



TEDAKO PRESCHOOL NEWSLETTER

MAY 2024



SAVE THE DATE!

Traffic Safety Instruction by Ishikawa Police Department

5/31 (Fri) 10:00

Traffic Safety Lecture by Ishikawa PD.
(For Nujumi, Wakatida, Miyarabi and Shinka Class only)

Class Observation with Zoom

5/21 – 24

(Please see the schedule on the next slide)

ZOOM in on your child's circle time participation!

Shinka parents will be invited to see their child in the classroom in-person.



Birthday Party



We will celebrate all other children with May birthdays.

ages 2 and above

5/17 (Fri) 14:50~

We will celebrate birthday children with their own class.

Upcoming Events in June

Bi-Annual Health Check-Up
6/13 (Thu)

Annual Dental Check-Up
6/20 (Thu)



*We will confirm the dates and provide more details via email.

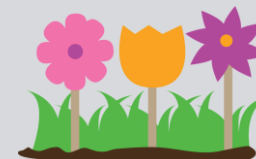
ZOOM CLASS OBSERVATION

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 at the times listed below!

Class	Date	Time
Kanasan	Tuesday, May 21	10:30-10:45
Churasan	Wednesday, May 22	10:30-10:45
Umusan	Thursday, May 23	10:30-10:45
Kugani	Thursday, May 23	09:40-09:55
Nuuji	Wednesday, May 22	09:40-09:55
Kafuu	Tuesday, May 21	09:40-09:55
Miyarabi	Tuesday, May 21	10:00-10:20
Wakatida	Wednesday, May 22	10:00-10:20
Nujumi	Thursday, May 23	10:00-10:20
Shinka (in-person)	Friday, May 24	10:00-10:20

MAY 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 May.



*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	Monthly songs: " 5 little ducks" "こいのぼり (Koinobori) /おかあさん (Oka-san)"
	Akasan	Monthly songs: " 5 little ducks" "お弁当の歌 (Obento no Uta)"
Pre-toddler (1 year old)	Kanasan / Churasan / Umusan	"My Family" "Animal" "Insects / Bugs" "Life Cycle-Butterfly"
Toddler (2 years old)	Kafuu / Nuuji / Kugani	"My Family" "Animal" "Insects / Bugs" "Life Cycle-Butterfly"
Preschool (3-4 years old)	Nujumi / Wakatida / Miyarabi	"Traffic Safety"
Preschool (5 years old)	Shinka	"Traffic Safety"

The fifth of May was originally a day to celebrate the boys' healthy growth and happiness at "Tango no Sekku".

Since 1948, it has been designated as a National holiday to respect the personality of all children, realize their happiness, and thank their mothers.



Children's Day

Tango no Sekku is an event that has celebrated for a long time.

Originally, it was a day to drive away illness and disasters.

It is said that "iris" used for the event looks like tools used by samurai, and also "shobu" (iris in Japanese) has the same sound as "competition or match", then Tango no Sekku gradually became the boys' day.

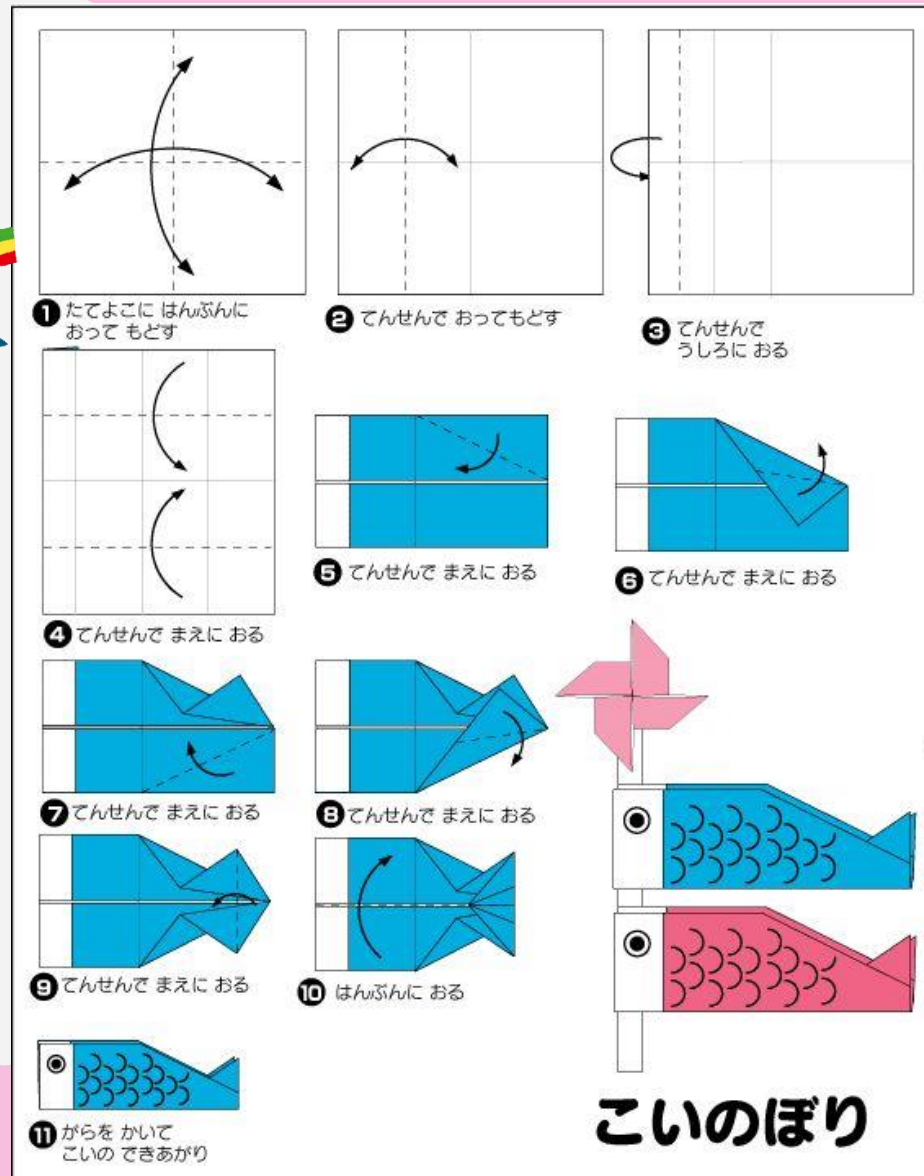
Why do they decorate the carp streamer?

"Carp" is fish that swims vigorously even in a strong, fast-flowing, strong river and climbs a waterfall. People hope that their children grow up like strong carp. The five-color windsock has the meaning of driving away bad things in the hope of the safe growth of children.



Let's make Origami Koinobori (Carp Streamer)

- ① Fold it in half lengthwise and widthwise, bring it back with a crease.
- ② Fold along the line and bring it back with a crease.
- ③ Fold it back along the line
- ④、⑤、⑥、⑦、⑧、⑨ Fold it frontward along the line
- ⑩ Fold it in half.
- ⑪ Draw patterns and eyes, and your carp is done!



WELCOME MINAMI !!

Minami joined us from April as a Support Staff in Wakatida Class












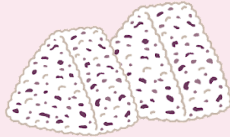
Hello! Nice to meet you!

My name is Minami and I from Chiba and moved to Okinawa in 2021. I studied childcare at university, after that I went to Fiji and New Zealand to study English. After returning to Japan in 2018, I started working at preschool in Tokyo. Since then, all of my work experience has been with children and I really loved my jobs! When I am not working, I like to play volleyball, snorkel, and travel to explore new experiences!

I'm looking forward to working with CDC children.

I'll do my best to make them happy ♪ Let's play and study together!

MAY SNACK MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Corn Flakes/ Soy Milk コーンフレーク/豆乳 	Brown Rice Senbei/ Dates *Baby Senbei/Cheese 玄米せんべい/ デーツ *ベビーせんべい/チーズ 	Yogurt/ Berry Mix ヨーグルト/ ベリーミックス 	Banana バナナ 	Crackers/ Milk クラッカー/牛乳 
PM	Corn /Senbei *Creamed Corn/ Baby Senbei コーン/せんべい *クリームコーン/ ベビーせんべい 	Apple/Biscuit *Apple Sause/ Biscuit りんご/五穀ビスケット *煮りんご/ 五穀ビスケット 	Tofu Stake 豆腐ステーキ 	French Toast/ Milk *Pumpkin/Milk フレンチトースト/ 牛乳 *かぼちゃ/牛乳 	Rice Ball おにぎり 

SUBSTITUTION:

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を変更することがあります。

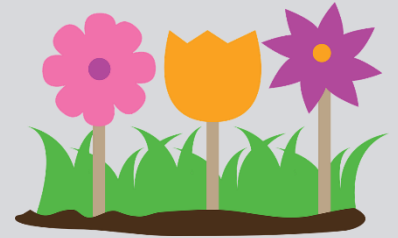
*Substitution for young toddlers



小さなお子さんには*印の-snackを用意します。

We will celebrate all May Birthdays and the children will enjoy cake with their friends on 5/17.
5/17(金)には 5月のお誕生会をします。ケーキでお祝いします。



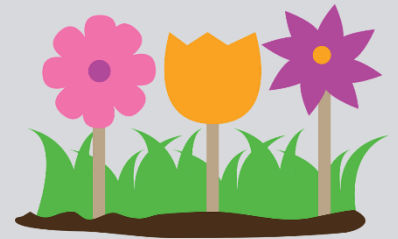
5月の献立表



月	火	水	木	金
		1	2	3
		米飯 親子煮 ラタトゥイユ 菜の花和え 小松菜のみそ汁	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	
6	7	8	9	10
	米飯 白身魚のマリネ 人参シリシリ 海藻サラダ ゆし豆腐	カレーライス カブチーの揚げ和え レモンゼリー	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 鶏肉のケチャップ炒め ジャージャン豆腐 南瓜サラダ もずくのみそ汁
13	14	15	16	17
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 へちまのしそ和え さつま芋のみそ汁	ジューシー ツナ玉 きんぴらごぼう こんにゃくサラダ ゆし豆腐	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 パパイアごまサラダ 卵スープ
20	21	22	23	24
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 パパイアごまサラダ 椎茸の味噌汁	クリームシチュー 白菜のゆず和え ストロベリーゼリー	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 カブチーの和え物 もずくのみそ汁
27	28	29	30	31
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	米飯 チキンカツ ひじきのそぼろ煮 菜の花の和え物 豚とへちまのみそ汁	米飯 豚肉の二郎醤油 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



MAY LUNCH CALENDAR



Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		White Rice Stewed Chicken & Egg Ratatouille Nanohana Salad Green Veggie Miso Soup	White Rice Vegetable Hamburger Stir-Fried Vermicelli Okra Salad Pumpkin Miso Soup	Holiday
6	7	8	9	10
Holiday	White Rice Marinated White Fish Stir-Fried Shredded Carrot Seaweed Salad Yushi Tofu	Curry & Rice Cauliflower Salad Lemon Jelly	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
13	14	15	16	17
White Rice Grilled White Fish w Japanese Plum Hijiki Nanohana Salad Deep-Fried Tofu Miso Soup	White Rice Grilled Pork w Oyster Sauce Stewed Daikon & Ganmo Sponge Cucumber Salad Sweet Potato Miso Soup	Okinawan Mixed Rice Omlet with Tuna Fish Stir-Fried Burdock Konnyaku Salad Yushi Tofu	White Rice Mini Hamburger Stewed Pork & Veggies Spinach Salad Fu Miso Soup	White Rice Grilled Pork w Ginger Stir-Fried Eggplant Papaya Salad Egg Soup
20	21	22	23	24
White Rice Grilled Chicken w Miso Sautéed Mushrooms & Green Veggies Cabbage Salad Pumpkin Miso Soup	White Rice Salt-Marinated White Fish Stewed Taro w Sesame Papaya Salad Shiitake Mushroom Miso Soup	Cream Stew Chinese Cabbage Salad Strawberry Jelly	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
27	28	29	30	31
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	White Rice Chicken Cutlet Stir-Fried Hijiki Nanohana Salad Pork and Gourd Miso Soup	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

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 us for the
Annual Schooling Options Information Seminar 2024
Friday, May 10th, 17:00-19:00

Date and Time: Friday, May 10th 17:00-19:00

Location: Ocean View Room, Zoom

Purpose: to give OIST parents and carers access to information about the international schooling options available on Okinawa and a chance to ask their own questions directly to representatives from the schools.

Schools: AmerAsian, Amicus, Hope, Okinawa Christian School International (OCSI), Okinawa International School (OIS)

Zoom Participants: Please use the link on the registration form to log into the seminar. You can submit your questions in advance on the registration form as well as during the seminar. Questions asked on Zoom will be collected and answered on the Schooling Options website later.

You can use the QR code to register or go to [<https://forms.office.com/r/y7G5LP6HBM>].



Congratulations to our
GREEN FUTURES AWARD
WINNERS 2024

Eunice Ayuman	Arisa Matsuda
Mary Emeka	Sanae Shimoji
Wakatida class	Sawako Suzuki
Yuuki Iramina	Yosuke Taira
Koichi Ishijima	Junko Wakita
Julia Nabholz	Takako Zukeran



*Thank you for making our CDC Community
more green and sustainable!*

TEDA KO 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.



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>

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