



## TS Gold: Water (Wai)

Young children are naturally drawn to water. They want to explore and play with water while washing their hands, and they enjoy splashing in puddles on the way to the playground. In this study, children explored the importance of water and its many uses at school and at home, investigated how water changes, and learned about how water helps people and the environment. Children also explored how water is used to clean, create, and play, conducted experiments on how water changes (gas, liquid, solid), and learned the importance of water conservation.



## Buttons, belts, and big ideas

This month, our little learners had a fantastic time exploring the world of clothes and simple machines! Through playful activities, your children discovered how clothes help us express ourselves, stay comfortable, and prepare for different activities. They enjoyed sorting, matching, and even “designing” outfits, while learning Hawaiian words like pihi (buttons) along the way.

Our study of simple machines sparked curiosity about how things around us move and work. From pulleys and levers to wheels and inclined planes, children experimented with hands-on activities, discovering how these simple tools make work easier. They lifted, pushed, and pulled objects, seeing firsthand how science is part of everyday life.

Together, these topics helped strengthen observation, problem-solving, and fine motor skills while encouraging teamwork and creativity. We celebrated each child’s discoveries with the creation of kites, clothing coloring, joyful play, and building a strong sense of accomplishment.

Mahalo for your continued support in your child’s learning journey! We hope you enjoyed seeing their excitement and creativity bloom this month. Stay tuned for our next adventure in learning about Shoes and Water!



# 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**

## Addressing picky eating and food sensitivities in kids

Dealing with picky eating and food sensitivities requires patience, creativity, and understanding. The key to fostering healthy eating habits is making mealtimes a positive experience. Start by offering a variety of foods and allowing your child to explore different tastes and textures, without pressuring them to eat. Encourage small portions to avoid overwhelming them. Involving your child in meal planning or prep can also boost their interest in food. For children with food sensitivities or allergies, it's essential to be mindful of ingredients. Clearly label potential allergens and offer safe substitutes when needed. Always take the time to explain the benefits of healthy food choices to your child, making sure they understand how food fuels their body. Create a calm and consistent approach at mealtimes, avoid using food as a reward or punishment, and remember that persistence, rather than force, will build healthy habits over time.

**By Trisha Butler**



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