

November 2025

Child and Youth Programs Parent Newsletter

LAULIMA AND KUPULAU CHILD DEVELOPMENT CENTER



Program Address and Tax ID

4th—Jellyfish Activity— The jellyfish dance, as if to believe, fragile wonders, come see our art work of the Jellyfish

10th— Happy Birthday to the Marine's, 250 years old. Cake cutting ceremony...

@1500 LCDC

@ 1600 KCDC

11th— Happy Holiday—**CYP Closed**

13th—World Kindness Day -Let's paint the world with kindness and a little spark. A shining light in the world today.

21st— Birthday Celebration @ 1500

21st— Pie with Parents @ 1500

27th—Happy Thanksgiving — **CYP Closed**

make
kindness
the norm.

Phone:

808-496-2030

KULIA SCHOOL AGE CARE PROGRAM

3rd—No school - Full day of care offered at SAC

6th—Walking Tacos— A taco treat so fun to eat, a walking snack that's hard to beat! @1500

7th— STEM Day—WOW a whole afternoon of fun STEM activities

10th— Marine Birthday —Cake cutting ceremony @1600

11th Happy Holiday— **CYP Closed**

13th— World Kindness Day—Perform Acts of Kindness: Throughout the day consciously perform acts of kindness, such as helping a neighbor

14th—Food Drive

19th— On your Mark, Get Set, Read!!- I can read out loud, I can read to my mom, I can read to my dad, Come and hear me read @1500

21st— Pie w/Parents— Pumpkin pie, peach pie, or apple pie which one is your favorite? I Come & enjoy a variety of pies @ 1500

27th— Happy Thanksgiving—**CYP Closed**

28th— No School—Full day of care offered at SAC — Bowling Field Trip



MARINE & Family
Child and Youth Programs

Kulia School Age Care

Bldg. 6753

Phone: 808-496-2030

Kupulau CDC Bldg 6111

808-496-1356

Laulima CDC Bldg.

6782

808-496-2038

CYP Operating Hours:



Reducing the Spread of the Flu

(From the desk of the CYP Nurse)

As we enter the flu and cold season, I would like to take the opportunity to share some important information to help ensure that everyone stays safe and healthy.

Viruses are spread easily in schools, child development centers, and the community. You can help prevent the spread of flu and common colds by following these few simple steps:

- Whenever possible, receive the flu shot to help prevent infection and reduce symptoms.
- Wash hands frequently with warm water and soap for at least 20 seconds, especially before eating.
- Cover your nose and mouth with a tissue when sneezing or coughing. Dispose of tissue immediately and wash hands.
- Monitor for these symptoms: fever, headache, sore throat, extreme tiredness, coughing, muscle/body aches. Some may experience nausea, vomiting or diarrhea.

An individual that is sick and/or has a fever should stay home to help prevent further spread of illness to others.

You can go back to your normal activities when, for at least 24 hours, both are true:

- Your symptoms are getting better overall, **and**
- You have not had a fever (and are not using fever-reducing medication).

Once you go back to normal activities continue practicing increased precautions like wearing a mask around others for 5 days. Please inform your child's center if your child is diagnosed with a communicable illness so that we can take the appropriate steps to protect others in the program. Thank you for helping to keep yourself and those around you safe.



Kupulau CDC



Aloha Kupulau CDC families! We cannot believe it is November already! In October, the children enjoyed the visit from the fire truck, ambulance, and Sparky the fire dog. They also took part in decorating pumpkins and marching for the storybook parade.

We would like to take a minute to thank all of you for taking the time in the morning to ensure your child has been swiped in to our system at the front desk. Helping ensure your child is properly swiped in helps us ensure your child is accounted for in the event of an emergency but also for our monthly fire drills as well.

Please give us a call by 0900 each morning if your child will not be in attendance to the program.

We are always hiring! If you or someone you know is interested in applying, please see a manager for more info. CYP staff get a 100% discount on child care for the first child and 25% each additional child.



Laulima CDC

Happy November!

October was a busy and fun month for us! We had a visit from "Sparky" the fire dog, had our Storybook Parade, and had our NECPA reaccreditation visit. We also welcomed new faces to the Laulima CDC Team. Please join us in welcoming them to the program.

We are happy to share that our accreditation visit was great. Each inspection component was verified and our packet has been forwarded to the Academy's Council for determination. We await the decision, but acknowledge our thanks to you for your cooperation, and to the staff, for their hardwork and team efforts.

This month we look forward to celebrating the 250th Marine Corps Birthday, and have scheduled our center based cake cutting ceremony for 10 Nov at 1500. We hope to see you in attendance. Please keep an eye out for our special events calendar for more details on this and our other special events this month.

As a safety reminder, please ask your child(ren) not to run ahead of you when being dropped off or picked up.



Kulia SAC



Here it is November already. This year has just flown by. The children had a spectacular Fall Camp with a field trip to the Waimanalo Farms and a visit from the Fire Department. Our Fall Festival was a great success!! Everyone had a wonderful time.

In November we celebrate the Marine Corps Birthday. We will be having a cake cutting ceremony on Monday, 10 November at 1600. All are welcome to join us.

On 13 November, we celebrate World Kindness Day. This is a day where we encourage everyone to perform acts of kindness throughout the day. Of course we encourage acts of kindness every day.

We will be having our annual Pie with Parents on Tuesday, 21 November at 1500. Come and enjoy delicious pie with your children.

Please make sure you check out our event calendar for November for other special activities we have planned.

Kulia SAC will be closed on Tuesday, 11 November and Thursday, 27 November.

Here's to a great month!!!



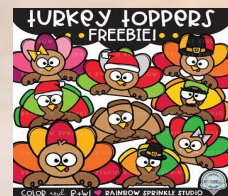
Riddle of the Month

Q: What's a turkey's favorite part of school?

A: The gobble-ography class

Q: Why did the turkey wear mittens?

A: It didn't want to get frostbitten before the oven



Pumpkin Lasagna

Ingredients

1/2 cup (1 stick) unsalted butter
1 onion, chopped
4 cloves garlic, finely chopped
1 tsp. cider vinegar
1 tsp. dried sage
3 (15-oz) cans pumpkin puree
2 Tbsp. pure maple syrup
Kosher Salt
Freshly ground black pepper
1 large egg, beaten to blend
1(15-oz) container ricotta cheese
3 cups shredded Fontina, divided
3 cups shredded mozzarella, divided
Cooking spray
1 lb. no-boil lasagna noodles



Directions

Step 1: Preheat oven to 375°. In a large saucepan over medium heat, melt butter. Add onion and garlic and cook, stirring occasionally, until fragrant and softened, about 7 minutes. Add vinegar and cook, stirring, until mostly evaporated, about 4 minutes. Stir in sage. Add pumpkin, syrup, and nutmeg; season with salt and pepper. Cook, stirring, until warmed through, about 5 minutes.

Step 2 : In a medium bowl, stir egg, ricotta, 2 cups Fontina, and 2 cups mozzarella until combined.

Step 3: Grease a 13" x 9" baking dish with cooking spray. Smear a thin layer of pumpkin mixture on bottom of prepared dish. Cover with about one-quarter of noodles. Top with one-third of cheese mixture. Spread one-third of remaining pumpkin mixture over cheese mixture, followed by a layer of noodles and another layer of cheese. Repeat one more time, then finish with remaining pumpkin mixture and a layer of noodles. Sprinkle noodles with remaining 1 cup Fontina and 1 cup mozzarella.

Step 4: Cover dish with foil and bake lasagna 35 minutes. Uncover, increase oven temperature to 400°. Uncover dish and continue to bake until cheese on top is melted, about 20 minutes more. Let rest 5 minutes to set.

Fun things to do in November

1. Disney Aulani, Oahu
2. Makapu'u Beach
3. Skill Builders: Library & Research—Nov 5, 2025
4. Hawaii Fashion Show– Nov 2, 2025
5. Hawaii Market Expo Nov 14-16



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