



Ke Ao Lono

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

CELEBRATIONS AND REFLECTIONS

By Kathy Fong

Welcome back to another full and fun year of growth and learning at Ka Pa'alana! Reflecting on last school year, we accomplished a lot together.

We explored the themes of Ho'okele (to navigate), Ho'olālā (to branch out), Mālama Honua (to care for our island earth), and Aloha 'Āina (love for the land and all living things). Staff, parents, caregivers, and keiki worked together to delve into a variety of studies and work on learning projects.

We celebrated over thirty

keiki who will be moving on to kindergarten! Congratulations! Twenty-two parents/caregivers graduated from "RTM10" parent coaching classes. *Ho'omaika'i* to each of them for their commitment to learning and applying effective read-aloud strategies and fostering a love of reading in their keiki.

In fact, *ho'omaika'i* to all of you who have made learning a priority for yourselves and your keiki throughout the year! It's been a challenging one, but



when we all *alu like mai* (work together), everyone benefits.

As we say "aloha" to a new school year, we hope



that what you and your keiki have learned as you worked and played together at Ka Pa'alana will continue for a long time to come.

WELINA KEIKI AND 'OHANA

By Nessa Banas

Welcome back keiki and 'ohana! We are so excited to have you back in person.

For the past couple of weeks, our keiki learned about names, their different emotions at school, and how to deal with those emotions. They also learned the classroom rules and routines which help keiki adjust to the

new school year.

During our literacy day, we read the book *Punky Aloha* for Pre-K, *I Am Brave* for toddlers, and *Peek-a-boo* for infants. Keiki talked about things that made them feel scared, brave, and other emotions. They showed how they could feel better and overcome fear by using breathing techniques.



To all the 'ohana who are joining us in person, please continue to follow our guide-

lines and always stay safe. Mahalo from all of the staff at HOPE.

KUMU KUKUI

By Pua Aquino
Welina mai kākou!

Have you ever admired someone? What did you admire about them? When we admire someone, it's usually because we hold them to a high standard based on what that person is able to do or who that person is. Admiring someone can be a great motivator to be better yourself. Sometimes, the people we admire most are the people closest to us. Children often look up to their parents or caregivers because they mod-

el for them what an adult is supposed to be.

What do you think your keiki admire about you? I admire my mom's strength and perseverance. She modeled for me that I could be anything I wanted to if I worked hard at it and didn't give up. What qualities do we have as adults that we want our keiki to admire and strive for?

"He koa'e, manu o ka pali kahakō." *It is the koa'e, bird of the sheer cliffs.* An expression of admiration for an outstanding person. The koa'e build their nests on cliffs.



Caring for Ourselves Helps Us Care for Others

By Dolly Naeole



September is Self-care awareness month. It's a time to remind us that we need take care of ourselves first before we can care for anyone else. Self-care is often neglected in our everyday lives. We tend to put other's needs before our own and it is crucial to remember that we cannot fill another's cup from our empty vessel.

Make self-care a part of your daily routine. Practice being good to yourself. It can be as simple as deep breathing, exercising, meditating, going for a walk, listening to music, reading a book, watching a movie, getting a body massage or pedicure, or doing some gardening. It's okay to focus on ourselves without feeling selfish. It's a time to pamper ourselves and get away from the pressure of our everyday life. The kindness we show towards ourselves will manifest into a kinder world.

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