“Open your eyes.... Look up to the sky... and see....” (Bohemian Rhapsody)

Go ahead, take a couple of minutes to step outside and lift your eyes to the sky. How does that simple act make you feel? For me, for even that short moment, my mind feels as though it’s been cleared of all the noise and clutter of the day.

Then, I see... a falling star, the moon, clouds, no clouds, a plane, stars, a flock of birds, the sun. I feel... a light breeze, a strong gust, a sprinkle of rain, heat, cold, warmth, fear, joy. What do you see, and feel?

Go ahead, today or tonight; step outside with your children and look up to the sky, and see. This is where S.T.E.A.M. begins.
Have you ever used nature to help you forecast what the weather will be like? Before the introduction of modern technology, this was a normal practice for Hawaiians. The navigators aboard the canoe Hōkūle‘a use different signs in nature to gather cues about the weather. A bird known as Manuokū (white fairy tern), is a seabird that flies about 200 miles away from land and serves as a cue to Hawaiian navigators that they are reaching landfall. Another bird observed to predict weather is the koa‘e, or the white-tailed tropicbird. The 'ōlelo noʻeau, "Ua mālie, ke au nei koaʻe" means, “The weather is clear, the koaʻe are leisurely flying,” and explains the sign Hawaiians used to predict calm weather. What other observations signal the weather is calm? How can we tell when the weather will be stormy? Ask your keiki what type of weather is his or her favorite and why. Make observations about the weather to model for your keiki the importance of being aware of their surroundings, and to look for cues nature provides about the weather.
Avoid contact with sick people. (Virus can spread from droplets in a cough.)
Wash your hands often with soap and water for at least 20 seconds. If not available, use an alcohol-based hand sanitizer.
Stay home if you’re not feeling well.
Avoid touching your eyes, nose, and mouth, especially with unwashed hands.
Get your flu shot to reduce the chance of developing symptoms that can be confused with COVID-19. Everyone ages 6 months or older should be vaccinated against the flu.
Stay informed on any developments of the virus.

https://www.who.int/emergencies/diseases/novel-coronavirus-2019

Did you know that Sharon…?
• has been a Preschool Teacher’s Assistant with Ka Pa‘alana since September 2019.
• enjoys volleyball, singing and dancing.
• loves working with kids, doing projects, and loves what Ka Pa‘alana stands for.