



## 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, over-fishing, 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.

## Contact Us:

Main: 808-496-0290

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Email: [mcbh.efmp@usmc.mil](mailto:mcbh.efmp@usmc.mil)

Facebook & Instagram: @EFMP Hawaii

## 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 you 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 glasses 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.

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

**EFMP** Exceptional  
Family Member  
Program

# Changing Schools

Frequent moving to new duty stations is a fact of military life, and your child will be asked to respond to the routines and demands of military life as well. Being prepared to help your school-age children change schools can go a long way to helping them adjust to their new environment in healthy ways. Parent preparation can mean a smooth school move for your children from one school system to the next.

## Immediate enrollment

When leaving your school district, you can get unofficial records to carry to your new school. Your student will be able to enroll without delay, even before the official transcript arrives. If your child needs additional immunizations, you can enroll and take care of these requirements within 30 days.

EFMP also recommends that you hand carry your child's IEP (or 504 plan) to present to their new school upon registration. This will help to start the process as soon as you arrive.

## Your School liaison can assist with your child's school transition

Your School Liaisons are your primary point of contact for all school-related matters, especially a school transition. The School Liaison at your current installation can connect you to your new installation School Liaison who will help smooth the transition to your child's new school. This local resource has well-established relationships with school administrators, district officials and state departments of education and can help with your transition needs. School Liaisons understand the military experience and are here to help. Let your School Liaison help you and your family navigate school selection and youth sponsorship during this time of change.

**The School Liaison here on MCBH is, Seon Lecher she can be reached by phone at (808) 496-2019.**

School Liaisons assist with:

- School options and programs
- School and community information
- Information on the interstate compact
- Youth programs inside and outside of school

You can also call Military OneSource to connect to an education consultant for help with everything from tutors to tuition. Don't wait until the move occurs. Call 800-342-9647 or set up a [live chat](#) today.

Source: <https://www.militaryonesource.mil/family-relationships/special-needs/special-education-and-childcare/special-education-and-child-care-the-essentials/>

# Training & Events

For event registration, call us at 808-496-0290.

You can also email us at [mcbh.efmp@usmc.mil](mailto:mcbh.efmp@usmc.mil) or contact your case worker.

DATE	TIME	TOPIC	LOCATION
July 16	08:30 AM	Successful PCS Transitions with Information Referral and Relocation	Building 579
July 16	10:00 AM	Sensory-friendly Storytime with the Base Library—this Storytime incorporates more songs and movement for the active child.	Building 219, Classroom 106. Next to the EFMP office.
EVERY TUESDAY	8:30- 11:30 AM	EFMP Family support services available at a second location	Branch Health Clinic Kaneohe Bay

**Mālama**  
To care for or Protect

Mālama — is the value of taking care of, or protecting. Mālama relates to our environment, culture, each other, ourselves, and everything with which we interact. It's about honoring our connection with nature, culture and our community.