



TEDAKO PRESCHOOL NEWSLETTER

JANUARY 2024



SAVE THE DATE!



Birthday Party

Ages 2 and above

1/19 (Fri.) 14:50~

We will celebrate all children
with January birthdays with children
and teachers in the classroom!

Onna Village Childcare Consultation Visit

1/31 (Wed) in the morning

CDC Closure

1/1-3 New Year's Holiday

1/8 Coming of Age Day

Circle Time Observation

Week of 1/22

Please watch how your child does
in the class! See the separate
sheet for the detailed information.



JANUARY CHILDCARE THEMES

The CDC uses a theme-based learning and our children learn and enjoy activities based on different themes that are set basically for every 2 weeks. We are excited to share with you the themes for January.



*Infant Class does not use themes and monthly songs are listed instead.

*Themes are subject to change depending on the children's development status and their interest.

| Age Group | Class | Monthly Theme |
|--------------------------------|--------------------------------|---|
| Infant (0 year old) | Kukuru / Akasan | Monthly songs: “ゆき(yuki, snow) “Are You Sleepy” |
| Pre-toddler (1 year old) | Kanasan / Churasan / Umusan | “Feeling and Emotions” “My Community” “All about 5 Senses” “Holiday” “Winter” |
| Toddler (2-3 years old) | Kafuu / Nuuji / Kugani | “Feeling and Emotions” “My Community” “All about 5 Senses” “Holiday” “Winter” |
| Preschool (3-4-5 years old) | Nujumi / Wakatida / Miyarabi | “Animals” “Insects” |
| Preschool (5-6 years old) | Shinka | “Animals” “Insects” |

CLASS OBSERVATION

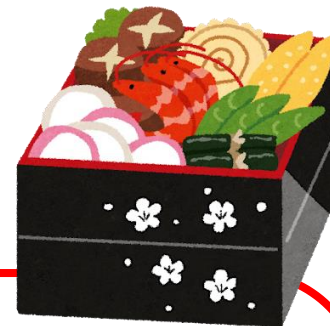
We will use Zoom to broadcast what Circle Time looks like in your child's classroom. The Zoom link will be emailed to you. Take a peek into your child's classroom on the date listed below! *Shinka will be in person

| Class | Date (Time) |
|----------|-------------------------------|
| Kanasan | Tuesday, January 23 10:15am |
| Churasan | Thursday, January 25 10:15am |
| Umusan | Monday, January 22 10:15am |
| Kafuu | Monday, January 22 09:40am |
| Nuuji | Tuesday, January 23 09:40am |
| Kugani | Wednesday, January 24 09:40am |
| Nujumi | Tuesday, January 23 10:15am |
| Wakatida | Monday, January 22 9:50am |
| Miyarabi | Wednesday, January 24 10:00am |
| Shinka | Thursday, January 25 10:00am |



お正月

Oshogatsu



Oshogatsu refers to the first month of the year, especially from the first day of the year to the 7th (or 15th or so).

The arrival of a new year is called "Toshi-Ake" which is how we came to say "Akemashite Omedeto Gozaimasu" (Happy New Year).

It is said that the gods come to our homes during the New Year. Do you know that we decorate our houses with kadomatsu (bamboo ornament), shimenzakari (straw festoon), kagami-mochi (mirror rice cakes), and eat osechi (traditional New Year's dishes)? These are said to be for welcoming the gods.

お正月

おしょうがつ



What is "Hatsumode"?

It means to go to a shrine and pray for a good year.

What is Kaki Zome?

It means to write characters with ink at the beginning of the year.

It is a wish that one's handwriting will be good!



Let's play some New Year's games!

Hanetsuki(Japanese badminton), karuta(cards), sugoroku(backgammon), fukuwarai(game like "pin the tail"), kite flying, beanbags, ohajiki(coin shaped marbles), tops, etc...

Let's have fun playing various games that have been enjoyed since the old days of the New Year!

WELCOME YULA SENSEI !!

Yula joined us from December as a Support Staff in the Akasan Class



Hi, my name is Yula Maruyama. I am 19 years old and I am half Caribbean and half Japanese. I came to Okinawa about two years ago and just graduated from Okinawa Christian School International in June. Before Okinawa, I had the experience of living in many different countries such as Nigeria, Ghana, Tanzania, and Jordan.

Throughout my life I was always surrounded by kids and taking care after them which naturally I fell in love with doing, as well as felt the happiest doing. I am very excited to get to work here at the OIST CDC, and work with your children. My goal is to become a pediatrician, and from June 2024, I will be going to North Carolina for university therefore I will only be working here for a short term, but I am truly excited and grateful to be working here and assure to take care of them with love and care until then. Yoroshiku onigaishimasu.

READJUSTING TO CDC AFTER AN EXTENDED BREAK

Coming back to CDC even after only one extra day off breaks children's routine. When they return to CDC they are often feel separation anxiety and unsettled until they get readjusted to the routine. To make the transition back to CDC in January smooth we recommend the following:



SHARE THE BREAK TIME SCHEDULE:

Give your child a sense of what to expect. Tell them how many days off they have and when they will be returning to school. If you can maintain a similar afternoon nap and lunch schedule as your child's class the return to the classroom routine will be much smoother



READ TO YOUR CHILD EVERYDAY:

(In any language) Setting some time every day for reading will make it a familiar ritual when they return to school and it is a great opportunity to bond and develop language and reading skills.



TRUST YOUR TEACHERS:

Some children will start the New Year in a new class. If you are nervous, your child will pick up on this and share your anxiety. Your child will enhance their social skills and participate in a wide range of fun activities carefully designed to develop their skills.



EXPECT AN ADJUSTMET PERIOD:

Children will be eager to come back to school and see their friends, however it will be hard to wake up early, get ready for school and say good bye to mom or dad in the morning after the long break. It will take up to 2 weeks before children are readjusted, but by then we can expect no more tears at drop off time in the morning.

CHILDREN'S MEDICATION AT CDC

Parents of children who require medication to be administered at school by Tedako CDC staff must complete a medication authorization form.

A form needs to be filled out each day medicine is given.

Please note that CDC staff is not allowed to measure any dosage by law, medication (even those that are not prescription) should be premeasured in a container by dosage before given to CDC staff.



SLIP RESISTANT SOCKS & INDOOR SHOES (OPTIONAL)

Your child may wear **socks with grips** or **indoor shoes** against the cold during the winter months. Please bring them to your classroom staff with your child's name on.

Some children are barefoot so please choose soft sole indoor shoes, such as water shoes.

Thank you for your understanding and cooperation.



HEALTH AND SAFETY TIP: CHOKING

Some of the food items can pose a higher risk of choking. We would like to share with you some of the tips to prevent choking in small children.










- Cut your child's food into small pieces. Especially food such as meatballs, grapes and hot dogs should be cut into very small pieces since these are the items that young children choke on most.
- Ensure to tear bread into smaller bite size pieces for toddlers and younger children and to have them drink water while eating.
- Avoid small, hard foods, slippery foods and sticky foods.
- Never give young children mochi (Japanese Rice Cake), it can be difficult to chew and block the child's airway.
- Always watch your child closely while they eat and be careful not to give children food that could get stuck in their airway while riding in the car, as it is difficult for the driver to monitor children and operate the vehicle safely.

Food that pose a higher risk of choking

| | |
|-----------------------------|--|
| Chewy food | e.g. konjac, mushrooms, steamed fish paste, gummy candies |
| Smooth and slippery food | e.g. whole grapes, cherries, small tomatoes, beans, hotdog |
| Small round-shaped food | e.g. whole grapes, small tomatoes, beans |
| Sticky food | e.g. mochi (Japanese rice cake), mochi dumpling, rice |
| Hard food / small hard food | e.g. chunk meat, squid, dried fruits, nuts, hard candies |
| Low-moisture food | e.g. bread, boiled egg, sweet potatoes |



JANUARY SNACK MENU

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|----|---|--|--|---|--|
| AM | Brown Rice Cereal/ Soy Milk 玄米フレーク/ 豆乳  | Senbei/ Tangerine 野菜クラッカー/ みかん  | Yogurt/ Mixed Berries ヨーグルト/ ミックスベリー  | Veggie Crackers/ Orange Juice 野菜バー/ りんごジュース  | Brown Rice Senbei/ Dates *Crackers/Cheese 玄米せんべい/ デーツ *野菜クラッカー/ チーズ  |
| PM | Wheat Cracker/ Cheese 五穀ビスケット/ チーズ  | Rice Ball/ おにぎり (ツナ&しょうゆ) (ゆかり) | Banana/Soy Milk バナナ/豆乳  | Pizza Toast/ Milk *Pumpkin/ Milk ピザトースト/牛乳 *カボチャのチーズ焼 き/豆乳  | Strawberry Cake いちごケーキ  |

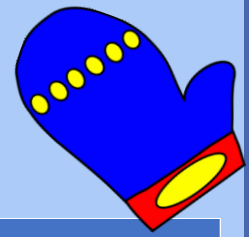
SUBSTITUTIONS:

Due to availability or ripeness of fresh fruits or vegetables, substitutions may occur.
果物の入荷状況や熟度によってはメニューが変更することがあります。

* Substitution for young toddler. * 印は小さなお子様用のおやつです。

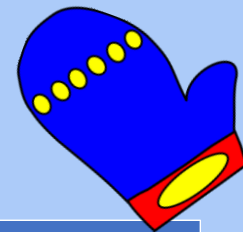
We will celebrate all January Birthdays and the children will enjoy cake and Soy milk with their friends on 1/19.
1/19(金)には1月のお誕生会をします。ケーキと豆乳でお祝いします。

JANUARY LUNCH CALENDAR



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|--|
| 1 | 2 | 3 | 4 | 5 |
|  | OIST New Year's Holiday | | White Rice Grilled Red Fish w Ginger Stewed Chicken & Winter Gourd Hijiki Salad Taro Miso Soup | White Rice Chicken w Tomato Sauce Stir-Fried Tofu w Veggies Pumpkin Salad Mozuku Miso Soup |
| 8 | 9 | 10 | 11 | 12 |
| Coming of Age Day (holiday) | White Rice Grilled Port w Oyster Sauce Stewed Daikon & Ganmo Onion Salad Sweet Potato Miso Soup | Curry & Rice Konjac Salad Lemon Jelly | White Rice Mini Hamburger Stewed Pork & Veggies Spinach Salad Fu Miso Soup | White Rice Grilled Pork w Ginger Stir-Fried Eggplant Daikon Radish Salad Egg Soup |
| 15 | 16 | 17 | 18 | 19 |
| White Rice Grilled Chicken w Miso Sauteed Mushrooms & Green Veggies Cabbage Salad Pumpkin Miso Soup | White Rice Salt-Marinated White Fish Stewed Taro w Sesame Daikon Radish Salad Shiitake Mushroom Miso Soup | Okinawan Mixed Rice Chicken Chop Stir-Fried Lotus Root w Cury Chinese Cabbage Salad Vegetable Soup | White Rice Grilled Fish w Herbs Stewed Chinese Cabbage in Cream Broccoli Salad Winter Gourd Miso Soup | White Rice Pork w Japanese Plum Stir-Fried Chicken Cauliflower Salad Mozuku Miso Soup |
| 22 | 23 | 24 | 25 | 26 |
| White Rice Grilled Chicken w Sauce Stewed Eggplant w Miso Burdock Salad Taro Miso Soup | White Rice Fish Piccata Stir-Fried Pork & Veggies Greenbean Salad Yushi Tofu | Cream Stew Konjac Salad Lemon Jelly | White Rice Pork w Soy Stir-Fried Kanpyo & Veggies Okra Salad Mozuku Miso Soup | White Rice Mini Hamburger Stir-Fried Wheat Gluten Papaya Salad Shiitake Mushroom Miso Soup |
| 29 | 30 | 31 | | |
| White Rice Grilled White Fish w Spring Onion Stir-Fried Daikon Radish Strips Onion & Corn Salad Daikon Radish Miso Soup | White Rice Pork w Tomato Dressing Stir-Fried Burdock Hijiki Salad Koya Tofu Miso Soup | White Rice Grilled Fish w Japanese Plum Stir-Fried Bean Sprouts Daiko Radish Salad Yushi Tofu |  | |

1月給食献立



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|---|
| 1 | 2 | 3 | 4 | 5 |
|  | OIST年末年始休暇 | | 米飯 赤魚の生姜焼き 冬瓜と鶏肉の煮物 ひじきサラダ 里芋の味噌汁 | 米飯 鶏肉のキャップ炒め ジャージャー豆腐 南瓜サラダ もずくのみそ汁 |
| 8 | 9 | 10 | 11 | 12 |
| 成人の日(祝日) | 米飯 豚肉のオイスター焼き 大根とがんもの煮物 玉ねぎのしそ和え さつま芋のみそ汁 | カレーライス こんにゃくサラダ レモンゼリー | 米飯 ミニハンバーグ 肉じゃが ほうれん草の和え物 小巻麩のみそ汁 | 米飯 豚しょうが焼き 茄子の中華炒め 千切りごまサラダ 卵スープ |
| 15 | 16 | 17 | 18 | 19 |
| 米飯 鶏肉の西京味噌焼き 小松菜ときのこのソテー キャベツサラダ 南瓜の味噌汁 | 米飯 白身魚の塩麹漬け 里芋の胡麻煮 大根の梅味噌が 椎茸の味噌汁 | ジューシー チキンチャップ れんこんのカレー炒め 白菜のゆず和え 野菜スープ | 米飯 白身魚の香草焼き 白菜のクリーム煮 ブロッコリーのルウ和え 冬瓜のみそ汁 | 米飯 豚肉の梅風味 炒り鶏 カリフラワーの和え物 もずくのみそ汁 |
| 22 | 23 | 24 | 25 | 26 |
| 米飯 鶏肉のたれ焼 なすの味噌煮 ごぼうサラダ 里芋のみそ汁 | 米飯 ホキのピカタ 回鍋肉風 いんげんの和え物 ゆし豆腐 | クリームシチュー こんにゃくサラダ レモンゼリー | 米飯 豚肉のニラ醤油 かんぴょうと厚揚げの炒め煮 オクラのゆず和え もずくの味噌汁 | 米飯 ミニハンバーグ ふーちゃんぷるー パパイアのしそ和え 椎茸のみそ汁 |
| 29 | 30 | 31 | | |
| 米飯 白身魚のネギ焼き 千切りイリチー 玉ねぎとコーン和え 大根の味噌汁 | 米飯 豚肉のトマトレシグ きんぴらごぼう ひじきのゆず和え 高野豆腐の味噌汁 | 米飯 ホキの梅焼き もやし炒め 大根サラダ ゆし豆腐 |  |  |

CDC NO NUTS POLICY

Due to severe allergies, no nuts are allowed. Please be aware that some prepackaged snacks contain nuts.

Please check the ingredients on all packaging carefully before sending it to school with your child.



JOIN PATO!

Open to all parents with children in the CDC and SAP

- Take part in family-oriented events such as holiday parties and children's movie nights
- Stay up-to-date on CDC and SAP news
- Help support CDC and SAP teachers, staff, families, and children
- Help support CDC and SAP activities and events
- Encourage, facilitate, and promote community within the CDC and SAP
- Make new friends and have fun!



CDC とSAPに通う、全ての子どもたちとご家族のためのグループです

- ホリデーパーティやムービーナイトなど家族向けのイベントが盛りだくさん！
- CDCやSAPの最新情報をお届けします
- CDC,SAPの先生、スタッフ、子どもたちのサポート
- CDC とSAP のアクティビティやイベントのサポート
- CDCとSAPのコミュニティ作り
- PATOで新しい友達を作りましょう！

Come chat with us on Slack – Slack を通して私達に話をしに来てください！
<https://oistpato.slack.com>

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Email oist.pato.group@gmail.com

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