



# **TEDAKO PRESCHOOL NEWSLETTER**

**MAY 2025**



# SAVE THE DATE!

## Traffic Safety Instruction by Ishikawa Police Department

**5/29 (Thu) 10:00**

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

## Class Observation with Zoom **5/20 – 23**

(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  
**5/16 (Fri) 14:50~**

We will celebrate birthday children with their own class.

## Upcoming Events in June

Bi-Annual Health Check-Up  
6/9 (Mon)

Annual Dental Check-Up  
6/12 (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	Wednesday, May 21	10:30-10:45
Churasan	Thursday, May 22	10:30-10:45
Umusan	Friday, May 23	10:30-10:45
Kugani	Thursday, May 22	9:45-10:05
Nuuji	Wednesday, May 21	9:45-10:05
Kafuu	Tuesday, May 20	9:45-10:05
Miyarabi	Thursday, May 22	10:00-10:30
Wakatida	Wednesday, May 21	10:00-10:30
Nujumi	Tuesday, May 20	10:00-10:30
Shinka (in-person)	Friday, May 23	10:00-10:30

# 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: “こいのぼり” “一本橋こちょこちょ” “Twinkle Twinkle”
	Akasan	Monthly songs: “One little fingers” “先生おはよう”
Pre-toddler (1 year old)	Kanasan / Churasan / Umusan	“My Body Parts” “Feelings and Emotions” “Colors”
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” “Transportation”
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.



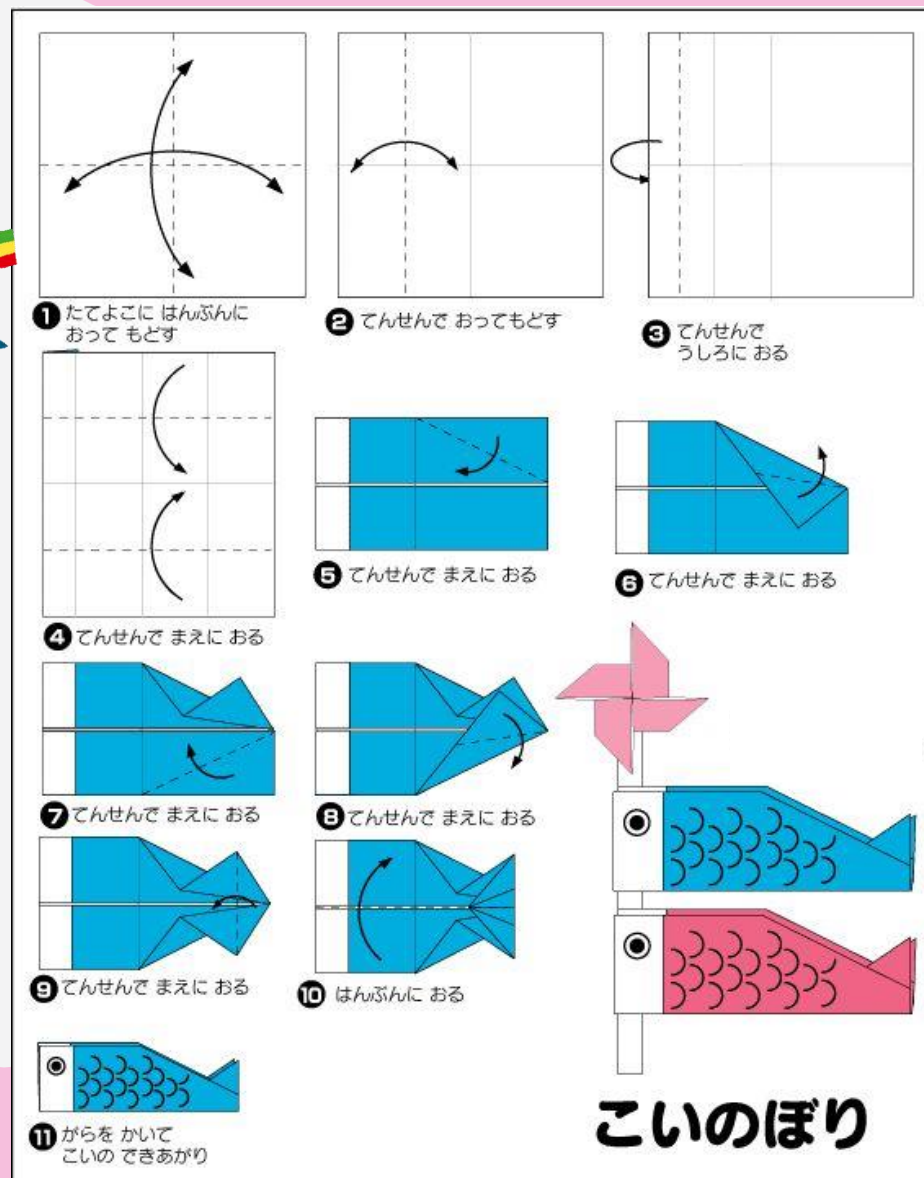
Why do they decorate the carp streamer?

"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.








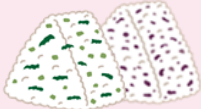





# Let's make Origami Koinobori (Carp Streamer)

- 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!





# MAY 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> *Pumpkin/Milk パン/牛乳 *かぼちゃ/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>Banana Cake</b> バナナケーキ 

## 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。

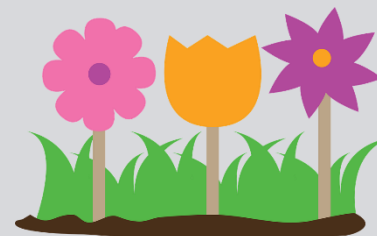
\* Substitution for young toddler. \*印は小さなお子様用のおやつです。

We will celebrate all May Birthdays and the children will enjoy cake with their friends on 5/16.

5/16 (金) には5月のお誕生会をします。ケーキでお祝いします。



# MAY LUNCH CALENDAR

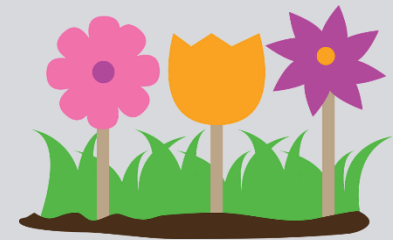


Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Rice Meat Dumpling Mapo Vermicelli Bamboo Shoot Salad Koya Tofu Miso Soup	Rice Fish w Herb Sauce Winter Melon w Miso Green Veg. Salad Pork & Vegetable Soup
5	6	7	8	9
Holiday (Children's Day)	Holiday (Substitute Holiday)	8 Rice Pork w Japanese Plum Stir-Fried Lotus Root Onion Salad Yushi Tofu Soup	White Rice Egg Omlet Stewed Pumpkin & Chicken Spinach Salad Winter Guard Miso Soup	Rice Stir-Fried Chicken w Green Onion Stir-Fried Bean Sprout Broccoli Salad Fried Tofu Miso Soup
12	13	14	15	16
Rice Grilled Hoki w Japanese Plum Mapo Winter Gourd Cabbage Salad Shiitake Miso Soup	Rice Grilled Pork Stewed Pork & Veggies Burdock Salad Egg Miso Soup	Curry & Rice Mustard Green Salad Lemon Jelly	Rice Vegetable Hamburger Stir-Fried Vermicelli Okra Salad Pumpkin Miso Soup	Rice Egg Omlet Stewed Broccoli in Cream Bean Sprout Salad Pork & Vegetable Miso Soup
19	20	21	22	23
Rice Deep-Fried Chicken Stir-Fried Dried Daikon Strips Potato Salad Spinach Miso Soup	Rice Marinated White Fish Stir-Fried Carrots Seaweed Salad Yushi Tofu Miso Soup	Okinawan Mixed Rice Corn cream croquette Stewed Goya w Miso Cauliflower Salad Chinese Cabbage Miso Soup	Rice Grilled Red Fish w Ginger Braised Winter Gourd & Chicken Hijiki Salad Taro Miso Soup	Rice Grilled Chicken Stir-Fried Tofu Pumpkin Salad Mozuku Miso Soup
26	27	28	29	30
Rice Grilled Red Fish w Japanese Plum Stir-Fried Hijiki Mustard Green Salad Fried Tofu Miso Soup	Rice Grilled Port w Oyster Sauce Stewed Daikon Radish Onion Salad Sweet Potato Miso Soup	Cream Stew Konjac Salad Strawberry Jelly	Rice Meat Ball Stewed Meat & Potato Spinach Salad Fu Miso Soup	White Rice Grilled Pork w Ginger Stir-Fried Eggplant Daikon Radish Salad Egg Soup





# 5月の献立表



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			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
5	6	7	8	9
こどもの日	振替休日	米飯 豚肉の梅風味 れんこんの胡麻炒め オニオンサラダ ゆし豆腐	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
12	13	14	15	16
米飯 ホキの梅焼き マーボー冬瓜 キャベツサラダ 椎茸の味噌汁	米飯 鶏肉のソース焼き みそ肉じゃが ごぼうのなると和え 卵のみそ汁	カレーライス 菜の花和え レモンゼリー	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	米飯 お好みオムレツ ブロッコリーのクリーム煮 もやしの昆布和え 豚汁
19	20	21	22	23
米飯 若鶏の竜田揚げ（オープン） 切干大根炒め ポテトサラダ ほうれん草のみそ汁	米飯 白身魚のマリネ 人参シリシリ 海藻サラダ ゆし豆腐	ジューシー コーンクリームコロッケ ゴーヤーの味噌煮 かぼちゃの揚げ和え 白菜のみそ汁	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 ジャージャー豆腐 南瓜サラダ もずくのみそ汁
26	27	28	29	30
米飯 赤魚の梅焼き 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 玉ねぎのしそ和え さつま芋のみそ汁	クリームシチュー こんにゃくサラダ ストロベリーゼリー	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 ナスの中華炒め 千切り胡麻サラダ 卵スープ

# 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.



*Congratulations to our*  
**GREEN FUTURES AWARD**  
**WINNERS 2025**

Eunice Ayuman  
Mary Emeka  
Shinka class  
Yuuki Iramina  
Matsuri Kinjo  
Julia Nabholz

Sanae Shimoji  
Sawako Suzuki  
Yosuke Taira  
Misaki Tamashiro  
Kamakshi Kalpana-  
Vedantham  
Manami Wakuta



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

# 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).



## 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 & 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！