

KE AO LONO



TS Gold: Water

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.



Come and eat!

Mai e 'ai! Kain na Tayo! Itadakimasu! The restaurant study was filled with lots of cooking, eating, and of course, pretend play. The keiki and mākuā, along with their teachers, helped shape and develop this engaging study of restaurants. Together, we brainstormed ideas and explored the different components found in a restaurant, including jobs, foods, décor, and advertising for our very own class restaurant. Keiki took on various roles such as chefs, servers, and customers, building their understanding through hands-on, imaginative play.



In April, we welcomed our annual Spring Fest. This special celebration included carnival games, sensory activities, creative art experiences, and a fun cooking activity—making fruit parfaits topped with homemade whipped cream. For lunch, we transformed our space into a restaurant setting, where families were invited to join us for this meaningful experience.



Our preschool friends took great pride in helping to serve lunch by passing out utensils and leading the pūle. These opportunities helped foster responsibility, confidence, and a sense of community. We were also fortunate to deepen our understanding of where food comes from by harvesting fruits, vegetables, and herbs from our garden to enjoy during meals and cooking activities.



Kumu Kukui



Welina mai kākou!

Hawai'i is known for producing some of the finest kapa in the Pacific and some say this is because they had enough time to perfect the craft. In order to have enough time to perfect something as labor intensive as making kapa, which involved soaking the bark of the wauke or māmakī plant and pounding it with a beater into a fine cloth, all the other kuleana, or responsibilities, needed to be taken care of.

Hawaiians were and many still are strong believers of the saying, "Work hard so you can play hard." They took advantage of opportunities to do things when they would be most productive, like working in the lo'i when the sun was either coming up or about to go down. Each member in the old Hawaiian community had their own responsibilities, or kuleana, and everyone helped one another to ensure the work was completed in a timely manner so there would be time to perfect crafts and enjoy leisure activities.

"Ai nō i kalo mo'a."

One can eat cooked taro.

The work is done; one can sit at ease and enjoy himself.

By Pua Aquino

What to know before kindergarten

Starting kindergarten is a big milestone—for both children and parents! You can help your child feel confident by building a few simple skills at home. Encourage independence by practicing tasks like using the bathroom, washing hands, opening lunch containers, and putting on shoes.

Social skills are just as important. Help your child learn to share, take turns, listen to directions, and express their needs with words. Reading together daily builds language skills, while simple activities like counting objects, recognizing letters, identify their name and writing it, and identifying colors and shapes lay a strong academic foundation.

Most importantly, talk positively about school. Visit the campus if possible and establish a consistent routine before the first day. With preparation and encouragement, your child will be ready to start kindergarten with confidence and excitement!



By Denise Mazepa

Ka Pa'alana is funded and supported by:

