



# Preschool Newsletter

## 12/4/17~12/8/17



### **Oooooomm...happy Bodhi Day!**

This week, the children were introduced to the story of Buddha. We retold the story of Siddhartha Guatama who was born a prince and then encountered the four sufferings. He journeyed beyond the safety of his palace walls where his father had tried to shield him from sadness only to see an person bent with age, a person riddled with sickness, and a person who was dead. He had never seen such suffering and tried to understand what the point of life was when old age, sickness and death were a part of it. He then observed a holy man who had given up everything to spend time meditating in the forest. He had nothing and yet, he was content. Siddhartha decided to leave his riches behind and seek within to find the truth through meditating. He sat beneath a Bodhi tree for 49 days. He attained enlightenment and became known as the Buddha which means enlightened one. Upon his return to the world, his first meal was rice and milk. He was filled with light and love and shared his message with others.

The children practiced sitting in a lotus position and tried our different mudras or hand placements. We then chanted the sound of the universe together...ooommm.



## **Making rice pudding.**

We made rice pudding on Friday. Each child got to add cooked rice and almond milk to the bowl. We all smelled the different spices that we were adding-cinnamon, ginger, cardamom and cloves. We also added a little brown sugar...it was delicious!

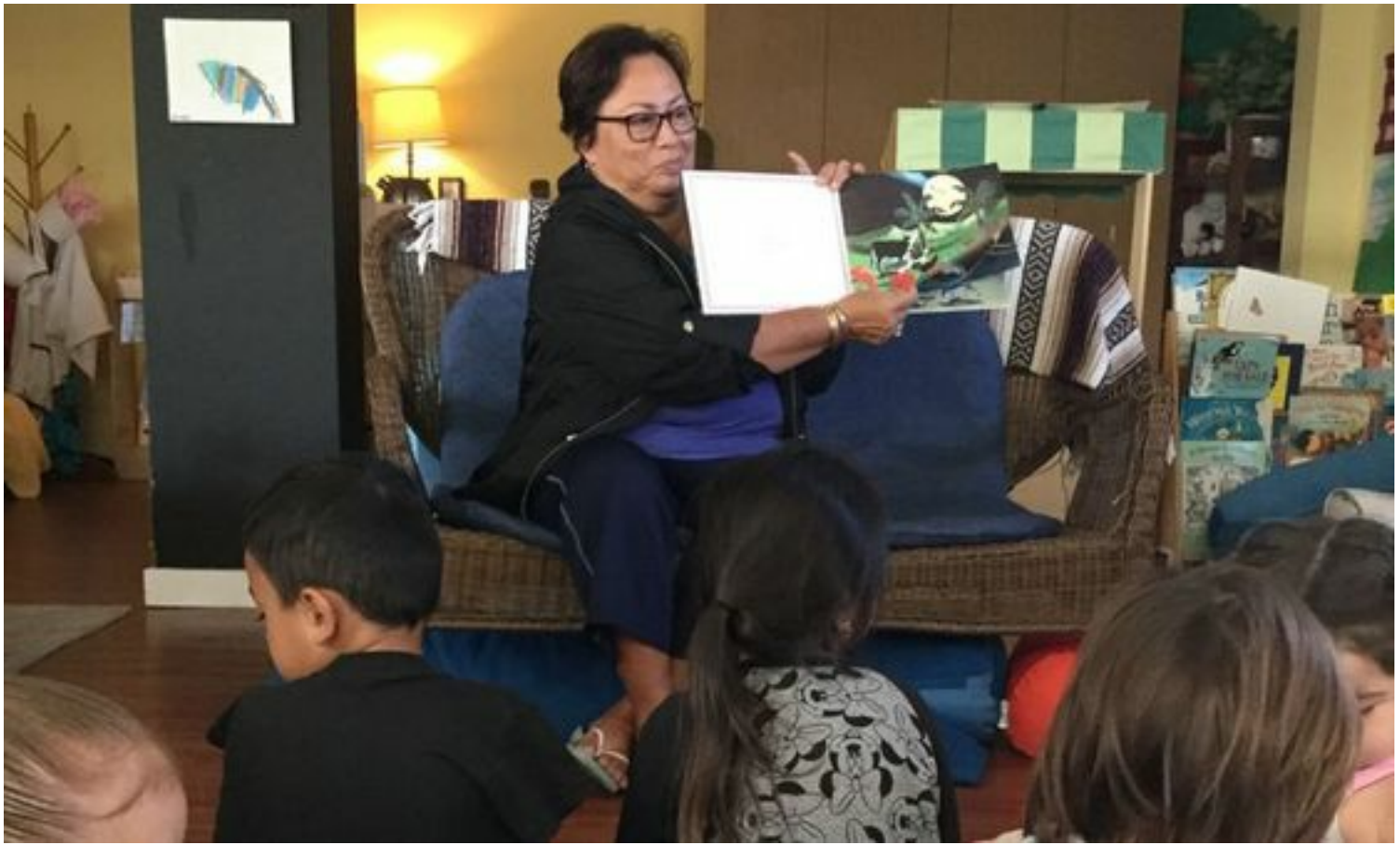
## **Prayer Flags**

The children each made a prayer flag. Their flag was divided in two. On one side, they used permanent markers to draw something they wish for the world or something that makes them happy. Siddartha had wished for contentment and happiness. The children wished for more tangible items like rainbows and butterflies or more personal wishes such as friends letting them play.



On the other side of their flag, the children used water colors to paint something they wanted to free the world from or something they did not want. Siddartha had wanted to rid the world of suffering. Our children wanted to not have Mommies be sad or mad, they also didn't want dead butterflies or dead flowers.

We will hang the flags outside and when the rain comes, the negative side that was done in water colors will be washed away.



## Family Traditions

We asked for families to share their holiday traditions. Aunty Poni, Jenna's Kapunahine, offered to come in and read the Hawaiian version of the Night Before Christmas. This prompted Madex to bring in his version of the same story from New Zealand, A Kiwi Night Before Christmas. Next week, we will read the traditional Clement Moore version. We will also learn about the minor Jewish holiday of Chanukah. If you have any holiday traditions to share, please let us know!

**DEC**  
**6**  
Wed

Ice Skating Fundraiser  
Walking trip to the park

**DEC**  
**7**  
Thu

Ice Skating fundraiser

**DEC**  
**13**  
Wed

Walking trip to the park  
POG sugar cane train ride 6pm

**DEC**  
**14**  
Thu

Keiki Holiday Party

**DEC**  
**21**  
Thu

Holiday Pot-luck  
Last Day of school

**DEC**  
**22**  
Fri

Teacher work day, school closed

**JAN**  
**8**  
Mon

Happy New Year  
First day back