



KAMEHAMEHA SCHOOLS®

PRESCHOOLS

Preparing Your Keiki for Success in Preschool



‘A’ohe ‘ulu e loa‘a I ka pōkole o ka lou
“To pick breadfruit, one must be able to reach it”
(There is no success without preparation.)

Pauahi’s Vision, Our Mission

Hawaiian Cultural Values



Aloha kekahi i kekahi.

Love one another.

We live aloha when we are respectful, sincere, and empathetic.

"Love one another."

John 13:34



E mālama mau.

Always take care.

We show mālama when we take care of ourselves, each other and our communities.

"Care for one another."

1Corinthians 12:25



E hana i ke kuleana.

Be responsible.

We show kuleana when we take care of our responsibilities and actively participate in our communities.

"Everyone must do their own work."

Galatians 6:5

The core Hawaiian cultural values of **aloha**, **mālama** and **kuleana** are an integral part of the Nā Kula Kamali'i environment and curriculum, and we strive to nurture these values in all that we do. Nā Kula Kamali'i has a great team of dedicated staff who are committed to fostering strong relationships with the keiki and their 'ohana.



Preparing Your Keiki for Success At Preschool

Introduction

Our goal is to provide you with helpful information to assist you in determining if our preschool program is right for you and your keiki and to help prepare you both in the months prior to participating. This information builds upon what was shared at the *'Ohana Informational Meeting*. If you have additional questions, please call the preschool office and someone will be happy to answer your questions.



A Typical Preschool Day

Keiki in our preschool program will have the opportunity to explore various learning environments throughout the day. All keiki are expected to participate in the daily activities and routines independently. Kumu and other staff, will support and facilitate keiki's learning by providing guidance, direct instruction and opportunities throughout the day for keiki to engage in hands on Hawaiian Culture-Based activities. Keiki are supervised by kumu at all times throughout the day. What follows, is a general description of a typical day in our program and some ideas for how you can help your keiki prepare for preschool.



Daily Schedule

ARRIVAL	Keiki are brought into the classroom by their parents and signed in. They begin the day by playing quiet games or listening to stories. Parents are encouraged to participate.
CIRCLE TIME	The whole group meets with the teachers for a group lesson.
INTEREST CENTERS	Keiki explore different centers set up in the classroom. They learn through their work in these areas. Typical centers are blocks, library, dramatic play, writing, art and science.
OUTDOOR ACTIVITY	Keiki engage in activities outdoors such as climbing, sliding, swinging, bicycling, sand play, water play, painting and group games.
STORY TIME	The kumu/staff read stories to keiki.
SNACK/LUNCH	Keiki sit together with kumu/staff to enjoy a snack (mid-morning/mid-afternoon) and lunch.
NAP TIME	Keiki rest their bodies and/or sleep in their classroom on their own sleeping mats or cots.
ALOHA	Keiki gather their things and leave for the day. Parents or authorized adults sign out keiki from the program.

I Am Mākaukau (Ready)

	My 'Ohana Can:
I need to feel excited and comfortable about starting preschool:	<ul style="list-style-type: none"><input type="checkbox"/> Let me know you are excited about me starting preschool.<input type="checkbox"/> Listen carefully to my thoughts and any concerns about my new school.<input type="checkbox"/> Show me where my new school is, walk around with me and point out my new classroom (Make arrangements in advance).
I need to feel good about myself: 	<ul style="list-style-type: none"><input type="checkbox"/> Be patient and let me develop at my own pace.<input type="checkbox"/> Pay attention to me and listen to my ideas.<input type="checkbox"/> Teach me that all my feelings are okay, but not all my actions are okay. (It's okay to be upset, but it's not okay to hit)<input type="checkbox"/> Praise me for my strengths and small accomplishments.<input type="checkbox"/> Teach me ways to calm myself down when I get frustrated.
I need enough energy and rest to learn:	<ul style="list-style-type: none"><input type="checkbox"/> Help me eat a balanced diet and feed me a nutritious breakfast before school.<input type="checkbox"/> Make sure I get 11-13 hours of sleep each day.

I Am Mākaukau (Ready)

	My 'Ohana Can:
I need to get used to the routines in preschool:	<ul style="list-style-type: none"><input type="checkbox"/> Start putting me to bed and getting me up at the new times at least one month before school starts.<input type="checkbox"/> Help me learn to transition to a new activity by giving me a 5-10 minute warning.<input type="checkbox"/> Give me a daily rest time in a quiet space.<input type="checkbox"/> Talk to me about our daily schedule and explain any changes.
I need to feel secure and comfortable going to the restroom all by myself:	<ul style="list-style-type: none"><input type="checkbox"/> Expose me to using toilets other than at home.<input type="checkbox"/> Teach me all the steps so that I can do it myself. (See handout).<input type="checkbox"/> Practice with me so I will know how to use words to tell my teacher that I need to go to the bathroom.
I need to know how to talk with others, listen to them and get along:	<ul style="list-style-type: none"><input type="checkbox"/> Talk to me about things in which I am already interested.<input type="checkbox"/> Teach me words to describe my feelings and needs (happy, sad, mad, hungry).<input type="checkbox"/> Find ways to let me to spend time with other keiki my age.

I Am Mākaukau (Ready)

	My 'Ohana Can:
<p>I need to learn kuleana - responsibility</p>  <p><small>Kamehameha Schools © 2010</small></p>	<ul style="list-style-type: none"><input type="checkbox"/> Teach me how to follow directions by giving me simple one and two step instructions for simple chores.<input type="checkbox"/> Help me learn to dress and undress myself.<input type="checkbox"/> Show me how to wash my hands with soap and wipe my nose.<input type="checkbox"/> Teach me how to feed myself and sit at a table to have my meals.
<p>I need to feel good about saying goodbye:</p> 	<ul style="list-style-type: none"><input type="checkbox"/> Take me to visit my preschool site and talk about what happens in preschool.<input type="checkbox"/> Provide positive opportunities for me to separate from you<input type="checkbox"/> Establish a goodbye routine for me. (ex: a hug, kiss and a hui hou!)<input type="checkbox"/> Let me know who is picking me up<input type="checkbox"/> Please don't sneak away. It creates more anxiety for me the next time you have to leave.

I Am Mākaukau (Ready)

	My 'Ohana Can:
<p>I need to learn new words and learn about people, places and things:</p>	<ul style="list-style-type: none"><input type="checkbox"/> Set a schedule to read to me EVERY DAY.<input type="checkbox"/> Take books for me whenever we go out.<input type="checkbox"/> Create a special place at home to read.<input type="checkbox"/> Make trips to the library to pick out books.<input type="checkbox"/> Talk to me about the pictures and the stories in the books.<input type="checkbox"/> Invite me to make predictions for the story we are reading.
<p>I need to hear stories about going to preschool and saying goodbye:</p> 	<ul style="list-style-type: none"><input type="checkbox"/> <u>Do You Want to Be My Friend?</u> <i>By Eric Carle</i><input type="checkbox"/> <u>The Kissing Hand</u> <i>by Audrey Wood</i><input type="checkbox"/> <u>Will I Have a Friend?</u> <i>By Miriam Cohen</i><input type="checkbox"/> <u>Vera's First Day of School</u> <i>by Vera Rosenberry</i><input type="checkbox"/> <u>Shelia Rae the Brave</u> <i>by Kevin Henkes</i><input type="checkbox"/> <u>Owen</u> <i>by Kevin Henkes</i>
<p>Above all, please model the behavior, attitudes and values you would like to see me learn!</p>	

I Am Mākaukau (Ready)

Your Child at 3 Years



Child's Name _____

Child's Age _____

Today's Date _____

Milestones matter! How your child plays, learns, speaks, acts, and moves offers important clues about his or her development. Check the milestones your child has reached by age 3. Take this with you and talk with your child's doctor at every well-child visit about the milestones your child has reached and what to expect next.

What Most Children Do by this Age:

Social/Emotional

- Copies adults and friends
- Shows affection for friends without prompting
- Takes turns in games
- Shows concern for a crying friend
- Understands the idea of "mine" and "his" or "hers"
- Shows a wide range of emotions
- Separates easily from mom and dad
- May get upset with major changes in routine
- Dresses and undresses self

Language/Communication

- Follows instructions with 2 or 3 steps
- Can name most familiar things
- Understands words like "in," "on," and "under"
- Says first name, age, and sex
- Names a friend
- Says words like "I," "me," "we," and "you" and some plurals (cars, dogs, cats)
- Talks well enough for strangers to understand most of the time
- Carries on a conversation using 2 to 3 sentences

Cognitive (learning, thinking, problem-solving)

- Can work toys with buttons, levers, and moving parts
- Plays make-believe with dolls, animals, and people
- Does puzzles with 3 or 4 pieces
- Understands what "two" means
- Copies a circle with pencil or crayon
- Turns book pages one at a time
- Builds towers of more than 6 blocks
- Screws and unscrews jar lids or turns door handle

Movement/Physical Development

- Climbs well
- Runs easily
- Pedals a tricycle (3-wheel bike)
- Walks up and down stairs, one foot on each step

You Know Your Child Best.

Act early if you have concerns about the way your child plays, learns, speaks, acts, or moves, or if your child:

- Is missing milestones
- Falls down a lot or has trouble with stairs
- Drools or has very unclear speech
- Can't work simple toys (such as peg boards, simple puzzles, turning handle)
- Doesn't speak in sentences
- Doesn't understand simple instructions
- Doesn't play pretend or make-believe
- Doesn't want to play with other children or with toys
- Doesn't make eye contact
- Loses skills he once had

Tell your child's doctor or nurse if you notice any of these signs of possible developmental delay and ask for a developmental screening.

If you or the doctor is still concerned

1. Ask for a referral to a specialist and,
2. Call any local public elementary school for a free evaluation to find out if your child can get services to help.

For more information, go to cdc.gov/Concerned.

DON'T WAIT.
Acting early can make a real difference!



www.cdc.gov/ActEarly
1-800-CDC-INFO (1-800-232-4636)



Download CDC's
Milestone Tracker App
 

Learn the Signs. Act Early.

I Am Mākaukau (Ready)

Your Child at 4 Years



Child's Name _____

Child's Age _____

Today's Date _____

Milestones matter! How your child plays, learns, speaks, acts, and moves offers important clues about his or her development. Check the milestones your child has reached by age 4. Take this with you and talk with your child's doctor at every well-child visit about the milestones your child has reached and what to expect next.

What Most Children Do by this Age:

Social/Emotional

- Enjoys doing new things
- Plays "Mom" and "Dad"
- Is more and more creative with make-believe play
- Would rather play with other children than by himself
- Cooperates with other children
- Often can't tell what's real and what's make-believe
- Talks about what she likes and what she is interested in

Language/Communication

- Knows some basic rules of grammar, such as correctly using "he" and "she"
- Sings a song or says a poem from memory such as the "Itsy Bitsy Spider" or the "Wheels on the Bus"
- Tells stories
- Can say first and last name

Cognitive (learning, thinking, problem-solving)

- Names some colors and some numbers
- Understands the idea of counting
- Starts to understand time
- Remembers parts of a story
- Understands the idea of "same" and "different"
- Draws a person with 2 to 4 body parts
- Uses scissors
- Starts to copy some capital letters
- Plays board or card games
- Tells you what he thinks is going to happen next in a book

Movement/Physical Development

- Hops and stands on one foot up to 2 seconds

- Catches a bounced ball most of the time
- Pours, cuts with supervision, and mashes own food

You Know Your Child Best.

Act early if you have concerns about the way your child plays, learns, speaks, acts, or moves, or if your child:

- Is missing milestones
- Can't jump in place
- Has trouble scribbling
- Shows no interest in interactive games or make-believe
- Ignores other children or doesn't respond to people outside the family
- Resists dressing, sleeping, and using the toilet
- Can't retell a favorite story
- Doesn't follow 3-part commands
- Doesn't understand "same" and "different"
- Doesn't use "me" and "you" correctly
- Speaks unclearly
- Loses skills he once had

Tell your child's doctor or nurse if you notice any of these signs of possible developmental delay and ask for a developmental screening.

If you or the doctor is still concerned

1. Ask for a referral to a specialist and,
2. Call any local public elementary school for a free evaluation to find out if your child can get services to help.

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Available on the App Store and Google Play

Learn the Signs. Act Early.

*Booklet Provided by
Nā Kula Kamali'i School Counselors*

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