

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:
99-0267668

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 receives 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. Sabrina. 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 dietitian 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, audiotape, 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, audiotape, 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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School Age Care Program

Monday

Multi-Grain Cheerios, Mixed Fruit, & Milk
Saltine Cracker, Cheese & Ham Slices
Chicken N Biskit Crackers, Water
Week 4

Kix Cereal, Pears, Milk
Taco Chips, Shredded Cheese, Salsa, Water
Teddy Grahams, Water
Week 5

Kix Cereal, Mandarin Oranges, Milk
Teddy Grahams, Grapes, Water
Swirl Bread, Water
Week 1

Multi-Grain Cheerios, Peaches, Milk
Pretzels, Cheese Sticks, Water
Chicken N Biskit, Water
Week 2

Kix Cereal, Apple Slices, Milk
Swirl Bread w/Cream Cheese, Apple Juice
Wheat Thins, Water
Week 3

Tuesday

French Toast Sticks, Mandarin Oranges, Milk
Sunflower Butter & Jelly on Whole Grain Tortilla, Milk
Saltines Crackers, Water

Bagels w/Cream Cheese, Pineapple Chunks, Milk
Egg Salad Sandwich on Whole Grain Bread, Apple Juice
Whole Grain Ritz Crackers, Water

Whole Grain-Cinnamon Toast, Applesauce, Milk
Wheat Thins, Dried Fruit, Cheese Stick, Water
Saltine Cracker, Water

Raisin Bread w/Cream Cheese, Bananas, & Milk
Egg Salad Sandwich on Whole Grain Bread, Apple Juice
Ritz Crackers, Water

English Muffin w/Jelly, Pineapple & Milk
Teddy Grahams, Mixed Fruit, Water
Goldfish Crackers, Water

Wednesday

Oatmeal, Apple Slices, Milk
Egg Salad Sandwich on Whole Grand Bread, Apple Juice
Goldfish Crackers, Water

Scrambled Eggs w/Cheese, Mandarin Oranges, Whole Grain Tortilla, Milk
Blueberry Muffin, Grape Juice
Cheese Nips, Water

French Toast Sticks, Mixed Fruit & Milk
Sunflower Butter & Jelly on Whole Grain Tortilla
Goldfish Crackers, Water

Oatmeal, Mandarin Oranges, Milk
Cheese Nips, Mixed Fruit, Water
Vanilla Wafer, Water

Meal Pattern
Breakfast Ages
1-2 Milk $\frac{1}{2}$ cup
Grain $\frac{1}{2}$ oz.
Fruit $\frac{1}{4}$ cup

3-5 Milk $\frac{3}{4}$ cup
Grain $\frac{1}{2}$ oz. eq.
Fruit $\frac{1}{2}$ cup

6+ Milk 1 cup
Grain 1 oz.
Fruit $\frac{1}{2}$ cup

Lunch Ages
1-2 Milk $\frac{1}{2}$ cup
Grain $\frac{1}{2}$ oz. eq.
Fruit $\frac{1}{4}$ cup
Vegetable 1 oz.
Meat 1.5 oz.

3-5 Milk $\frac{3}{4}$ cup
Grain $\frac{1}{2}$ oz. eq.
Fruit $\frac{1}{2}$ cup
Vegetable $\frac{1}{2}$ cup
Meat 2 oz.

6+ Milk 1 cup
Grain 1 oz.
Fruit $\frac{1}{2}$ cup
Vegetable $\frac{1}{2}$ cup
Meat 2 oz.

Thursday

Waffles, Blueberries, Milk
Graham Crackers, Yogurt, Water
Pretzels, Water

Multi-Grain Cheerios, Strawberries, Milk
Breadsticks w/Marinara, Cheese Stick Water
Graham Crackers, Water

Sausages Patty, Biscuit, Blueberries, Milk
Ham & Cheese, Tea Roll & Water
Cheese Nips, Water

Scramble Eggs & Cheese, Pears
Whole Grain Toast, Milk
Banana Muffin, Milk
Wheat Thins, Water

Sausage Patty, Biscuit, Melon, Milk
Carrot Sticks w/Ranch, Whole Grain Ritz Crackers, Water
Cheese Nips, Water

Whole Grain Toast, w/Sunflower Butter, Banana & Milk
Swirl Bread w/Cream Cheese, Grape Juice
Saltine Crackers & Water

English Muffins w/ Cheese, Pineapple Chunks, Milk
Bagel w/Cream Cheese, Grape Juice
Vanilla Wafers, Water

Waffles, Strawberries & Milk
Carrot Sticks w/Ranch, Whole Grain Ritz Crackers, & Water
Graham Crackers, Water

Friday

6

Swirl Bread w/Cream Cheese, Grape Juice
Saltine Crackers & Water

English Muffins w/ Cheese, Pineapple Chunks, Milk
Bagel w/Cream Cheese, Grape Juice
Vanilla Wafers, Water

Waffles, Strawberries & Milk
Carrot Sticks w/Ranch, Whole Grain Ritz Crackers, & Water
Graham Crackers, Water

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Child Development Center

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<u>Kix Cereal</u> , Mixed Fruit, Milk Chili w/ <u>Brown Rice</u> , Corn, Orange Slices, Milk <u>Saltine Crackers</u> , Applesauce, Water Teddy Graham, Water Week 5	<u>Bagels</u> & Cream Cheese, Pineapple Chunks, Milk Chicken Patty Sandwich on <u>Whole Grain Bun</u> , Lettuce, Tomato Applesauce, Milk <u>Graham Crackers</u> , Peaches, Water Cheese Nips, Water	<u>Sausage Patties</u> , Biscuits & Peaches, Milk <u>Sunbutter & Jelly Sandwich on Whole Grain Bread</u> , <u>Carrot</u> Sticks, Banana, Milk Taco Chips/Soft Tortilla, Cottage Cheese, Salsa, Water Ritz Crackers, Water	<u>Oatmeal</u> , Pears, Milk Chicken Nuggets, French Fries, Mixed Fruit, <u>Whole Grain Bread</u> , Milk Cheese It, Pineapple, Water <u>Graham Crackers</u> , Water	<u>Whole Grain Cinnamon Toast</u> , Oranges Slices, Milk Spaghetti w/Meat Sauce, Tossed Salad, Melon, Bread Sticks, Milk Goldfish Crackers, Pear Slices, Milk Vanilla Wafer, Water																																																										
<u>Kix Cereal</u> , Mandarin Oranges, Milk Chicken Nuggets, <u>Brown Rice</u> , Corn/Carrots, Pineapple Chunks, Milk Ritz Crackers, Sliced Cheese, Water Graham Crackers, Water Week 1	<u>Whole Grain Cinnamon Toast</u> , Applesauce, Milk Beef & Macaroni, Broccoli, Oranges Slices, Milk Bagels Cream Cheese, Grape Juice/ Milk Saltine Crackers, Water	<u>Biscuit w/Jelly</u> , Banana, Milk <u>Turkey Sandwich on Whole Grain on Bread</u> , Lettuce, Tomato, Cantaloupe, Milk Vanilla Yogurt, Peaches, Water, Milk Goldfish Crackers, Water	<u>English Muffin w/Cheese</u> , Pineapple, Milk Chicken & <u>Brown Rice</u> , Mixed Vegetables, Mandrin Oranges, Milk <u>Graham Crackers</u> , Applesauce, Water Cheese Nips, Water	Corn Chex Cereal, Peaches, Milk <u>Grilled Ham & Cheese on Whole Grain Bread</u> , <u>Pear Slices</u> , Veggie Sticks, Milk Goldfish Crackers, Mixed Fruit, Water Vanilla Wafers, Water																																																										
<u>Cheerios</u> , Peaches, Milk Macaroni & Cheese w/Ham, Green Bean, Mixed Fruit, Milk Cottages Cheese, Pineapple, Water <u>Wheat Thin</u> , Water Week 2	<u>Yogurt & Granola</u> , Banana, Milk <u>Beef/Cheese & Rigatoni</u> , Broccoli, Peaches <u>Whole Grain Bread</u> , Milk Saltine Crackers, Melon Slices, Water Ritz Crackers, Water	<u>Scramble Eggs & Cheese</u> , Pears, <u>Whole Grain Tortilla</u> , Milk <u>Tuna Salad Sandwich on Whole Grain Bread</u> , Cheese, Cucumber, Lettuce, Apple Slice, Milk Goldfish Crackers, Mixed Fruit, Water Vanilla Wafers, Water	<u>Oatmeal</u> , Mandarin Oranges, Milk Taco Salad, Seasoned Beef, Lettuce Tomato, Pineapple, Tortilla Chips, Milk Banana Muffin, Milk Chicken N Biskit Crackers, Water	<u>Waffles</u> , Applesauce Milk Teriyaki Chicken, <u>Brown Rice</u> , Mixed Vegetable Mixed Fruit, Milk Carrot Sticks w/Ranch, Wheat Thins, Water <u>Graham Cracker</u> , Water																																																										
<u>Rice Chex Cereal</u> , Diced Pears, Milk <u>Teriyaki Burger on Whole Grain Bun</u> , French Fries, Mandarin Oranges, Milk Assorted Crackers, Yogurt, Water Wheat Thins, Water Week 3	<u>English Muffin w/Cheese</u> , Mandarin Oranges, Milk <u>Kalua Pork & Cabbage</u> , <u>Brown Rice</u> , Pineapple, Milk <u>Graham Crackers</u> , Cantaloupe, Water Goldfish Crackers, Water	Meal Pattern <table border="1"> <tr> <td>Breakfast Ages</td> <td>1-2</td> <td>3-5</td> <td>6+</td> </tr> <tr> <td>Milk</td> <td>$\frac{1}{2}$ cup</td> <td>$\frac{3}{4}$ cup</td> <td>1 cup</td> </tr> <tr> <td>Grain</td> <td>$\frac{1}{2}$ oz.</td> <td>$\frac{1}{2}$ oz. eq.</td> <td>1 oz. eq.</td> </tr> <tr> <td>Fruit</td> <td>$\frac{1}{4}$ cup</td> <td>$\frac{1}{2}$ cup</td> <td>$\frac{1}{2}$ cup</td> </tr> </table>	Breakfast Ages	1-2	3-5	6+	Milk	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup	1 cup	Grain	$\frac{1}{2}$ oz.	$\frac{1}{2}$ oz. eq.	1 oz. eq.	Fruit	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	Lunch Ages <table border="1"> <tr> <td>1-2</td> <td>3-5</td> <td>6+</td> </tr> <tr> <td>Milk</td> <td>$\frac{1}{2}$ cup</td> <td>$\frac{3}{4}$ cup</td> <td>1 cup</td> </tr> <tr> <td>Grain</td> <td>$\frac{1}{2}$ oz. eq.</td> <td>$\frac{1}{2}$ oz. eq.</td> <td>1 oz. eq.</td> </tr> <tr> <td>Fruit</td> <td>$\frac{1}{4}$ cup</td> <td>$\frac{1}{2}$ cup</td> <td>$\frac{1}{2}$ cup</td> </tr> <tr> <td>Vegetable</td> <td>$\frac{1}{4}$ cup</td> <td>$\frac{1}{2}$ cup</td> <td>$\frac{1}{2}$ cup</td> </tr> <tr> <td>Meat</td> <td>1oz</td> <td>1.5oz</td> <td>2oz</td> </tr> </table>	1-2	3-5	6+	Milk	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup	1 cup	Grain	$\frac{1}{2}$ oz. eq.	$\frac{1}{2}$ oz. eq.	1 oz. eq.	Fruit	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	Vegetable	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	Meat	1oz	1.5oz	2oz	Snack Ages <table border="1"> <tr> <td>1-2</td> <td>3-5</td> <td>6+</td> </tr> <tr> <td>Milk</td> <td>$\frac{1}{2}$ oz. eq.</td> <td>$\frac{1}{2}$ oz. eq.</td> <td>1 oz. eq.</td> </tr> <tr> <td>Grain</td> <td>$\frac{1}{4}$ cup</td> <td>$\frac{1}{2}$ cup</td> <td>$\frac{1}{2}$ cup</td> </tr> <tr> <td>Fruit</td> <td>1oz</td> <td>1.5oz</td> <td>2oz</td> </tr> <tr> <td>Meat</td> <td></td> <td></td> <td></td> </tr> </table>	1-2	3-5	6+	Milk	$\frac{1}{2}$ oz. eq.	$\frac{1}{2}$ oz. eq.	1 oz. eq.	Grain	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	Fruit	1oz	1.5oz	2oz	Meat			
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