



Makakilo Preschool Press

Butterflies Hatched!

Our preschoolers learned about the lifecycle of butterflies from butterfly extraordinaire, Mrs. Karolyn Markee. Mrs. Markee serves on the Weekday



Preschool Ministry board and enjoys all the butterflies that are attracted to her corn flower plants. Each class was given about 10 caterpillars. The children observed the hungry caterpillars munch leaves. We saw some spin their chrysalis! It took about 10 days for the chrysalis to hatch. We then



Laakea & Mrs. Markee



Jana, Sarah, Isabella & Liahona

Makana releasing butterfly!

released the butterflies into wilderness! So fun!

“DoReMe Music” class is every Tuesday!

Every Tuesday at 2:30pm, we have a professional music lesson. Students learn rhythm, instruments, tone and singing techniques. If you pick your child up early on Tuesday, they will miss music class! Recently children are learning about rhythm. We



Gabrielle making music!

use a variety of musical instruments and every child has their own “drum”. This “drum” is a simple tupperware with a lid. Children learn that different tones can be made depending on the angle and strength of

the beat. Mr. S also does private music lessons. Please email learnmusicnow@aol.com.

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Important Dates:

- **Feb 21:**
No School
President's Day
- **Mar 14-18:**
No School
Spring Break
- **Mar 25:**
No School
Kuhio Day
- **Apr 8:**
Excursion
Polynesian Center
- **Apr 22:**
No School
Good Friday
- **Apr 22:**
Parent's night out
Free childcare

IS MY CHILD GETTING ENOUGH SLEEP?

New preschool parents are often concerned that their child doesn't get enough sleep. Several parents wonder if their child sleeps at preschool. Most children do sleep during our designated nap time. Children are not forced to sleep but encouraged to rest quietly. We have a nap period because research shows us that children ages 2-4 need **11-13 hours of sleep per day**. Do you have challenges getting your child to sleep during weekend naps or bedtime? Here are a few tips to help wind before sleep:

- Dim lights and begin to calm your child.
- A snack may help at this time. Try to include a milk or protein.
- Either read to your child or let him "read" his own book or two. Cuddle. Make it a cozy and special time.
- Let your child have a favorite stuffed animal or toy for comfort.
- Use soothing music.
- Establish a routine.

What if my child doesn't sleep during naptime? If your child refuses to sleep at school or home, then resting quietly may have to do. Just sitting or laying down will help restore his strength and energy. Naptime and bedtime can be challenging. Make sure you establish a routine so your child can get enough sleep. Do not let them get overly tired. Children who do not get enough rest become irritable, cranky and have trouble controlling themselves. Respect their need for rest!

RECENT EVENTS AT PRESCHOOL!

We had a guest drama performance and an expert puppet show before Christmas. The Covenant Players are an interdenominational Drama Ministry. They perform at schools, churches and events. They act out character educational skits. Our preschoolers loved their humor and ability to get everyone involved. Since 1963 Covenant Players have developed over 3,000 plays in their repertoire. They are supported by donations. Visit their website at www.covenantplayers.org.

Christy Lipps with her company called Puppet Times, performed for the entire school on the lanai. She brought fun activities with songs and motions. She actually wore a school bus when we sang, "wheels on the bus"! We loved to meet her real puppet with strings that is called a marionette. We enjoyed participating at these events.



Connor, Caleb, Ms. Lipps & Isabella



Naleo, Blaze & Ms. Kathy



Dylan, Sienna, Liahona & Laakea

HAWAII DISCOVERY CENTER!

Thank you to all the parent & grandparent volunteers that joined us!

We had a great time at the Hawaii Discovery Center. There were several exhibits we really loved to play in. Hawaii Discovery Center is located at Kakaako Waterfront Park. We had fun exploring the exhibits and playing together!



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10 RESOLUTIONS FOR HEALTHIER PRESCHOOL EATING

1. **Use whole wheat bread instead of white bread.** With each sandwich (2 slices bread), your preschooler gets 3-6 grams of extra fiber.
2. **Replace high sugar breakfast cereals** with lower sugar options or whole grain cereals like oatmeal. What is the first ingredient listed in your cereal? It should be a grain instead of sugar. Your preschooler will get fewer calories from added sugar and she'll be enjoying grains in their more natural form.
3. **Limit fruit juice to 4-6 ounces per day.** Dilute the juice with water if you want to serve it more than once a day.
4. **Eat with your preschooler.** As often as possible, sit down together as a family for meals and snacks.
5. **Serve lower fat or non fat milk** in place of whole milk. Children older than two are advised to drink lower fat alternatives to whole milk.
6. **Enjoy healthy food yourself.** Being a good role model is the best way to shape healthy habits in your preschoolers.
7. **Plan meals and snacks around nutrient dense foods** like beans, fruits, vegetables, nuts and whole grains.
8. **Limit the everyday use of foods high in added sugar** and fats like fast food, fruit drinks, soda, candy processed fruit snacks and desserts.
9. **Substitute whole wheat flour** for some or all of the white flour when baking muffins, cookies or breads.
10. **Plan fun food activities with your preschooler.** Cook together, plant a small vegetable garden, visit a farm and do taste tests of new foods. Have your child pick out new healthy foods they like.

GET TO KNOW OUR STAFF!



Mrs. Watanabe
Staff Member of the Month

JANET WATANABE

Joined MBCP: February 2002

Certifications: CPR & 1st Aid-current. Mrs. Watanabe has a very gracious and gentle personality. She has grown children and is also a busy grandmother. She is a member of Makakilo Baptist Church and first joined our team as a substitute. She has such a nice way of working with the children that we were delighted to select her for "Staff Member of the Month" for February. Here are the comments that our staff said about Mrs. Watanabe:

"I never have heard her raise her voice to the kids. She is strict but corrects them in a loving & nice way. She works hard & comes to work even weekends. . .She is honest & trustworthy because hse has Christ in her heart." (from co-worker)

"She is very soft spoken...deals with children with love & care...very dependable & committed to her job. She does her work more than what is expected...well liked by staff, children & parents. She does her work with a cheerful heart. She exemplifies a good working habits & relationship w/ co-workers." (from co-worker)

To see more comments about Mrs. Watanabe view bulletin board between red & yellow class