

Child and Youth Program

Parent Newsletter ~ July 2025

Program Address and
Tax ID

Mailing Address:
P.O. Box 63073
Kaneohe Bay, HI
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Phone:
808-257-2030

Tax I.D. Number:
99-0267668



SPECIAL EVENTS

3rd - Wear Red, White & Blue Day (All CYP)

4th - CYP Closed in observance of Independence Day

8th - Movie Field Trip (SAC)

8th - Parent's Read a Book -15:00 (CDC's)

10th - Wear Your Favorite Shark Shirt (CDC's)

11th - Birthday Celebration (SAC)

16th—Polynesian Cultural Center Fieldtrip (SAC)

18th - Birthday Celebration (CDC's)



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:



UV Awareness

July is UV Awareness Month, and Hawaii's location in the tropics makes it important to know of the dangers associated with exposure to UV rays. Unprotected sun exposure could lead to premature aging of your skin, vision problems and/or damage to your eyes, a suppressed immune system and possibly even skin cancer.

Here are 3 easy steps you can take to protect yourself and your family from the dangers of sun exposure.

1. **Cover up!** Wear protective clothing, sun glass and a wide brim hat to keep your head, eyes, and face protected.
2. **Stay in the shade during the hottest parts of the day (11am-3pm).**
3. **Wear sunscreen!** Choose a sunscreen with a high SPF and reapply every 2 hours or more frequently when swimming or sweating.

Did you Know?

MCBH is the only Marine Corps installation with coral reefs within its coastal waters. To support training, the Environmental Division's natural resources program has worked with the US Fish and wildlife service (USFWS), National Oceanic and Atmospheric Administration (NOAA), Department of Land and Natural Resources (DLNR), and United States Geological Survey (USGS) to map out the coral reef structure around MCBH. This helps Marines avoid the reefs and avoid a halt in training.

Coral reef ecosystems are threatened by pollution, overfishing, invasive species, marine debris, recreational overuse, rising temperatures, and more. Here's a few things you can do to help:

- **Use coral safe sunscreen. Avoid sunscreens that contain the active ingredients: oxybenzone, butylparaben, octinoxate or 4-methylbenzylidene camphor.**
- Practice reef etiquette. Don't stand, touch, or anchor your boat on the reef. Don't drag kayaks, SUPs, or canoes over the reef.
- Hawaii State law prohibits taking live or dead coral or rocks from a beach or the ocean.

Living in Hawaii; the beautiful beaches and sunshine are a big part of our lifestyle. We encourage you to enjoy your time here. While you are enjoying all the island has to offer, just keep in mind these simple steps to keep your family and the environment safe and healthy.



Kupulau CDC



With the summer upon us, we have been having regular water play days which include water tables and/or sprinkler play. Check with your child's classroom for their specific day and time. It is helpful to bring your child in their swim clothes, prepared for the fun. Don't forget, closed-toe shoes are still required. Crocs, with a back strap, work great for water play days. Having your child's towel labeled with their name is recommended.

Thank you to everyone who attended our Brownies with Dad event for Father's Day.



To our preschoolers who are preparing to transition into kindergarten, and to the families that are PCS'ing over the summer, we bid you a fond farewell and wish you safe travels. Withdrawal forms are available at the front desk and a minimum two-weeks notice is required.



Laulima CDC

Happy July! The children are having a blast with water play days this summer. As a reminder, please remember to take your child/children's wet clothes home following out water play fun.

19-22 May, 2025 Laulima had our annual unannounced Higher Headquarters Inspection from HQMC CYP...which was our most successful yet. Congratulations to our staff on a job well done, and for being complemented on fostering a welcoming, inspiring environment where staff and management passionately create meaningful experiences that empower every child.

Thank you to those who attended our Brownies with Dad event and our Parent Advisory Board meeting last month. If you are interested in getting involved, please let us know. We are happy to share ways you can do so.

As we prepare for our NECPA accreditation visit later this year, families will be provided a parent survey to share their feedback on the Program. Surveys will be located at the desk, and are vital to the accreditation process. We will alert you to their release.

Kulia SAC



The first month of Summer Camp was a great success. The children enjoyed all the water play activities and our field trip to Gunstock Ranch.

July is filled with lots more fun and adventure. Make sure you take a look at our Special Events Calendar.

Thank you to our parents that joined us for our quarterly Parent Advisory Board Meeting.

Another thank you to all the parents that came out for our "Field Day with Dads". Everyone had a terrific time.

In May, we had our annual unannounced Higher Headquarters Inspection. Kulia SAC did a great job!! The Inspectors were highly impressed with the work the caregivers were doing and the engaging activities that were being provided. Thank you to our staff for always doing a wonderful job!!

Thank you to the LA Ram's cheerleaders who conducted a cheer clinic at the School Age Care Program. Oh what fun, the children had a blast.

Riddle of the Month

Q:What can travel around the world without leaving its corner?

A: A postage stamp.

Q: Why are teddy bears never hungry?

A: Because they are always stuffed

Shrimp Fajitas



Ingredients

For the Vegetables

- | | |
|--|---------------------|
| 1 Tbsp. vegetable oil, plus more for the grill | 3 bell peppers |
| 1 onion, sliced | 1 tsp. chili powder |
| 1 tsp. garlic powder | 1 tsp. kosher salt |
| 1/2 tsp. black pepper | |

For the Shrimp

- | | |
|------------------------|--|
| 1 Tbsp. cumin | 1 Tbsp. chili powder |
| 1 1/2 tsp. kosher salt | 1 tsp. garlic powder |
| 1 tsp. dried oregano | 1 tsp. paprika |
| 1 tsp. sugar | 1/2 tsp. crushed red pepper flakes |
| 1 Tbsp. vegetable oil | 1 1/2 lb. extra-large shrimp (peeled and deveined) |
- 12 flour tortillas, warmed, Fresh cilantro, sour cream, salsa, guacamole, and lettuce, for serving

Instructions

- For the vegetables: Preheat a grill to medium-high (400°F to 450°F) and oil the grates..
- In a large bowl, toss the bell peppers and onion with the vegetable oil, chili powder, garlic powder, salt, and black pepper. Add to a grill basket in a single layer
- Grill the vegetables, covered, until slightly charred, 6 to 8 minutes. Stir the vegetables, cover, and continue grilling until tender and charred, 5 to 7 minutes more. Transfer to a platter and cover to keep warm.
- For the shrimp: In a small bowl, combine the chili powder, cumin, salt, garlic powder, oregano, paprika, sugar, and red pepper flakes. In a large bowl or baking dish, drizzle the shrimp with the vegetable oil and sprinkle with the fajita seasoning. Toss to thoroughly coat the shrimp.
- Grill the shrimp until cooked through, 2 to 3 minutes per side. Transfer to the platter with the vegetables.
- Serve the vegetables and shrimp with the tortillas and toppings of your choice.

[Best Shrimp Fajitas - How to Make Shrimp Fajitas](#)

<https://www.thepioneerwoman.com/food-cooking/recipes/a64852686/shrimp-fajitas-recipes/>

Summer Fun!!!

Five things to do this Summer !!

Lets Go !!!

1. Wet 'n' Wild Hawaii
2. Polynesian Cultural Center
3. Dole Plantation
4. Honolulu Zoo
5. Keiki Kingdom



<https://www.wojr.com/wp-content/uploads/2010/05/beach-word-search.gif>