



# **TEDAKO PRESCHOOL NEWSLETTER**

**MARCH 2024**



# SAVE THE DATE!



## Birthday Parties

**3/15 (Fri) 15 : 00~**

We will celebrate children ages 2 and above with March birthdays.

## CDC Open House

(FY2024 New School Year Orientation)

3/7 (Thu) Pre-toddler

3/6 (Wed) Toddler

3/5 (Tue) Preschool/Shinka

\*Please see the Open House slide for more details.

## Upcoming Events

### **Hinamatsuri Concert (Spring Concert)**

3/5 (Tue) @ Shinka Classroom

Children will enjoy the performance by OIST music band Hokulani!

### **Preschool Field Trip to Okinawa Kodomonokuni Zoo**

Miyarabi & Shinka 3/6 (Wed)

Nujumi & Wakatida 3/8 (Fri)

### **Graduation Ceremony**

3/22 (Fri) @ OIST Auditorium 16:30 -

## CDC Closure

**3/20 (Wed) Spring Equinox Day**

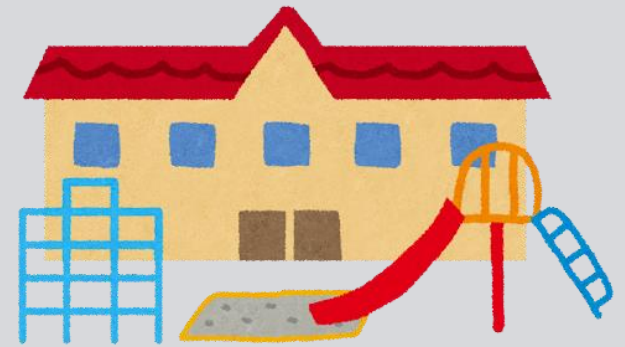
# REQUEST FOR COOPERATION WITH EARLY PICK-UP TO PREPARE FOR THE NEW SCHOOL YEAR

A new school year will begin in April.

On Friday, March 29, the last day of the current school year, we will be preparing for the next school year's activities (e.g., preparing the classroom, preparing and organizing materials and the teaching plans, and preparing activities for the first day).

**We ask for your cooperation in picking up your child early by 2:30pm from the CDC on March 29 as much as possible.**

We would appreciate your kind support and cooperation to make the transition smooth for teachers and children.



# MARCH 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 March.

\*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: “さんぽ (Sampo) “Wheels on the Bus”
Pre-toddler (1 year old)	Kanasan / Churasan / Umusan	“My Friends” “End of Class / Get Ready for New Class”
Toddler (2-3 years old)	Kafuu / Nuuji / Kugani	“My Friends” “End of Class / Get Ready for New Class”
Preschool (3-4-5 years old)	Nujumi / Wakatida / Miyarabi	“Friendship” “Teamwork” “End of Class / Get Ready for New Class”
Preschool (5-6 years old)	Shinka	“Friendship” “Teamwork” “End of Class / Get Ready for New Class”

# HINAMATSUTRI

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

まつ

## ひな祭り

### Hinamatsuri

Hinamatsuri is the festival of peaches on March 3rd, which is the day to celebrate girls. We celebrate the healthy growth and happiness of the girls.

ひな祭りとは、3月3日の桃の節句のことで、女の子のお祝いをする日。女の子の健やかな成長や幸せを祈って、お祝いをします。

Hina dolls are said to protect children from illness and accidents on behalf of them.

Therefore, people decorate the dolls with wishes for the girls to stay healthy and happy.

雛人形は、子どもたちの代わりに病気や事故から守ってくれるとされています。そのため、女の子が元気で幸せになるようにお祝いやの気持ちや願いを込めて飾ります。

In the old days, people used to make dolls out of paper and let them flow into the river so that the dolls could take bad things such as illness or injury away.

昔は、紙で雛人形を作って、病気やけがなどのよくないものを持っていってもらいように川に流す「流し雛」をしていたそうです。





# HINAMATSUTRI

## How Do People Celebrate Hinamatsuri

### Decorate Hina Dolls



Decorate Hina Dolls between Setsubun and the mid-February. It is said that it is better to put the dolls away as soon as the festival is over.

### Eat Hina-arare



Hina-arare (rice crackers) has three colors. Pink symbolizes life, white for snow-covered fields, and green for buds of trees. It is believed that eating this colored snack will give people strength of nature and live well.

### Eat Chirashi-zushi and Hamaguri



Hamaguri (clams) are thought to be auspicious food.

People cook Chirashi-zushi (Scattered sushi) using auspicious ingredients and eat with their family.

# CDC OPEN HOUSE

## FY2024 NEW CLASS ORIENTATION

As new school year starts from April, we will hold an open house for each age group as below. Attendance is not mandatory, but you are welcome to join the open house to know more about your child's new classroom. The general admin information and age group/classroom information will be given prior to the open house.

Class Name	Date	Time	Invited
Pre-toddlers (Kanasan, Churasan, Umusan)	March 7 (Thursday)	17:00-17:30	DoB range: 2022/4/2-2023/4/1
Toddlers (Kugani, Nuuji, Kafuu)	March 6 (Wednesday)	17:00-17:30	DoB range: 2021/4/2-2022/4/1
Preschool (Miyarabi, Wakatida, Nujumi)	March 5 (Tuesday)	17:00-17:30	DoB range: 2020/4/2-2021/4/1
Shinka	March 5(Tuesday)	15:00-15:30	DoB range: 2018/4/2-2019/4/1

\*We will schedule a CDC tour individually for new families enrolling in the infant class (Kukuru and Akasan) on a request basis.

# TEDAKO CDC GRADUATION CEREMONY

There are only a few days left for most of Shinka children to spend in their class. All of us at the CDC are happy to see how much they have grown both physically and mentally since entering the CDC. We are pleased to announce that we will be holding a graduation ceremony to close out the school year.

**Date: Friday, March 22, 2022**

**Time: 16:30-**

**Venue: OIST Auditorium**

**Attire: Children will wear a gown at CDC**

Shinka children are enrolled and welcome to continue attending the Shinka Class until the last day of school year after the graduation ceremony.





# ANNUAL REGISTRATION AND EVENT FEES



In April, Tedako will charge an annual registration and event fees in addition to the monthly childcare, snack and lunch fees.

The registration fee is 10,000 JPY per child and the event fee is 10,000 JPY per child ages 3-6 and 2,500 JPY per child ages 1-2.

OIST Employees will pay the fees via payroll deducted on April 17th, others will receive an invoice for bank transfer.

Please contact CDC Admin if you have any further questions.



# 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](mailto: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 HEALTH AND SAFETY PRACTICES

Health and safety of the CDC children and staff members are a top priority. We strive to keep the CDC environment safe and healthy based on the national standards for childcare centers while identifying and implementing best practices.

For detailed information about what we do to ensure the safety, security and well-being of children and staff members and also to ensure readiness for emergency, please take a moment to look at the CDC website's [Health and Safety page](#) and [CDC Annual Safety Plan](#).

Thank you for your understanding and cooperation in keeping the CDC safe and healthy for all.



# KEEP KIDS SAFE

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## Pick-up procedures (request for cooperation)



We would like to remind you all of the CDC pick-up procedures and request you for cooperation.

- Please watch your child/ren carefully during and after pick up. When you are here your child is your responsibility.
- Please pick up your child/ren promptly and leave the playground after pick up. Please do not loiter around the CDC playground or parking lot after pick up.
- The shades/ awnings on the playground are designed for sun protection. Please do not allow your child/ren to play on them.
- Children love to run and there is a street outside of the CDC, so please never let any child(ren) besides your own out of the gate.
- Please always keep the gates locked.

If you have any questions or concerns, please do not hesitate to ask.

# 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.





# PARENT SCHOOL LUNCH EVENT

Have you ever wondered what the CDC school lunch taste like?

CDC will organize a School Lunch Tasting for parents on April 19th. Please join us at 12:00 in the conference center meeting room I. Please submit the [form](#) by March 20th.

This also be a good opportunity to meet and socialize with other parents, CDC staff and director Julia Nabholz.

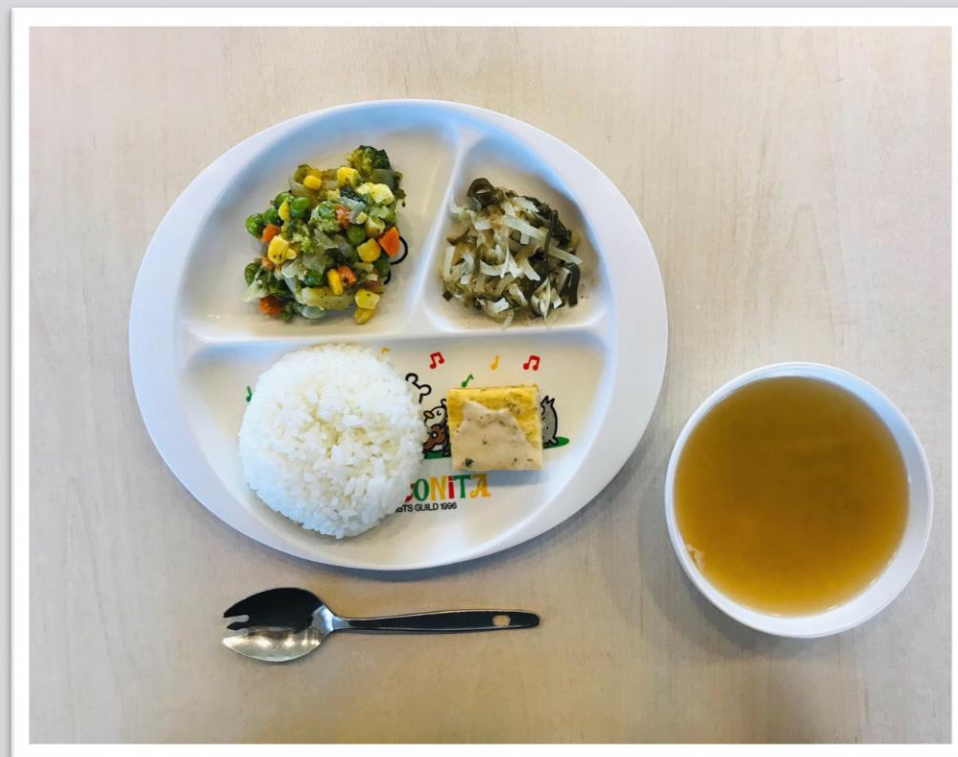
**Date: Friday, April 19<sup>th</sup>**

**Time: 12:00~13:00**











**Venue: Conference Center Meeting Room I**

**Capacity: 20**

**Price: 350JPY/person**



# MARCH SNACK MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
AM	<b>Brown Rice Cereal/ Soy Milk</b>  玄米フレーク/ 豆乳  	<b>Sesame Biscuits/ Cheese</b>  ごまビスケット/ チーズ  	<b>Brown Rice Senbei *Milk Biscuits</b>  玄米せんべい/ *牛乳バー  	<b>Orange Juice/ Senbei</b>  オレンジジュース/ 胡麻せんべい  	<b>Yogurt/ Mixed Berries</b>  ヨーグルト/ ミックスベリー  
PM	<b>Wheat Crackers/ Cheese</b>  五穀クラッカー/ チーズ  	<b>Banana</b>  バナナ  	<b>Rice Ball</b>  おにぎり  	<b>Pumpkin Cake</b>  かぼちゃケーキ  	<b>Bread/Milk</b>  パン/牛乳 *おこげ煎餅/豆乳  

## 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 March Birthdays and the children will enjoy cake and Soy milk with their friends on 3/15.  
3/15 (金) には3月のお誕生会をします。ケーキと豆乳でお祝いします。



# MARCH LUNCH CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
				1 White Rice Egg Omlet w Vegetable Broccoli in Cream Bean Sprout Salad Pork & Veggie Miso Soup
4 White Rice Deep-Fried Chicken Stir-Fried Daikon Strips Potato Salad Spinach Miso Soup	5 White Rice Marinated White Fish Stir-Fried Shredded Carrot Seaweed Salad Yushi Tofu	6 White Rice Corn Cream Croquette Goya Stewed in miso Cauliflower Salad Chinese Cabbage Miso Soup	7 White Rice Grilled Red Fish w Ginger Stewed Chicken & Winter Gourd Hijiki Salad Taro Miso Soup	8 White Rice Chicken w Tomato Sauce Stir-Fried Tofu w Veggies Pumpkin Salad Mozuku Miso Soup
11 White Rice Grilled White Fish w Japanese Plum Hijiki Nanohana Salad Deep-Fried Tofu Miso Soup	12 White Rice Grilled Pork w Oyster Sauce Stewed Daikon & Ganmo Onion Salad Sweet Potato Miso Soup	13 Curry & Rice Konjac Salad Lemon Jelly	14 White Rice Mini Hamburg Stewed Pork & Veggies Spinach Salad Komakifu Miso Soup	15 White Rice Pork Ginger Stir-Fried Eggplant Daikon Strip Salad Egg Soup
18 White Rice Grilled Chicken w Miso Sauteed Veggies & Mushrooms Cabbage Salad Pumpkin Miso Soup	19 White Rice Salt-Marinated White Fish Stewed Taro w Sesame Daikon Radish Salad Shiitake Mushroom Miso Soup	20 Vernal Equinox Day (Holiday)	21 White Rice Grilled White Fish w Herbs Chinese Cabbage in Cream Broccoli Salad Winter Gourd Miso Soup	22 White Rice Pork with Japanese Plum Stir-Fried Chicken Cauliflower Salad Mozuku Miso Soup
25 White Rice Grilled Chicken w Sauce Stewed Eggplant w Miso Burdock Salad Taro Miso Soup	26 White Rice White Fish Piccata Stir-Fried Pork & Veggies Green Bean Salad Yushi Tofu	27 Cream Stew Mustard Green Salad Strawberry Jelly	28 White Rice Pork w Soy Stir-Fried Kanpyo & Veggies Okra Salad Mozuku Miso Soup	29 White Rice Mini Hamburger Stir-Fried Wheat Gluten Papaya Salad Shiitake Mushroom Miso Soup



# 3月給食献立

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4	5	6	7	8
米飯 若鶏の竜田揚げ（オープン） 切干大根炒め ポテトサラダ ほうれん草のみそ汁	米飯 白身魚のマリネ 人参シリシリ 海藻サラダ ゆし豆腐	米飯 コーンクリームコロッケ ゴーヤーの味噌煮 カリフラワーの揚げ和え 白菜のみそ汁	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 جان豆腐 南瓜サラダ もずくのみそ汁
11	12	13	14	15
米飯 白身魚の梅焼き ひじきの炒め煮 菜の花サラダ 油揚げの味噌汁	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
18	19	20	21	22
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 大根の梅マヨサラダ 椎茸の味噌汁		米飯 白身魚の香草焼き 白菜のクリーム煮 ブロッコリーのハーブ和え 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
25	26	27	28	29
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 菜の花和え ストロベリーゼリー	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 ふーちゃんぶるー パパイアのしそ和え 椎茸のみそ汁

# 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](https://oistpato.slack.com).



## Voting for the Planet

Children will be much more effected by climate change than adults today. Children born in 2020 are up to 7 times more likely to experience extreme weather events than people born in 1960 ([ref](#)).

As adults, voting for climate-friendly leadership is one of the most powerful actions we can take. Consider who the climate friendly candidates are when you next cast your vote in a government election, for a board member, or committee chair. Even the small actions of a local board member can add up to big changes for a community and, in turn the world.





# 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>

Join Our Mailing List  
メーリングリスト

Email [oist.pato.group@gmail.com](mailto:oist.pato.group@gmail.com)

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