

# CHILD AND YOUTH PROGRAM PARENT NEWSLETTER MCB HAWAII

## SEPTEMBER 2026

### Program Address and Tax ID

#### Mailing Address:

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Kaneohe Bay, HI

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808-496-7430

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**MARINE & Family**  
Child and Youth Programs

Kulia School Age Care

Bldg. 6753

Phone: 808-496-2030

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Kupulau CDC

Bldg. 6111

808-496-1388

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Laulima CDC

Bldg. 6782

808-496-2038

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#### CYP Operating Hours:

0600-1800

### CDC Events

2nd -National Library Card Sign-up Month

7th—Happy Holiday All Centers Closed

8th– Literacy Day Make-a-book w/Parents @1500

18th– Birthday Celebration

21st– Happy First Day of Fall

25th—Aloha Friday

### SAC Events

1st– National Pet Rock Day—Paint a Pet Rock

7th—Happy Holiday ~ **All Centers Closed**

9th— Apple Nachos

11th—Wear Red, White, & Blue

National Line Dancing Week– learn a line Dance

18th– Honoring Heroes for 9/11 event @ 3pm

21st– National Dance Day– Dance Party

28th– DIY– Corn Kernel Maze STEM Activity

### **Bringing the Presidential Fitness Test to Marine Corps Youth Programs**

Beginning in September 2026, Marine Corps Child and Youth Programs (CYP) will integrate the Presidential Fitness Test (PFT) into existing programming as part of a Department of War initiative focused on promoting lifelong health, physical activity, and youth resilience.

#### Supporting Lifelong Healthy Habits:

The PFT is designed to encourage children and teens to stay active, build confidence, and develop healthy habits through age-appropriate fitness activities. Across Marine Corps installations, the program will be incorporated into CYP, recreation programs, and youth activities in ways that emphasize participation, engagement, and positive experiences for military-connected youth.

#### Flexible, Installation-based Implementation

The Marine Corps approach emphasizes flexibility and inclusivity. Installations will integrate PFT activities based on local programming, facilities, staffing, and seasonal considerations. The initiative is intended to complement—not replace—existing youth fitness and recreation opportunities already offered through Marine Corps Community

Services (MCCS). Focus On Participation and Development “The Presidential Fitness Test is about creating positive experiences that encourage children and teens to stay active, build confidence, and develop lifelong healthy habits,” said Kari Ratcliffe, Headquarters Marine Corps Child and Youth Programs Program Manager. “Our focus is on participation, engagement, and supporting youth development through fun, age-appropriate activities that can be integrated into existing programs across the Marine Corps.”

Preparing For Full Implementation—Throughout summer 2026, installations will prepare for full integration during the 2026–2027 program year. Activities may include fitness events, recreation- based programming, and optional testing opportunities using Department of War protocols and guidance.

This initiative also supports broader efforts to strengthen youth wellness, resilience, teamwork, and healthy habits among military-connected families.

What Families Can Expect—Families can expect additional information from local MCCS and CYP offices regarding upcoming activities, events, and opportunities for youth participation. As implementation expands across the enterprise, the Marine Corps remains committed to providing safe, inclusive, and developmentally appropriate programming that supports the overall well-being of children, youth, and families.

<https://www.usmc-mccs.org/news/bringing-the-presidential-fitness-test-to-marine-corps-youth-programs>



## Kupulau CDC



Many of our preschoolers transitioned into Kindergarten last month, which made way for younger children who have aged up, to move to a new age group. New rooms mean a new environment with fun and engaging toys and activities designed to promote the development of each child.

Moving children up ensures they are in a classroom environment that is developmentally appropriate for their skill level and interests, and provides the right balance of challenges to assist with their growth and development. As with any transition, your child may need extra time getting used to the new faces and environment.

Please communicate with your child's caregiver and work together to make your child's day as smooth as possible.

The 3rd quarter Parent Advisory Board (PAB) meeting will be taking place this month. Keep an eye out at our front desk for the specific day and time.



## Laulima CDC

Last month, we had a lot of movement in our center. We said a hui hou (until we meet again) to our preschoolers who headed off to Kindergarten and we welcomed new children and staff to our center, including our new custodian, Chelsea.

In August, we also welcomed our new MFLC, Jordyn! The MFLC provides support to military members and their families. She can work with your children in a group setting or one on one. Active duty military and their spouses are also eligible to speak to Jordyn for MFLC services. If you would like to verify the permissions you selected for MFLC services for your child or have any general questions regarding the MFLC program please see our front desk.

Thank you to all the families who joined us for Chalk the Walk. Children had a great time! This month we are looking forward to celebrating National Library Card Sign-Up Month and National Read a Book Day through various activities. Keep an eye out for details in your child's classroom. During this month, we encourage you to come read aloud to your child's class if you are available. Please coordinate with your child's teacher if interested.

## Kulia SAC



Kulia SAC had a great summer. The children enjoyed all the great activities and field trips. We ended the summer with a Luau Event. Fun was had by all.

While school is back in session, the children had a great first few weeks. We welcomed our new kindergarten children to SAC. They have done a wonderful job adjusting to their new schedule.

CYP had our annual unannounced visit from Headquarters. Kulia SAC did a great job. Facilitators were impressed with what was going on in the classrooms and they loved our choice board.

Kulia SAC is proud to announce that we are a recipient for a Boys & Girls Club of America 911-Day of Remembrance Grant in conjunction with @911 Day and @AmeriCorps. The grant gives us the opportunity to honor and thank first responders and remember 911. We will be having an event on 18 September with a presentation by first responders, and commemorative artwork created by our children and a BBQ dinner.



# 9.11DAY



## Five Red Leaves—Original Author: Unknown .

Five red leaves, high in the tree, One blew away , now bright in the sun, A squirrel took one, now there are none. But wait-look up! The branches sway, New green buds are on their way. Seasons turn, and soon we'll see, five red leaves back on the tree.

### Feel-Good Fall Salad



#### Ingredient

- Olive Oil, 1 Tablespoon
- Medium Sweet Potatoes (peeled and diced into 1/2 inch cubes)
- Fine Sea Salt and Freshly –Ground Black Pepper
- Arugula (or baby kale) 5 ounces
- Avocado (thinly sliced) 1
- Goat Cheese (crumbled, or feta or blue cheese) 1/2 cup
- Pecan ( chopped, lightly toasted), 1/2 cup
- Dried Cranberries, 1/2 cup .

#### Instructions

1. Roast Sweet Potatoes: Preheat oven to 400°F. Toss diced sweet potatoes with 1 tablespoon olive oil, salt, and pepper. Spread on a baking sheet and roast for 30 minutes until tender and lightly caramelized.

2. Prepare Dressing: Whisk together olive oil, lemon juice, Dijon mustard, garlic, salt, and pepper in a bowl or shake in a mason jar.

3. Assemble Salad: In a large bowl, combine arugula, avocado, goat cheese, pecans, and dried cranberries. Add roasted sweet potatoes and drizzle with dressing. Toss gently and serve immediately.

#### Tips & Variations

**Add Protein:** Grilled chicken, bacon, shrimp, or tofu can make it a complete meal.

**Extra Veggies:** Include roasted Brussels sprouts, butternut squash, carrots, or beets for more texture and flavor.

**Vegan Option:** Replace goat cheese with vegan cheese or omit entirely, and use a tahini-based dressing instead of lemon Dijon.

**Flavor Boost:** Sprinkle sweet potatoes with cinnamon, smoked paprika, or chili powder before roasting for a warm, autumnal flavor. This salad is perfect as a main dish or side, offering a balance of sweet, savory, and tangy flavors that celebrate fall produce while remaining light and nutritious. It can also be prepped ahead by roasting vegetables and keeping the dressing separate until serving to maintain crispness.

### Fun Fall Beach Day Ideas for Kids

Fall at the beach is all about cozy exploration, creative play, and seasonal fun — perfect for keeping kids entertained while enjoying the cooler, quieter atmosphere.

#### Seasonal Fall Beach Activities:

- **Beachcombing & Tide Pooling**— Blowing winds and rolling waves, bring up colorful shells, smooth rocks, driftwood, and even sand dollars. Let kids search for treasures and explore tide pools for small sea creatures.
- **Write a Disappearing Message or Picture**— There's something exciting about seeing how much of a message or picture you can create in wet sand before the waves wash it away. Kids can enjoy racing the waves and reading or admiring one another's work. Pro parenting tip: Snap phone photos of the work if they want you to preserve it.
- **Have a Beach Scavenger Hunt**— Before you head to the beach, make a list of items for kids to find. You can include seaweed, shells, rocks, sand, driftwood, and anything else you know they might be able to find. Give them buckets and the list and see who can find the most items. You can chill on a beach towel while they stay busy for a while.
- **Read a Beach Book Out Loud**— Beach reads are fun for everyone, even kids. Choose a beach-themed book or just something light and entertaining. Then gather everyone around on the beach towels and enjoy the story.
- **Play Beach Dodgeball**— If the beach isn't too crowded, have a game of beach dodgeball. You can use a beach ball if it isn't too windy. Split everyone into teams and have a blast trying to tag each other with the ball.
- **Have a Beach Music Party**— Make a playlist of your favorite beach music (think tropical songs, the Beach Boys and anything playful). Set up your phone or some portable speakers and have a dance party with kids on the beach. We promise—no one will judge your goofy dance moves if you're dancing next to your kids.
- **Clean Up Litter**— Learn about environment concerns and help the Earth by collecting litter together at the beach. This will help kids feel like they are connected to the world and making a difference.
- **Play Beach Bakery**— Before you head to the beach, scour your kitchen for some old pans and containers (we're looking at you, Bundt pan that never gets used). Kids can use them to make a ton of different cakes, cookies, pies, and other desserts out of sand, shells, and stones..

<https://www.lovetoknow.com/parenting/kids.beach-activities-kids>