



# **TEDAKO PRESCHOOL NEWSLETTER**

**APRIL 2024**



# SAVE THE DATE!



## Birthday Parties

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

**4/19 (Fri) 14:50~**

We will celebrate birthday children with their own class.

## CDC Closure

**4/29 (Mon) Showa Day**



## April Events

**4/22 (Mon)  
Earth Day & Picnic  
(School Picnic Lunch Event)**

**No School Lunch!**

**Please provide your child(ren)  
with packed lunch.**

**OIST Red Shirt!**

**Please have your child(ren) wear  
OIST Red Shirt.**

# EARTH DAY

Monday, April 22 is Earth Day. Tedako CDC aims to be an environmentally friendly preschool and will hold activities to foster children's love for the earth. **On Monday, April 22**, in the soft spring sunshine (before it gets too hot!) we are planning a picnic lunch while enjoying nature. We will take class photos, so please have your child(ren) wear their OIST shirt to school.

**There will be no lunch provided by the CDC on April 22, so please prepare a lunch box for your child(ren).**

More information will be sent to you by e-mail.



# APRIL CHILDCARE THEMES

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



\*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<br>(0 year old)       | Kukuru / Akasan              | Monthly songs:<br>“さんぽ (Sampo)”<br>”Wheel on the Bus”                                   |
| Pre-toddler<br>(1 year old)  | Kanasan / Churasan / Umusan  | “Beginning of Class / Get Ready for New Class”<br>“All about Me”                        |
| Toddler<br>(2 years old)     | Kafuu / Nuuji / Kugani       | “Beginning of Class / Get Ready for New Class”<br>“All about Me”                        |
| Preschool<br>(3-4 years old) | Nujumi / Wakatida / Miyarabi | ”Getting to Know Your Class, Friends, and Teachers”<br>“Classroom Rules”<br>“Earth Day” |
| Preschool<br>(5 years old)   | Shinka                       | ”Getting to Know Your Class, Friends, and Teachers”<br>“Classroom Rules”<br>“Earth Day” |

# Spring Traffic Safety Campaign

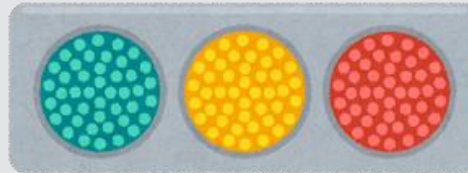
はる こうつう あんぜん うんどう

## 春の交通安全運動

April 6 - 15, 2024

The traffic safety campaign is a 10-day period to promote the correct traffic rules and manners and think about safety.

交通安全運動とは、「正しい交通ルールやマナーを知り、安全について考えよう！」という10日間です。



What are traffic safety rules? They are the rules for everyone to stay safe when walking outside or getting in a car. It's a commitment for everyone who uses the road.

交通安全ルールってなに？それはみんなが歩いたり車に乗ったりする時に安全に通るためのルールのこと。道路を使う人みんなのための約束です。

This campaign is to answer questions such as "What happens when a traffic accident occurs?", or "How can I prevent a traffic accident?" and to teach the importance of "Protecting own life" and "Being careful about traffic accidents".

「交通事故が起こった時、どうなるの？」「どうやったら交通事故に合わないだろう？」という疑問や「自分の命は自分で守ること」の大切さ、「交通事故に気をつけよう」という気持ちを持つために行っています。





# Spring Traffic Safety Campaign

## はる こうつう あんぜん うんどう 春の交通安全運動

April 6 - 15, 2024



There are two colors in a traffic light on the pedestrian crossing, red and green. Have you ever seen a green light flickering? When the traffic light starts to flicker, it's a sign that it will turn red soon, so let's stop crossing.

横断歩道にある信号は、赤と青の2つ。渡っているとき、青い信号が「チカチカ」となっているのは見たことはありますか？信号がチカチカし始めたら「もうすぐ赤になりますよ」というサインなので、渡るのをやめましょう。



"Construction Ahead"  
前方で工事あり



"Pedestrian Road"  
横断歩道

### Various Traffic Signs いろいろな標識



"School Near-by"  
近くに学校あり



"Be aware of  
Yanbaruquina"  
ヤンバルクイナに注意



"No crossing"  
横断禁止



"Stop"  
とまれ

What are traffic signs?  
The traffic signs stand on the road to convey the meaning of the traffic rules. People can drive safely because of the signs.

「標識ってなに？標識は、道路にある看板のこと。標識は交通ルールの意味を伝えるために立っています。車に乗っている人は、その看板のおかげで安全に運転できます。

# T-SHIRT ORDER

As a part of the 2024 Annual Fee, each child will receive a new OIST T-Shirt.

Please complete [FY2024 OIST T-Shirt Order Form](#) for each child by Friday, April 12 to place an order. Available sizes are from 70-130. Sample sizes are available in the office.

You need OIST account to log in and fill out the form. Please contact [cdc.admin@oist.jp](mailto:cdc.admin@oist.jp).

**If you do not need to receive a new OIST T-Shirt this year, we ask you to select the “Eco Option” in the form and submit.**

**Please note that no refunds will be made even if you do not need a new T-shirt.**



# ANNUAL REGISTRATION AND EVENT FEES



In April, Tedako will charge the Annual Registration and Annual Event Fees in addition to the monthly childcare, snack and lunch fees.

Annual Registration Fee is 10,000 JPY per child.  
Annual Event Fee is 10,000 JPY for Preschool and Kindergarten children and 2,500 for Pre-toddler and Toddler children.

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.



# HELP US GET BETTER



In an effort to maintain high standards and quality of service, we are seeking your input on the education and care your child received School Year 2023 at Tedako CDC.

[Click here to participate in the survey](#)

Your participation in this survey is very important to us.

It is an anonymous survey, but please understand that the result will be compiled as a report.

Deadline: April 15, 2024

# CHECK OUT OUR POLICIES

A new school year is upon us. All of us sincerely hope that your child has a smooth start to the year with lots of smiles. Please take this opportunity to look over CDC's policies once again. If you have any questions, please do not hesitate to ask!



[CDC Policy Library](#)



# 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.

# TURN OFF THE ENGINE!

The lovely poster on the right, "Thank you for turning off your engine," was made by a PATO member!

In a recent survey we conducted, parking lot safety is a concern for many families.

In order to protect the smiles of our children and our planet, we ask for your cooperation in turning off your car engine when picking up and dropping off your children.



Thank you  
for turning your engine off.

エンジンを切って  
頂きありがとうございます。





# 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 April 5.

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

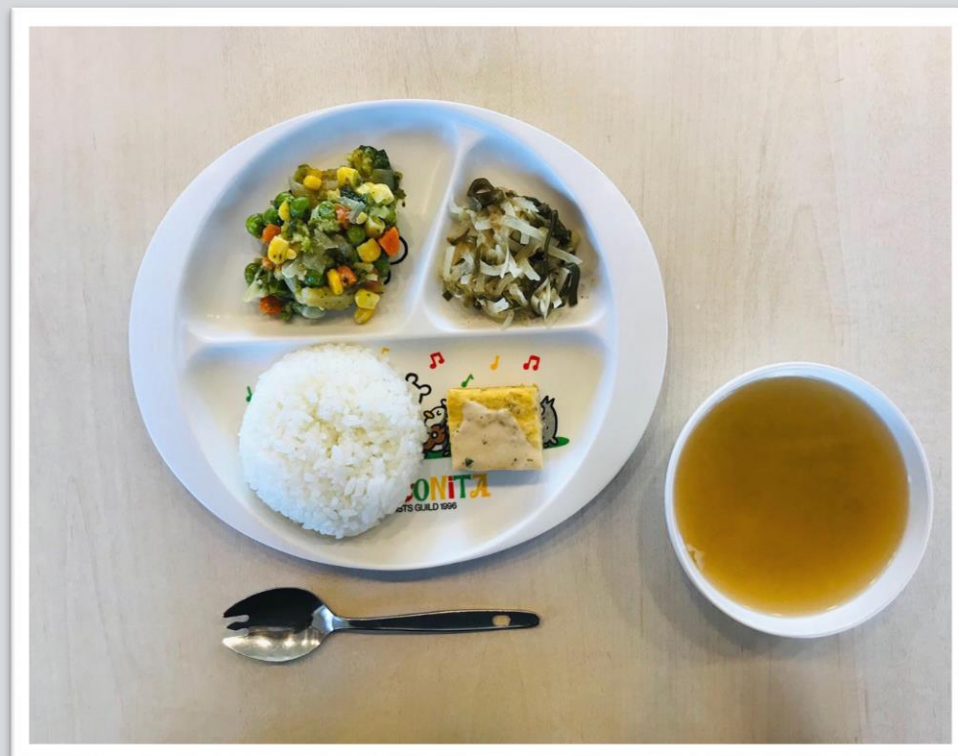
**Date: Friday, April 19<sup>th</sup>**

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










**Venue: Conference Center Meeting Room I**

**Capacity: 20**

**Price: 350JPY/person**



# APRIL SNACK MENU

|        | Monday  | Tuesday   | Wednesday  | Thursday   | Friday   |
|--------|---|---|--|--|--|
| A<br>M | <b>Sesame Rice Cracker/<br/>Soy Milk</b><br>*Baby Rice Cracker/<br>Soy Milk<br><br>胡麻せんべい/豆乳<br>*ベビーせんべい/豆乳             | <b>Corn Flakes/<br/>Soy Milk</b><br><br>コーンフレーク/<br>豆乳<br>   | <b>Milk Biscuit/<br/>Apple Juice</b><br><br>ミルクビスケット/<br>りんごジュース<br>                      | <b>Sesame Biscuit/<br/>Soy Milk</b><br><br>胡麻ビスケット/<br>豆乳<br>   | <b>Brown Rice Cracker/<br/>Dates</b><br>*Baby Senbei/Banana<br><br>玄米せんべい/デーツ<br>*ベビーせんべい/<br>バナナ<br> |
| P<br>M | <b>Raisin Cake</b><br><br>レーズンケーキ<br> | <b>Wheat Crackers/<br/>Cheese</b><br>*Cream Corn/Pumpkin<br><b>五穀クラッカー/<br/>チーズ</b><br>*クリームコーン/かぼちゃ<br> | <b>Jam Sandwich/<br/>Milk</b><br>*Biscuit/<br>Milk<br><b>ジャムサンド/牛乳</b><br>*ビスケット/牛乳<br> | <b>Fruit Yogurt/<br/>Mix Berries and Banana</b><br><br><b>フルーツヨーグルト</b><br><b>ミックスベリー&amp;<br/>バナナ</b><br> | <b>Rice Ball</b><br><br><b>おにぎり</b><br>  |

## 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 April Birthdays and the children will enjoy cake and Soy milk with their friends on 4/19.

4/19 (金) には4月のお誕生会をします。ケーキと豆乳でお祝いします。



# APRIL LUNCH CALENDAR

| Monday  | Tuesday   | Wednesday  | Thursday   | Friday  |
|---|---|--|--|---|
| 1   | 2   | 3  | 4  | 5   |
| White Rice<br>Grilled White Fish w Spring Onion<br>Stir-Fried Papaya<br>Onion & Corn Salad<br>Daikon Radish Miso Soup | White Rice<br>Pork w Tomato Dressing<br>Stir-Fried Burdock<br>Hijiki w Yuzu<br>Koya Tofu Miso Soup              | White Rice<br>Grilled White Fish w Japanese Plum<br>Stir-Fried Bean Sprouts<br>Daikon Radish Salad<br>Yushi Tofu | White Rice<br>Egg Omelet<br>Stir-Fried Goya<br>Soy Bean Salad<br>Wheat Gluten Miso Soup              | White Rice<br>Fish w Dressing<br>Stewed Vegetables<br>Vermicelli Salad<br>Egg Miso Soup                                   |
| 8   | 9   | 10   | 11   | 12  |
| White Rice<br>Pork Chop<br>Stir-Fried Green Mustard<br>Seaweed Salad<br>Wheat Gluten Miso Soup                        | White Rice<br>Grilled Fish w Curry<br>Stewed Pumpkin<br>Green Pepper Salad w Basil<br>Chinese Cabbage Miso Soup | Curry & Rice<br>Potato Salad<br>Lemon Jelly  | White Rice<br>Flat Fish w Tomato Sauce<br>Stir-Fried Shredded Carrot<br>Eggplant Salad<br>Yushi Tofu | White Rice<br>Sweet & Salty Grilled Chicken<br>Sauteed Cabbage & Mushrooms<br>Papaya Salad<br>Shiitake Mushroom Miso Soup |
| 15  | 16  | 17   | 18   | 19  |
| White Rice<br>White Fish w Vinegar Sauce<br>Stir-Fried Burdock<br>Okra Salad w Japanese Plum<br>Papaya Miso Soup      | White Rice<br>Grilled Chicken w Salt<br>Hijiki<br>Cauliflower Salad<br>Yushi Tofu                               | Okinawan Mixed Rice<br>Egg Omelet w Tuna<br>Sweet & Sour Pork & Veggies<br>Coleslaw<br>Wakame Seaweed Soup       | White Rice<br>Pork Meat Dumpling<br>Mapo Vermicelli<br>Bamboo Shoot Salad<br>Koya Tofu Miso Soup     | White Rice<br>Grilled Fish w Herbs<br>Stewed Winter Gourd w Miso<br>Green Vegetable Salad<br>Pork Miso Soup               |
| 22  | 23  | 24   | 25   | 26  |
| Earth Day Picnic<br>(No School Lunch)   | White Rice<br>Salt-Marinated White Fish<br>Stir-Fried Papaya<br>Eggplant Salad<br>Pork Miso Soup                | Cream Stew<br>Onion Salad<br>Strawberry Jelly  | White Rice<br>Egg Omelet w Veggies<br>Stewed Pumpkin & Chicken<br>Spinach Salad<br>Papaya Miso Soup  | White Rice<br>Grilled Chicken w Spring Onion<br>Stir-Fried Bean Sprouts<br>Broccoli Salad<br>Deep Fried Tofu Miso Soup    |
| 29  | 30  |  |  |   |
| Showa Day (Holiday)   | White Rice<br>Grilled Chicken w Sauce<br>Stewed Pork & Veggies<br>Burdock Salad<br>Egg Miso Soup                |  |                 |                                      |



# 4月給食献立

| Monday  | Tuesday   | Wednesday                               | Thursday  | Friday  |
|---|---|---|---|---|
| 1   | 2   | 3                                       | 4   | 5   |
| 米飯<br>白身魚のネギ焼き<br>パパイアイリチー<br>玉ねぎとコーン和え<br>大根の味噌汁 | 米飯<br>豚肉のトマトドレッシング<br>きんぴらごぼう<br>ひじきのゆず和え<br>高野豆腐の味噌汁 | 米飯<br>ホキの梅焼き<br>もやし炒め<br>大根サラダ<br>ゆし豆腐  | 米飯<br>お好みオムレツ<br>ゴーヤーチャンプルー<br>大豆のフレンチ和え<br>小巻麴のみそ汁                                   | 米飯<br>魚のドレッシングかけ<br>野菜スープ煮<br>春雨サラダ<br>卵のみそ汁  |
| 8   | 9   | 10                                      | 11  | 12  |
| 米飯<br>ポークチャップ<br>チキナーの炒め物<br>海草サラダ<br>花麴のみそ汁      | 米飯<br>ホキのカレー焼き<br>かぼちゃの煮物<br>ピーマンのバジル和え<br>白菜のみそ汁     | カレーライス<br>ポテトサラダ<br>レモンゼリー              | 米飯<br>カレイのトマトソースかけ<br>人参シリシリ<br>なすの酢醤油かけ<br>ゆし豆腐                                      | 米飯<br>鶏の甘辛焼き<br>キャベツきのこソテー<br>パパイヤサラダ<br>椎茸のみそ汁                                       |
| 15  | 16  | 17                                      | 18  | 19  |
| 米飯<br>ホキのみどり酢ダレ<br>ごぼうの炒め煮<br>オクラの梅和え<br>パパイヤのみそ汁 | 米飯<br>鶏の塩焼き<br>ひじきの五目炒め<br>カリフラワーの和え物<br>ゆし豆腐         | ジューシー<br>ツナ玉<br>酢豚風<br>コールスロー<br>ワカメスープ | 米飯<br>肉焼売<br>麻婆春雨<br>竹の子の和え物<br>高野豆腐の味噌汁  | 米飯<br>魚の香草焼き<br>冬瓜の味噌煮<br>青菜の和え物<br>豚汁  |
| 22  | 23  | 24                                      | 25  | 26  |
| 地球の日ピクニック<br>(弁当持参、給食なし)                          | 米飯<br>ホキの塩麹漬け<br>パパイヤの洋風炒め煮<br>ナスの和え物<br>豚汁           | クリームシチュー<br>オニオンサラダ<br>ストロベリーゼリー        | 米飯<br>千草風卵<br>南瓜と鶏肉の煮物<br>ほうれん草サラダ<br>パパイヤのみそ汁  | 米飯<br>鶏のネギ塩炒め<br>まーみなーちゃんぶる<br>ブロッコリーサラダ<br>油揚げの味噌汁                                   |
| 29  | 30  |   |   |   |
| 昭和の日(祝日)  | 米飯<br>鶏肉のソース焼き<br>みそ肉じゃが<br>ごぼうのなると和え<br>卵のみそ汁        |   |  |  |



# 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).



## Use the Ecosia web browser

The tip this month could not be easier to adopt! Use the Ecosia browser and search engine to help plant trees while you search the internet. Ecosia servers run on solar power and the B-corporation uses the revenue from advertising sales to plant native trees all over the world. Ecosia works as an extension on desktop browsers and as a browser app on mobile devices.

Read more at <https://info.ecosia.org/what> or download the Ecosia app from your app store





*Call for nominations*

# *GREEN FUTURES AWARD*

Tedako parents, guardians, teachers, and staff are warmly invited to submit their nominations for the 2024 PATO Green Futures Award! The aim of the award is to celebrate and give thanks to CDC and SAP teachers, staff, and classrooms that do something special to be environmentally friendly through teaching and doing. For example, being energy efficient, making the most of our resources, recycling, and protecting the environment.

Please use this [nomination form](#). Nominations are open until April 12, 2024.

*winners will be announced around Earth Day 2023*

# 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)

View Our Website  
ウェブサイト

<https://groups.oist.jp/pato>

Join Our Facebook Group  
フェイスブックページ

<https://bit.ly/337UGzb>