



October 2013

<http://blogs.ksbe.edu/waianaepreschool>



Kamehameha Schools
Pu'u Kāhea Preschool
Room 3 - Papa Lokelani

UPCOMING EVENTS

October

10/2 - 3:	NO SCHOOL , 'Ohana Conferences
10/4:	NO SCHOOL , Teacher In-Service
10/7 - 11:	NO SCHOOL , Fall Break
10/15:	HFD School Visit, 9:30 am
10/23:	Class Picture Day
10/24:	FIELD TRIP : Aloun Farms
10/31:	'Ohana Activity

November

11/11:	NO SCHOOL, Veteran's Day
11/ 28 & 29:	NO SCHOOL, Thanksgiving

Class Pictures

Our preschool site will be taking our class photos on October 23, 2013. The photographer, Francisco, will be on campus to take both our class photo and individual student photos.

Please check your communication log in the next few weeks for additional details and our class' assigned photo date and time.

Hau'oli lā Hānau

We will celebrate one birthday in October!

10/04: Keao York

Aloha mai kākou!

Can you believe that two months have flown by? It has been an exciting first quarter. We began our Hawaiian Culture lessons with Kupuna Dreena Kane last month and the keiki are loving it! She has taught them to "lele" as they sing the song Aloha Kakahiaka. She is also reading the book "Wai'anae Where I Live". We will extend her lesson in the first months of 2014 during our Ahupua'a unit!

The next few months will be busy and exciting. This month we will extend our learning about ourselves to include healthy eating and exercise. As part of this study, we will also begin to learn about plants in order to plant our garden.

As always, I welcome your participation and involvement in our classroom. Please feel free to stop by and 'talk story' or schedule an appointment with me if you have any questions, comments or concerns.

Me ka ha'aha'a,
Ms. Dana

'Ohana Activity & Halloween Fun!

Please join us on October 31, 2012 for our 'Ohana Activity. Our activity will run from 8:30 am – 10:00am. We will have a short lesson about kuleana and problem solving. Following the lesson, you and your keiki will complete a fun activity together.

We will be creating Halloween masks in school, so please send your keiki to school dressed in his/her regular school clothes. Please do not send candy and other sweets to school as these do not meet our school nutrition guidelines (see handbook regarding goody bags).

Note: We will need a few parent volunteers for our site trick or treating activity. If you are available to help, please let Ms. Dana know.

Field Trip

Our first class field trip will be on October 24, to Aloun Farms. Our hosts at Aloun Farms will take us on a tour of the pumpkin patch and keiki will be able to pick out their own pumpkin.

When we have finished at will have a picnic lunch at Kapolei Park (across from the library).

All students must have a chaperone in order to participate on this field trip. They must also wear/bring the following on ALL field trips:

- ☼ KS Field Trip T-shirt
- ☼ Long pants
- ☼ Covered Shoes
- ☼ Backpack
- ☼ Brown Bag Lunch

Chaperone Sign-ups are posted in the sign up area. All chaperones must be at least 18 years of age and have a current TB clearance on file. The cost for this field trip is \$6.50 (due Oct 22).

Remind101

I would like to encourage you to sign up for text message reminders with the Remind101 service. About 50% of our class has signed up so far! This service will allow me to send out text messages or emails to remind your of important dates (i.e., holidays, date to return to school after a break, field trips) and also to pass on important information (i.e., school closures, reminders about forms that may be due).

Please sign up by texting **@papalo** to (575)268-2726. You will receive a confirmation text asking you to respond with your name. Please send your name and your keiki's name (e.g. Dana Tomonari – Malia's mom). You will then receive text updates from me!

For more information you may visit our class blog (web address on the front of this newsletter).

Aunty Patty's Corner

A Message from our Outreach Counselor

Tips for getting your keiki prepared to go back to school after a holiday.

- Lay out his/her clothes the night before school.
- Get your child's backpack ready with his/her blanket or mat.
- Prepare a healthy home lunch with your keiki.
- Establish an early bedtime for your child. According to the National Sleep Foundation, preschoolers need 11 to 13 hours of sleep. Plan accordingly for your keiki.
- Turning off your television at least one hour prior to bedtime can help children settle down and make bedtime easier. Television is very stimulating and can energize your child, not make them relax.
- Some suggestions to help make bedtime easier are: read a book to your child, let your child take a bath before bedtime, spend one-on-one time with them and have a conversation about their day.
- Set morning routines with your keiki such as getting up from bed, brushing his/her teeth, get dressed, and eat breakfast.
- At drop off, always say good-bye and let your keiki know who will pick them up at the end of the day. Your child will have an easier time with separation if he's confident you will pick him up.

These are a few tips that can help prepare your child for their school day. ☺

Reminders

- ☼ Be sure to check your child's Homework and Communication Log daily. Please read and initial all notes.
- ☼ Please remember to keep all jewelry and toys at home. Thank you!
- ☼ Please refrain from sending keiki to school with fat slippers or high heels. This is a hazard when running on the playground.
- ☼ Please remember to close and latch the front gate each time you enter or leave the school. Let's work together to ensure the safety of our keiki!
- ☼ Please refrain from leaving keiki in the car unattended. This is a safety concern.