

March 2026



Parent Newsletter

Child & Youth Programs ~ MCB Hawaii



Program Address and
Tax ID

Mailing Address:
P.O. Box 63073
Kaneohe Bay, HI
96863-3073

Tax I.D. Number:
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Kulia School Age Care

Bldg. 6753

Phone: 808-496-2030

Kupulau CDC

Bldg. 6111

808-496-1388

Laulima CDC

Bldg. 6782

808-496-2038

CYP Operating Hours:
0600-1800



Special Events

04th: Wear a Hat Day(CDC)

05th: Wear Silly Socks (CDC)

16th: Wear Silly Socks Day (SAC)

17th: Wear Green (St Patrick's Day)

19th: Wear Rainbow (SAC)

20th: CYP Birthday Celebration

26th: Prince Kuhio Day— Full Day at SAC.



8 Essential Manners for Kids

Teaching children good manners develops respect, consideration, and kindness, which is the basis for positive social interactions throughout their lives. To reinforce good manners in children and teenagers, experts recommend modeling respectful behavior and teaching these eight essential habits:

1. **Use "Magic Words":** Saying "**Please**" and "**Thank You**" shows appreciation and builds positive relationships.
2. **Practice Patience: Waiting your turn** in line or in conversation teaches self-control and respect for others' time.
3. **Apologize Sincerely:** Saying "**I'm sorry**" helps kids take responsibility for mistakes and mends hurt feelings.
4. **Ask Permission:** Seeking consent before taking items or entering spaces honors boundaries and builds trust.
5. **Respect Personal Space:** Honoring physical boundaries teaches the importance of **personal space and consent**.
6. **Active Listening:** Paying full attention when someone else speaks shows respect and improves communication skills.
7. **No Interrupting:** Waiting for a speaker to finish ensures everyone feels heard and promotes **thoughtful dialogue**.

Offer a Helping Hand: Noticing when others need assistance fosters **empathy** and strengthens the community.

As children become teenagers, continue to reinforce these habits by setting clear expectations, assigning responsibilities that require polite public interaction (like making appointments), and using positive reinforcement.

Read the full article for more information on teaching good manners at <https://www.calm.com/blog/good-manners>



Kupulau

Child Development Center

Thank you to everyone who joined us for our Valentine's Day Cookie Decorating event! It was nice to see the children and families enjoying this event together. The children truly love when parents are able to take the time and join them for these fun activities. Please keep an eye for more special events in the upcoming months.

Join us for our next quarterly Parent Advisory Board meeting happening March 11, at 1600. We encourage you to attend for program information, updates, and a mini-parent workshop.

Whenever your child receive vaccinations, please provide a copy of the updated immunization record to the front desk. Updated shot records and an annual Health Assessment are needed to meet program requirements and are maintained in your child's file at the front desk. Childcare services may be suspended if proper documentation is not provided.

A manager and/or trainer is always available if you have questions or concerns. If we are not in our office, the front desk can locate us to meet with you. We value your feedback and appreciate the opportunity to speak with you.



Laulima

Child Development Center

Happy March! Thank you to everyone who attended our Valentine's Cookie Decorating Event! It is always great to see children and families bonding with each other and getting to mingle with other families.

This month we are celebrating Read Across America with a spirit week! Be on the lookout for daily themes. If you have some spare time, this would be a great week to come in and read to your child's class! Ask your child's caregivers or the front desk for more information. We are also looking forward to Parent Conferences the week of March 23rd. While the caregivers can have brief conversations with you daily, parent conferences are a great opportunity to have more in depth conversations with your child's caregiver. Sign up sheets are available in your child's classroom.



As a reminder, if your child will be out on vacation or out sick, please notify our front desk.



Kulia

School Age Care

Happy March. SAC is so looking forward to many fun and engaging activities in the month of March. We have Spring Camp the week of the 16th.



During Spring Camp please remember to bring a healthy, peanut/nut free, shellfish free lunch. Don't forget your closed-toed shoes.

We had a great turn-out in parent participation for our cookie decorating event held in February. Thank you to all the families who were able to join us for that special day!

Please join us for our quarterly Parent Advisory Board Meeting on Thursday, March 26th at 1600.

We ask that children not bring toys to the SAC Program. We do not want personal items getting broken or mistakenly taken home by other children. We appreciate your cooperation in this matter.

This month we are saying a sad farewell to Ms. Sabri-nah. She will be greatly missed but we wish her and her family all the best at their next duty station.



(by: Julia Luckenbill)

Cooking with young children offers hands-on, developmentally appropriate opportunities to build literacy, math, science, and motor skills, while encouraging healthy eating habits. Key strategies include planning simple recipes, using child-safe tools, practicing hygiene, and focusing on the process rather than the final product.

Cooking together helps children develop fine motor skills, enriches their vocabulary, and builds self-confidence. It also encourages children to try new foods and understand where food comes from.

Key National Association for the Education of Young Children (NAEYC) cooking guidelines. (NAEYC.org)

- ◆ Adjust tasks based on skills: Choose recipes that match your child's skill level. Toddlers can wash vegetables, while older children can grate or peel. Expand skills as development permits. When you notice that your child can resist tasting the raw ingredients, you can introduce cracking raw eggs for scrambling. When you notice your child can resist touching hot things, he can help you put pasta in the pot. Keep in mind that every child develops impulse control at different ages.
- ◆ Safety First: Use plastic utensils, teach children to hold food with a claw grip, and supervise closely, especially with heat.
- ◆ Education Integration: Math—Count ingredients, measure, and discuss shapes. Science—Observe changes in matter (e.g., mixing ingredients, baking).
- ◆ Literacy: Read recipe books and use picture-based recipes. Read books such as Stone Soup and then make the soup.
- ◆ Tips for Success: Pre-measure ingredients to avoid mess, keep flavors simple, and foster independence by letting children do the work.
- ◆ Building Engagement: Invite children to top their own pizzas, stir, and add spices.
- ◆ Invite your child to help clean up: Your child can wash plastic dishes in a bin of soapy water, sweep, and sponge up spills.
- ◆ Eat your results and enjoy: Model healthy eating habits and your toddler may try them too.

Child & Youth Program Food Program

Child & Youth Programs participates in and adheres to the United States Department of Agriculture (USDA) Child and Adult Care Food Program (CACFP) through Hawaii Child Nutrition. All menus are approved by a registered dietician and meet the USDA CACFP guidelines.

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

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Monday

Multi-Grain Cheerios, Mixed Fruit, & Milk **2**

Saltine Cracker, Cheese & Ham Slices
Water

Chicken N Biskit Crackers, Water

Week 4

Kix Cereal, Pears, Milk **9**

Taco Chips, Shredded Cheese, Salsa, Water

Teddy Grahams, Water

Week 5

Kix Cereal, Mandarin Oranges, Milk **16**

Teddy Grahams, Grapes, Water

Swirl Bread, Water

Week 1

Multi-Grain Cheerios, Peaches, Milk **23**

Pretzels, Cheese Sticks, Water

Chicken N Biskit, Water

Week 2

Kix Cereal, Apple Slices, Milk **30**

Swirl Bread w/Cream Cheese, Apple Juice

Wheat Thins, Water

Week 3

Tuesday

French Toast Sticks, Mandarin Oranges, Milk **3**

Sunflower Butter & Jelly on **Whole Grain Tortilla**, Milk

Saltines Crackers, Water

Bagels w/Cream Cheese, Pineapple Chunks, Milk **10**

Egg Salad Sandwich on **Whole Grain Bread**, Apple Juice

Whole Grain Ritz Crackers, Water

Whole Grain-Cinnamon Toast, Applesauce, Milk **17**

Wheat Thins, Dried Fruit, Cheese Stick, Water

Saltine Cracker, Water

Raisin Bread w/Cream Cheese, Bananas, & Milk **24**

Egg Salad Sandwich on **Whole Grain Bread**, Apple Juice

Ritz Crackers, Water

English Muffin w/Jelly, Pineapple & Milk **31**

Teddy Grahams, Mixed Fruit, Water

Goldfish Crackers, Water

Wednesday

Oatmeal, Apple Slices, Milk **4**

Egg Salad Sandwich on **Whole Grain Bread**, Apple Juice

Goldfish Crackers, Water

Scrambled Eggs w/Cheese, Mandrin Oranges, **Whole Grain Tortilla**, Milk **11**

Blueberry Muffin, Grape Juice

Cheese Nips, Water

French Toast Sticks, Mixed Fruit & Milk **18**

Sunflower Butter & Jelly on **Whole Grain Tortilla**

Goldfish Crackers, Water

Oatmeal, Mandarin Oranges, Milk **25**

Cheese Nips, Mixed Fruit, Water

Vanilla Wafer, Water

Thursday

Waffles, Blueberries, Milk **5**

Graham Crackers, Yogurt, Water

Pretzels, Water

Multi-Grain Cheerios, Strawberries, Milk **12**

Breadsticks w/Marinara, Cheese Stick
Water

Graham Crackers, Water

Sausages Patty, Biscuit, Blueberries, Milk **19**

Ham & Cheese, **Tea Roll** & Water

Cheese Nips, Water

Scramble Eggs & Cheese, Pears **26**

Whole Grain Toast, Milk

Banana Muffin, Milk

Wheat Thins, Water

Friday

Sausage Patty, Biscuit, Melon, **6**

Milk

Carrot Sticks w/Ranch, **Whole Grain Ritz Crackers**, Water

Cheese Nips, Water

Whole Grain Toast, w/Sunflower Butter, Banana & Milk **13**

Swirl Bread w/Cream Cheese, Grape Juice

Saltine Crackers & Water

English Muffins w/ Cheese, Pineapple Chunks, Milk **20**

Bagel w/Cream Cheese, Grape Juice

Vanilla Wafers, Water

Waffles, Strawberries & Milk **27**

Carrot Sticks w/Ranch, Whole Grain Ritz Crackers, & Water

Graham Crackers, Water

Meal Pattern

Breakfast
Ages 1-2
Milk 1/2 cup
Grain 1/2 oz.
Fruit 1/4 cup

3-5
Milk 3/4 cup
Grain 1/2 oz. eq.
Fruit 1/2 cup

6+
Milk 1 cup
Grain 1 oz. eq.
Fruit 1/2 cup

Lunch
Ages 1-2
Milk 1/2 cup
Fruit 1/2 oz. eq.
Vegetable 1/4 cup
Meat 1oz

3-5
Milk 3/4 cup
Fruit 1/2 oz. eq.
Vegetable 1/2 cup
Meat 1.5oz

6+
Milk 1 cup
Fruit 1 oz. eq.
Vegetable 3/4 cup
Meat 2oz

Snack
Ages 1-2
Milk 1/2 cup
Grain 1/2 oz. eq.
Fruit 1/4 cup
Meat 1oz

3-5
Milk 3/4 cup
Grain 1/2 oz. eq.
Fruit 1/2 cup
Meat 1.5oz

6+
Milk 1 cup
Grain 1 oz. eq.
Fruit 1/2 cup
Meat 2oz

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Monday

Multi-Grain Cheerios, Diced Pears, Milk **2**

Fish Patty w/Tartar Sauces, **Brown Rice**, Mixed Veggies, Pineapple Chunks, Milk

Ritz, Cheese Slices, Water

Saltines Crackers, Water Week 4

Kix Cereal, Mixed Fruit, Milk **9**

Chili w/**Brown Rice**, Corn, Orange Slices, Milk

Saltine Crackers, Applesauce, Water

Teddy Graham, Water Week 5

Kix Cereal, Mandarin Oranges, Milk **16**

Chicken Nuggets, **Brown Rice**, Corn/Carrots, Pineapple Chunks, Milk

Ritz Crackers, Sliced Cheese, Water

Graham Crackers, Water Week 1

Cheerios, Peaches, Milk **23**

Macaroni & Cheese w/Ham, Green Bean, Mixed Fruit, Milk

Cottages Cheese, Pineapple, Water

Wheat Thin, Water Week 2

Rice Chex Cereal, Diced Pears, Milk **30**

Teriyaki Burger on Whole Grain Bun, French Fires, Mandarin Oranges, Milk

Assorted Crackers, Yogurt, Water

Wheat Thins, Water Week 3

Tuesday

Oatmeal, Mixed Fruit, Milk **3**

Corned Beef sandwich on **Whole Grain Bread**, lettuce, tomato, banana, Milk

Cottage Cheese, Peaches, Water

Goldfish Crackers, Water

Bagels & Cream Cheese, Pineapple Chunks, Milk **10**

Chicken Patty Sandwich on **Whole Grain Bun**, Lettuce, Tomato Applesauce, Milk

Graham Crackers, Peaches, Water

Cheese Nips, Water

Whole Grain Cinnamon Toast, Applesauce, Milk **17**

Beef & Macaroni, Broccoli, Oranges Slices, Milk

Bagels Cream Cheese, Grape Juice/ Milk

Saltine Crackers, Water

Yogurt & Granola, Banana, Milk **24**

Beef/Cheese & Rigatoni, Broccoli, Peaches **Whole Grain Bread**, Milk

Saltine Crackers, Melon Slices, Water

Ritz Crackers, Water

English Muffin w/Cheese, Mandarin Oranges, Milk **31**

Kalua Pork & Cabbage, **Brown Rice**, Pineapple, Milk

Graham, Crackers, Cantaloupe, Water

Goldfish Crackers, Water

Wednesday

Rice Chex, Mandarin Oranges, Milk **4**

Chicken Strips, **Brown Rice**, Broccoli, Apple Slices, Milk

Goldfish Crackers, Pears, Water

Vanilla Wafers, Water

Sausage Patties, Biscuits & Peaches, Milk **11**

Sunbutter & Jelly Sandwich on Whole Grain Bread, **Carrot** Sticks, Banana, Milk

Taco Chips/Soft Tortilla, Cottage Cheese, Salsa, Water

Ritz Crackers, Water

Biscuit w/Jelly, Banana, Milk **18**

Turkey Sandwich on Whole Grain on Bread, Lettuce, Tomato, Cantaloupe, Milk

Vanilla Yogurt, Peaches, Water, Milk

Goldfish Crackers, Water

Scramble Eggs & Cheese, Pears, **Whole Grain Tortilla**, Milk **25**

Tuna Salad Sandwich on **Whole Grain Bread**, Cheese, Cucumber, Lettuce, Apple Slice, Milk

Goldfish Crackers, Mixed Fruit, Water

Vanilla Wafers, Water

Thursday

Waffles, Melon Slices, Milk **5**

Meat Loaf, Mashed Potatoes, **Whole Grain Bread**, Mixed Fruit, Milk

Graham Crackers, **Yogurt**, Water

Cheese Nips, Water

Oatmeal, Pears, Milk **12**

Chicken Nuggets, French Fries, Mixed Fruit, **Whole Grain Bread**, Milk

Cheese It, Pineapple, Water

Graham Crackers, Water

English Muffin w/Cheese, Pineapple, Milk **19**

Chicken & **Brown Rice**, Mixed Vegetables, Mandarin Oranges, Milk

Graham Crackers, Applesauce, Water

Cheese Nips, Water

Oatmeal, Mandarin Oranges, Milk **26**

Taco Salad, Seasoned Beef, Lettuce Tomato, Pineapple, Tortilla Chips, Milk

Banana Muffin, Milk

Chicken N Biskit Crackers, Water

Friday

Raisin Bread Cream Cheese, Banana, Milk **6**

Ham & Cheese Wrap with Whole Grain Tortilla, Lettuce, Tomato, Orange slices, Milk

Carrot Stick w/Ranch, Wheat Thins, Water

Chicken N Biskit Crackers, Water

Whole Grain Cinnamon Toast, Oranges Slices, Milk **13**

Spaghetti w/Meat Sauce, Tossed Salad, Melon, Bread Sticks, Milk

Goldfish Crackers., Pear Slices, Milk

Vanilla Wafer, Water

Corn Chex Cereal, Peaches, Milk **20**

Grilled Ham & Cheese on Whole Grain Bread, **Pear Slices**, Veggie Sticks, Milk

Goldfish Crackers, Mixed Fruit, Water

Vanilla Wafers, Water

Waffles, Applesauce Milk **27**

Teriyaki Chicken, **Brown Rice**, Mixed Vegetable Mixed Fruit, Milk

Carrot Sticks w/Ranch, Wheat Thins, Water

Graham Cracker, Water

Meal Pattern

Breakfast

Ages 1-2

Milk ½ cup

Grain ½ oz.

Fruit ½ cup

Ages 3-5

Milk ¾ cup

Grain ½ oz. eq.

Fruit ½ cup

Ages 6+

Milk 1 cup

Grain 1 oz. eq.

Fruit ½ cup

Lunch

Ages 1-2

Milk ½ cup

Grain ½ oz. eq.

Fruit ½ cup

Vegetable ¼ cup

Meat 1oz

Ages 3-5

Milk ¾ cup

Grain ½ oz. eq.

Fruit ½ cup

Vegetable ½ cup

Meat 1.5oz

Ages 6+

Milk 1 cup

Grain 1 oz. eq.

Fruit ½ cup

Vegetable ¾ cup

Meat 2oz

Snack

Ages 1-2

Milk ½ cup

Grain ½ oz. eq.

Fruit ¼ cup

Meat 1oz

Ages 3-5

Milk ¾ cup

Grain ½ oz. eq.

Fruit ½ cup

Meat 1.5oz

Ages 6+

Milk 1 cup

Grain 1 oz. eq.

Fruit ½ cup

Meat 2oz

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