

TEDAKO PRESCHOOL NEWSLETTER

JANUARY 2025



SAVE THE DATE!



Birthday Party

Ages 2 and above

1/17 (Fri.) 14:50~

We will celebrate all children with January birthdays with children and teachers in the classroom!

Onna Village Childcare Consultation Visit

1/29 (Wed) in the morning

CDC Closure

1/1-3 New Year's Holiday

1/13 Coming of Age Day

Circle Time Observation

Week of 1/20

Please watch how your child does in the class! See the separate sheet for the detailed information.



JANUARY 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 January.



*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: “手をたたきましょう” “Finger Family”
	Akasan	Monthly songs: “おもちゃのちゃちゃちゃ” “Twinkle Twinkle Little Star”
Pre-toddler (1 year old)	Kanasan / Churasan / Umusan	“Feeling and Emotions” “Weather” “All about 5 Senses” “Weather”
Toddler (2-3 years old)	Kafuu / Nuuji / Kugani	“The End of the Year” “Winter”
Preschool (3-4-5 years old)	Nujumi / Wakatida / Miyarabi	“Animals” “Insects”
Preschool (5-6 years old)	Shinka	“Animals” “Insects”

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 on the date listed below! *Shinka will be in person

Class	Date (Time)
Kanasan	Tuesday, January 21 10:30 am
Churasan	Wednesday, January 22 10:30 am
Umusan	Thursday, January 23 10:30 am
Kafuu	Tuesday, January 21 9:40 am
Nuuji	Wednesday, January 22 9:40 am
Kugani	Thursday, January 23 9:40 am
Nujumi	Thursday, January 23 10:00 am
Wakatida	Wednesday, January 22 10:00 am
Miyarabi	Tuesday, January 21 10:00 am
Shinka	Friday, January 24 10:00am *In the classroom



お正月

Oshogatsu



Oshogatsu refers to the first month of the year, especially from the first day of the year to the 7th (or 15th or so).

The arrival of a new year is called "Toshi-Ake" which is how we came to say "Akemashite Omedeto Gozaimasu" (Happy New Year).

It is said that the gods come to our homes during the New Year. Do you know that we decorate our houses with kadomatsu (bamboo ornament), shimenzakari (straw festoon), kagami-mochi (mirror rice cakes), and eat osechi (traditional New Year's dishes)? These are said to be for welcoming the gods.





お正月

おしょうがつ



What is "Hatsumode"?

It means to go to a shrine and pray for a good year.

What is Kaki Zome?

It means to write characters with ink at the beginning of the year.

It is a wish that one's handwriting will be good!



Let's play some New Year's games!

Hanetsuki(Japanese badminton), karuta(cards), sugoroku(backgammon), fukuwarai(game like "pin the tail"), kite flying, beanbags, ohajiki(coin shaped marbles), tops, etc...

Let's have fun playing various games that have been enjoyed since the old days of the New Year!

READJUSTING TO CDC AFTER AN EXTENDED BREAK

Coming back to CDC even after only one extra day off breaks children's routine. When they return to CDC, they often feel separation anxiety and unsettled until they get readjusted to the routine. To make the transition back to CDC 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 possible, maintain a similar afternoon nap and lunch schedule as your child's class so that 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 the class 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 ADJUSTMET 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 no more tears at drop off time in the morning. readjusted, but by then we can expect

CHILDREN'S MEDICATION AT CDC

Parents of children who require medication to be administered at the CDC must complete a [Medication Administration Consent Form](#) and submit to the CDC together with the “Drug Information Form (薬剤情報提供書).”

Please note that:

- CDC staff is not allowed to measure any dosage by law, medication should be premeasured in a container by dosage before given to CDC staff.
- CDC will only give prescription medications. Medications will not be administered at the discretion of the parent or guardian.



SLIP RESISTANT SOCKS & INDOOR SHOES (OPTIONAL)

Your child may wear **socks with grips** or **indoor shoes** against the cold during the winter months. Please bring them to your classroom staff with your child's name on.

Some children are barefoot so please choose soft sole indoor shoes, such as water shoes.

Thank you for your understanding and cooperation.



HEALTH AND SAFETY TIP: CHOKING

Some of the food items can pose a higher risk of choking. We would like to share with you some of the tips to prevent choking in small children.








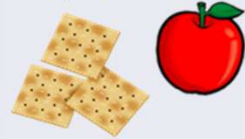


- Cut your child's food into small pieces. Especially food such as meatballs, grapes and hot dogs should be cut into very small pieces since these are the items that young children choke on most.
- Ensure to tear bread into smaller bite size pieces for toddlers and younger children and to have them drink water while eating.
- Avoid small, hard foods, slippery foods and sticky foods.
- Never give young children mochi (Japanese Rice Cake), it can be difficult to chew and block the child's airway.
- Always watch your child closely while they eat and be careful not to give children food that could get stuck in their airway while riding in the car, as it is difficult for the driver to monitor children and operate the vehicle safely.

Food that pose a higher risk of choking

Chewy food	e.g. konjac, mushrooms, steamed fish paste, gummy candies
Smooth and slippery food	e.g. whole grapes, cherries, small tomatoes, beans, hotdog
Small round-shaped food	e.g. whole grapes, small tomatoes, beans
Sticky food	e.g. mochi (Japanese rice cake), mochi dumpling, rice
Hard food / small hard food	e.g. chunk meat, squid, dried fruits, nuts, hard candies
Low-moisture food	e.g. bread, boiled egg, sweet potatoes



JANUARY SNACK MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Brown Rice Cereal/ Milk 玄米フレーク/ 牛乳 	Banana バナナ 	Yogurt/ Mixed Berries ヨーグルト/ ミックスベリー 	Corn *Cream Corn コーン *クリームコーン 	Rice Cracker/ Prune せんべい/ プルーン 
PM	Rice Ball おにぎり (ゆかり) (コーン) 	Cheese/Cracker チーズ/クラッカー 	Apple/Cracker *Banana りんご/クラッカー *バナナ 	Pizza Toast, Kinako Toast/Milk *Pumpkin/ Milk ピザトースト、 きな粉トースト/牛乳 *カボチャ/牛乳 	Oatmeal Cookie オートミールクッキー 

SUBSTITUTIONS:

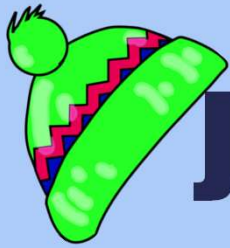
Due to availability or ripeness of fresh fruits or vegetables, substitutions may occur.

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。

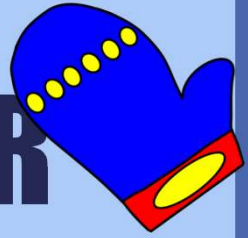
* Substitution for young toddler. *印は小さなお子様用のおやつです。

We will celebrate all January Birthdays and the children will enjoy cake and Soy milk with their friends on 1/17.

1/17(金)には1月のお誕生会をします。ケーキと豆乳でお祝いします。



JANUARY LUNCH CALENDAR

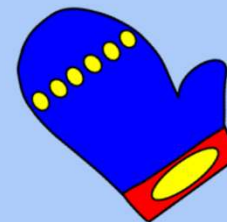


Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
			OIST New Year's Holiday	
6	7	8	9	10
White Rice Grilled White Fish w Japanese Plum Mapo Winter Gourd Cabbage Salad Shiitake Mushroom Miso Soup	White Rice Grilled Chicken w Sauce Stewed Potato & Pork w Miso Burdock Salad Egg Miso Soup	Curry & Rice Mustard Green Salad Lemon Jelly	White Rice Vegetable Hamburg Stir-Fried Vermicelli Okra Salad Pumpkin Miso Soup	White Rice Egg Omet w Vegetable Broccoli in Cream Bean Sprout Salad Pork & Veggie Miso Soup
13	14	15	16	17
Coming of Age Day (Holiday)	White Rice Marinated White Fish Stir-Fried Shredded Carrot Seaweed Salad Yushi Tofu	Okinawan Mixed Rice Corn Cream Croquette Goya Stewed in miso Cauliflower Salad Chinese Cabbage Miso Soup	White Rice Grilled Red Fish w Ginger Stewed Chicken & Winter Gourd Hijiki Salad Taro Miso Soup	White Rice Chicken w Tomato Sauce Stir-Fried Tofu w Veggies Pumpkin Salad Mozuku Miso Soup
20	21	22	23	24
White Rice Grilled White Fish w Japanese Plum Hijiki Nanohana Salad Deep-Fried Tofu Miso Soup	White Rice Grilled Pork w Oyster Sauce Stewed Daikon & Ganmo Onion Salad Sweet Potato Miso Soup	Cream Stew Coleslaw Salad Strawberry Jelly	White Rice Mini Hamburg Stewed Pork & Veggies Spinach Salad Komakifu Miso Soup	White Rice Pork Ginger Stir-Fried Eggplant Daikon Strip Salad Egg Soup
27	28	29	30	31
White Rice Grilled Chicken w Miso Sauteed Veggies & Mushrooms Cabbage Salad Pumpkin Miso Soup	White Rice Salt-Marinated White Fish Stewed Taro w Sesame Daikon Radish Salad Shiitake Mushroom Miso Soup	Okinawan Mixed Rice Chicken Chop Stir-Fried Lotus Root w Curry Chinese Cabbage Salad Vegetable Soup	White Rice Grilled Fish w Herbs Stewed Chinese Cabbage in Cream Broccoli Salad Winter Gourd Miso Soup	White Rice Pork w Japanese Plum Stir-Fried Chicken Cauliflower Salad Mozuku Miso Soup





1月給食献立



Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
			お正月休み	
6	7	8	9	10
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	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 お好み焼きオムレツ ブロッコリーのクリーム煮 もやしの昆布和え 豚汁
13	14	15	16	17
成人の日(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	ジューシー 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 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
20	21	22	23	24
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	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 茄子の中華炒め 千切りごまサラダ 卵スープ
27	28	29	30	31
米飯 鶏肉の西京味噌焼き 小松菜ときのこのソテー キャベツサラダ 南瓜の味噌汁	米飯 白身魚の塩麴漬け 里芋の胡麻煮 大根の梅マヨネーズ(保) 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





At the end of 2023, CDC joined Earthruns as a member. Each day that the CDC children did 10 laps of the track or a group dance, Earthruns planted a tree seedling.

Many thanks to Misaki-sensei and Takako Zukeran-sensei who coordinated the Earthruns programme at CDC.

During 2024, CDC children planted over 80 trees! Please see the CDC impact report linked [here](#).

The trees are planted as part of reforestation projects after major wildfires or to repair damage caused by industry and resource extraction. The planting is verified by the partner on the ground, they are reputable not-for-profit organizations working with local communities and in many cases creating jobs.

To maintain CDC's membership in 2025, families have been fundraising. Thanks to your generous contributions to the Play Circle and the Car Bazaar, we have raised more than half of our target of ¥30,000. (Car Bazaar ¥7,050 and Play Circle ¥9,550). If you have any fundraising proposals, please let us know! Please reach out to katewhitfield38@gmail.com.



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.



Avoiding Vehicle Exhaust Fumes

To keep the air cleaner and healthier around the babies and children in the CDC, the CDC ask everyone using the parking lot to turn off their engines. The World Health Organisation has some tips on reducing children's exposure to air pollution caused by vehicle exhaust emissions:

- Avoid busy roads and take quieter streets with less traffic.
- Step back from the road if you see a heavily polluting vehicle approaching.
- Carry a baby or a young child on a busy street, so they are not at the same height as exhaust emissions.

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



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.



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>

PATOで新しい友達を作りましょう!

Join our meetings!
Every 2nd Friday of the month

January 10 Café Private Meeting Room Center Court