



TEDAKO PRESCHOOL NEWSLETTER

AUGUST 2024



SAVE THE DATE!



Birthday Party

ages 2 and above
8/16 (Fri) 14:50~

We will celebrate all children with August birthdays.

Events

CDC Art Exhibition
@ Center Building Level C and Sky Walk
8/5 (Mon) ~ 8/16 (Fri)

This year's theme is
"FOOD APPRECIATION"

Fire Truck Visit from Kin Fire Department
8/14 (Wed)

CDC Closure

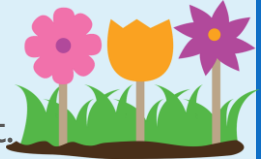
Mountain Day
8/12 (Fri)

AUGUST 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 August.

*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: “うみ” “しゃぼんだま” “Baby Shark”
	Akasan	Monthly songs: “水中めがね” “魚がはねて” “Baby shark” “Skidamarink”
Pre-toddler (1 year old)	Kanasan / Churasan / Umusan	“Ocean” “Food” “Safety”
Toddler (2 years old)	Kafuu / Nuuji / Kugani	“Ocean” “Food” “Safety”
Preschool (3-4 years old)	Nujumi / Wakatida / Miyarabi	“Dinosaur” “Transportation”
Preschool (5 years old)	Shinka	“Dinosaur” “Transportation”



8/11 - Mountain Day



Mountain Day is a day to befriend the mountains and say "thank you" to them. Every year, August 11 is designated as "Mountain Day" and is a national holiday. (It was established on August 11, 2016)

More than half (nearly 70%) of the country we all live in today, "Japan," is made up of mountains. Mountains catch the rain that falls from the sky, provide a place for animals to live, and give birth to "things made of wood" that we all use in our daily lives.... In fact, they are connected to our daily lives in many ways, and are indispensable and we should continue to take good care of them.



8/11 - Mountain Day



What kind of things are made of "trees" that grow a lot in the mountains?

There are many things we use in our daily lives that are made of wood! For example, disposable chopsticks, paper, cardboard, desks, chairs, pianos, etc... What other things are made of wood? Let's look for them together!

What kind of creatures live in the mountains?

Birds, monkeys, bugs, Yambaru kuina, what else??

What do the animals that live in the mountains eat? How do mountain animals sleep when they don't have bedding? Where are mountains located and what kind of mountains are there? Let's take this opportunity to talk about mountains together!

WELCOME YURIKO!!

Yuriko joined the Tedako CDC from July as a kitchen staff



7月1日からキッチンスタッフ入社しました。
山城百合子です。

28年間、保育園、介護施設、加工センターなどで
調理の仕事をしてきました。

趣味はお菓子作りで、スフレチーズケーキ、ガトー
ショコラ、ヨーグルトパイなどが得意です。

自然の場所をウォーキングをすることが趣味です。
よろしくお願いいたします。

My name is Yuriko Yamashiro and I started working as a
kitchen staff at the Tedako CDC from July 1.

I have been engaged in cooking duties at a preschool,
nursing facility and food processing facility for a total of
28 years.

I like making sweets and souffle cheesecake, gateau
chocolat and yogurt pie are some of my favorite recipes. I
also like nature walking.

Important reminder from OIST occupational health and safety section

Basic Safety Measures to Enjoy Marine Leisure

Always wear a life jacket

Choose a life jacket that fits your body and wear it properly

You can float on the water surface and wait for help by wearing a life jacket if you fall into the ocean during marine activities (such as fishing, playing at the beach, riding a jet ski, etc.). Choose a life jacket that fits your body, securely fasten the belt and zippers, and wear it properly.



Carry your phone in a waterproof pouch

A Phone in a waterproof pouch is ideal for securing a contact system during an emergency.

Most marine leisure occurs along shores and coastlines where phones are within communication range. Carrying a phone in a waterproof pouch allows you to call for help when you are involved or witness an accident.



Call 118

118 is for Marine Emergencies

Call 118 (Japan Coast Guard) when you are involved in or witness a marine leisure accident. This number reaches the 11th Regional Coast Guard Headquarters.

BEWARE OF INFECTIONS IN GROUP LIVING

Nursery schools are places where children live in groups, so inevitably infectious diseases tend to spread. There are a variety of infectious diseases, but here are three of the most common in summer. Let's check the symptoms.

Hand, foot and mouth disease

This is an infectious disease that causes a rash on the inside of the mouth and hands and feet. In addition to washing hands, care must be taken when handling diapers after changing them, as the virus may remain in the stool.

Herpangina

This is an infectious disease that causes various symptoms such as high fever and sore throat. Blisters may appear in the oral cavity, and the symptoms are similar to those of hand-foot-and-mouth disease, so care must be taken to distinguish between the two.

Pool fever (pharyngoconjunctival fever)




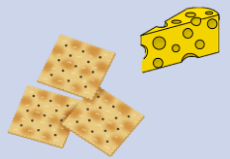






An infectious disease caused by the adenovirus that causes fever, sore throat, and conjunctivitis, it starts to spread in June and peaks in July and August, so be careful.

Prevention is the key!

There are many other infectious diseases that can be spread at the school. Many of them are droplet infections or contact infections, so we should continue to take precautions such as washing our hands. Please read through the following link to see procedures for illnesses.

[Health and Safety | OIST Groups](#)

AUGUST SNACK MENU

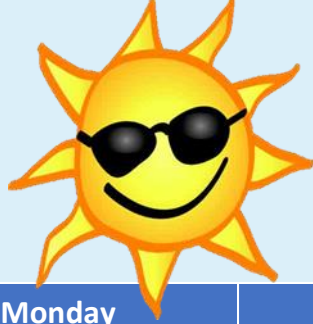
	Monday	Tuesday	Wednesday	Thursday	Friday
A M	Brown Rice Cereal/ Soy Milk 玄米フレーク/豆乳 	Banana バナナ 	Yogurt/ Berry Mix ヨーグルト/ミックスベリー 	Crackers/Cheese クラッカー/チーズ 	Brown Rice Senbei/ Prune *Baby Senbei/Cheese 玄米せんべい/プルーン *ベビーせんべい/チーズ 
P M	Rice Ball (Corn/Red Shiso) おにぎり(コーン/ゆかり) 	Apple/Sesame Biscuit *Pumpkin/Soy Milk りんご/ごまビスケット *かぼちゃ/豆乳 	Sandwich (Cheese & Cucumber/Jam) *Apple Juice/ Sesame Biscuit サンドイッチ (チーズ&きゅうり/ジャム) *りんごジュース/ ごまビスケット 	Tofu/ Bonito Flakes w Soy Sauce 冷やっこ (豆腐/かつお節/醤油) 	Blueberry Scone/ Milk *Sesame Biscuit/Milk ブルーベリースコーン/ 牛乳 

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 August Birthdays and the children will enjoy cake with their friends on 8/16.

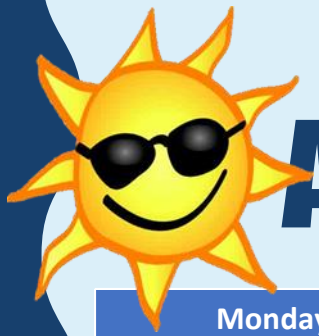
8/16(金)には8月のお誕生会をします。ケーキでお祝いします。



8月の献立表



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			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
5	6	7	8	9
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 キャベツのみそ汁	米飯 豚肉のトマト`レシク` 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	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	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
12	13	14	15	16
山の日	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	カレーライス ポテトサラダ レモンゼリー	米飯 カレイ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	米飯 鶏の甘辛焼き キャベツソテー うどんサラダ 椎茸のみそ汁
19	20	21	22	23
米飯 ホキのみどり酢ダレ ごぼうの炒め煮 オクラの梅和え (保) 白菜のみそ汁	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	ジューシー ツナ玉 酢豚風 コールスロー ワカメスープ	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 魚の香草焼き 冬瓜の味噌煮 青菜の和え物 豚汁
26	27	28	29	30
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 ホキの塩麹漬け 切干大根の洋風炒め煮 ナスの和え物 豚汁	クリームシチュー オニオンサラダ ストロベリーゼリー	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	米飯 鶏のネギ塩炒め まーみなーちゃんぶる ブロッコリーサラダ 油揚げの味噌汁



AUGUST LUNCH CALENDAR



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			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
5	6	7	8	9
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	White Rice Egg Omlet w Vegetable Stir-Fried Goya Soy Bean Salad Fu Miso Soup	White Rice Fish w Dressing Vegetable Soup Vermicelli Salad Egg Miso Soup
12	13	14	15	16
Mountain Day (Holiday)	White Rice Grilled White Fish w Curry Stewed Pumpkin Green Pepper Salad Chinese Cabbage Miso Soup	Curry & Rice Potato Salad Lemon Jelly	White Rice Flat Fish w Tomato Sauce Stir-Fried Carrot Eggplant Salad Yushi Tofu	White Rice Sweet & Soy Grilled Chicken Sauteed Cabbage & Mushrooms Udon Salad Shiitake Mushroom Miso Soup
19	20	21	22	23
White Rice White Fish w Vinegar Dressing Stir-Fried Burdock Okra Salad Chinese Cabbage Miso Soup	White Rice Grilled Chicken Hijiki Cauliflower Salad Yushi Tofu	Okinawan Mixed Rice Egg Omlet w Tuna Stir-Fried Sweet & Sour Pork Coleslaw Salad Wakame Soup	White Rice Pork Dumpling Mapo Vermicelli Bamboo Shoot Salad Koya Tofu Miso Soup	White Rice Grilled White Fish w Herbs Winter Melon w Miso Mustard Spinach Salad Pork & Vegetable Miso Soup
26	27	28	29	30
White Rice Tofu Hamburg Stir-Fried Kanpyo Potato Salad Wakame Seaweed Miso Soup	White Rice Sald-Marinaded White Fish Shredded Daikon Radish Strips Eggplant Salad Port Miso Soup	Cream Stew Onion Salad Strawberry Jelly	White Rice Egg Omlet w Veggies Stewed Chicken & Pumpkin Spinach Salad Winter Gourd Miso Soup	White Rice Stir-Fried Chicken w Spring Onion Stir-Fried Bean Sprouts Broccoli Salad Deep-Fried Tofu Miso Soup

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.



Air Drying Laundry

Take advantage of the hot weather to dry your laundry naturally

Hanging clothes to dry rather than using a tumble drier can save an average household 400 kg carbon dioxide emissions per year ([reference](#))

For practical tips see the Resource Center's Green Okinawa post 'Air-drying laundry'

resource-center/green-okinawa-laundry



JOIN PATO!

Join our meetings!
Every 2nd Friday of the month
C209 or C210 OIST center building

Open to all parents & carers with children in the CDC and SAP

- Family-oriented events
- 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

Chat on Slack – Slack を通して私達に話をしに来てください **CDCとSAPのコミュニティ作り**

<https://oistpato.slack.com>

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PATOで新しい友達を作りましょう!