

KE AO LONO

The monthly newsletter of Ka Pa‘alana



Dusting off the sand

September flew by quickly, just like our study of sand. It’s amazing how sand opened so many learning opportunities for our keiki. We hope you and your keiki had a chance to discover new things about sand. Did you get to assist your keiki build sand sculptures or investigate sand as a habitat for creatures and animals? Did you help your keiki learn about where sand comes from and how it’s used in our daily lives? These were just some of the ways we got to explore this study.

Keiki also got to explore the different properties of sand and see how sand differs from beach to beach around the island.

As we end our study, we hope you and your ‘ohana continue to learn and discover new things about sand. Remember to reflect on and celebrate your keiki’s learning and accomplishments.



Sandy September

September was a busy month: we went on a field trip to the KROC Center to watch the play “Under the Blue,” had our Read-to-Me International reader’s rally and hosted a visit from the NAEYC accreditor. Our Hope team would like to thank our mākuā for your cooperation and partnership in working with you and your keiki!

Our study of sand was a blast! Our favorite activities were colored sand art, construction trucks and animals in sand, and even carrying heavy sandbags to learn about how sand is used. Our Toddlers learned about the world through the exploration of paper. Children used their little fingers and hands to fold, cut, and draw, as they refined their fine-motor skills. We also got to watch a slideshow together. It was so much fun seeing all the keiki and how much they learned on the big screen!

By Lauren Somera



By Nida Otto



Kumu Kukui



In old Hawai'i, communities would come together to complete a large task, such as building a fishpond or harvesting kalo in a lo'i, or taro patch. This practice of coming together to work toward one goal can be captured with one word, lōkahi. The Hawaiian value, lōkahi, translates to “unity, harmony, and agreement.” When soldiers march, hula dancers dance, or an orchestra plays, they are all moving with lōkahi. In order to do this, there needs to be a lot of communication and one goal in mind.

How can we carry this type of mindset into our own lives? What are some ways we can contribute to our family and work together with lōkahi? Here is a Hawaiian proverb, or 'ōlelo no'eau, to expand on this Hawaiian value.

“A'ōhe hana nui ke 'alu 'ia.”

“No task is too big when done together by all.”

By Pua Aquino

Breast Cancer Month

October is National Breast Cancer Month. People often wear pink ribbons to honor breast cancer survivors, remember those who lost their lives to the disease, and support the progress made to defeat Breast Cancer. There are 7 keys for preventing breast cancer:

- Keep a healthy weight
- Be physically active
- Limit or avoid drinking alcohol
- Think carefully about using Hormone Replacement Therapy (HRT)
- Breastfeed
- Get a mammogram yearly
- Have a clinical breast exam done yearly

If, during a self breast exam, you notice any bumps or lumps (even in the armpit), or discharge from your nipple, dimpling of skin, swelling or redness, inversion, or flat nipple, contact your doctor immediately for a medical diagnosis. There are treatments for Breast Cancer! It is important to start treatment in the early stages, as soon as diagnosed.



By Tina Kaho'onei

Ka Pa'alana is funded and supported by:



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& TOURISM
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