

A Newsletter for Tūtū and Me Traveling Preschool

Welcome Back to School Tūtū and Me 'Ohana!

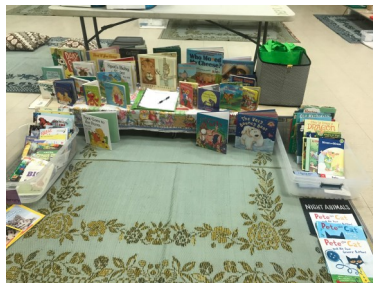
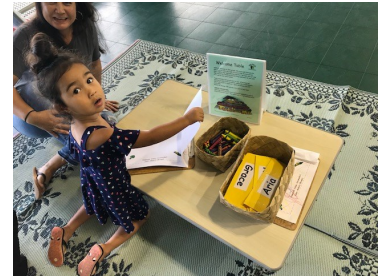
Aloha e Tūtū and Me 'Ohana,

On behalf of our staff and teachers, we welcome new and returning 'ohana to an exciting new school year! As the year begins, we would like to remind parents/caregivers that your keiki's consistent attendance and your participation in keiki's learning makes a difference. We are looking forward to learning and growing together!

Attendance

On Time Attendance plays a very important part for your keiki in becoming a successful learner. You play the leading role in your keiki's attendance.

- Arriving to school on time and having your keiki sign in and participate in circle time are great ways to prepare your keiki for school readiness.
- At times, getting your keiki up and ready for school can be challenging. Establishing a routine helps to create a good habit for getting keiki ready for school. **Try This:** Using a visual chart for reminders and allow time for keiki to transition between routines.



Parent /Caregiver Participation

In order for your keiki to become a successful learner, it's important to take on the role of being your keiki's **First Teacher**.

- By participating in Take Home Backpacks, you are creating opportunities that provides teachable moments at home for your keiki.
- By visiting your sites Lending Library and borrowing books to read to your keiki at home, you are supporting your keiki's love for reading. Reading helps in the brain development, especially during keiki's first five years of life.

Mahalo nui loa Tūtū and Me 'Ohana for your support, participation, and aloha as we move forward to another happy and successful school year!

Me ke aloha pumehana,

The Staff of Tūtū and Me Traveling Preschool / Partners in Development Foundation

Your Keiki's Self-Esteem

We asked a caregiver **Alison Ferreira**, mother of twins who graduated from Tutu & Me and also participated in the Home Visiting Program, how she helps to build her keiki's self-esteem? Alison's tips for building her keiki's self-esteem are :

- **Modeling good self-esteem** helps her keiki to learn and display good self-esteem.
- Having a **good attitude** when mistakes happen and showing her keiki how to learn from them.
- **Encouraging keiki's interests** and celebrating their successes even if they are small.

Alison thanks Tūtū and Me for supporting her in becoming the twins first teacher.



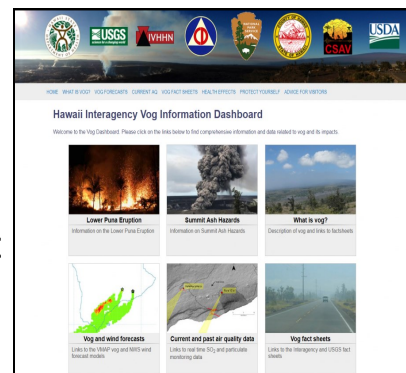
I ka nānā no a 'ike
By observing, one learns.
Ōlelo No'eau 1186

Did You Know ? Building self-esteem begins at infancy and continues through your keiki's preschool years and beyond.

How to Stay Informed

The International Volcanic Health Hazard Network (IVHHN)

IVHHN has a new resource for the current eruptive activity and associated hazards of Kīlauea volcano. This new dashboard allows you to check the current air quality and vog forecast in your area. You can check this dashboard out on <https://vog.ivhhn.org>. For email & text notifications visit <http://volcanoes.usgs.gov/vns/> to get signed up.



United States Geological Survey (USGS) reminds you to Learn, Inquire & Prepare



- Keep updated with information on the air quality and vog in your area.
- Create an emergency plan and include your keiki in decision making.
- Compile an emergency kit for you and keiki; use a rolling back pack for easy moving.



Cooking with Keiki: Breakfast Banana Pops



Ingredients:

- Bananas or your favorite fruit
- Yogurt of choice
- Granola of choice or crushed graham crackers
- Add-on ideas: coconut shreds, chopped nuts or dry fruit.

Directions:

1. Peel & cut banana in half and insert Popsicle sticks.
2. Dip banana in yogurt or coat with a knife.
3. Have keiki help by rolling the banana into the granola and add-ons into a shallow plate.
4. Place on parchment or wax-lined tray and freeze for 15 min until yogurt is chilled and ready for you to eat. Yum!