



TEDAKO PRESCHOOL NEWSLETTER

DECEMBER 2024



SAVE THE DATE!

Happy
Birthday!

Birthday Party

12/20 (Fri) 14:50-

We will celebrate all children ages 2 and above with December birthdays.



Winter Concert



12/6 (Fri)

Please see the following slide for details.

Winter Break:
12/28 (Sat) ~ 1/5 (Sun)
❄️ Have a great holiday and
see you on January 6th!



DECEMBER 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 December.



*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.

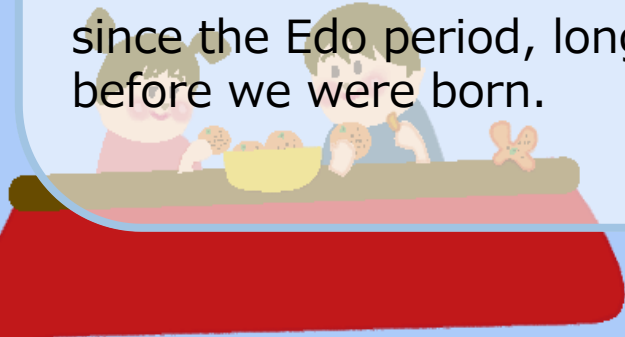
| Age Group | Class | Monthly Theme |
|------------------------------|------------------------------|--|
| Infant (0 year old) | Kukuru | Monthly songs: “北風小僧の貫太郎” “Little Snowflake” |
| | Akasan | Monthly songs: “しあわせなら手をたたこう” “If you're happy and you know it” |
| Pre-toddler (1 year old) | Kanasan / Churasan / Umusan | “Feeling and Emotions” “All about 5 Senses” “Weather” “Holiday” |
| Toddler (2 years old) | Kafuu / Nuuji / Kugani | “Feeling and Emotions” “Health/Safety” “All about 5 Senses” “End of the Year/New Year” |
| Preschool (3-4 years old) | Nujumi / Wakatida / Miyarabi | “Health & Safety” “Food and Nutrition” |
| Preschool (5 years old) | Shinka | “Health & Safety” “Food and Nutrition” |



O-misoka, New Year's Eve

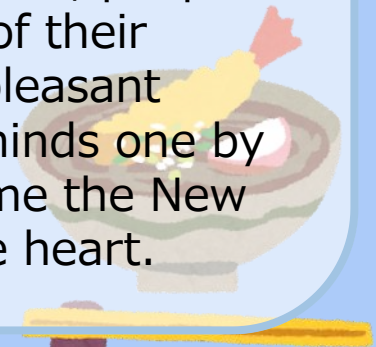
O-misoka (New Year's Eve) is the last day of the year and "Toshikoshi-soba," which is eaten before the new year, has the meaning of "May you live as long and thin as soba."

It is said to have been eaten since the Edo period, long before we were born.



The 108 bells that are rung at temples all over Japan at the end of the night on New Year's Eve are called "Joya-no-kane."

By ringing the bells, people hope to get rid of their worries and unpleasant things in their minds one by one, and welcome the New Year with a pure heart.



WELCOME ALBINA SENSEI!

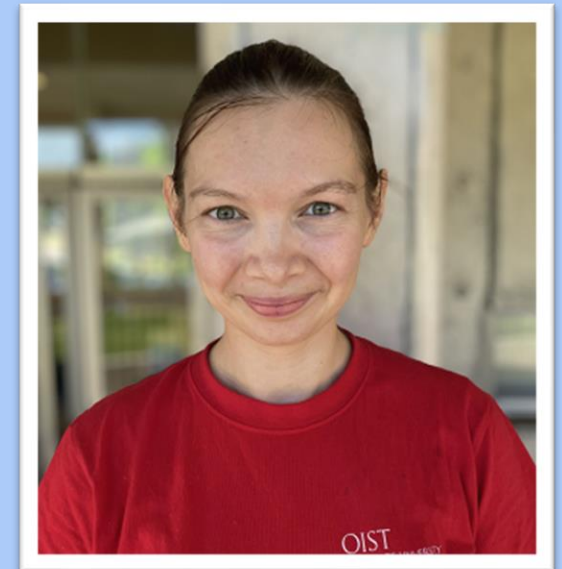
Albina joined us from November in Kukuru Class.

Hello, everyone!

My name is Albina Imasheva. I came to Okinawa 5 years ago from Russia. I have an active 3-year-old son who also attends CDC. I always loved working with children, and it was easy for me to find common ground with them.

I graduated as a Russian Language and Literature teacher. During my university years I completed courses in pedagogy and psychology. I have been working with kids as a nanny, a schoolteacher and an animator at a toy shop. I've read plenty of books about children's psychology. And now, when I have become a mother, I have even more understanding of children's needs. Also, as a mom I deeply feel how important it is to know that your child is in good hands when it comes to kindergarten.

I speak Russian, English and Japanese (JLPT N3 level). I am looking forward to getting to know your children and forming close bonds with them.



2024 TEDAKO CDC WINTER CONCERT SCHEDULE

Date: Friday, December 6 / Venue: OIST Auditorium

| Time | Class | Program |
|-------|----------|---|
| 10:00 | Akasan | "If You're Happy and You Know It" "しあわせなら手をたたこう" |
| 10:15 | Churasan | "Mr. Golden Sun" "ぐるぐるどっかーん" |
| 10:30 | Umusan | "We are the "dinosaurs" "やきいもグーチャーパー" |
| 10:45 | Kanasan | "I'm a Little Snowman" "バスに乗って" |
| 14:15 | Shinka | "We've got the Whole World" "You are my Sunshine" "It's a Small World" "Kids Saving Earth with Promise" |
| 14:45 | Nujumi | "Heal the world" "ホ！ホ！ホ！" |
| 15:00 | Wakatida | "Sing a Rainbow" "どんないろがすき" |
| 15:15 | Miyarabi | "Gummy Bears" "にじ" |
| 15:30 | Kafuu | "The Goldfish" "ムシバイキンたいそう" |
| 15:45 | Nuuji | "I can do it" "ロケットペンギン" |
| 16:00 | Kugani | "Penguin Dance" "おもちゃのチャチャチャ" |

CDC will not be filming the performances this year. Please take your own pictures and videos of your child.



DATA PROTECTION POLICY FOR PHOTOGRAPHS, VIDEOS AND COMMUNICATION AT TEDAKO CDC

We would like to remind you of the CDC policy about the use of children's photographs and videos.

Data Protection Policy for Photographs, Videos and Communication at Tedako CDC

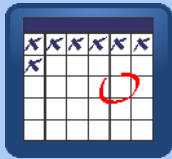
★ Important ★

- If your child participates in CDC events (Sports Day, Art Exhibition and Winter Concert and etc.), his or her portrait may be taken for media communication purposes and social networking purposes without permission. In addition, his or her portrait may be taken by other families. Please note that there is a possibility that it could be shared with a wider audience by other families.
- Photographs and videos are subject to Act for Personal Information Protection. Please note the following points when posting photos of children you take at the CDC events or photos shared by CDC on SNS:
 1. Obtain consent from a parent of the third party before posting the photographs showing her/ him.
 2. When posting photographs of your child, please bear in mind that they could be spread on the Internet.
 3. You may be subject to criminal penalties, especially if you post photographs of your child's nakedness or underwear.

Thank you in advance for your cooperation and understanding and please feel free to contact us if you have any further questions or concerns.

READJUSTING TO SCHOOL AFTER AN EXTENDED BREAK

Coming back to school even after only one extra day off breaks children's routine. When they return to school, they often feel separation anxiety and unsettled until they get readjusted to the routine. To make the transition back to school in January smooth we recommend the following:



SHARE THE BREAK TIME SCHEDULE:

Give your child a sense of what to expect. Tell them how many days off they have and when they will be returning to school. If you can maintain a similar afternoon nap and lunch schedule as your child's class the return to the classroom routine will be much smoother



READ TO YOUR CHILD EVERYDAY:

(In any language) Setting some time every day for reading will make it a familiar ritual when they return to school and it is a great opportunity to bond and develop language and reading skills.



TRUST YOUR TEACHERS:





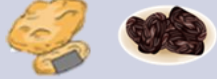





Some children will start the New Year in a new class. If you are nervous, your child will pick up on this and share your anxiety. Your child will enhance their social skills and participate in a wide range of fun activities carefully designed to develop their skills.



EXPECT AN ADJUSTMENT PERIOD:

Children will be eager to come back to school and see their friends, however it will be hard to wake up early, get ready for school and say good bye to mom or dad in the morning after the long break. It will take up to 2 weeks before children are readjusted, but by then we can expect no more tears at drop off time in the morning.

DECEMBER SNACK MENU

| | Mon | Tue | Wed | Thu | Fri |
|----|---|--|--|---|---|
| AM | Brown Rice Cereal/ Soy Milk 玄米フレーク/ 豆乳  | Banana バナナ  | Yogurt/ Mixed Berries ヨーグルト/ ミックスベリー  | Tangerine/ Cracker みかん/ クラッカー  | Rice Cracker/ Prune *Banana せんべい/プルーン *バナナ  |
| PM | Rice Ball/ おにぎり  | Grilled Potato *Mashed Potato グリルポテト *マッシュポテト  | Apple Juice/ Biscuit w Jam ジャムビスケット/ りんごジュース  | Tuna Sandwich/ Milk *Pumpkin/Milk ツナサンド/牛乳 *かぼちゃ/牛乳  | Oatmeal Cookies オートミールクッキー  |


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 December Birthdays and the children will enjoy cake and Soy milk with their friends on Friday, Dec. 20.
12/20(金)には12月のお誕生会をします。ケーキと豆乳でお祝いします。

DECEMBER LUNCH CALENDAR

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|---|
| 2 | 3 | 4 | 5 | 6 |
| Rice Grilled Chicken Stewed Eggplant w Miso Papaya Salad Taro Miso Soup | White Rice White Fish Piccata Stir-Fried Pork & Veggies Green Bean Salad Yushi Tofu | White Rice Chicken Cutlet Hijiki Nanohana Salad Pork & Papaya 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 |
| 9 | 10 | 11 | 12 | 13 |
| White Rice Grilled White Fish w Spring Onion Stir-Fried Radish Strips Onion & Corn Salad Cabbage Miso Soup | White Rice Pork w Tomato Dressing Stir-Fried Papaya Hijiki Salad Koya Tofu Miso Soup | Curry & Rice Radish Salad Lemon Jelly | 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 |
| 16 | 17 | 18 | 19 | 20 |
| White Rice Pork Chop Stir-Fried Mustard Green Seaweed Salad Fu Miso Soup | White Rice Grilled White Fish w Curry Stewed Pumpkin Green Pepper Salad Chinese Cabbage Miso Soup | Okinawan Mixed Rice Chicken Meat Ball Stir-Fried Green Beans Potato Salad Wakame Miso Soup | White Rice Flat Fish w Tomato Sauce Stir-Fried Carrot Broccoli Salad Yushi Tofu | White Rice Sweet & Soy Grilled Chicken Sauteed Cabbage & Mushrooms Udon Salad Shiitake Mushroom Miso Soup |
| 23 | 24 | 25 | 26 | 27 |
| White Rice White Fish w Vinegar Sauce Stir-Fried Burdock Okra Salad w Japanese Plum Papaya Miso Soup | White Rice Grilled Chiken Salt Taste Hijiki Cauliflower Salad Yushi Tofu | Cream Stew Coleslaw Salad Strawberry Jelly | White Rice Steamed Meat Dumpling Mapo Vermicelli Papaya Salad Koya Tofu Miso Soup | Rice Grilled White Fish w Herbs Stewed Winter Gourd Green Veggies Salad Pork Miso Soup |
| 30 | 31 | | | |
| Holiday | Holiday |  |  |  |

12月給食献立

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|---|
| 2 | 3 | 4 | 5 | 6 |
| 米飯 鶏肉のたれ焼 なすの味噌煮 パパイヤサラダ 里芋のみそ汁 | 米飯 白身魚のピカタ 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 豚とパパイヤのみそ汁 | 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 パパイヤのしそ和え 椎茸のみそ汁 |
| 9 | 10 | 11 | 12 | 13 |
| 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 パパイヤのみそ汁 | 米飯 豚肉のトマトドレッシング きんぴらごぼう ひじきのゆず和え 高野豆腐の味噌汁 | カレーライス パパイヤサラダ レモンゼリー | 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 |
| 16 | 17 | 18 | 19 | 20 |
| 米飯 ポークチャップ チキナーの炒め物 海草サラダ 花麩のみそ汁 | 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 | ジューシー 鶏つくね焼き インゲンの塩麩炒め ポテトサラダ わかめの味噌汁 | 米飯 カレイのトマトソースかけ 人参シリシリ ブロッコリーサラダ ゆし豆腐 | 米飯 鶏の甘辛焼き パパイヤソテー うどんサラダ 椎茸のみそ汁 |
| 23 | 24 | 25 | 26 | 27 |
| 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) パパイヤのみそ汁 | 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 | クリームシチュー コールスロー ストロベリーゼリー | 米飯 肉焼売 麻婆春雨 パパイヤの和え物 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 |
| 30 | 31 | | | |
| Holiday | Holiday |  |  |  |

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.

Reducing Food Waste

An estimated 5.2 million tons of food was wasted in Japan in 2020. Buying only what you need and eating leftovers are well-known tips to reduce food waste at home. Here are others that work well for CDC families:

- Stock your fridge and cupboards with older items in front so you eat them first
- Have a dedicated "Eat Me" shelf in the fridge for food that needs to be eaten soon
- Have a "choose your own dinner day" where you pick anything that needs to be eaten soon from the fridge or cupboard. It could include leftovers, fruit and veg, or open packaged foods. Kids enjoy getting to choose what they feel like eating!
- In typhoon season, don't keep too much food stored in your freezer in case there is a power outage and it all gets spoiled

Do you have a tip? Please share it with us!

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://olstpato.slack.com>

PATOで新しい友達を作りましょう!

Join our meetings!
Every 2nd Friday of the month

November 8 Café Private Meeting Room Center Court