

‘APELILA 2025

NĀNĀKULI

KE AO LONO



TS Gold: Wheels

Most children enjoy playing with wheels and use them in many ways. They spin wheels, push them, and use them each day at home, in the community, and at school. In this study, children explored the physical attributes of different types of wheels, investigated how wheels move, worked together to create their own wheels, and learned about the many ways people use wheels.



Our Keiki are on a ROLL!

Aloha families,

The start of spring is here and there is so much room to grow this season! We were able to explore all things wheels! With our various Emotion, Color, and Weather Wheels, and rolling around with the cars and tricycles, we have had a wheel-y great start to our study! It is a joy to see the keiki racing their toy cars and playing on different ramps. We as a team value the work we put into these activities and it fills us with pride to not only see the keiki have a fun time, but also grow throughout their play!

As we look forward to a new month, we are going to investigate the many different functions of wheels. The keiki can also anticipate many different crafts and new activities for them to cultivate their knowledge of wheels!

We are eager to keep our wheels in motion throughout this new month and we mahalo our families for the continued support!



By Jacey-Li Lam-Fonokalafi



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Aloha mai kākou!

Kuleana is a word that might sometimes be thrown around loosely when we say, “Whose kuleana is it?” or “That’s not my kuleana.” Kuleana means something different for each person and can be looked at as an achievement rather than a burden. In the context of cooking with an imu, kuleana were often only given to specific people, which made these tasks even more desirable to others who did not yet have a role in the process.

We might assume our keiki cannot have kuleana because they are young, but Hawaiians looked at it differently. Instead of assuming our keiki’s abilities are determined by their ages, they estimated a child’s age based on the things a keiki was able to do. This ‘ōlelo no‘eau is the perfect example of it: “Ke nui e pa‘a ai ka hue wai.” The size that enables one to carry a water bottle. When a child was about two, he was given a small gourd bottle for carrying water.

What if we trusted our keiki with more responsibilities? They might surprise us with what they can do, if we just give them the chance and the support to do so!

Exercise to Feel Better Inside Out!

Did you know that studies show people who exercise regularly benefit from a positive boost in mood and lower rates of depression? WebMD states, “Improved self-esteem is the key psychological benefit of regular physical activity. When you exercise, your body releases chemicals called endorphins. These endorphins interact with the receptors in your brain that reduce your perception of pain. Endorphins also trigger a positive feeling in the body.” *

To counteract the daily stressors of life, get your body moving. Use the following methods: walk around the neighborhood, walk around the mall, go on a hike, find exercise routines online, and consider sit-down workout videos. Feel better inside out by moving! Let’s get going!

(<https://www.webmd.com/depression/exercise-depression>)



By Donna Kranz

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