

KE AO LONO



TS Gold: Wheels

Most children enjoy playing with wheels and use them in many ways. They spin wheels, push them, and use them each day at home, in the community, and at school. In this study, children explored the physical attributes of different types of wheels, investigated how wheels move, worked together to create their own wheels, and learned about the many ways people use wheels.



Rolling into the New Year!

Aloha Families,

We are so happy to have you all back in preschool! It has been a joy to catch up with you and your 'ohana, and to see the keiki learning and playing again. We also would like to extend a mahalo for welcoming Aunty Lyndsey and Aunty Jasmine to the team with aloha!

So far, we have been having a great start to our Wheels study! The keiki have learned the different ways that wheels can be helpful in work or play. They have also learned about the different ways wheels present themselves in their everyday lives, whether it's by riding in a car or stroller, riding a bike, or even playing with playdough! The PACT activities have also been very successful. We enjoy watching the keiki play with our inflatable wheels and our walks with them around our facility, identifying different wheels they see and play with.



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Kumu Kukui



By Pua Aquino

Mālama is a Hawaiian value that means to care for, preserve, attend to, and protect. Once while the staff of Ka Pa'alana prepared an imu, Uncle Aaron Mahi reminded us to keep the area surrounding the imu cleaner than it looked when we first arrived. He said, "It should look like no one was here." This is a great example of how to mālama what is being used.

Hawaiians have a very close relationship with the land because it is believed that if you take care of the land, it will take care of you. The same can be said of the relationship the Hawaiians had with their ali'i, or chiefs, in old Hawai'i. Chiefs protected their people and the people took care of their chiefs by taking care of the land that produced the food for the chiefs. The 'ōlelo no'eau below states this very concept.

"I kanaka nō 'oe ke mālama i ke kanaka."

You will be well served when you care for the person who serves you.

February is American Heart Month - showing love to your heart

In February, we celebrate Valentine's Day, a time to show love and care for others. But it is also American Heart Month, a time to learn how to take care of our hearts. Heart disease affects many families. The good news is that small, everyday choices can help keep our hearts healthy. When we take care of our hearts, we have more energy to enjoy time with the people we love. Here are some simple heart-healthy tips:

- Move your body: Take a walk together, dance to music, or play outside.
- Eat heart-healthy foods: Add more fruits, vegetables, whole grains, and water.
- Limit sweets and salty snacks
- Get enough rest: Good sleep helps the heart stay strong.
- Manage stress: Take deep breaths, talk about feelings, and slow down when needed.
- Be a role model: Children learn healthy habits by watching the adults around them.

This February, let hearts remind us of something important: the best way to show love is to care for our health and encourage healthy habits at home.

<https://www.nhlbi.nih.gov/education/american-heart-month>



By Maria Cueva

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