confident, and respectful behavior in all your relationships. Teach your keiki basic social skills and maintain a close connection with them. Explain the dynamics of bullying and how to be respectfully assertive with their opinions and rights. Practice role-playing so they feel comfortable responding to teasing, provocations, and other intimidating situations. When your keiki is introduced to technology, teach, supervise, and stay involved. There is no shame if a bully frightens them. They should learn to walk away and ask for help. Teach your keiki how to avoid bullies and find opportunities to educate other keiki about how to intervene to prevent bullying when they see it. As a parent, never hesitate to intervene.

Visit: [www.ahaparenting.com/parenting-tools/safety/helping-bullied-child](http://www.ahaparenting.com/parenting-tools/safety/helping-bullied-child) for more info.

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