

JULAI 2025

KE AKA HO'ONĀ

KE AO LONO



TS Gold: Gardening

Gardening provides an abundance of sensory experiences for children: they can get their hands messy in the soil and gently touch the leaves of the growing plants, smell and taste fragrant herbs, and see the rainbow of colors that the plants and their blossoms create. In this study, children had opportunities to follow their curiosity and implement their own ideas as they explored the many aspects of gardening.



What's hot this July?

The summer sun shines on all the fun we've had last month in June. With a few weeks in on our study of gardening, we learned so much about different types of plants, their parts, and their needs. This month, we will be exploring the life cycles of radishes and beans by growing them in our very own classrooms! Every class day, we can share observations on our window greenhouses and encourage your keiki to make inferences about their seeds' growth. We will also be learning about composting, so please feel free to bring in food scraps (like fruits, vegetables, bread, pasta, coffee grounds) or yard waste (like grass clippings, leaves, twigs) as we help our keiki learn about the numerous benefits that composting has to offer.



As we continue into the month of July, we look forward to seeing you all at our upcoming field trip to Kids City Kapolei! We are all excited for you to engage in exploration while having fun at this indoor playground. We hope you all have a wonderful and eventful month as we continue with our excitement, and don't forget about our second break week from July 28 to August 1st!



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Kumu Kukui



Welina mai kākou!

“Ike ‘ia nō ka loea i ke kuahu.”

An expert is recognized by the altar he builds. It is what one does and how well he does it that shows whether he is an expert.

This month’s ‘ōlelo no‘eau demonstrates how we might determine if a person is an expert at something. People who claim to be experts will be judged by their ability to do what they said they could do. We need to remember, however, that every expert was once an amateur. Everyone needs to start at the beginning, and with time and dedication, they can reach the level of an expert.

Our children are also amateurs striving to be experts at things. As caregivers, one of the most valuable things we can give our children is time: time to practice, time to fail, and time to become experts at what they enjoy most.

By Pua Aquino

The Importance of using sunscreen

Does it matter if your skin color is white, brown, or black? The answer is no! All skin needs to be protected with at least 30 SPF. It is also important to realize that when we plan a day at the beach, park, or anywhere outside, we should reapply every 60-90 minutes for the best protection. We need to be aware that the sun’s strongest rays are between 10:00 a.m. and 4:00 p.m.

There is also clothing that can be worn with SPF protection, but remember to apply sunscreen to your faces, ears, lips, hands, and feet. We use sunscreen to prevent skin cancer and premature aging. Plus, sunburns hurt!

Sunscreen should be part of your and your keiki’s daily routine. Think of it as your invisible protection from sun damage!



By Denise Mazepa

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