



# **TEDAKO PRESCHOOL NEWSLETTER**

**APRIL 2025**



# SAVE THE DATE!



## Birthday Parties

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

**4/18 (Fri) 14:50~**

We will celebrate birthday children with their own class.

## CDC Closure

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



## April Events

**4/22 (Tue)  
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

Tuesday, 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 Tuesday, 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.





**We have been working on Earth runs activity in preschool through dancing and gymnastics every morning!**

We worked 181 days

Planted 181 trees

Our trees help support up to 70952 living creatures!  
(since November 2023)



### Tree Planting Impact Report

Every tree makes a difference. It helps fight climate change, flood erosion, it supports biodiversity, helps create natural habitats and support local communities who plant and care for the trees. This is the impact we have made to date:



Trees planted  
**181**



Sequestering  
**1810**  
KG of CO<sub>2</sub>e per year



The equivalent of  
**0**  
miles driving



Supporting  
**54K+**  
creatures



Soaking up  
**1M+**  
litres of water



The equivalent of  
**12**  
baths



Creating oxygen for  
**25.7**  
people



Providing  
**2.7**  
workdays

# 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 (0 year old)	Kukuru	Monthly songs:おはながわらった/ Head, Shoulders,Knees and Toes
	Akasan	Monthly songs:てをたたきましょう/If you're Happy and you know it
Pre-toddler (1 year old)	Kanasan / Churasan / Umusan	"Beginning of Class / Get Ready for New Class" "All about Me" "My Family"
Toddler (2 years old)	Kafuu / Nuuji / Kugani	"Beginning of Class / Get Ready for New Class" "All about Me"
Preschool (3-4 years old)	Nujumi / Wakatida / Miyarabi	"Getting to Know Your Class, Friends, and Teachers" "Classroom Rules" "Earth Day"
Preschool (5 years old)	Shinka	"Getting to Know Your Class, Friends, and Teachers" "Classroom Rules" "Earth Day"



# Spring Traffic Safety Campaign

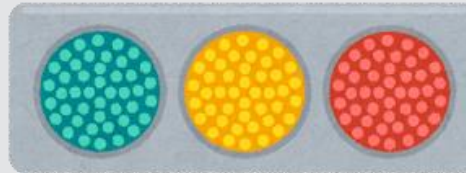
はる こうつう あんぜん うんどう

## 春の交通安全運動

April 6 - 15, 2025

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 2025 Annual Fee, each child will receive a new OIST T-Shirt.

Please complete [FY2025 OIST T-Shirt Order Form](#) for each child by Friday, April 11 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 2024 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, 2025

# 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.



# DROP OFF PROCEDURES

Please review our drop-off procedures!

- The CDC opens at 8:00 and class programs begin at 9:30. Children may arrive any time before 9:30 not to miss out any planned activities. **Please apply sunblock prior to coming to the CDC from April through October.**
- During drop off time, we ask that the parent take the child to the classroom staff, greet the classroom staff, pass on any information necessary. Record the attendance time and say a quick goodbye to their child before leaving. **Recording the arrival time daily is the responsibility of the parents.**
- (For preschool parents) Please record the body temperate of your child on the temperature check sheet.
- **Drop-off during nap/rest time (12:30-14:30) is not allowed (except infant and Shinka Class).**
- To facilitate daily planning, please call or email [classroomname@oist.jp](mailto:classroomname@oist.jp) by 9:30 to inform the staff that your child will not be attending or be late.

## Safe Habits for Parking & Driving around the CDC

1. Drive Slowly
2. Safe parking lot paths (Please do no drive on walkways)
3. Turn off car engine
4. Hold hands with your child(ren) in the parking and near a road
5. Close and latch the CDC gates!





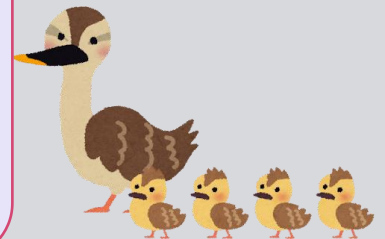
# CDC PICK UP PROCEDURES

Please review our pick-up procedures!

- Children will only be released to adults (18 years old and above) who have authorization.
- We ask parents to record the pick-up time before the child is released. **Recording the pick-up time daily is the responsibility of the parents.**
- Please remove the CDC hat.
- The CDC closes at 18:00. Please notify the office prior to late pick-up and sign out your child(ren) at the office. Late fee of 1,000 JPY for every 15 minutes will be applied for the care after the close of business (or after the part-time childcare hours based on the individual childcare contract).
- **Once your child is signed out, please do not socialize with other parents while letting your child roam around the playground.** Please be mindful about interactions with children other than your own.

## Emergency Pick-up Procedures

CDC staff will perform an ID check and escort if a person that is not familiar to our staff comes for pick up. We ask you to please let us know in advance when the primary pick-up person(s) is not available.





# 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 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? Are you new to the CDC and interested in seeing what children eat at the CDC?

CDC is pleased to invite our parents to taste school lunch on April 24! If you are interested in joining the session, please submit this [form](#) by April 11.

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

**Date: Thursday, April 24<sup>th</sup>**

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

**Venue: Conference Center Meeting Room I**






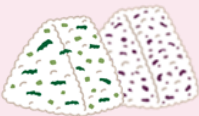





**Capacity: 20**

**Price: 450 JPY/person**





# APRIL SNACK MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
A M	<b>Corn Flakes/ Milk</b> *Oatmeal コーンフレーク/牛乳 *オートミール 	<b>Banana</b> バナナ 	<b>Cheese/Crackers</b> チーズ/クラッカー 	<b>Yogurt/ Mix Berries</b> ヨーグルト/ ミックスベリー 	<b>Rice Cracker/ Prunes</b> *Baby Senbei せんべい/プルーン *ベビーせんべい 
P M	<b>Rice Ball</b> おにぎり 	<b>Grilled Potato</b> *Potato Ball グリルポテト *ポテト団子 	<b>Bread/Milk</b> *Banana/Milk パン/牛乳 *バナナ/牛乳 	<b>Apple/Crackers</b> *Apple Juice/ Crackers  りんご/クラッカー *りんごジュース/ クラッカー 	<b>Jam Biscuit</b> ジャムビスケット 

## 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。

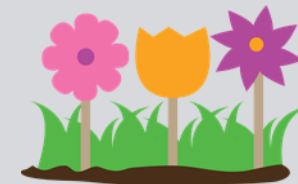
\* Substitution for young toddler. \*印は小さなお子様用のおやつです。

We will celebrate all April Birthdays and the children will enjoy cake with their friends on 4/18.

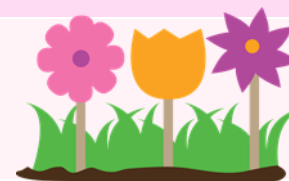
4/18 (金) には4月のお誕生会をします。ケーキでお祝いします。



# APRIL LUNCH CALENDAR

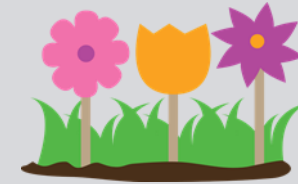


Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Rice	Rice	Rice	Rice
	Salt-Marinated White Fish	Chicken Chop	Grilled White Fish w Herb	Pork w Japanese Plum
	Stewed Taro w Sesame	Stir-Fried Lotus Root w Cury	Stewed Chinese Cabbage in Cream	Stir-Fried Chicken
	Daikon Radish Salad	Chinese Cabbage Salad	Broccoli Salad	Cauliflower Salad
	Maitake Mushroom Miso Soup	Vegetable Soup	Winter Gourd Miso Soup	Mozuku Miso Soup
7	8	9	10	11
Rice	Rice	Curry & Rice	Rice	Rice
Grilled Chicken	Mini Hamberg	Mustard Green Salad	Pork w Garlic Chive Soy Sauce	Mini Hamburger
Stewed Eggplant w Miso	Stir-Fried Pork & Veggies	Lemon Jelly	Stewed Kanpyo & Tofu	Stir-Fried Wheat Gluten
Burdock Salad	Green Beans Salad		Okra Salad	Papaya Salad
Taro Miso Soup	Yushi Tofu		Mozuku Miso Soup	Maitake Mushroom Miso Soup
14	15	16	17	18
Rice	Rice	Okinawan Mixed Rice	Rice	Rice
Grilled Fish w Spring Onion	Pork w Tomato Dressing	White Fish w Japanese Plum	Egg Omlet	Fish w Dressing
Stir-Fried Daikon Strips & Veggies	Stir-Fried Burdock	Stir-Fried Bean Sprouts	Stir-Fried Goya	Stewed Veggies in Soup
Onion & Corn Salad	Hijii Salad	Daikon Radish Salad	Soy Bean Salad	Vermicelli Salad
Cabbage Miso Soup	Koya Tofu Miso Soup	Yushi Tofu	Fu Miso Soup	Egg Miso Soup
21	22	23	24	25
Rice	Earth Day Picknic Please prepare a lunch box for your child(ren)	Cream Stew	Rice	Rice
Pork Chop		Potato Salad	White Fish w Tomato Sauce	Chicken w Sweet Sauce
Stir-Fried Mustard Green		Strawberry Jelly	Shredded Carrots	Sauteed Cabbage
Seaweed Salad			Broccoli Salad	Udon Salad
Fu Miso Soup			Yushi Tofu	Shiitake Miso Soup
28	29	30		
White Rice	Holiday	Okinawan Mixed Rice		
White Fish w Vinegar Sauce		Egg Omlet w Tuna		
Stir-Fried Burdock		Stir-Fried Sweet & Sour Pork		
Okra Salad		Coleslaw Salad		
Chinese Cabbage Miso Soup		Wakame Soup		





# 4月給食献立



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	米飯 白身魚の塩麹漬け 里芋の胡麻煮 大根の梅マヨネーズ 椎茸の味噌汁	米飯 チキンチャップ れんこんのカレー炒め 白菜のゆず和え 野菜スープ	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
7	8	9	10	11
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 ミニハンバーグ 回鍋肉風 いんげんの和え物 ゆし豆腐	カレーライス 菜の花の和え物 レモンゼリー	米飯 白身魚のニラ醤油 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
14	15	16	17	18
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 キャベツの味噌汁	米飯 豚肉のトマト・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	ジューシー カレイの梅焼き 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
21	22	23	24	25
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	地球の日ピクニック (弁当持参、給食なし)	クリームシチュー ポテトサラダ ストロベリーゼリー	米飯 カレイのトマトソースかけ 人参シリシリ ブロッコリーの和え物 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
28	29	30		
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 白菜のみそ汁	昭和の日	米飯 ツナ玉 酢豚風 コールスロー ワカメスープ		

# 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



CDC and SAP parents, guardians, teachers, and staff are warmly invited to submit their nominations for the 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 11, 2025.



*winners will be announced around Earth Day*





# 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！**