

KE AO LONO

The monthly newsletter of Ka Pa'alana



Reduce, Reuse, Recycle

Last month we embarked on a fun and exciting study: “Reduce, Reuse, Recycle.” Through various activities, keiki learned the importance of taking care of our community and environment by reducing wasteful practices, reusing what they might normally throw away, and recycling materials through available community resources.

Our keiki’s natural curiosity about trash, garbage bins, and garbage trucks provided the perfect platform for further exploration of the topic of Reduce, Reuse, Recycle. Keiki investigated questions such as “What do people throw away?” “Where do trash go?” “How can we reduce trash?” and “How can we reuse junk?”

As March swiftly passes, make sure you mark your calendars for Earth Day on April 22nd. Consider planning something enjoyable to do with your ‘ohana that contributes to the well-being of our planet.



Investigating 3R's: Reduce, Reuse and Recycle

Have you ever wondered what would happen if you did not reduce, reuse, and recycle trash? ‘Ōpala is everywhere, but why is it essential to talk about Reducing, Reusing, and Recycling at an early age?

In February, we studied ‘ōpala and how it can be reduced, reused, and recycled. We created artwork from recyclable items and observed a garbage truck emptying the dumpster. Keiki helped pick up ‘ōpala in the preschool and sorted them into plastic, paper, and trash. They studied how too much trash can affect the ‘āina. They learned how they could mālama the ‘āina by simply picking up ‘ōpala. The toddler class also started their mini-study on seats by exploring the different kinds of seats found in the classroom.

Our keiki learned the anatomy, behavior, and unique talents of Humpback whales by attending a field trip to Captain Mark’s Storybook Theater.

By Nessa Banas



By Nida Otto



Kumu Kukui



Welina mai kākou!

In old Hawai'i, Hawaiians took care of their resources and even placed kapu (prohibition) on hunting, fishing, and gathering to keep them from being depleted. Hawaiians showed respect for the land by only taking what they needed and sharing their resources with others around them. Wasting food and resources was frowned upon and is still frowned upon by many to this day.

The Hawaiian proverb, or 'ōlelo no'eau, that reflects this concept is, "E 'ai i ka mea loa'a," which means "What you have, eat." Not wasting what you have is a valuable concept for children to understand from an early age. Encourage this with your children by limiting their options during meals. Eat as a family and thank the person who prepared the meal. Hopefully, these practices will help your children be more thankful for the food they have and, in turn, more respectful toward it as well.

By Pua Aquino

Healthy sleep habits for keiki

Establishing healthy sleep habits, including a stable sleep schedule and bedtime routine can reinforce the importance of bedtime and cut down on night-to-night variability in sleep. Giving children the opportunity to use up their energy during the day and to unwind before bedtime can make it easier for them to fall asleep through the night. Creating a bedroom environment that is peaceful, quiet, and comfortable, and minimizing blue light such as from a TV or other electronic devices can make it easier for keiki to fall asleep.

The following are recommended hours of sleep per day for your keiki:

- Infant (4 to 12 months) - 12 to 16 hours (including naps)
- Toddler (1 to 2 years old) - 11 to 14 hours (including naps)
- Preschool (3 to 5 years old) - 10 to 13 hours (including naps)
- School-age (6 to 12 years old) - 9 to 12 hours



By Tina Kahoonei

Source: <https://www.sleepfoundation.org>

Ka Pa'alana is funded and supported by:



HAWAII LODGING
& TOURISM
ASSOCIATION



HAWAII COMMUNITY
FOUNDATION



Samuel N.
and Mary
CASTLE
FOUNDATION



ANA
AMERICAN NATIVE AMERICANS



United
Way
Aloha United Way



KAMEHAMEHA SCHOOLS
AMUUA



AMERICAN
Savings Bank



STUPSKI
FOUNDATION



Robert Wood Johnson Foundation

