

Program Address and  
Tax ID

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

Phone:  
808-496-7430

Tax I.D. Number:  
99-0267668



**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

## Special Events

**1st: May Day Lei Day (SAC/CDC)**

**2nd: World Space Day (SAC)**

**Teacher Appreciations Week**

**5th: Wear your Teacher Favorite Color Day (CDC)**

**6th: Teacher are Superhero's- Dress like a Superhero (CDC)**

**6th: National Nurse Day**

**7th: Make a Thank you Card (CDC)**

**9th: Muffins with Mom @ 2:00 pm (CDC)**

**9th: Paint & Punch with Mom @ 4:00 pm (SAC)**

**13th: Apple Pie Day (CDC & SAC)**

**14th: Birthday Celebration (SAC)**

**16th: Birthday Celebration (CDC)**

**16th: Happy Pizza Day (SAC)**

**17th: Armed Forces Day (CDC)**

**20th: World Bee Day (CDC/SAC)**

**22nd: Sherlock Holmes Day (SAC)**

**23rd: CYP Conference : All centers closed @ 12:00 pm**

**26th: Happy Memorial Day : All centers Closed**

**30th: School's Out for the Summer (SAC)**



Apple Pie Day



## Month of Maternal Mental Health Awareness

"May is the month of appreciation for our mothers and motherly figures! Did you know that May is also the month of Maternal Mental Health Awareness? Mothers have unique challenges they face before, during, and even long after pregnancy. About 15-20% of women will experience significant mental health issues during pregnancy and after childbirth. While some women may experience symptoms such as anxiety, depression, obsessive-compulsive disorder or post-traumatic stress disorder, many do not seek help due to stigma. Mothers often experience fear of judgment from others, worrying that they may seem unfit to be a parent or able to raise their children in a specific way. Often, not seeking help prolongs a mother's symptoms and has a negative effect on their overall wellbeing.

Seeking help from a medical professional is a great place to start. Here at MCBH, we have many resources for our families, as well. For our new mothers/parents, we have our New Parent Support Program to help manage the demands of parenting and build a strong support network for families. However, even for mothers and families that are not new to parenthood we have our Family Support Center that offers a multitude of programs of support such as counseling, family life education, and more.

In addition to identifying symptoms and seeking help, some things that may help is:

1. Making time for yourself.

Do something you love, get out of the house, ask for help where you can! It is important to ask for help and make time for yourself here and there. Creating a special time for just you can help.

2. Be realistic.

You don't have to be perfect and you don't have to do everything. Remember to be realistic, do what you can and leave the rest so as not to create an unnecessary mental load on yourself.

3. Connecting with others.

Look for other parents in your community or even online. Being with others, especially others who are going or have gone through same experiences as you can help you share your feelings, create comfort and realize you are not alone in your feelings.

<https://www.nimh.nih.gov/health/topics/maternal-mental-health-mothers-behave>







Aloha families! We hope you had fun celebrating the Month of the Military Child with us! The children and staff really enjoyed being able to have you join us for special events here at the center. The Egg Hunt was a huge success and always a hit with the children! Keep an eye out for more special events. We hope you can join us!

We are sad to announce Mariaul's last day will be May 9th. We will be interviewing a new Office Automation Clerk to replace the void she leaves behind. Stay tuned for a new face to welcome you and your child each morning.

Did you know that National Teacher Appreciation Week is May 5-9? This is the perfect time to show your appreciation to your child's caregivers.

*Wishing all the*



## Laulima CDC

Happy May!

We hope you had fun celebrating Month of the Military Child with us! Our Egg-stravaganza was also a huge success. Keep an eye out for more special events. In April we welcomed Frances Yamauchi as our new Assistant Training and Curriculum Specialist.

National Teacher Appreciation Week is May 5-9. This is a perfect opportunity to show your appreciation to your child's caregivers. A thank you card or handwritten note, is just one of the ways to show your appreciation.

Congratulations to our staff celebrating their years of service this month!



Welcome May!!

We had a great time celebrating The Month of the Military Child and our Egg-Starvaganza. Always make sure you check out our Special Events calendar for parent involvement and special activities.

Teacher Appreciation Week is 5-9 May. This is a great opportunity to say "Thank You" to our Program Assistants for all the fun activities they plan and for keeping your children safe.

We bid a sad farewell to Ms. Jessa. We will miss her greatly but wish all the luck and love on her next adventure.

Summer Camp is quickly approaching. Keep an eye out for all the exciting things we have planned.



**A: Because they already 8!**

**Doctor: How is the Child who swallowed a Few Quarters Doing?**

**Nurse: Well , No Change.**



## Pizza Tater Tot Casserole

### Ingredients:

32 oz Frozen Tater Tots

1 lb Italian Sausage

2 oz Pepperoni Slices divided

14 oz Pizza Sauce

1 tbsp Pizza and Pasta Seasoning completely optional, see above for information

7-8 Slices Mozzarella Cheese

8 oz Shredded Mozzarella Cheese set aside 1 tbsp

1 tsp Italian Seasoning



### Instructions

1. Any additional toppings, such as bacon, ham, onions, peppers, black olives, jalapenos, etc

Instructions Preheat the oven to 425°F.

2. Place the frozen tater tots on a sheet pan and put them in the oven while you prepare everything else.

3. In a skillet, brown the Italian sausage over medium heat. Chop up 1/2 of the pepperoni slices and add them in. If you are adding any additional toppings, add them in as well.

4. Stir in the pizza sauce and (optional) 1 tbsp pizza seasoning. Simmer for a few minutes.

5. Layer the slices of mozzarella cheese over the meat. (If you are not using an oven safe pan, transfer to a 9×13 baking dish first). Top with the tater tots

6. Sprinkle on the shredded mozzarella cheese, add more pepperoni slices, and finish with the Italian seasoning.

7. Bake for 30 minutes or until cheese is melted and the edges are bubbly.

## Summer Crossword

<https://www.bing.com/newtabredir?url=https%3A%2F%2Fstudymediahaney.x13.web.core.windows.net%2Fsummer-themed-crossword-puzzles.html>



### Across

1. I love to build this in the sand.
4. I love to run through it and it makes me wet.
5. I have one in my backyard that I love to swim in.
6. A place that has lots of sand and water.
7. I use this to pick-up sand

### Down

1. The hottest time of the year.
2. I wear this to swim.
3. I like to wear these on my feet when it is hot.
5. I use this to put the sand in.

## The Teacher Gets A+

I look forward to your class  
When I come to school.  
You're an awesome teacher;  
I think you're very cool.

You're smart and fair and friendly;  
You're helping all of us.  
And if I got to grade you,  
From me you'd get A+!

**By Joanna Fuchs**



## Mommy

Mommy, Mommy, I love you.

Thanks for all the things you do.

I love you

And you love me.

That's the way it should be.

Mommy, Mommy, I love you.

