



TEDAKO PRESCHOOL NEWSLETTER

JULY 2025



SAVE THE DATE!



Birthday Parties

Ages 2 and above **7/18 (Friday) 14:50~**

We will celebrate all children with
July birthdays.

CDC Closure

7/11 (Friday)

**CDC will open from 14:30 on July 11 due
to Staff Professional Development Day**

7/21 (Monday) Marine Day Holiday



Events

**July through September
Water Play**

**7/7 (Monday)
Tanabata (Star Festival)
& Suikawari**
(Please wear Yukata or Jimbei on this day!)



JULY 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 July.



*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: “七夕さま” “The Finger Family”
	Akasan	Monthly songs: “七夕さま” “さかながはねて” “The Finger Family”
Pre-toddler (1 year old)	Kanasan / Churasan / Umusan	“Water Play” “All About Art”
Toddler (2 years old)	Kafuu / Nuuji / Kugani	“All About Art” “Ocean” “Food” “Plants/Seeds”
Preschool (3-4 years old)	Nujumi / Wakatida / Miyarabi	“Summer” “Ocean”
Preschool (5 years old)	Shinka	“Summer” “Ocean”

七夕



Tanabata

Every year, July 7th is Tanabata.

Tanabata is the day when Orihime and Hikoboshi meet in the Milky Way only once a year.

In some places, such as Sendai and Hokkaido, Tanabata is held on August 7th.



Tanabata (Star Festival)

How Tanabata Started

Once upon a time, there was a star god's daughter, Orihime, and a young man, Hikoboshi.

Orihime worked as a weaver and was a hard worker. Hikoboshi was a strong man who took care of the cows.

Eventually, the two got married then they suddenly started to play and not work at all.

The god became angry and created the Milky Way between them to separate them apart.

The two were so sad that they cried continuously.

When God saw this, he promised that if they worked as hard as before, he would let them see each other, only once a year.

Then they changed their minds and started working hard again and they were allowed to meet only once a year across the Milky Way on July 7, and that day came to be called Tanabata.

七夕

Tanabata (Star Festival)



What are the meanings of Tanabata decorations?

What is a tanzaku?

A tanzaku is a long, thin piece of paper or wood. During Tanabata, people write their wishes on these tanzaku and hang them on bamboo branches.



There are several types of Tanabata decorations, and just as Tanzaku have the meaning of “May your wishes come true (and your writing become better),” each one has a different meaning, such as “May you have a good catch of fish,” “May you accumulate money,” or “May you live a long life.” Among them, the “blowing stream” is said to represent the weaving thread of Orihime and has the meaning of “May your weaving be good” and to ward off evil.

Why do we write our wishes on tanzaku?

It is said that it all started when people in the olden days made a wish to be like Orihime, who was a good weaver (in honor of Orihime), and to wish that their skills would improve.

It is said that if you decorate the bamboo leaves, your wish will come true with the power of Orihime and Hikoboshi, and that they will protect everyone from bad things.

TANABATA

LET'S DRESS IN YUKATA OR JINBEI!! ON JULY 7



Children's wishes will be displayed on bamboo in each classroom. We invite your child to dress in traditional Japanese summer clothes such as Yukata and Jinbei. You can often find them at the local clothing stores and we also encourage you to check the recycle shops, they usually cost about 350 JPY for the set and they are so cute!

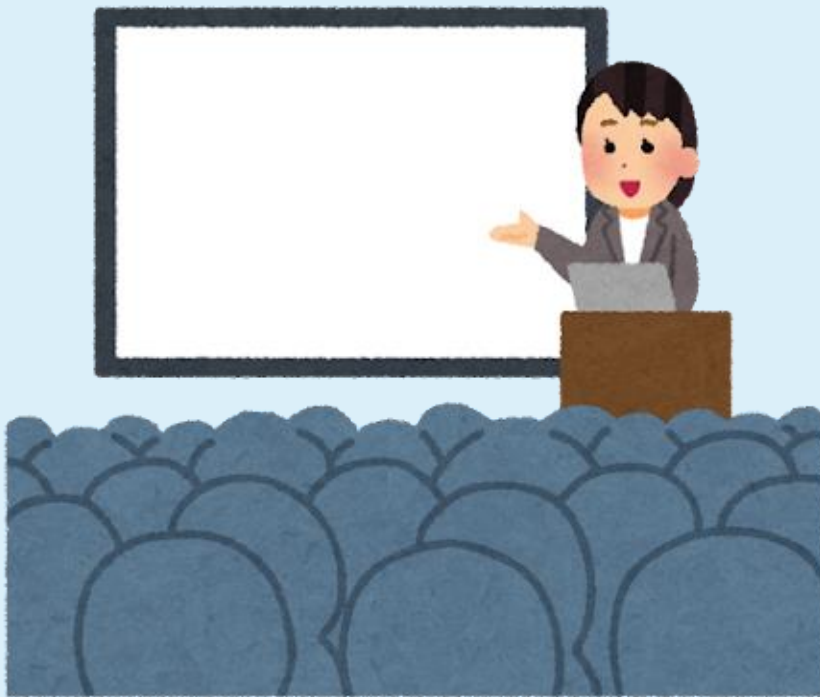
If you don't prepare a Jimbei, your child can come in his or her regular school clothes.



SUIKAWARI

On July 7, we will have our annual Suika-Wari event. Suika means watermelon and wari means to break, literally the watermelon breaking game. This is a traditional game played during summer throughout Japan. Children are blindfolded and try to break the watermelon with a stick. Once the watermelon is cracked open, we serve it as a refreshing snack.

PROFESSIONAL DEVELOPMENT DAY FOR CDC EMPLOYEES



Important Notice: CDC Closure for Staff Training

To enhance the professionalism of our team and ensure smoother operations at the CDC, a staff training session will be held on **Friday, July 11, from 8:30 AM to 2:30 PM.**

Please note: The CDC will be closed during this time.

We appreciate your understanding and support as we invest in improving our services.

Childcare is provided on July 11 only from 14:30 to 18:00.

WATER PLAY IS ON!

We will begin water play from July. Children will play with water using sprinklers , water toys at the CDC. (Please see the schedule below)



Morning Water Play Schedule (July)

Mondays:	Miyarabi Class
Tuesdays:	Shinka Class
Wednesdays:	Akasan Class
Thursdays:	Toddler, Nujumi Class
Friday:	Pre-toddler, Wakatida Class

Please prepare:

- Sunscreen (applied by parents before drop off in the morning)
- Bathing suit or clothes that can get wet
- Towel
- Hat that can get wet
- Water shoes (optional)
- Plastic bag or vinyl bag for wet clothes

Please let teachers know if your child is ill, or you do not want your child to participate in water play when you drop off in the morning.

Please see a doctor for treatment if your child has water wart. (Please cover the area if exposed).

ANNUAL HOUSEHOLD INCOME COLLECTION



The CDC collects proof of household income for childcare fee calculation each year. Please submit a copy of your 2024 gross income for both parents in a sealed envelope to our office staff **by July 25th.** This information is treated with secure confidentiality.

The document can be obtained from the city office by requesting a “shotoku- shomei-sho”.

[Click here for information about how to obtain the Shotoku-Shomei-Sho.](#)

If you did not live in Japan in 2024, please submit a copy of your pay slip along with a document of your gross income from your previous employer in 2024.

If you are a single parent, please let us know.

OUTDOOR PLAY AND SAFETY IN SUMMER

We continue our efforts to spend as much time outdoors as possible with frequent water intakes and utmost attention to safety. Okinawan summer is extremely hot and there is high risk of heat-related illness.

To ensure safe outdoor play, the CDC will make decisions on whether to allow outdoor play and water play based on the heat index monitors installed within the CDC. **If the WBGT is 31 degrees Celsius or above, we will cancel outdoor play including water play.** However, even if the WBGT does not exceed 31 degrees Celsius, we may cancel outdoor activities and water play depending on the subsequent rise in temperature, the physical condition of the children on that day and other circumstances.

We are excited to enjoy spending fun outdoor times with children, but our first priority must be the safety of the children and staff. We ask for your kind understanding on this.



PREVENTING HEAT-RELATED ILLNESS

Check out the [Ministry of Health, Labor and Welfare website](https://www.mhlw.go.jp/seisakunitsuite/bunya/kenkou_iryou/kenkou/hettyuu/hettyuu_taisaku/) for the information about symptoms, prevention measures and first aid treatment for heat-related illness.

Information is available in 14 different languages.

Preventing Heat Illness



Avoid the heat!

- Use electric fans or air conditioners to carefully adjust the temperature.
- Use shading curtains, bamboo screens, and sprinkling water.
- When outdoors, use a parasol and wear a hat.
- On sunny days, stay in the shade and take a break frequently.
- Wear clothes that breathe well, absorb moisture and dry quickly.
- Use ice packs, ice, cold towels, etc. to cool your body.

When a "Heat Stroke Alert" has been issued, avoid going outdoors whenever possible and avoid the heat.

Stay hydrated!

- When indoors or outdoors, regularly intake water and salt, etc., even when you do not feel thirsty.

● Information and resources site for heat illness prevention

Information and resources for heat illness prevention 

https://www.mhlw.go.jp/seisakunitsuite/bunya/kenkou_iryou/kenkou/hettyuu/hettyuu_taisaku/

Also available for smart-phones. 

"Heat illness" refers to a state where the balance of water and salt in a person's body is gradually broken, thermoregulation fails to function properly, and heat is accumulated in the body, due to being in a high temperature and high humidity environment for a long time. It can occur not only when you are outdoors, but also when staying indoors not doing any exercise or work. Heat illness victims may be taken to hospital by ambulance and in some cases die from it.

In order to prevent health problems caused by heat illness, each individual should have a correct understanding of heat illnesses, be aware of changes in their physical condition, and look out for those around them.

BUG BITE AND BUG REPELLENT

We do not allow children to bring in insect repellent spray to CDC.

We ask parents to put bug spray or lotion on children before you arrive at CDC.

If you are still concerned about bugs that bite, please consider using insect repellent patches (except infants due to choking hazards), or sunscreen that has insect repellent so it can be applied when sunscreen is applied during the CDC School day.



Sunblock with insect repellent



Repellent Patches



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. PARENTS ARE RESPONSIBLE FOR Recording the attendance time and we ask parents to say a quick goodbye to their child before leaving.
- (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 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!



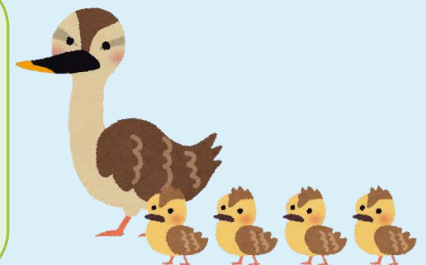
CDC PICK UP PROCEDURES

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.** Preschool parents, please check the daily temperatures of your child on the temperature log.
- 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 yen 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 an unfamiliar person comes for pick up. We ask you to please let us know in advance when the primary pick-up person(s) is not available.



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.

GROWING HEALTHY EATERS!

Approaches That Influence Eating Behaviors: What to say and what not to say to a child who is refusing to taste a food.

(According to Early Sprouts A collaboration between Health Science and Early Childhood Education Department of Keene State College)



Do Say

When people keep trying things, they can start to like them,
Maybe you'll want to try it next time.





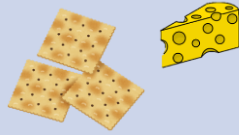



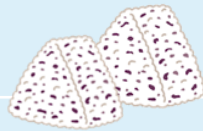



Don't Say

That's okay, you probably won't like it anyway.

You have to try it to find out if you like it or not.

You have to eat it because it is good for you.

JULY SNACK MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
A M	Cereal/Milk コーンフレーク/牛乳 	Banana バナナ 	Crackers/Cheese クラッカー/チーズ 	Yogurt/ Berry Mix ヨーグルト/ベリーミックス 	Brown Rice Senbei/ Prune *Senbei/Banana 玄米せんべい/プルーン *せんべい/バナナ 
P M	Crackers/ Hummus(Chickpea Paste) クラッカー/ フムス(ひよこ豆のペースト) 	Rice Ball (Sesame/Red Shiso/Corn) おにぎり (ごま/赤しそ/コーン) 	Sandwich (Jam)/Milk *Sweet Potato Paste/Milk サンドイッチ/牛乳 (マーマレードジャム) *さつまいもペースト/牛乳 	Orange/Biscuit *Apple Juice/ Sesame Biscuit りんご/ビスケット *りんごジュース/ ビスケット 	Oatmeal Cookie *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 July Birthdays and the children will enjoy cake with their friends on 7/18.

7/18(金)には7月のお誕生会をします。ケーキでお祝います。



7月の献立表



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	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	米飯 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
7	8	9	10	11
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 白身魚の塩麹漬け 切干大根の洋風炒め煮 ナスの和え物 豚汁	カレーライス オニオンサラダ レモンゼリー	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	CDC職員研修日 保育時間: 14:30-18:00 給食提供なし
14	15	16	17	18
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 豚肉のソース焼き みそ肉じゃが ごぼうのなると和え 卵のみそ汁	ジューシー 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	米飯 お好み焼きオムレツ パプリカのクリーム煮 もやしの昆布和え 豚汁
21	22	23	24	25
海の日(祝日)	米飯 白身魚のマリネ 人参シリシリ 海藻サラダ ゆし豆腐	クリームシチュー カリフラワーの和え物 ストロベリーゼリー	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 鶏肉のキャップ炒め ジャージャン豆腐 南瓜サラダ もずくのみそ汁
28	29	30	31	
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 玉ねぎのしそ和え さつま芋のみそ汁	米飯 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	





JULY LUNCH CALENDAR



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	White Rice Grilled Chicken w Salt Stir-Fried Hijiki Cauliflower Salad Yushi Tofu	White Rice Egg Omlet w Tuna Sweet & Sour Pork Coleslaw Wakame Soup	White Rice Pork Dumpling Mapo Vermicelli Bamboo Shoot Salad Koya Tofu Miso Soup	White Rice Grilled Fish w Herbs Stewed Winter Gourd w Miso Green Veggie Salad Pork Miso Soup
7	8	9	10	11
White Rice Tofu Hamburg Stir-Fried Kanpyo Potato Salad Wakame Seaweed Miso Soup	White Rice Salt-Marinated Fish Stir-Fried Shredded Daikon Eggplant Salad Pork Miso Soup	Curry & Rice Onion Salad Lemon Jelly	White Rice Egg Omlet w Veggies Stewed Pork & Pumpkin Spinach Salad Winter Gourd Miso Soup	CDC Staff Traing Day Childcare hours:14:30-18:00 No lunch will be provided
14	15	16	17	18
White Rice Grilled Fish w Japanese Plum Mapo Winter Gourd Cabbage Salad Mushroom Miso Soup	White Rice Grilled Pork w Sauce Stewed Potato w Miso Burdock Salad Egg Miso Soup	Okinawan Mixed Rice Stewed Chicken & Egg Ratatouille Nanohana Salad Komatsuna Miso Soup	White Rice Vegetable Hamburg Stir-Fried Vermicelli Okra Salad Pumpkin Miso Soup	White Rice Egg Omlet Broccoli in Cream Bean Sprout Salad Pork Miso Soup
21	22	23	24	25
Marine Day (Holiday)	White Rice Marinated Fish Stir-Fried Shredded Carrot Seaweed Salad Yushi Tofu	Cream Stew Cauliflower Salad Strawberry Jelly	White Rice Grilled Fish w Ginger Stewed Winter Gourd & Chicken Hijiki Salad Taro Miso Soup	White Rice Stir-Fried Chicken w Ketchup Stir-Fried Tofu Pumpkin Salad Mozuku Miso Soup
28	29	30	31	
White Rice Grilled Fish w Japanese Plum Stir-Fried Nanohana Salad Deep-Fried Tofu Miso Soup	White Rice Pork w Oyster Sauce Stewed Daikon & Ganmo Onion Salad Sweet Potato Miso Soup	White Rice Egg Omlet w Tuna Stir-Fried Burdock Konjac Salad Yushi Tofu	White Rice Mini Hamburg Stewed Pork & Potato Spinach Salad Fu Miso Soup	

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.



Staying Cool While Using Less Energy

To stay cool in the summer, the Ministry of Sustainability and the Environment of Singapore has some tips that we think are great for us in Okinawa too:

- Take cold showers, you don't need to run your water heater
- Use a fan
- Make sure your air-con filters are clean
The OIST Resource Center has links to cleaning services
<https://www.oist.jp/resource-center/acc-cleaning>
- Use blinds, curtains, or UV-cutting window film to block the sun's heat, especially on west-facing windows
- Use LED bulbs as they don't get as hot and use less electricity as regular ones

Please share your tips with us and we can feature them here!



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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メーリングリスト

Email oist.pato.group@gmail.com

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