

TEDAKO PRESCHOOL NEWSLETTER

FEBRUARY 2024



SAVE THE DATE!



Birthday Parties

2/16 (Fri) 15 : 00~

We will celebrate all children
ages 2 and above with February.

CDC Closure

2/12 (Mon) Substitute Holiday
(National Foundation Day)

2/23 (Fri) Emperor's Birthday



Events

Preschool Field Trip

Shinka/Wakatida 2/20

Miyarabi/Nujumi 2/28

Strawberry Farm & Park Picnic

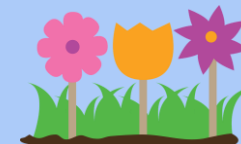
Week of February 5

Parent & Teacher Conference

(For 1-year-old classes & Up)

FEBRUARY 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 February.



*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: “おにのパンツ(oni no pantsu) “Apples and Bananas”
Pre-toddler (1 year old)	Kanasan / Churasan / Umusan	“Feeling and Emotions” “My Community” “All about 5 Senses” “Science”
Toddler (2-3 years old)	Kafuu / Nuuji / Kugani	“Feeling and Emotions” “My Community” “All about 5 Senses” “Science”
Preschool (3-4-5 years old)	Nujumi / Wakatida / Miyarabi	“Community Helper”
Preschool (5-6 years old)	Shinka	“Community Helper”

PARENT - TEACHER CONFERENCES

PTC will be held in February. Parent teacher conference is an opportunity to exchange the observations of a child with each other. Sharing daily experiences and observations help parents and teachers to understand a child's individual development. The conference is 15 minutes for each family. Please sign up if you have not. (Attendance is optional)

Class Name	Date	Venue
Kanasan	February 6	Conference Center Meeting Room 2
Churasan	February 8	Conference Center Meeting Room 2
Umusan	February 9	Conference Center Meeting Room 2
Kugani	February 8	Conference Center Meeting Room 4
Nuuji	February 7	Conference Center Meeting Room 4
Kafuu	February 6	Conference Center Meeting Room 4
Miyarabi	February 5	Conference Center Meeting Room 3
Wakatida	February 6	Conference Center Meeting Room 3
Nujumi	February 7	Conference Center Meeting Room 3
Shinka	February 13 & 14	Shinka Classroom

Here is a little fun fact about Japanese Culture we would like to share.



Setsubun



February 3rd is the day of *Setsubun*.

The literal meaning of the word *Setsubun* is “division of the seasons”.

Traditionally, the Japanese new year started on *Risshun* (The first day of spring). *Setsubun* signifies the ending of winter and the beginning of spring.

To get rid of the *oni*, people scatter roasted soy beans both inside and outside of their houses. The phrase “*Oni-wa-soto!* (Out with the devil!)” “*Fuku-wa-uchi!* (In with good fortune)” is said when throwing soybeans.

It is believed that *oni come when the seasons change in Japan. There are many rituals to exorcise these *oni*. The term *oni* refers to a negative spirit called *jaki* in Japanese





Once the beans are thrown, gather them all up and eat the same number of beans as your age. Eat one extra to keep you from sickness and stay healthy for the whole year.

A modern tradition on *Setsubun* is to eat *Ehomaki*. *Ehomaki* is a sushi roll that is believed to be good luck when eaten on *Setsubun* day and it is sold at supermarkets and convenience stores.



Lucky Direction for 2024
is **East North East**

When eating *Ehomaki*, look in the year's good luck direction (and eat quietly while making a wish). *Ehomaki* should not be cut. This represents not cutting any good bonds in the future.

The Consumer Affairs Agency is urging children under the age of 5 not to eat hard beans and nuts to prevent choking.

消費者庁は窒息や誤嚥を防ぐため、硬い豆やナッツ類等は5歳以下の子どもには食べさせないよう呼びかけています。

THANK YOU FOR YOUR COOPERATION WITH AUDIT PREPARATION!

Annual prefectural inspection was held on Jan. 26 and we are so pleased and proud to inform that we successfully passed the inspection with no findings!

We truly appreciate your cooperation with paperwork and follow-up health check-ups. Especially during the last few months, as we were preparing for the inspection, we had to ask some of the parents to come submit missing documents and information and you all were really cooperative and understanding despite busy holiday season.



We will continue to put our best efforts to ensure a safe environment for our children and to provide a reliable childcare service to our parents while staying compliant with the national and prefectural standards.

Thank you!

CDC EARTHRUNS PROJECT KICKED OFF

CDC has joined Earthruns! Each day the CDC children do a group dance or run a total of 10 laps of our play area, Earthruns plant a tree for us!

We began in December 2023 thanks to a generous donation from a CDC family and the funds raised from the 'no idling' car stickers.

Many thanks to Takako sensei, who is coordinating the effort. The planting is verified and we will share our progress in future newsletters.

If you would like to get involved and plant your own trees check out <https://www.earthruns.com/>





SUBSIDY FOR CHILDCARE FEES ~FY2024 APPLICATION~

Eligible Age : Date of Birth between 2020.4.2 to 2021.4.1

Eligible Family : Both Parents Working or Students who needs childcare (minimum 64 working hours per month)

Required paperwork : Application Form (Download from Village/City office Webpage)

Work Certificate (Apply in HEART H5)

Student ('Certificate of Registration' from Student Support Office)

You will apply at your municipality with required paper. After you get certificate of getting subsidy, please submit the certificate copy to CDC office. Every 3 months CDC will issue 'Receipt and Service Certificate', then you will claim for childcare fee you have paid and reimbursed up to maximum 37,000 JPY from Village/City office. All paperwork is in Japanese. If you need support, please contact at yuko.koki@oist.jp

If you would like to get subsidy from April, please start to apply now and complete it around middle of March.









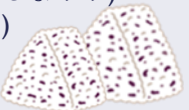



CDC NO NUTS POLICY

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.



FEBRUARY SNACK MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Brown Rice Cereal/ Soy Milk 玄米フレーク/ 豆乳 	Veggie Crackers/ 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/ Apple Juice 野菜クラッカー/ りんごジュース 	Brown Rice Senbei/ Dates *Veggie Crackers/ Banana or Tangerine 玄米せんべい/デーツ *玄米せんべい/ バナナ、みかん 
PM	Wheat Cracker/ Cheese 五穀ビスケット/ チーズ 	Rice Ball (Tuna & Soy Sauce) (Red Shiso) 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 February Birthdays and the children will enjoy cake and Soy milk with their friends on 2/16.
 2/16(金)には2月のお誕生会をします。ケーキと豆乳でお祝いします。

FEBRUARY LUNCH CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
	 	 	1 White Rice Egg Omlet w Vegetable Stir-Fried Goya Soy Bean Salad Fu Miso Soup	2 White Rice Fish w Dressing Vegetable Soup Vermicelli Salad Egg Miso Soup
5 White Rice Pork Chop Stir-Fried Mustard Green Seaweed Salad Fu Miso Soup	6 White Rice Grilled White Fish w Curry Stewed Pumpkin Green Pepper Salad Chinese Cabbage Miso Soup	7 White Rice Chicken Meat Ball Stir-Fried Green Beans Potato Salad Wakame Seaweed Miso Soup	8 White Rice Flat Fish w Tomato Sauce Stir-Fried Carrot Eggplant Salad Yushi Tofu	9 White Rice Sweet & Soy Grilled Chicken Sauteed Cabbage & Mushrooms Udon Salad Shiitake Mushroom Miso Soup
12 Substitute Holiday (National Foundation Day)	13 White Rice Grilled Chicken w Salt Hijiki Cauliflower Salad Yushi Tofu	14 Curry & Rice Coleslaw Salad Lemon Jelly	15 White Rice Pork Dumpling Mapo Vermicelli Bamboo Shoot Salad Koya Tofu Miso Soup	16 White Rice Egg Omlet w Sauce Stewed Winter Gourd w Miso Green Veggie Salad Pork & Veggie Miso Soup
19 White Rice Tofu Hamburg Stir-Fried Kanpyo Potato Salad Wakame Seaweed Miso Soup	20 White Rice Salt-Marinaded White Fish Stir-Fried Daikon Radish Strips Eggplant Salad Pork & Veggie Miso Soup	21 Okinawan Mixed Rice Pork w Japanese Plum Stir-Fried Lotus Root w Sesame Onion Salad Yushi Tofu	22 White Rice Egg Omlet w Vegetable Stewed Chicken & Pumpkin Spinach Salad Winter Gourd Miso Soup	23 Emperor's Birthday (Holiday)
26 White Rice Grilled White Fish w Japanese Plum Mapo Winter Gourd Cabbage Salad Shiitake Mushroom Miso Soup	27 White Rice Grilled Chicken w Sauce Stewed Potato & Pork w Miso Burdock Salad Egg Miso Soup	28 Cream Stew Mustard Green Salad Strawberry Jelly	29 White Rice Vegetable Hamburg Stir-Fried Vermicelli Okra Salad Pumpkin Miso Soup	 

2月給食献立

Monday	Tuesday	Wednesday	Thursday	Friday
	 	 	1 米飯 お好みオムレツ ゴーヤーチャンプルー 大豆のフレンチ和え 小巻麩のみそ汁	2 米飯 魚のドレッシングかけ 野菜スープ煮 春雨サラダ 卵のみそ汁
5 米飯 ボークチャップ チキナーの炒め物 海草サラダ 花麩のみそ汁	6 米飯 ホキのカレー焼き かぼちゃの煮物 ピーマンのバジル和え 白菜のみそ汁	7 米飯 鶏つくね焼き インゲンの塩麴炒め ポテトサラダ わかめの味噌汁	8 米飯 カレーのトマトソースかけ 人参シリシリ なすの酢醤油かけ ゆし豆腐	9 米飯 鶏の甘辛焼き キャベツきのこソテー うどんサラダ 椎茸のみそ汁
12	13	14	15	16
振替休日(建国記念日)	米飯 鶏の塩焼き ひじきの五目炒め カリフラワーの和え物 ゆし豆腐	カレーライス コールスロー レモンゼリー	米飯 肉焼売 麻婆春雨 竹の子の和え物 高野豆腐の味噌汁	米飯 玉子あんかけ 冬瓜の味噌煮 青菜の和え物 豚汁
19	20	21	22	23
米飯 豆腐ハンバーグ かんぴょうイリチー ポテトサラダ わかめの味噌汁	米飯 ホキの塩麴漬け 切干大根の洋風炒め煮 ナスの和え物 豚汁	ジューシー 豚肉の梅風味 れんこんの胡麻炒め オニオンサラダ ゆし豆腐	米飯 千草風卵 南瓜と鶏肉の煮物 ほうれん草サラダ 冬瓜のみそ汁	天皇誕生日(祝日)
26	27	28	29	
米飯 ホキの梅焼き マーボー冬瓜 キャベツサラダ 椎茸の味噌汁	米飯 鶏肉のソース焼き みそ肉じゃが ごぼうのなると和え 卵のみそ汁	クリームシチュー 菜の花和え ストロベリーゼリー	米飯 野菜ハンバーグ 春雨炒め オクラの磯和え 南瓜の味噌汁	 



TEDAKO GREEN TIPS

CDC and parent volunteers are bringing you tips on sustainability in the newsletter this year! Topics focus on tips for families and applauding efforts at Tedako. If you have a tip to share, please get in touch on oistpato.slack.com.



Avoiding Vehicle Exhaust Fumes

To keep the air cleaner and healthier around the babies and children in the CDC, the CDC ask everyone using the parking lot to turn off their engines. The World Health Organization has some tips on reducing children's exposure to air pollution caused by vehicle exhaust emissions:

- Avoid busy roads and take quieter streets with less traffic.
- Step back from the road if you see a heavily polluting vehicle approaching.
- Carry a baby or a young child on a busy street, so they are not at the same height as exhaust emissions.

Please share your tips with us and we can feature them here!



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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メーリングリスト

Email oist.pato.group@gmail.com

View Our Website
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<https://bit.ly/337UGzb>