By Kathy Fong

2021 appears like a new moon, faintly reflecting the light of the sun; a small glimmer of hope emerging from the darkness. According to the Hawaiian lunar calendar this first moon phase is called ho‘onui (growing bigger) and starts with the Hilo moon.

It’s a fitting time to begin our new theme – Piko ‘Ō (connecting to the present). Our hope as you and your keiki learn about the connections you have to those who are here now, as well as to the places you live and visit, and your daily experiences, is that your lives will be enriched, enlarged!, like the growing mahina.

The “now” is where our keiki live. So as we venture into this new theme, let’s be present. Reflect on what we’ve learned about the past (Piko ‘Ī), and connect it to our present: Be aware of the people we love and depend on each day, and where we call home at the moment. Be grateful for what we have today. Let’s start the year in anticipation of seeing our keiki and ourselves growing bigger, like the Hilo moon.

By: Priscilla Grunauer

Hauʻoli makahiki hou! Happy New Year! A big Mahalo to all our families for your continued support on ClassDojo and participation in our virtual classes! We enjoyed seeing all your holiday posts in your portfolios - Kaiela, Cayzlyn, Triten, and Enzo made some beautifully intricate gingerbread houses; Kaiela, Emalie, Devan, Kohl, and Jzavery all shared their creatively decorated gingerbread puppets, and everyone worked on their early literacy skills by writing a letter to Santa!

We’ve also had some great interactive virtual classes with Aunty Kelsey and Aunty Priscilla. The infants and toddlers in Aunty Kelsey’s class have been busy having tea parties and practicing their art skills by painting their “gnome on a throne” activity from their advent calendar! In Aunty Priscilla’s class, the keiki continue to practice their engineering skills by making forts and trains out of chairs, tables, pillows, boxes, and blankets!

The keiki continue to truly amaze us with their creativity and critical thinking skills in the tasks we give them! We cannot wait to see what the New Year brings, and hopefully will finally be together at last!
It is Cold And Flu Season!

Like COVID-19, the flu can also be a serious health risk for some. The cold and flu season typically runs from October to May, with the peak being December to February, which is the time we are currently in. Getting a flu vaccine during this flu season is more important than ever. A flu vaccination is especially important for our keiki. Children younger than two are at a higher risk of developing serious flu-related complications. The CDC recommends an annual flu vaccine for everyone six months old and older.

Some of the complications keiki can develop from the flu are: pneumonia, dehydration, heart disease, asthma, brain dysfunction, sinus problems, ear infections, and in rare cases, can lead to death.

There are two forms of the flu vaccine, the first is an influenza vaccine that is administered with a needle and the other is a live inactivated influenza vaccine (LAIV) given through a nasal spray. Your health care provider will know which is right for your child.

Please take the time to get your child and yourself a flu shot.

For more information go to https://www.cdc.gov/flu/symptoms/symptoms.htm