



TEDAKO PRESCHOOL NEWSLETTER

SEPTEMBER 2023



SAVE THE DATE



Visit to Tancha-no-Oka

9/12 (Tue)

Shinka Class children will visit the Tancha-no-Oka, a nursing home, and perform Okinawa's traditional eisa dancing for the elderly.

*Only for Shinka Class children.

CDC Closure

9/18 (Tue)

Respect for the Aged Day

Birthday Parties

9/15 (Fri) 14:50~

For 2 years old and up
We will celebrate all children with September birthdays.

Upcoming Events

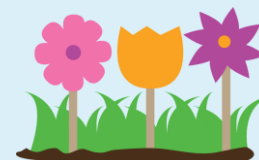
10/31 (Tue)

Barn Yard Dance

*This year's water play will be closed at the end of September.

SEPTEMBER 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 / Akasan	Monthly songs: “とんぼのめがね (Tombo no Megane)” “Twinkle Twinkle Little Star”
Pre-toddler (1 year old)	Kanasan / Churasan / Umusan	“Transportation” “Dinosaur” “Barnyard”
Toddler (2 years old)	Kafuu / Nuuji / Kugani	“Transportation” “Dinosaur” “Barnyard”
Preschool (3-4 years old)	Nujumi / Wakatida / Miyarabi	“Culture”
Preschool (5 years old)	Shinka	“Culture”

敬老の日

Respect for the Aged Day

Respect for the Aged Day (Third Monday in September)

The third Monday of September every year (September 18 in 2023) is called Keiro-no-hi (Respect for the Aged Day). It is a day to celebrate and express gratitude to the elderly who are living longer.

It is a national holiday.

What is "Keiro"?

"Keiro" means to respect and cherish the elderly. In other words, it means "to respect and appreciate the elderly."





敬老の日 Respect for the Aged Day



Let's ask Grandma and Grandpa!

Grandma and Grandpa had a time when they were children, just like everyone else today.

What did they do then?

What kind of games did you play?
What kind of house did you live in?
What was your life like?

This is a good opportunity to ask grandparents who have lived much longer than you to tell you about the past, and you may discover something interesting.



Grandparents who live longer than everyone else.

As they get older, it becomes harder and harder for them to see, hear, and move as they want, and they get tired more easily than everyone else.

When we meet such grandparents in town, is there anything we can all do to help them?

Maybe a kindness such as giving a hand or a seat to them would make them happy.



てだこCDCアート展 2023

毎年恒例のてだこCDCアート展が8月14日から24日まで、センター棟C階およびスカイウォークにて開催されました。

今年のアート展のテーマは、「Nature」です。テーマは、CDC内の公募で選ばれました。

CDCの子どもたちの素晴らしい作品は、OISTコミュニティの皆様のみならず、訪問者を含む多くの方々の1日に彩りを加えることができたかと思います。

ご来訪いただいた皆様、ありがとうございました。



INFORMATION ABOUT SUBSIDY FOR CHILDCARE FEE

CDC is a ninkagai childcare facility and CDC families can apply for the childcare fee subsidy program if they meets the eligibility requirements. It is not possible to apply for the subsidy program retrospectively, so if your family become eligible, we recommend you to visit your municipal office to complete application as soon as possible.

Eligibility:

Children aged 3-5 as of April 1, 2023, with both parents working or studying (up to 37,000 JPY/month)

Children aged 0-2 as of April 1, 2023 from households exempted from residential tax (up to 42,000 JPY/month)

Application: Visit your local municipal office and submit your application.

Information about the subsidy program (Cabinet Office's website)

If you need support with the application or if you are not sure if your family is eligible for the subsidy, please feel free to contact the CDC office.



BEWARE OF INFECTIONS IN GROUP LIVING

Required documents for re-admission







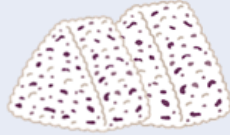



Nursery schools are places where children live in groups, so inevitably infectious diseases tend to spread. We need to keep taking precautions against the infectious diseases that are prevalent all year around.

There are many infectious diseases that can be spread at the school. Many of them are droplet infections or contact infections, so we should continue to take precautions such as washing our hands.

Please note that we ask you to submit a documentation upon returning to the CDC after certain illness. Please read through the following link to see the updated procedures for illnesses.

[Health and Safety | OIST Groups](#)

SEPTEMBER SNACK MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Brown Rice Cereal/ Soy Milk 玄米フレーク/ 豆乳 	Wheat Crackers/ Cheese 五穀クラッカー/ チーズ 	Yogurt/ Mix Berries ヨーグルト/ ミックスベリー 	Banana/ Soy Milk バナナ/豆乳 	Cracker/ Dates *Yogurt / Cheese クラッカー/デーツ *クラッカー/チーズ 
PM	Corn/ Veggie Crackers *Creamy Corn/ Veggie. Crackers コーン/ 野菜クラッカー *クリームコーン/ 野菜クラッカー 	Rice Ball/ おにぎり 	Oatmeal Bar / オートミールバー 	Bread/ Milk *Pumpkin /Milk パン/牛乳 *かぼちゃ/牛乳 	Banana Cake 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を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 September Birthdays and the children will enjoy cake and soy milk with their friends on 9/15.
9/15(金)には9月のお誕生会をします。ケーキと豆乳でお祝いします。

SEPTEMBER LUNCH CALENDAR

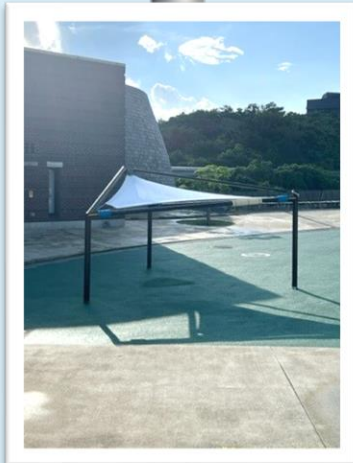


Monday	Tuesday	Wednesday	Thursday	Friday
				1
				White Rice Chicken w Ketchup Stir-Fried Tofu Pumpkin Salad Mozuku Miso Soup
4	5	6	7	8
White Rice Grilled White Fish w Japanese Plum Hijiki Nanohana Salad Deep-Fried Tofu Miso Soup	White Rice Grilled Port w Oyster Sauce Stewed Daikon Radish & Ganmo Onion Salad Sweet Potato Miso Soup	White Rice Egg Omlet w Tuna Stir-Fried Burdock Konjac Salad Yushi Tofu	White Rice Mini Hamburg Stewed Pork & Veggies Spinach Salad Komakifu Miso Soup	White Rice Grilled Chicken Stir-Fried Eggplant Daikon Radish Strips Salad Egg Soup
11	12	13	14	15
White Rice Grilled Chicken w Miso Sauteed Mushroom & Veggies Cabbage Salad Pumpkin Miso Soup	White Rice Salt-Marinated Fish Braised Taro w Sesame Daikon Radish Salad Shiitake Mushroom Miso Soup	Curry & Rice Chinese Cabbage Salad Lemon Jelly	White Rice Grilled White Fish w Herbs Chinese Cabbage in Cream Broccoli Salad Winter Gourd Miso Soup	White Rice Pork w Japanese Plum Stir-Fried Chicken Cauliflower Salad Mozuku Miso Soup
18	19	20	21	22
Respect for the Aged Day (Holiday)	White Rice White Fish Piccata Stir-Fried Pork & Veggies Green Beans Salad Yushi Tofu	Okinawan Mixed Rice Chicken Cutlet Hijiki Hanohana Salad Pork & Chinese Cabbage Miso Soup	White Rice Pork w Soy Sauce Stewed Pork & Kanpyo Okara Salad Mozuku Miso Soup	White Rice Mini Hamburg Stir-Fried Fu Papaya Salad Shiitake Mushroom Miso Soup
25	26	27	28	29
White Rice Grilled Fish w Spring Onion Stir-Fried Daikon Radish Strips Onion & Corn Salad Daikon Radish Miso Soup	White Rice Pork w Tomato Dressing Stir-Fried Burdock Hijiki Koya Tofu Miso Soup	White Rice Grilled White Fish Stir-Fried Bean Sprouts Daikon Radish Salad Yushi Tofu	White Rice Egg Omlet Stir-Fried Goya Soy Beans Salad Komakifu Miso Soup	White Rice Fish w Dressing Vegetables in Soup Vermicelli Salad Egg Miso Soup

KEEP KIDS SAFE



**SAFETY
FIRST**



Please watch your child/ren carefully during and after pick up.
When you are here your child is your responsibility.

Many children are climbing the rock wall at the entrance of the CDC when leaving in the afternoon. Climbing is good for children, however it is unsafe if not supervised by adults. When your child/ren are on any high places such as fences, the slides, trees and etc., please keep your eyes on your child/ren.

The shades/ awnings on the playground are designed for sun protection. Please do not allow your child 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.

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.



Recycling Milk Cartons

Here in Okinawa recycled milk cartons are turned into kitchen paper towels and toilet paper!

Rinse your empty milk cartons, dry them, cut them open, and recycle them at your local supermarket. Buy the Showa Paper kitchen towels and Coreroll toilet paper made from the milk carton pulp from stores in Okinawa.

Read how here:

[Resource Center article - Recycle your milk and juice cartons](#)



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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