



# Ke Ao Lono

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

## CLOSING THE STUDY OF CLOTHES

By Kathy Fong

January has whizzed by, and so has our study of clothes. We hope you enjoyed this study and learned some new things about your keiki as they investigated a variety of clothing topics. As with all the subjects we study, we hope they get more out of it than just learning about clothes.

Were you able to encourage their creativity as they thought of ways to design their own clothing? Did you

see the math in the patterns on the fabrics or explore the similarities and differences between various types of clothing? Were you able to share their fascination with machines: like washers, dryers, irons, and sewing machines? Did you show and tell your keiki about the clothing of your own and others' cultures? Did you read and talk about some interesting book characters and stories?

It is wonderful to see



how a simple topic, such as clothing, can bring about so much learning and opportunities for you and your keiki to play and talk together.

Keep up all the good you are doing! Make this a year of strengthening connections and growing in and out of the old and new.

## WHAT HAPPENS WHEN CLOTHES GET DIRTY?

By Debbie Matthews

During the month of January, our keiki continued their study of clothes. One of the questions we investigated was "What happens when you get your clothes dirty?" We talked about how we put them in the washing machine and what we add to the water to clean them. The preschoolers shared that after the clothes were washed, they would hang them to dry and later fold them. The toddlers enjoyed putting clothes in the laundry

basket. As a group, we learned how to say pants (lōle wāwae), t-shirt (palule), and hat (pāpale) in Hawaiian. Our keiki enjoyed dressing up in cultural clothing in the Dramatic Play area and learned how to button, zip and lace. We explored the different types, colors, and patterns of our clothing.

In the second half of our unit, the toddler's Dramatic Play area was transformed into a clothing store with a cash register and shopping



basket. The keiki enjoyed holding and touching the different clothing textures while shopping. The Preschoolers enjoyed the ironing board and focused more on the care of the clothing,

from putting them in the washer to hanging them up to wear. We spent the last part of our study exploring the types of clothing worn in Polynesian culture and worldwide.

# KUMU KUKUI

By Pua Aquino  
Welina mai kākou!

*Mālama* is a Hawaiian value that means to care for, preserve, attend to, and protect. Once while the staff of Ka Pa'alana prepared an *imu*, Uncle Aaron Mahi reminded us to keep the area surrounding the *imu* cleaner than it looked when we first arrived. He said, "It should look like no one

was here." This is a great example of how to *mālama* what is being used.

Hawaiians have a very close relationship with the land because it is believed that if you take care of the land, it will take care of you. The same can be said of the relationship the Hawaiians had with their *ali'i*, or chiefs, in old Hawai'i. Chiefs protected their people and the people



took care of their chiefs by taking care of the land that produced the food for the chiefs. The 'ōlelo no'ēau below states this very concept.

"I kanaka nō 'oe ke mālama i ke kanaka." You will be well served when you care for the person who serves you.



By Denise Mazepa

Since the COVID-19 pandemic, we are now fearful of any cold or flu-like symptoms. So, what should you do if you or your child are not feeling well? It's important that you contact your health care provider right away to get tested, and to find out how these illnesses are spread, treated and prevented.

Currently, there is only one antiviral drug containing remdesivir that is approved to treat COVID-19. Other drugs may help reduce the severity of COVID-19. COVID-19 symptoms usually start 2 to 14 days after exposure to SARS-CoV-2. But symptoms of a common cold usually appear 1 to 3 days after exposure to a cold-causing virus. There's no cure for the common cold.

You can help reduce these illnesses by doing your best to stay healthy, get vaccinated, and isolate when sick to prevent the spread.

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