



Ke Ao Lono

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

CURIOSITY SPARKS INVESTIGATION

By Kathy Fong

We hope you and your keiki have been enjoying “phase 1” of the theme, Aloha ‘Āina. Phase 1 is an exploration phase, and your kumu have been providing a variety of experiences for you to talk with your keiki and just observe how they engage in the activities.

Some of these activities exposed your keiki to

the ‘āina’s elements, such as dirt, mud, sand, plants, and rocks. Your kumu may also have asked your keiki to *kilo* (observe keenly) the environment. Your keiki were also asked, “What are the things, people, or places you love?”

Though seemingly so simple, each of these activities is building the groundwork for deeper learning. Which of these activities has sparked cu-



iosity in your keiki? I heard a child recently ask, “What are rocks made of?” I saw another keiki fascinated with the insects hidden in the rough bark of a tree trunk. Another child proudly



showed off the plants they were growing in a pot.

Your keiki are pretty amazing! Take note of their interests as we prepare them for the next phase of Aloha ‘Āina – investigations.

THE LAND THAT FEEDS US

By Naomi Patterson

‘Āina - that which feeds; we get much of our food, our mea ‘ai, from the ‘āina. Hawai‘i has a rich food culture and plenty of ono mea ‘ai to learn about and taste. Our keiki explored foods from the land this month, specifically foods we are most familiar with in Hawai‘i and other Oceanic cultures. Keiki were able to examine and observe

with their senses. They learned what kalo (taro) looks, feels, and smells like before making it into poi. Keiki were also introduced to plant foods some of them had never seen before, like kō (sugar cane) and ulu (breadfruit). There were so many different and delicious foods to try with different textures, colors, and tastes! Families shared stories of how



they prepare the same foods in their own cultures. The ‘āina and its food give us a sense of connection and togetherness. The ‘āina is a link to our ancestors and a



connection to each other. When we share food and the stories connected with them, we strengthen relationships and love for the ‘āina, the land that feeds us.

K U M U K U K U I

By Pua Aquino
Welina mai kākou!

"O ke aloha ke kule-ana o kahi malihini" means, "Love is the host in strange lands." Have you ever been to someone's house and the first thing they want to do is feed you? This practice can be traced generations back into the Hawaiian culture.

In old Hawai'i, every

passerby was greeted and offered food, whether it was someone familiar or even a complete stranger. This 'ōlelo no'eau is very applicable for the things that are going in the world today. Too often we hear stories of hate and violence happening toward complete strangers. This mentality is the opposite of what the Hawaiian people stood for. So as



Hawaiians and local residents of these lands, let's pass on the kuleana, or responsibility, to be stewards of this land and take care of each other, even strangers.

By Tina Kaho'onei

The Importance of Hydration

Drinking enough water each day is crucial for many reasons:

- Helps regulate body temperature
- Keeps joints regulated
- Prevents infections
- Delivers nutrients to cells
- Keeps organs functioning properly
- Improves sleep quality, cognition, and mood



Experts recommend drinking roughly 11 cups of water per day for the average woman and 16 cups for men. Children from ages 1-3 should drink 4 cups, 5 cups for ages 4-8, and 7-8 cups for older children. And not all have to come from plain water. For example, some can be flavored with fruits or vegetables (lemons, berries, orange, or cucumber slices). Stay away from sugar-sweetened beverages when trying to stay hydrated. Energy drinks and vitamin waters are loaded with sugar so it's best to avoid those.

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