



Child & Youth Programs Parent Newsletter



Program Address and Tax ID

Mailing Address:

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

Phone:

808-257-2030

Tax I.D. Number:

99-0267668

Upcoming Events:

05th: HDOE—First Day of School

06th: Friendship Day

16th: CYP Closes at Noon—All Hands Training

20th: Families Invited for, "Chalk the Walks Day"

23rd: Birthday Celebration

30th: National Beach Day



Tips to ease back into school



Back-to-school anxiety is normal and understandable. Many kids may feel anxious about going back to school after a long summer break. Others may feel nervous about starting school for the first time. Whichever the case may be, parents can help ease the transition back to school with these simple strategies.

Organize your home for back-to-school. A great way to ease some of your child's anxiety about going back to school is by getting your home ready for the transition. Strategies such as making school lunches the night before or establishing a comfortable homework area can help make kids feel more in control and relieve some of their anxious feelings.

Help your child feel more comfortable about his/her new school environment. One of the things that can cause back to school anxiety for kids is not knowing what to expect. Help your child become more acclimated to new routines and unfamiliar surroundings by doing the following:

Take him/her for a visit to the school. If your child is starting kindergarten or first grade, he may be uneasy about going into a new building. Older grade-students may be nervous about being in a new classroom room or meeting a new teacher. To alleviate some of these concerns, ask your school about arranging a visit to school and meeting the teacher before school begins.

Make a couple of drives back and forth from home to school. Whether your child will walk, take a school bus, or be driven to school by mom or dad, helping him become familiar with the route to and from school will ease school anxiety. Even if your child is familiar with the route to school, making a run to school prior to the first day will remind him where school is, and will help him feel more connected as to where he will go on the first day back to school.

Make sure your child gets enough sleep and eats a balanced diet. Getting adequate sleep and eating a healthy diet - especially a protein-carbohydrate balanced breakfast -- is important for brain function, mood and focus.

Resource: <https://www.verywellfamily.com/tips-to-ease-back-to-school-anxiety-620832>



MARINE & Family
Child and Youth Programs

Kulia School Age Care

Bldg. 6753,

Phone: 808-257-2030

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Kupulau CDC Bldg 6111

808_257-1356

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Laulima CDC Bldg. 6782

808-257-2038

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CYP Operating Hours:
0600-1800



Congratulations MCBH CYP....

June 25-28 HQMC CYP conducted an unannounced Child & Youth Programs compliance inspection. The areas of inspection included, general management, facility, health, safety, risk management, and programming. The program received multiple highlights for program strengths and zero deficiencies that required Commander attention. Special acknowledgement to the team of staff at Kupulau, Laulima, Kulia, and the CYP Administrative office. Their hard work, teamwork, and commitment to excellence was reflected during the inspection.

Laulima

Happy August! We bid a hui hou (until we meet again) to our preschoolers who are moving on to Kindergarten. We wish them the best!



We are so happy to welcome so many caregivers to our Laulima team. We want to send a special thank you to Amanda Estabillo for stepping in to assist us while we continue to recruit and onboard members of our management team. Amanda is our previous Assistant Training and Curriculum Specialist and current Training and Curriculum Specialist at Kulia.

Please keep an eye out at the front desk and in your child's classroom for information about upcoming special events.

As a reminder, please call our front desk by 0900 if your child will not be in care or will be in late.

Congratulations to our staff celebrating their years of service this month! Thank you for your hard work and dedication.

Raeann (1)

Mari (12)

School Age Care

Summer Camp was a blast! The children had so much fun on the field trips, and all the great activities we had planned for them!

This month is exciting, as we have a lot of new things happening. Our SAC children will be going back to school, and we will be welcoming new Kinders into our program! Parents please be advised that ALL kinders first day at SAC will be Friday, August 9, which will be their first full-day at Mokapu!

We want to give a warm welcome to our new lead, Ellen Johnson who comes with many years of experience in a school age setting.

Congratulations to CYP as a whole for having a great Headquarters' Inspection! We would like to give a huge shout-out to our CYP Assistants as they were the big highlight which contributed to a safe, and engaging environment for all our children.

As a reminder, SAC will be open for a half-day, and close at 1200 on Friday, 16 August for CYPs quarterly all-hands training. Mokapu will also be closed for Statehood Day!

Kupulau CDC

Aloha Kupulau CDC families! The year is just flying by! Keep an eye out on the special events calendars for fun events to enjoy throughout the rest of the year.

We bid a fond farewell to the preschoolers who will be leaving us for kindergarten. It has been a pleasure having each child in our care and in being a part of their growth and development. We wish each a smooth transition to kindergarten and a great school year.

We are excited to have so many new faces on our Kupulau team! Several new caregivers joined the team and have been getting to know the children. A special welcome to Justine Seei, our new Assistant Director. Justine was previously a Program Technician at Laulima CDC and comes to us with a wealth of knowledge about the Child and Youth Program.

As a reminder, please ensure you do not leave your vehicle unattended and running in our parking lot during drop-off or pick up.



Reminder: Each CYP center is a 100% ID check facility. You are required to show your ID at the front desk and again in the classroom. Thank you

Special birthday greetings to all children, parents, and staff who are celebrating their special day in August!

2024 AUGUST

CHILD & YOUTH PROGRAMS ~ SAC MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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Meal Pattern

Breakfast			
Ages	1-2	3-5	6+
Milk	½ cup	¾ cup	1 cup
Grain	½ oz.	¾ oz. eq.	1 oz. eq.
Fruit	¼ cup	¾ cup	¾ cup

Snack			
Ages	1-2	3-5	6+
Milk	½ cup	¾ cup	1 cup
Grain	½ oz. eq.	¾ oz. eq.	1 oz. eq.
Fruit	¼ cup	¾ cup	¾ cup
Meat	1oz	1.5oz	2oz

Lunch			
Ages	1-2	3-5	6+
Milk	½ cup	¾ cup	1 cup
Grain	½ oz. eq.	¾ oz. eq.	1 oz. eq.
Fruit	¼ cup	¾ cup	¾ cup
Vegetable	¼ cup	¾ cup	¾ cup
Meat	1oz	1.5oz	2oz

1

Hardboiled Egg
Whole Grain Toast w/ Jelly
Orange Slices
Milk

Breadsticks w/ Marinara
Cheese Stick
Water

Vanilla Waters, Water

Wk 3

2

Whole Grain Cinnamon Toast
Banana
Water

Chicken in a Biskit Crackers
Watermelon
Water

Cheese Nips, Water

5

Multi-Grain Cheerios, Mixed
Fruit & Milk

Saltines Crackers, Cheese &
Ham Slices, Water

Chicken N Biskit Cracker &
Water
Week 4

6

French Toast Sticks,
Mandarin Oranges & Milk

Sunflower Butter & Jelly on
Whole Grain Tortilla, Milk

Saltine Cracker & Water

7

Oatmeal, Apple Slices, &
Milk

Egg Salad Sandwich on
Whole Grain Bread, Apple
Juice

Goldfish Crackers & Water

8

Waffles
Blueberries
Milk

Graham Crackers
Yogurt
Water

Pretzels, Water

9

Sausages Patty, Biscuit,
Melon & Milk

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

Cheese Nips & Water

12

Kix Cereal, Pears, & Milk

Taco Chips, Shredded
Cheese, Salsa, & Water

Teddy Graham & Water
Week 5

13

Bagel w/Cream Cheese,
Pineapple Chunks, & Milk

Egg Salad Sandwich on Whole Grain Bread & Apple Juice

Whole Grain Ritz Cracker &
Water

14

Scrambled Eggs w/Cheese,
Mandarin Oranges, Whole Grain Tortilla, & Milk

Blueberry Muffin & Grape Juice

Cheese Nips & Water

15

Multi Grain Cheerios,
Strawberries, & Milk

Breadsticks w/Marinara,
Cheese Stick, & Water

Graham Crackers & Water

16

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

Swirl Bread w/Cream Cheese
Grape Juice

Saltine Cracker & Water

19

Kix Cereal, Mandarin Oranges
Milk

Teddy Grahams, Grapes, & Water

Swirl Bread & Water
Week 1

20

Whole Grain Cinnamon Toast,
Applesauce, & Milk

Wheat Thins, Dried Fruit, Cheese Stick,
& Water

Saltine Crackers & Water

21

French Toast Sticks, Mixed Fruit, &
Milk

Sunflower Butter & Jelly on Whole Grain Tortilla & Milk

Goldfish Crackers & Water

22

Sausages Patty, Biscuit,
Blueberries, & Milk

Ham & Cheese, Tea Roll, &
Water

Cheese Nips & Water

23

English Muffins w/Cheese,
Pineapple, & Milk

Bagel w/Cream Cheese & Grape
Juice

Vanilla Wafers & Water

26

Multi Grain Cheerios,
Peaches, Milk

Pretzels, Cheese Sticks, & Water

Chicken N Biskit Crackers & Water
Week 2

27

Raisin Bread w/Cream
Cheese, Banana, & Milk

Egg Salad on Whole Grain Bread & Apple Juice

Ritz Crackers & Water

28

Oatmeal, Mandarin
Oranges, & Milk

Cheese Nips, Mixed Fruit, &
Water

Vanilla Wafers & Water

29

Scrambled Eggs & Cheese, Pears,
Whole Grain Toast, & Milk

Banana Muffin & Milk

Wheat Thins & Water

30

Waffles, Strawberries, & Milk

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

Graham Crackers & Water

2024 AUGUST

CHILD & YOUTH PROGRAMS ~ CDC MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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Breakfast								Lunch				Snack			
Ages	1-2	3-5	6+	Ages	1-2	3-5	6+	Ages	1-2	3-5	6+	Ages	1-2	3-5	6+
Milk	½ cup	¾ cup	1 cup	Milk	½ cup	¾ cup	1 cup	Milk	½ cup	¾ cup	1 cup	Milk	½ cup	¾ cup	1 cup
Grain	½ oz.	¾ oz. eq.	1 oz. eq.	Grain	½ cup	¾ cup	1 oz. eq.	Grain	½ cup	¾ cup	1 oz. eq.	Grain	½ cup	¾ cup	1 oz. eq.
Fruit	¼ cup	¾ cup	¾ cup	Fruit	¼ cup	¾ cup	¾ cup	Fruit	¼ cup	¾ cup	¾ cup	Fruit	¼ cup	¾ cup	¾ cup
				Vegetable	¼ cup	¾ cup	¾ cup								
				Meat	1oz	1.5oz	2oz								

1

Sweet Bread Toast
Banana, Milk

Shepherd's Pie Mashed Potatoes
Whole Grain Bread, Broccoli, Pears
Milk

Raisin Bread, Cream Cheese
Apple Juice, Milk*

Vanilla Wafers, Water

Wk 3

2

French Toast, Applesauce
Milk

Egg Salad Sandwich
on Whole Grain Bread
Lettuce & Tomato, Orange Slices
Milk

Chicken in a Biskit Crackers
Melon Slices, Water

Cheese Nips, Water

5

Multi-Grain Cheerios
Diced Pears, Milk

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

Ritz Crackers, Cheese Slices
Water

Saltine Cracker, Water

Wk 4

6

Oatmeal, Mixed Fruit
Milk

Corned Beef Sandwich on Whole Grain Bread,
Lettuce & Tomato Banana Milk

Cottage Cheese
Peaches, Water

Goldfish Crackers, Water

7

Rice Chex
Mandarin Oranges, Milk

Chicken Strips Brown Rice Broccoli, Apple
Slices, Milk

Goldfish Crackers
Pears, Water

Vanilla Wafers, Water

8

Waffles, Melon Slices
Milk

Meat Loaf, Mashed Potatoes
Whole Grain Bread
Mixed Fruit
Milk

Graham Crackers
Yogurt, Water

Cheese Nips, Water

9

Raisin Bread, Cream Cheese Banana, Milk

Ham & Cheese Wrap w/ Whole
Grain Tortilla, Lettuce & Tomato, Orange
Slices, Milk

Carrot Sticks w/ Ranch Dressing
Wheat Thins, Water

Chicken in a Biskit Crackers, Water

12

Kix Cereal
Mixed Fruit, Milk

Chili w/ Brown Rice
Corn, Orange Slices, Milk

Graham Cracker
Peaches, Water

Teddy Grahams, Water

Wk 5

13

Bagels & Cream Cheese
Pineapple Chunks, Milk

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

Saltine Crackers, Applesauce, Water

Cheese Nips, Water

14

Sausage Patties
Biscuits & Peaches, Milk

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

Taco Chips/Soft Tortilla, Cottage
Cheese Salsa, Water

Ritz Crackers, Water

15

Oatmeal, Pears, Milk

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

Cheese-It
Pineapple, Water

Graham Crackers, Water

16

Whole Grain
Cinnamon Toast
Orange Slices, Milk

Goldfish Cracker, Pear Slices, Milk

**CYP Closes at Noon – All Hands
Training**

19

Kix Cereal, Mandarin Oranges Milk

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

Ritz Cracker, Sliced Cheese Water

Graham Crackers, Water

Wk 1

20

Whole Grain Cinnamon Toast
Applesauce, Milk

Beef & Macaroni
Broccoli, Orange Slices, Milk

Bagels, Cream Cheese
Grape Juice/Milk

Saltine Crackers, Water

21

Biscuit w/Jelly, Banana, Milk

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

Vanilla Yogurt, Peaches
Water

Goldfish Crackers, Water

22

English Muffin w/Cheese
Pineapple, Milk

Chicken & Brown Rice
Mixed Vegetables, Mandarin
Oranges Milk

Graham Crackers, Applesauce,
Water

Cheese Nips, Water

23

Corn Chex Cereal, Peaches
Milk

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

Goldfish Crackers, Mixed Fruit, Water

Vanilla Wafers, Water

26

Cheerios
Peaches, Milk

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

Cottage Cheese, Pineapple, Water

Wheat Thins, Water

Wk 2

27

Yogurt & Granola, Bananas, Milk

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

Saltine Crackers
Melon Slices, Water

Ritz Crackers, Water

28

Scrambled Eggs & Cheese
Whole Grain Tortilla, Pears, Milk

Tuna Salad Sandwich
On Whole Grain Bread
Cheese, Cucumber, Lettuce
Apple Slices, Milk

Goldfish Crackers, Mixed Fruit, Water

Vanilla Wafers, Water

29

Oatmeal
Mandarin Orange, Milk

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

Banana Muffin, Milk

Chicken in a Biskit Crackers, Water

30

Waffles, Applesauce, Milk

Teriyaki Chicken
Brown Rice
Mixed Vegetable, Mixed Fruit
Milk

Carrot Sticks w/ Ranch
Wheat Thins, Water

Graham Crackers, Water