

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



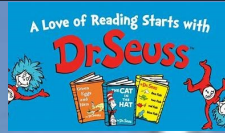
MARINE & Family
Child and Youth Programs

Kulia School Age Care
Bldg. 6753
Phone: 808-257-2030

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Kupulau CDC
Bldg. 6111
808-257-1388

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Laulima CDC
Bldg. 6782
808-257-2038

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CYP Operating Hours:
0600-1800



Special Events



2nd: Happy Birthday Dr. Seuss

3rd: Wear Rainbow Colors -(CDC'S)

4th: Wear stripes day - (CDC's)

4th: Celebrate SAC style Mardi Gras

5th: Wear Silly Sock day - (CDC's) ;

6th: Wear attire to show where you're from - (CDC's) & World Book Day (SAC)

6th: World Book (SAC)

7th: Wear a Hat - (CDC's)

10th: Game day - Mario Day (SAC)

11th: Make a friend Day

17th—20th: SPRING CAMP WEEK - (SAC)

17th: Wear GREEN Day St. Patrick's Day

18th: Tie Tye day (SAC)

19th: Wear your Favorite Sport Team colors (SAC)

20th: Crazy Hair Day (SAC)

21st: Aloha Attire Day (SAC)

21st: Happy Birthday -(CDC)

28th- Happy Birthday (SAC)



National Day of Unplugging

March 7, 2025 is the National Day of Unplugging. Disconnecting from technology for a day or even an hour to start, enables you to reconnect with yourself, loved ones (especially your children) and the world around you in a meaningful way. Technology is an integral part of our everyday lives. We use it for work, connecting with loved ones, entertainment, shopping, scheduling activities and so much more. Most of us would agree, we can't live without it! But there are several benefits of disconnecting from our devices and connecting with the present moment.

Key benefits of unplugging:

- **Mental health improvement:** Reduced anxiety, decreased stress levels, and a better ability to manage negative emotions by taking a break from social media and news cycles.
- **Enhanced relationships:** More quality time spent with family and friends due to focused, uninterrupted interactions.
- **Physical well-being:** Improved sleep quality, less eye strain, and increased opportunities for physical activity.
- **Creativity boost:** Allowing space for boredom can lead to new ideas and creative thinking.
- **Self-awareness:** Time to reflect on personal priorities and reconnect with oneself.

Digital detox: A conscious break from the constant stimulation of technology.



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 in March. We encourage you to attend for program information, updates, and a mini-parent workshop.

Whenever your child gets needed vaccinations, please provide a copy 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. Child care services may be suspended if proper documentation is not provided.

We hope you were able to meet our new Assistant Director Jennifer Holien. We are so pleased to have her join the team! She possesses a wealth of knowledge in early childhood education and a passion



Laulima CDC

Thank you to all of you who made our Valentine's Day Cookie Decorating event a success. It is always amazing to see so much parent participation! We look forward to seeing you at our next event.

You may have noticed some new faces around Laulima! Last month we welcomed our new Office Automation Clerk, Paula, and our new MFLC, Christine. Please also help us congratulate Deana on her promotion from Assistant Training and Curriculum Specialist to Training and Curriculum Specialist.

We will be having our 1st quarter Parent Advisory Board meeting this month. Be on the lookout at the front desk for more details.

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

Chris (4) Kaylee (3)
Cheyenne (2)



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 17th. We are working on scheduling an off-base field trip to Sea Life Park.

Please remember during Spring Camp to bring a healthy, peanut/nut free, shellfish free lunch. Don't forget your closed toed shoes.

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.



A: "The letter E!"

Q; Why did the cookie go to the Hospital ?

A: Because it felt crummy



St. Patrick Day Pudding Cup

1- 3.9 oz. box of instant chocolate pudding

2 cups milk

1-3.9 oz box of instant vanilla pudding

2 cup heavy cream

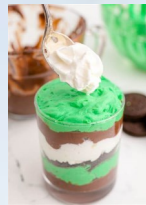
1/2 teaspoon vanilla extra or mint

Green food coloring

8 Oreo cookies any cream filled chocolate cookies

8oz containers of whipped topping

Decorations: Rainbow Airheads



Instructions

1- Pour in 2 cups of milk into a medium bowl, then add the chocolate pudding mix.

2- Use a hand mixer to combine the 2 ingredients and beat on low 2 minutes, then place in the refrigerator for 5 minutes to set up.

3- In a separate bowl, pour in the 2 cups of heavy cream and add the vanilla pudding mix.

4- Begin by beating the ingredients together at low speed, Then gradually beat at a faster speed, until the mixture is light and fluffy.

5- Beat in the vanilla extract and green food coloring (to your desired color).

6- Place a thick layer of the chocolate pudding into each of your 4 cups.

7- Then add a layer of the green whipped pudding

8- Next, add a layer of crumbled of Oreo cookies

9- Then layer of whipped topping

10- Top it off with a large dollop of the green whipped pudding

March

You're loud. You're noisy.

A blustery old chap!

You whistle, you moan,

You tear at my cap!

You blow, you scowl,

But March, you are fair.

Part lion, part lamb,

Now Spring's in the air.



St. Patrick's Day

Find the words on the list in the word search below!

