

Makiki Christian Church Preschool

829 Pensacola St.

Honolulu, HI 96814

808-594-8916 preschool@MakikiChristian.org



February 2021 Vol. 7

Dear Families,

We are excited that the Orange Room class resumes on February 1. It has been such a trying period but with God, all things are possible. After one week of closure, we look forward to seeing the smiling faces of the staff and children. As you know, all staff and some children were tested for the Corona virus...all with negative results. Orange room was professionally cleaned, and ready for everyone's return.

Along with the exciting return, we welcome Lily, a new student, in the Orange Room.

Our School Spirit Fridays were such a success. We had 100% participation in the Red and Blue Rooms for all events. They showed so much SPIRIT!! Yeah!

We look forward to our Parent and Teacher Conferences. Please be sure to schedule your conferences with you child's teacher. It will be conducted on Zoom on February 12. As a result, there is no school on that day.

Early Educators are part of the "Essential Workers" which is supposedly on the same Vaccination Tier 1B as the 75 years of age and older Kupunas. However, the Kupunas were targeted first and we are awaiting our turn for the vaccine. We must rely on the public media to determine when and how to sign up for the shots.

Meanwhile, we will continue our policy and procedures regarding COVID. Our scare with the virus has only validated our efforts to be vigilant in maintaining our safety practices. We thank you for your support and your vigilance about being safe. May we continue to keep the virus from affecting our lives here at Makiki. We pray that we can continue to serve all of you by keeping COVID free. Thank you for your understanding and for continually following safe practices.

But the Lord is faithful. He will establish you and guard you against the evil one. [2 Thessalonians 3:3](#)

Praise God for his faithfulness.

With Love,

Sandra Ishihara-Shibata, Director

Calendar of Events

February

- 1 Tuition Payment Due
Welcome Back Orange Room
- 3 Virtual Chapel
- 7 Sunday School 10:00 a.m.
On Zoom
- 10 Virtual Chapel
- 11 Chinese New Year
- 12 Parent/Teacher Conferences
Via Zoom
- 14 Sunday School 10:00 a.m.
On Zoom
- 15 President's Day Holiday
No School
- 17 Virtual Chapel
- 21 Sunday School 10:00 a.m.
On Zoom
- 24 Virtual Chapel
- 28 Sunday School 10:00 a.m.
On Zoom

March

- 1 Tuition Payment Due
- 3 Virtual Chapel
- 7 Sunday School 10:00 a.m.
On Zoom
- 10 Virtual Chapel
- 14 Sunday School 10:00 a.m.
On Zoom
- 15 Spring Break, No School
Until March 19
- 22 Return to School
- 21 Sunday School 10:00 a.m.
On Zoom
- 24 Virtual Chapel
- 28 Sunday School 10:00 a.m.
On Zoom



Let's all be safe

Welcome

We would like to welcome our newest families to our preschool ohana.

Red Room: Nala

Orange : Lily

We hope that you are excited to join us just as much as we look forward to having you at our preschool.



Mahalo

To our Board Members:

- Mr. Ed Sueoka for helping us with the internet and helping us with playground maintenance issues;
- Ms. Pam Young who takes care of the garden on Pensacola and also shares her homemade treats with us;
- Ms. Keiko, chairperson of the Board, who is in constant contact with us, making sure that our needs are met.

We are very blessed to have the most supportive Preschool Board that anyone could ever imagine!

Zoom Meeting on Geographic Exceptions

Mahalo for participating in our Zoom meeting. We had 17 participants. It is heartwarming to see the interest that you have in your child's educational pursuit.

Upcoming Events

Lunar New Year



There will be no Chinese Lion Dance this year. Due to COVID, they suspended all performances. We will not have food tasting as well as sharing of food is not recommended unless items are individual wrapped.

Nevertheless, with Mr. Nolan, our Chinese teacher's help, we will bring some of the Chinese culture to our children.

Parent/Teacher Conferences

Don't forget to sign up for the Parent/Teacher Conference that will be held on Friday, February 12. These conferences provide you with time to meet with the teaching staff and get information about your child's progress in school. We will review the goals that were set in October and develop new goals for the rest of the school year.

There will be an important parent survey that we will ask you to fill out. This survey is important and our goal is to get feedback from every family.

If need assistance with the English Language and have a friend that you would like invited to your child's conference, please let us know. We can invite them via Zoom, so they can assist you through the conference. Please inform your child's teacher.



February

2021

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---------|----------------------|----------|--|----------|
| | 1 Tuition Payment Due | 2 | 3 Virtual Chapel | 4 | 5 School Spirit Day Sports Attire | 6 |
| 7 Zoom Sunday School at 10:00 a.m. | 8 | 9 | 10 Virtual Chapel | 11 | 12 Parent/Teacher Conferences No School | 13 |
| 14 Zoom Sunday School at 10:00 a.m. | 15 Observance of Presidents' Day No School | 16 | 17 Virtual Chapel | | 19 | 20 |
| 21 Zoom Sunday School at 10:00 a.m. | 22 | 23 | 24 Virtual Chapel | 25 | 26 | 27 |
| 28 Zoom Sunday School at 10:00 a.m. | | | | | | |

Makiki Christian Church Preschool

February 2021

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------------|-----------------------|-----------------------|-----------------------|---------------------|
| Feb. 1 | Feb. 2 | Feb. 3 | Feb. 4 | Feb. 5 |
| Cereal (1/3 c) | Sweet Bread (1) | Waffles (1/2) | French Toast (1) | Cereal (1/3 c) |
| Peaches (1/2 c) | Fresh Fruit | Fresh Fruit (1/2 c) | Fresh Fruit (1/2 c) | Banana (1/2 c) |
| 1% Milk (3/4 cup) | 1% Milk (3/4 cup) | 1% Milk (3/4 cup) | 1% Milk (3/4 c) | 1% Milk (3/4 c) |
| Snack | | | | |
| Club Crackers (3) | Tortilla (1/2), Salsa | Animal Crackers (7) | Chex Mix (1/3 c) | Gold Fish (1/3 c) |
| Strawberry Yogurt (1/3 c) | Cheese (1 slice) | Milk (1/2 c) | MandarinOrange 1/2c | String Cheese (1/2) |
| | | | | |
| Feb. 8 | Feb. 9 | Feb. 10 | Feb. 11 | Feb/ 12 |
| Cereal (1/3 c) | Sweet Bread (1) | Bagels (1/4) crmchee | Cinnamon Toast (1/2) | |
| Peaches (1/2 c) | Fresh Fruit (1/2 c) | Fresh Fruit (1/2 c) | Fresh Fruit (1/2 c) | Parent/Teacher |
| 1% Milk (3/4 cup) | 1% Milk (3/4 cup) | 1% Milk (3/4 cup) | 1% Milk (3/4 c) | Conferences |
| Snack | | | | |
| Ritz Crackers (4) | Creem Crackers (2) | Wheat Thins (6) | Cheez-its (10) | |
| Cheese (1) | Milk (1/2 c) | String Cheese (1/2) | MandarinOrange 1/2c | |
| | | | | |
| Feb. 15 | Feb. 16 | Feb. 17 | Feb. 18 | Feb. 19 |
| | Cereal (1/3 c) | English Muffins (1/2) | Cinnamon Raisin (1/2) | Cereal (1/3 c) |
| President's Day | Peaches (1/2 c) | Fresh Fruit (1/2 c) | Fresh Fruit (1/2 c) | Banana (1/2 c) |
| Holiday | 1% Milk (3/4 cup) | 1% Milk (3/4 cup) | 1% Milk (3/4 c) | 1% Milk (3/4 c) |
| No School | Snack | | | |
| | Club Crackers (3) | Graham Crackers (4) | Gold Fish (1/3 c) | Soda Crackers (2) |
| | Gogurt (1) | Milk (1/2 c) | MandarinOrange 1/2c | String Cheese (1/2) |
| | | | | |
| Feb. 22 | Feb. 23 | Feb. 24 | Feb. 25 | Feb. 26 |
| Cereal (1/3 c) | Sweet Bread (1) | Waffles (1/2) | French Toast (1) | Cereal (1/3 c) |
| Peaches (1/2 c) | Fresh Fruit | Fresh Fruit (1/2 c) | Fresh Fruit (1/2 c) | Banana (1/2 c) |
| 1% Milk (3/4 cup) | 1% Milk (3/4 cup) | 1% Milk (3/4 cup) | 1% Milk (3/4 c) | 1% Milk (3/4 c) |
| Snack | | | | |
| Club Crackers (3) | Tortilla (1/2), Salsa | Animal Crackers (7) | Chex Mix (1/3 c) | Cheez-its (10) |
| Strawberry Yogurt (1/3 c) | Cheese (1 slice) | Milk (1/2 c) | MandarinOrange 1/2c | String Cheese (1/2) |

This employer is an equal opportunity provider and employer. Menu Subject to Change

MAKIKI CHRISTIAN CHURCH PRESCHOOL

Kanak Attack Lunch Menu

1130 N. Nimitz Hwy Bldg C Suite 110 Phone 521 4131

| February | | | | |
|---|--|--|--|---|
| Mon | Tue | Wed | Thu | Fri |
| 1 | 2 | 3 | 4 | 5 |
| Roast Pork w/Gravy Hapa Rice Corn Niblets Mandarin Oranges/Light Syru | Meat Loaf Hapa Rice Fresh Frozen Peas Fresh Fruit in Season | Pork Stir Fry Hapa Rice Green Beans Unsweetened Applesauce | Baked Lasagna Fresh Organic Carrots Fresh Fruit in Season | Kalua Pig w/Cabbage Hapa Rice Corn Niblets Chunk Pineapple / 100%Juice |
| 8 | 9 | 10 | 11 | 12 |
| Sloppy Joes' on Whole Grain Bun Organic Carrot Sticks Fresh Fruit in Season | Diced Pork Fried Hapa Rice Fresh Frozen Peas Unsweetened Applesauce | Shoyu Chicken Hapa Rice Corn Niblets Fresh Fruit in Season | Hamburger Curry Stew Hapa Rice Pineapple Chunks/100%Juice | Pork Stir Fry Chow Mein Noodles Steamed Broccoli MandarinOranges/LightSyrup |
| 15 | 16 | 17 | 18 | 19 |
| PRESIDENTS' DAY NO CLASSES | Minced Shoyu Pork Fried Hapa Rice Mixed Vegetables Fresh Orange Wedge | 100%Beef Patty on WholeWheatBread Organic Carrot Sticks Mandarin Oranges/Light Syru | Spanish Rice w/Ground Pork Fresh Frozen Peas Chunk Pineapple in Juice | Whole Grain Pasta with Meat Sauce Corn Niblets Unsweetened Applesauce |
| 22 | 23 | 24 | 25 | 26 |
| GroundBeefPizzaSauce w/Cheese on WW Bun Organic Carrot Sticks Fresh Pineapple Slices | Hamburger Stew Hapa Rice Fresh Orange Wedge | Boneless Chicken Gravy, Hapa Rice Mixed Vegetables Mandarin Oranges/Light Syru | Chili w/Beans Hapa Rice Organic Carrot Sticks Chunk Pineapple/100%Juice | 100%Beef Patty Gravy, Hapa Rice FreshFrozenPeas & Carrots Unsweetened Applesauce |
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Early Years

WORKING TOGETHER FOR A GREAT START

February 2021

Makiki Christian Church Preschool

Sandra Ishihara-Shibata, Director

**KID
BITS**



"Read" social cues

This activity helps your child use expressions, gestures, and tone to pick up on social cues. Choose a phrase ("I'm a little teapot"), and take turns saying it in different ways (excited, tired, bored). Your youngster might yawn and rub his eyes to be a *tired* little teapot. Or to show excitement, you could jump up and down as you say the words.

Just say yes!

When you're tempted to say no to your child, consider whether there's a way to say yes instead. If she jumps in a puddle in her nice shoes, you could say, "Let's put on your rain boots so you can splash!" She'll be more positive and cheerful, and when you do need to say no for safety reasons, it will have more meaning.

Ready for homework

Whether or not your youngster has real homework yet, you can start building good homework habits now. Consider setting aside 10–15 minutes each day for him to sit at the kitchen table and work on art projects or do jigsaw puzzles. You'll set the stage for success as he gets older.

Worth quoting

"Some people look for a beautiful place. Others make a place beautiful." *Hazrat Inayat Khan*

Just for fun



Cashier: Would you like your milk in a bag?

Shopper: No, you can leave it in the carton.

Developing fine motor skills

Little fingers need to be strong and coordinated to accomplish all the jobs they do, from writing and drawing to zipping and buttoning. These playful activities will give your child's fingers a workout.



Paint-n-peel

Have your little one make a design on paper by crisscrossing strips of removable tape (like painter's tape) on the page. When she's finished, she can paint over the whole page. Wait for it to dry, then have her peel off the tape to reveal the design left behind.

Pipe cleaner creatures

Invite your child to twist pipe cleaners together to create people and animal figures. Then, she can thread beads on the ends to make heads, hands, and feet. Show her how to bend the ends of the pipe cleaners around the beads to keep them in place.

Gator grab

Let your youngster pretend a pair of tongs is an alligator and use it to fish small toys one at a time out of a bin or bucket. How many toys can she pick up without dropping any?

Smiley face race

Start with a blank sheet of paper and give each player a different-colored crayon. Take turns adding a smiley face to the page. Faces can be any size, but they can't overlap another smiley. Keep adding until the paper is full. The last person to fit a smiley on the page wins.♥

I love you THIS much!

Share a little love and affection with your youngster each day. You'll boost his confidence, make him feel secure, and build stronger parent-child bonds. Try these ideas:

- Sing songs that express your love for him, such as "You Are My Sunshine."
- Share favorite memories of your child. For instance, you might tell about the day he was born or where he took his first steps.
- Take turns adding a fun ending to "I love you ____." Examples: "to infinity and beyond," "no matter what."
- Leave little love notes for your youngster, perhaps on the bathroom mirror, under his pillow, or beside his place setting on the table.♥



Steps toward responsibility

Giving your child responsibilities while he's little helps him grow into a responsible person. Get started with these tips.

Put him in charge. Together find a few "big kid jobs" that your youngster can do, and make them his responsibility. It could be his job to pick out his pajamas and towel for his bath and then put away his bath toys afterward, for example. Add some simple daily chores, too. He might be



responsible for wiping down the table after dinner and feeding the family goldfish.

Help him keep track. Part of being responsible is remembering to do things you're supposed to do. Together, create a reminder board to lay on his nightstand.

Take a photo of him doing each job (brushing his teeth, tidying his room). He can glue the pictures in rows on a sheet of paper.

As he completes a task each day, let him cover the photo with a checker or

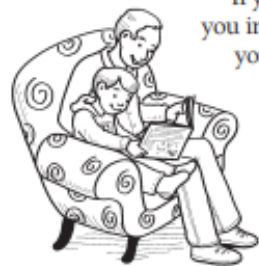
bottle cap. He'll be able to see what he has done and what remains. At the end of the day, he could clear the board so he can start fresh tomorrow.♥

Q & A Ahh ... a good night's sleep

Q: My child often has trouble falling asleep. Sometimes he even wakes and calls me in the night. What should I do?

A: Nighttime struggles are common, but you can use simple strategies to overcome them.

First, set aside at least 1 hour for winding down each night. Use the time for quiet, screen-free activities like reading or chatting. And try to end the night on a positive note—especially if it has been a challenging day—by pointing out good things that happened.



If your child calls to you in the night, keep your visit short and

offer things he can use to comfort himself, like a night-light or a soft toy to snuggle.

He'll have an easier time learning to get back to sleep on his own if you avoid sitting with him until he falls asleep.

Note: Consult his pediatrician if his sleep issues persist or are worrisome.♥

OUR PURPOSE

To provide busy parents with practical ways to promote school readiness, parent involvement, and more effective parenting.

Resources for Educators,
a division of CCH Incorporated
128 N. Royal Avenue • Front Royal, VA 22630
800-394-5052 • rfeustomer@wolterskluwer.com
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ACTIVITY CORNER

Ice cube science

Can your youngster keep ice from melting? Help her try this experiment to see what material works best to protect ice cubes.

Let your child choose different materials (paper towel, washcloth, aluminum foil) that she thinks will help ice stay cold. She could lay the materials on a cookie sheet and wrap an ice cube in each one.

Now ask your youngster to predict which one will melt the least and the most. After 10 minutes, she can unwrap the cubes and compare them. Which one is biggest (melted the least)? Smallest (melted the most)? Were her predictions accurate?

Explain that some materials are better *insulators*. They help keep things the same temperature. For instance, a cooler helps food stay cold. Can she think of more examples?♥



Creative sparks

Nurture your child's creativity to help her develop critical thinking skills she'll use in every school subject. Here's how.

Where?

Find places where your youngster's imagination can flourish. Perhaps she could use a corner of the garage for messy projects or set up an "exploration station" in the backyard for discovering nature.

When?

Make sure each day has free time for "anything can happen" play. Let your little one turn

on her imagination and create her very own games and activities. She might combine two favorite board games to invent a brand-new game.

What?

Provide unexpected "toys." Anyone who has ever watched a child pretend a stick is a light saber knows that many great playthings didn't start out as toys. Offer items like your old clothes for dress-up and empty containers (coffee canisters, plastic bottles) for playing store.♥

