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MEMORIAL DAY
 HONORING ALL WHO SERVED

May 2026

Parent Newsletter

Child & Youth Programs

Program Address and
 Tax ID

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

Tax I.D. Number:
 99-0267668

Kulia School Age Care

Bldg. 6753

Phone: 808-496-2030

Kupulau CDC

Bldg. 6111

808-496-1388

Laulima CDC

Bldg. 6782

808-496-2038

CYP Operating Hours:

0600-1800



Special Events



- 1st: Lei Day
- 4th-8th: Teacher Appreciation Week
- 6th: Nurse Appreciation Day
- 8th: Muffins With Mom
- 10th: Happy Mother's Day
- 15th: May Birthday Celebration
- 22nd: CYP All Hands Training Day—CYP Closed**
- 25th: Memorial Day—CYP Closed**
- 28th: Last Day of School at Mokapu Elem.



Staff Appreciation

To all CYP caregivers, support staff, and managers, we take this time to acknowledge you and say, "Thank You" for making a difference. Know that you are valued and appreciated.





Kupulau

Child Development Center

We want to take the time to thank each and every one of you for your understanding this past month. It has been a challenging time, due to staffing, and we appreciate your patience and as we do our best to ensure child-to-staff ratios are being met. When your child is moved to a different room, please know that quality care will continue to be provided. Many of the children actually enjoy the change, getting to explore a new classroom and playing with different children.

And another big THANK YOU to the parents who volunteered to chaperone the preschool field trips to the Commissary in April. The children enjoyed seeing areas that are otherwise off-limits such as the refrigeration area and also getting to use the scanner to check out items. The Commissary generously donated the goodie bags that your children were able to take home and enjoy.

Please be on the lookout for information on parent involvement projects and don't forget Mother's Day is May 10th! We will also have the 2nd quarter Parent Advisory Board meeting in June.

We value your input and if you have suggestions, please feel free to speak with your child's caregiver or Kupulau Management.



Lualima

Child Development Center

Happy May!

Last month, we had a great time with our Egg-Stravaganza and celebrating The Month of the Military Child. Thank you to the many families who participated.

This month, we have a lot to celebrate! We will be kicking off the month with May Day. In Hawaii, May Day is a special tradition that celebrates the culture of Hawaii by making and wearing lei. We will have our annual Muffins with Mom event on Friday, May 8th. National Teacher Appreciation Week is May 4-9th. This is a great opportunity to say thank you for your child's caregivers.

We will be closed on Friday, May 22nd for Staff Training. We will reopen on Tuesday, May 26th, following the Memorial Day holiday.



Kulia

School Age Care



Welcome May!!

We had a great time celebrating The Month of the Military Child in doing a cake cutting, photo booth, spirit week, SAC dance, an Egg-Stravaganza, and in celebrating our wonderful military children. Always make sure you check out our Special Events calendar for parent involvement and special activities.

Teacher Appreciation Week is 4-8 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. Ellen. 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

Wrapping Up the School Year

Celebrate accomplishments and ease separation anxieties

The end of the school year brings the joy of finishing another year and perhaps some sadness from leaving behind a year filled with great experiences, teachers, and friends. Consider that this may be a bittersweet time for your child and help them celebrate the transition!

Communicate and Connect

The daily life and structure of school that your child has grown used to is about to end. Your child may be simply overjoyed to enter the free and easy days of summer, but more likely, your child is probably experiencing some nervousness about leaving the familiar world of school. Will friends be seen over the summer? Will the same teachers be there next year? Ease any anxiety associated with the end-of-school days with the following tips;

Let your child know that he/she doesn't have to feel unequivocally happy about school ending, even though classmates may seem through-and-through ecstatic about the prospect of summer vacation. Relate a personal story about a time you were sad to leave school, or talk with your child about what aspects of school they will miss.

Help your child keep in touch with classmates. Make plans to see friends over the summer by arranging a few playdates so your child has something to look forward to. If your older child has an email account, encourage them to keep in touch by computer.

If your child is attached to their teacher, have him or her write an end-of-year thank-you letter or card, or create some other kind of remembrance. Working on the project will help your child feel connected to the teacher and allow your child to give a gift that will last.

Finally, if your child is anxious about a new building or new grade, arrange a visit while this year is still in session. If that's not possible, schedule a time during the summer to make the trip or find out if there will be an orientation. Letting your child know they don't have to walk into a new situation sight-unseen will help ease "first-day-back" worries.

Celebrations and Closure

Your child's school has an assortment of end-of-school activities and celebrations. Encourage your child to take part in the planned activities, so he or she can gain a sense of closure and accomplishment while commiserating with peers about feelings concerning the end of school. Don't forget to tell your child how proud you are! If your child is graduating from elementary to middle school, have a special celebration to commemorate the event.

Spend time remembering the year with your child. Consider making a scrapbook of memories and writing down some of the year's major events and accomplishments. To get started, have your child write a letter to his/herself, telling the August-self about what it's like to be finishing school now.

Finally, remember that however your child does on the report card, it is vital to praise and encourage all accomplishments.



Resource: scholastic.com

Mothers' Day Yogurt Parfait



Photo by: CAITLIN BENSEL

(<https://www.thepioneerwoman.com/food-cooking/recipes/a40189326/yogurt-parfait-recipe/>)

Ingredients:

Granola of choice

For the Fruit:

4 cups fresh fruit, such as strawberries, bananas, blackberries, and blueberries,

2 Tbsp. granulated sugar

1Tbsp. Lemon juice

For the Yogurt:

4 cups whole milk vanilla yogurt

1/2 cup sour cream

Layering Tips...

1. Begin with a spoonful of yogurt at the bottom. This anchors the layers and adds creaminess.
2. Incorporate natural sweeteners such as honey, maple syrup or mashed fruits, like bananas before adding other layers for consistent flavor.
3. Add fresh or frozen fruits like berries, bananas, mangoes, etc. (drizzle fruit in sugar/lemon juice to bring out the flavor).
4. Sprinkle granola for texture and protein. Keeping the crunchy elements separate until the last moment preserves the crispness.
5. Continue alternating yogurt, fruits, and crunchy toppings until the container is filled. Finish with aesthetically appealing garnish such as berries, mint leaves, or cocoa powder.

Happy Mother's Day!

Did You Know...

“May is skin cancer awareness month and as summer approaches, it's a perfect time to remember the importance of protecting our skin against the sun's UV rays. Our skin is our largest organ and our first line of defense. If we don't tend to our skin - we leave ourselves vulnerable to skin damage, sunburns, premature aging and even skin cancer. Skin cancer is America's most common cancer, with over 5 million cases diagnoses each year.

Here are some helpful sun-safe tips for you and your family this summer:

1. **Apply Sunscreen Daily:** Even on cloudy days, 70-80% of UV rays can pass through thin clouds. Choose a broad-spectrum sunscreen with an SPF of 30 or higher. Re-apply every two hours while out, especially after swimming or sweating.
2. **Seek shade:** Limit your exposure during peak hours when the UV radiation is the strongest.
3. **Wear protective clothing:** Wear light weight, long sleeved shirts, hats that cover the face and sunglasses to shield your skin and eyes from UV rays. There are clothes out on the market with UV protection in mind. A stroller cover can protect from the sun and there are even specific strollers that have full protection from UV rays.
4. **Regularly check your skin** (and your children's): Look for any changes or abnormalities. Be familiar with unique characteristics of your skin, such as new moles, changes in size or color, or unusual growths. Examinations and professional screenings are great tools to fight against skin damage and detecting cancer.

Remember that early prevention is key! The more you are protected, the better off your skin will be.

<https://pediatricderm.com/2024/05/01/check-and-protect-prioritizing-skin-health-during-skin-cancer-awareness-month/>”



Monday

Breakfast

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

Kix Cereal, Apple Slices, Milk **4**

Swirl Bread w/Cream Cheese, Apple Juice

Wheat Thins, Water

Week 3

Multi-Grain Cheerios, Mixed Fruit, & Milk **11**

Saltine Cracker, Cheese & Ham Slices

Water

Chicken N Biskit Crackers, Water

Week 4

Kix Cereal, Pears, Milk **18**

Taco Chips, Shredded Cheese, Salsa, Water

Teddy Grahams, Water

Week 5

Holiday CYP Closed **25**

Week 1

Tuesday

Lunch

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

English Muffin w/Jelly, Pineapple & Milk **5**

Teddy Grahams, Mixed Fruit, Water

Goldfish Crackers, Water

French Toast Sticks, Mandarin Oranges, Milk **12**

Sunflower Butter & Jelly on **Whole Grain Tortilla**, Milk

Saltines Crackers, Water

Bagels w/Cream Cheese, Pineapple Chunks, Milk **19**

Egg Salad Sandwich on **Whole Grain Bread**, Apple Juice

Whole Grain Ritz Crackers, Water

Whole Grain-Cinnamon Toast, Applesauce, Milk **26**

Wheat Thins, Dried Fruit, Cheese Stick, Water

Saltine Cracker, Water

Wednesday

Meal Pattern

Yogurt, Granola, Blueberries, Milk **6**

Turkey & Cheese on Whole Grain Tortilla, Water

Assorted Crackers, Water

Oatmeal, Apple Slices, Milk **13**

Egg Salad Sandwich on **Whole Grand Bread**, Apple Juice

Goldfish Crackers, Water

Scrambled Eggs w/Cheese, Mandrin Oranges, **Whole Grain Tortilla**, Milk **20**

Blueberry Muffin, Grape Juice

Cheese Nips, Water

French Toast Sticks, Mixed Fruit & Milk **27**

Sunflower Butter & Jelly on **Whole Grain Tortilla**

Goldfish Crackers, Water

Thursday

Snack

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

Hardboiled Eggs, **Whole Grain Toast** w/ Jelly, Oranges Slices & Milk **7**

Breadsticks w/Marinara, Cheese Stick, Water

Vanilla Wafers, Water

Waffles, Blueberries, Milk **14**

Graham Crackers, Yogurt, Water

Pretzels, Water

Multi-Grain Cheerios, Strawberries, Milk **21**

Breadsticks w/Marinara, Cheese Stick

Water

Graham Crackers, Water

Sausages Patty, Biscuit, Blueberries, Milk **28**

Ham & Cheese, **Tea Roll** & Water

Cheese Nips, Water

Friday

Waffles, Strawberries & Milk **1**

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

Graham Crackers, Water

Week 2

Whole Grain Cinnamon Toast, Banana & Milk **8**

Chicken N Biskit Crackers, Watermelon, Water

Cheese Nips, Water

Sausage Patty, Biscuit, Melon, Milk **15**

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

Cheese Nips, Water

CYP Closed for All Hands Training **22**

English Muffins w/ Cheese, Pineapple Chunks, Milk **29**

Bagel w/Cream Cheese, Grape Juice

Vanilla Wafers, Water

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA

Monday

Breakfast

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

Rice Chex Cereal, Diced Pears, Milk

4

Teriyaki Burger on Whole Grain Bun,
French Fires, Mandarin Oranges, Milk

Assorted Crackers, Yogurt, Water

Wheat Thins, Water

Week 3

Multi-Grain Cheerios, Diced Pears,
Milk

11

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

Ritz, Cheese Slices, Water

Saltines Crackers, Water

Week 4

Kix Cereal, Mixed Fruit, Milk

18

Chili w/Brown Rice, Corn, Orange Slices,
Milk

Saltine Crackers, Applesauce, Water

Teddy Graham, Water

Week 5

**Holiday
CYP
Closed**

Week 1

Tuesday

Meal Pattern

Lunch

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

English Muffin w/Cheese,
Mandarin Oranges, Milk

5

Kalua Pork & Cabbage, Brown Rice,
Pineapple, Milk

Graham Crackers, Cantaloupe, Water

Goldfish Crackers, Water

Oatmeal, Mixed Fruit, Milk

12

Corned Beef sandwich on Whole Grain
Bread, lettuce, tomato, banana, Milk

Cottage Cheese, Peaches, Water

Goldfish Crackers, Water

Bagels & Cream Cheese,
Pineapple Chunks, Milk

19

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

Graham Crackers, Peaches, Water

Cheese Nips, Water

Whole Grain Cinnamon Toast,
Applesauce, Milk

26

Beef & Macaroni, Broccoli, Oranges Slices,
Milk

Bagels Cream Cheese, Grape Juice/ Milk

Saltine Crackers, Water

Wednesday

Cream of Wheat, Peaches, Milk

6

Turkey & Cheese Sandwich on Whole
Grain Bread, Lettuce & Tomato, Apple
Slices, Milk

Cucumber Slices w/Ranch Dressing, Wheat
Things, Water

Assorted Crackers, Water

Rice Chex, Mandarin Oranges, Milk

13

Chicken Strips, Brown Rice, Broccoli, Apple
Slices, Milk

Goldfish Crackers, Peas, Water

Vanilla Wafers, Water

Sausage Patties, Biscuits & Peaches,
Milk

20

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

Taco Chips/Soft Tortilla, Cottage Cheese,
Salsa, Water

Ritz Crackers, Water

Biscuit w/Jelly, Banana, Milk

27

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

Vanilla Yogurt, Peaches, Water

Goldfish Crackers, Water

Thursday

Snack

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

Sweet Bread Toast, Banana, Milk

7

Shepherd Pie, Mashed Potatoes, Whole Grain
Bread, Broccoli, Peas, Milk

Raisin Bread, Cream Cheese, Apple Juice/ Milk

Vanilla Wafers, Water

Waffles, Melon Slices, Milk

14

Meat Loaf, Mashed Potatoes, Whole Grain
Bread, Mixed Fruit, Milk

Graham Crackers, Yogurt, Water

Cheese Nips, Water

Oatmeal, Peas, Milk

21

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

Cheese It, Pineapple, Water

Graham Crackers, Water

English Muffin w/Cheese,
Pineapple, Milk

28

Chicken & Brown Rice, Mixed Vegetables,
Mandarin Oranges, Milk

Graham Crackers, Applesauce, Water

Cheese Nips, Water

Friday

Waffles, Applesauce Milk

1

Teriyaki Chicken, Brown Rice, Mixed
Vegetable Mixed Fruit, Milk

Carrot Sticks w/Ranch, Wheat Thins, Water

Graham Cracker, Water

French Toast, Applesauce, Milk

8

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

Chic N Biskit Crackers, Melon slices, Water

Cheese Nips, Water

Raisin Bread Cream Cheese, Banana,
Milk

15

Ham & Cheese Wrap with Whole Grain
Tortilla, Lettuce, Tomato, Orange slices, Milk

Carrot Stick w/Ranch, Wheat Thins, Water

Chicken N Biskit Crackers, Water

**CYP Closed
For
All Hands Training**

Corn Chex Cereal, Peaches, Milk

29

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

Goldfish Crackers, Mixed Fruit, Water

Vanilla Wafers, Water