

KE AO LONO

The monthly newsletter of Ka Pa'alana



Celebrating Insects

The insect study brought out so much curiosity from our keiki. Their journey into the world of insects had them investigating insect anatomy, habitat, and food. Even our teachers had fun getting creative with their lesson plans, encouraging keiki to ask questions, and creating engaging activities that would allow children to make new discoveries about insects. Our keiki even got opportunities to transform themselves into insects in our dramatic play area.

At the end of the study, we had a chance to celebrate our keiki's enthusiasm for insects. It was exciting for us to see our little entomologist so engaged in this study. The keiki gained knowledge about different insects and developed a deeper understanding and connection with the environment. We hope that their interest in insects doesn't stop here. We encourage you to continue those bug hunts and nature walks. These are great opportunities to bond with your keiki and nurture their love of learning.



Discovering Life Through Insects!

Keiki learn through play and discovery. When they are provided with experiences and tools to explore their environment, and facilitated by intentional adults, their ideas and knowledge can flourish. During the month of November, we learned about insects by discovering them at our school and home. We had a collection of insects that creep, crawl, and fly. Keiki became scientific researchers by learning about the characteristics of these insects' bodies, their living environment, and whether they are helpers or pests in the garden.

It was also amazing to see the life cycle of different insects such as the Monarch Butterfly. This month, we had a visitor who specialized in caring for Monarch Butterflies and caterpillars. Keiki learned how to mālama these living creatures, as we got to see them in a special butterfly tent. It was so fun to be able to hold and feed them.

By Lauren Somera



By Nida Otto



Kumu Kukui



Welina mai kākou!

If you have ever watched people paddle a canoe, you have witnessed the perfect example of lōkahi, or unity. In the late 1700s, Europeans who visited the Hawaiian Islands remarked at how impressed they were with the way a canoe filled with eighteen paddlers on each side was able to paddle in unison. Each paddler would move to the right and the left with each other, functioning as one unit.

Paddling in a canoe is a beautiful depiction of lōkahi. Each person in the canoe plays an important role in moving the canoe to its destination. If one person stops paddling, it will slow the canoe down. The same can be said about the way people function as a family and as a community. When we all work together, the possibilities are endless and accomplished more quickly.

Let's all try our best to do as this 'ōlelo no'eau states, "Pūpūkahi i holomua," which means, "Unite in order to progress."

By Pua Aquino

More joy and less stress this holiday

We often feel the need to create the best holiday experience for our children and family. As a result, the holidays can end up being a frenzied and stressful time. Here are some tips that will help you navigate stress and generate joy this holiday season:

- Maintain your family's sleep routine. Try to keep your normal bedtime routine in place as much as possible to avoid stress and exhaustion.
- Watch out for sugar overload. Too much sugar can lead to cranky children and irritable adults.
- Make mealtime meaningful. Make an extra effort to eat your meals at the table together as a family.
- Create joyful rituals. Read a holiday story or watch a holiday movie with your children. Making ornaments, and holiday décor is a fun way to express creativity, enjoy quality family time and even help ease financial stress.

This holiday season, slow down, create space for yourself and your family, and enjoy the natural flow of life. You will probably find your days much more enjoyable and meaningful.



By Maria Cueva

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