



Ke Ao Lono

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

KEEP LOOKING UP!

By: Kathy Fong

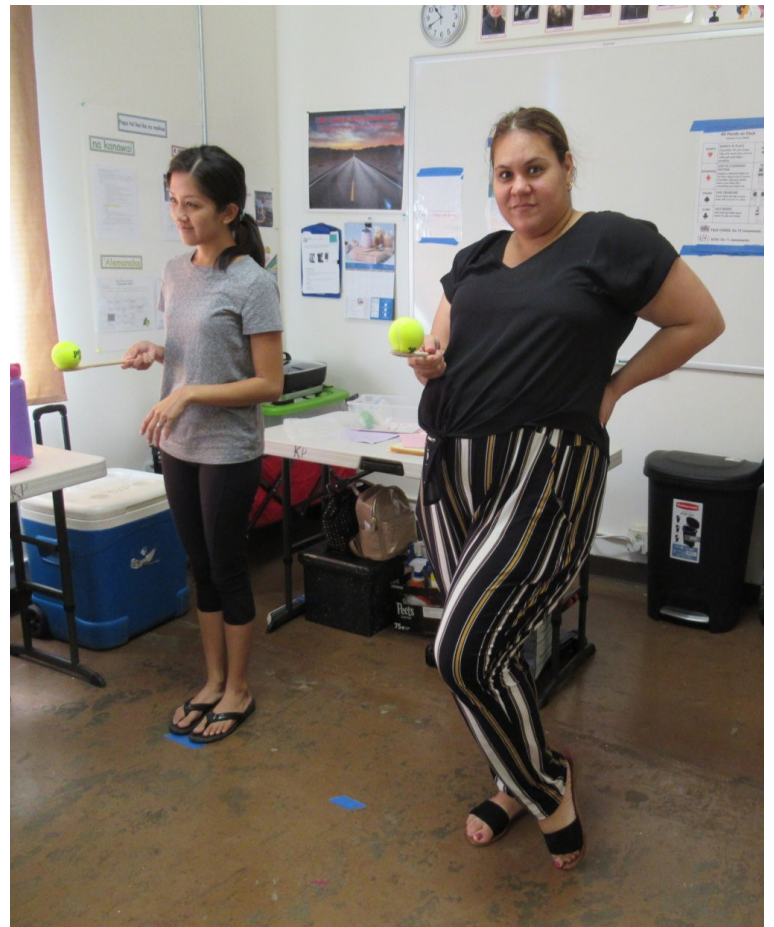
“Open your eyes.... Look up to the sky... and see....” (Bohemian Rhapsody)

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.



THE FAMILIES OF KA PA'ALANA

By: Kelsey La Cuesta

The Kanehailua-Kay 'Ohana includes Chelsea (mom), Rhodel (dad), Cheyden (4) and Cheyden (1) and they have been attending Ka Pa'alana's Hope site since 2018! Cheyden actually graduated from the program last summer! The Hope staff met Chelsea at a community resource fair held at Ka Makana Ali'i and she has been bringing her boys ever since! Chelsea is from Kohala on the Big Island, Rhodel is from 'Aiea, and now they reside in Makakilo. They enjoy going to the beach and eating together as a family at differ-

ent restaurants. Chelsea has seen a huge improvement in Cheyden's ability to transition to class and is learning how to be independent. As Cheyden has developed and progressed, mom has too. She admits that she has gotten better with her separation anxiety in leaving him and is happy to see how far they've come.

In preschool, Cheyden enjoys using his gross motor muscles to climb up and down the soft climber. Chelsea is grateful that Ka Pa'alana is a safe and structured program where kids can play and learn.



KUMU KUKUI

By Pua Aquino

Welina mai kākou!

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'é*, or the white-tailed tropicbird. The



'ōlelo no'ēau, "*Ua mālie, ke au nei koa'é*" means, "The weather is clear, the *koa'é* 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.

P A R E N T I N G T I P

By: Chanel Cabrera

The Coronavirus: What You Should Know

The Coronavirus, or COVID-19, is a virus that can cause a list of illnesses ranging from the common cold to serious diseases, such as Severe Acute Respiratory Syndrome (SARS). Studies suggest that the virus is mainly transmitted through contact with respiratory droplets (cough) from someone infected, rather than through the air. The spread of the virus can be traced back to Wuhan, China in December 2019.

Here are some ways to protect yourself (World Health Organization):

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.

CORONAVIRUS
What are some of the symptoms?

- Fever**: Icon of a head with a thermometer.
- Breathing difficulties**: Icon of a person's chest and lungs.
- Cough**: Icon of a person coughing.

ALJAZEERA

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
<https://www.aljazeera.com/news/2020/02/china-coronavirus-outbreak-latest-updates-200225003320810.html>

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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.