

2025 February

# Child and Youth Parent Newsletter

Happy Black History Month

Happy Valentine's Day

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



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

~  
Kupulau CDC  
Bldg. 6111  
808-257-1388

~  
Laulima CDC  
Bldg. 6782  
808-257-2038

~  
CYP Operating Hours:  
0600-1800



## Special Events

**2nd: Groundhog Day**

**5th: Dental Visit (CDC's)**

**6th: Dental Visit (SAC)**

**7th: Wear Favorite Football Team Jersey**

**11th: Make a friend Day**

**13th: Cookie decorating w/Parents @ 3:00 p.m. (CDC's)**

**13th: Cupcake decorating w/Parents @ 3:30 p.m. (SAC)**

**14th: Valentine's Day / CYP Closes at 1200 Noon**

**17th: President Day/ CYP Closed**

**19th: Tug-of- War Games (SAC)**

**21st: February Birthday Celebration**

**27th: Polar Bear Day (CDC's)**



## Tylenol and Motrin Administration in Children

**Tylenol (acetaminophen) or Motrin (ibuprofen) can help reduce unwanted symptoms of fevers, aches and pains from teething, earache, cuts, bruises, sunburn and headaches. Fever is the body's normal response to infections. Treating a fever with these medications can make your child more comfortable, but that won't help the infection go away faster.**

**Some major basics regarding Tylenol and Motrin administration:**

- 1. Always carefully read the labels on the package before administering medication.**
- 2. Know how much your child weighs. The correct dosage for your child is based on your child's weight not their age.**
- 3. Do not give Motrin to infants less than 6 months old.**
- 4. Do not exceed the maximum recommended doses for Tylenol or Motrin.**
- 5. Consult with your pediatrician if you have any questions.**

Information adapted from Kaiser Permanente: [https://mydoctor.kaiserpermanente.org/ncal/Images/Ibuprofen%20and%20Acetaminophen%20%28Tylenol%29%20Recommended%20Pedi%20Dosing%20%2800065-000%29\\_tcm75-14511.pdf](https://mydoctor.kaiserpermanente.org/ncal/Images/Ibuprofen%20and%20Acetaminophen%20%28Tylenol%29%20Recommended%20Pedi%20Dosing%20%2800065-000%29_tcm75-14511.pdf)



## Kupulau CDC



You may have noticed some new faces here at Kupulau. We are excited to share that we have worked hard to fill many Program Assistant vacancies. Please introduce yourself to any new caregiver you see in your child's room and show your support as they begin their new role as professionals in the field of early childhood education.

As you know our dear custodian, Felix, has retired. We are recruiting for his vacant position and welcome you or anyone you know who may be interested to apply.

We are still looking for a parent to serve as the Chairperson for our Parent Advisory Board (PAB). Quarterly meetings are held here at the center. If you are interested, please see Danielle or Cheissa.

As a reminder, we are able to process tuition payments over the phone if you are off-island and unable to pay at the desk. Give us a call and our front desk clerk will gladly assist you.



## Laulima CDC

### Happy February, families!

This year we will be preparing for our re-accreditation through the National Early Childhood Program Accreditation (NECPA). We anticipate our visit to be during the last quarter of the year and will be preparing throughout the year. Please be on the lookout for NECPA family surveys in the coming months, as your input is vital to the accreditation process.

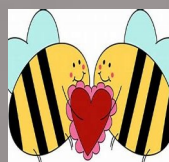
Join us on February 13<sup>th</sup> at 1500 for our cookie decorating event. See your child's caregivers for more information.

Last month, we said a hui hou (until we meet again) to our MFLC, Ms. Elisa. We wish her the best on her future endeavors. We appreciate your patience during the interim of securing her replacement.

As a reminder, please call the front desk by 0900 if your child will not be in care or will be in late.

Congratulations to the following staff who are celebrating their years of service this month:

Alexus (1)      Alexea (4)



## Kulia SAC



Welcome February!! We are excited for this year as we are preparing for our re-accreditation through the Council on Accreditation (COA). We will spend the year preparing for accreditation and look forward to our verification visit around the last quarter of the year. Be on the look out as we ask parents to complete surveys via email. We will keep you updated as the year progresses.

### Friendly Reminders:

- Children must wear closed toed/ heeled shoes at SAC.
- Sign you child in/out at the front desk as well as swiping them in/out.
- Show your ID at the front desk and in the classroom at drop off/ pick up.
- Check you child's cubby daily.

With the rainy season ahead of us, please provide your child with a rain jacket/umbrella for our walks to and from Mokapu. It is also recommended that your child maintain an extra change of clothes in their locker at Kulia SAC. This will help to ensure your child is in clean dry clothing,



## Riddle of the Month

**Q:** What did one ocean say to the other ocean?

**A:** "Nothing, it just waved"



**Q:** What do you call a sleeping bull?

**A:** A bulldozer.



### Ham and Cheese Sliders

3/4 cup Melted Butter

1 1/2 Tbsp. Dijon Mustard

1 1/2 tsp Worcestershire sauce

1 1/2 Tbsp. Poppy seeds

1 Tbsp. Dried Minced Onion

24 mini Sandwich roll or 12 large

1 pound thinly sliced cooked deli ham

1 pound thinly sliced Swiss cheese

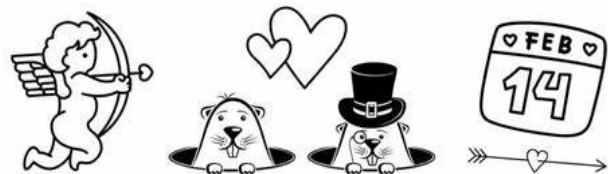
#### Directions

1. Gather all ingredients. Preheat the oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking dish.
2. Mix butter, Dijon mustard, Worcestershire sauce, poppy seeds, and dried onion in a bowl.
3. Separate the tops from the bottoms of the rolls; arrange the bottom pieces in a layer in the prepared baking dish. Layer about 1/2 of the ham onto the rolls; add a layer of Swiss cheese and top with remaining ham slices.
4. Place the tops of the rolls onto the sandwiches. Pour mustard mixture evenly over the rolls
5. Bake in the preheated oven until the rolls are lightly browned and the cheese has melted, about 20 minutes. Slice into individual rolls through the ham and cheese layers to serve.



### Five Fun things to Do in February with your children in Hawaii

1. Glass Bottom Boat Tour
2. Atlantis Submarines
3. Waikiki Artfest Date: February 15-16, 2025
4. Lunar New Year at the Queens Marketplace. February 8, 2025
5. Hawaii Fest 2025: Music Festival & Fair Festival Date: February 15, 2025 7:00 pm



## FEBRUARY

### WORD SEARCH

S	C	H	O	C	L	A	T	E	F	R	W	D	L	O	C	Y	ARROW	
R	U	R	A	U	Y	M	J	P	A	A	E	K	X	T	N	A	A	CHILI DAY
E	P	B	T	F	L	S	A	R	G	I	D	R	A	M	S	Y	D	CHINESE NEW YEAR
W	I	N	T	E	R	S	W	E	E	T	H	E	A	R	T	K	I	CHOCOLATE
O	D	M	U	B	R	T	E	S	H	R	V	X	J	E	V	O	L	CUPID
L	G	L	N	R	E	S	G	I	W	A	F	D	R	E	W	M	I	FEBRUARY
F	W	W	S	U	T	P	B	D	L	R	E	H	E	K	F	L	H	FLOWERS
G	R	O	R	A	E	Y	W	E	N	E	S	E	N	I	H	C	C	FRIENDS
G	J	B	I	R	U	K	N	N	U	F	A	U	M	N	A	E	S	GROUNDHOG DAY
R	H	R	R	Y	B	T	S	T	T	I	C	P	L	D	K	R	R	KINDNESS
A	E	E	E	L	I	L	N	S	E	T	U	Y	Y	N	E	R	G	LEAP YEAR
S	E	P	C	N	R	R	O	D	L	I	T	J	K	E	A	A	H	LOVE
S	E	U	E	D	S	Y	E	A	L	R	A	S	G	S	A	R	R	MARDI GRAS
I	T	S	R	E	P	I	Y	A	W	T	A	P	S	Q	R	N	NUTELLA	
W	F	R	I	E	N	D	S	P	S	G	E	L	K	B	T	O	R	PARTY
C	H	Y	A	D	G	O	H	D	N	U	O	R	G	O	O	W	R	PRESIDENTS DAY

2025

# FEBRUARY

## Child Development Center

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

<p><b>3</b> <u>Kix Cereal</u>, Mandarin Oranges, &amp; Milk Chicken Nuggets, <u>Brown Rice</u>, Corn/Carrot, Pineapples Chunks, Milk Ritz Cracker, Sliced Cheese, Water Graham Cracker, Water Week 1</p>	<p><b>4</b> <u>Whole Grain Cinnamon Toast</u>, Applesauce, &amp; Milk Beef &amp; Maccaroni, Broccoli, Orange slices. Milk Bagels, Cream Cheese, Grape Juice/ Milk Saltine Crackers &amp; Water</p>	<p><b>5</b> Biscuits w/Jelly Banana, Milk <u>Turkey Sandwich on Whole Grain Bread</u> Lettuce &amp; Tomato, Cantaloupe, Milk Vanilla, Yogurt, Peaches, Water Goldfish Crackers&amp; Water</p>	<p><b>6</b> English Muffin w/Cheese Pineapple Milk Chicken &amp; <u>Brown Rice Mixed</u> Vegetable, Mandarin Oranges, Milk Graham Cracker, Applesauce, water Cheese Nips &amp; Water</p>	<p><b>7</b> Corn Chex Ceral, Peaches, Milk <u>Grilled Ham &amp; Cheese on Whole Grain Bread</u>, Pear slices, Veggies Sticks, Milk Goldfish, Mixed Fruit, Water Vanilla Wafer &amp; Water</p>
<p><b>10</b> <u>Cheerios</u>, Peaches, Milk Macaroni &amp; Cheese w/Ham, Green Beans Mixed Fruit, Milk Cottage Cheese, Pineapple, Water <u>Wheat Thins, Water</u> Week 2</p>	<p><b>11</b> Yogurt &amp; Granola, Bananas, Milk Beef/Cheese &amp; Rigatoni, Broccoli, Peaches, <u>Whole Grain Bread</u>, Milk Saltines Crackers, Melons Slices, Water Ritz Cracker, Water</p>	<p><b>12</b> Scrambled Eggs &amp; Cheese, Pears, <u>Whole Grain Tortilla</u>, Milk Tuna Salad Sandwich on <u>Whole Grain Bread</u> Cheese, Cucumber, Lettuce, Apple Slice. Milk Goldfish Cracker. Mixed Fruit, Water Vanilla Wafer &amp; Water</p>	<p><b>13</b> <u>Oatmeal</u>, Mandarin Orange, Milk Taco Salad, Seasoned beef, Lettuce &amp; Tomato, Pineapple, Tortilla Chips, Milk Banana Muffin &amp; Milk Chicken N Biskit Crackers, Water</p>	<p><b>14</b> Waffles, Applesauce, Milk Teriyaki Chicken, <u>Brown Rice</u>, Mixed Vegetable, Mixed Fruit, Milk Carrot Sticks w/ Ranch, Wheat Thins, Water <u>Graham Crackers</u> &amp; Water</p>
<p><b>17</b> <b>CYP Closed in observance of President's Day</b> Week 3</p>	<p><b>18</b> <u>English Muffin</u> w/Cheese, Mandarin Orange, Milk Kalua Pork &amp; Cabbage, <u>Brown Rice</u>, Pineapple, Milk <u>Graham Cracker</u>, Cantaloupe, Water Goldfish Cracker &amp; Water</p>	<p><b>19</b> Cream of Wheat, Peaches, Milk <u>Turkey &amp; Cheese on Whole Grain Bread</u>, Lettuce, Tomato, Apple Slice, Milk Cucumbers Slices w/Ranch Dressing, Wheat Thins, Water Assorted Crackers &amp; Water</p>	<p><b>20</b> Sweet Bread Toast, Banana Shepard's Pie Mashed Potatoes, Whole Grain Bread, Broccoli, Pear, Milk Raisin Bread, Cream Cheese, Apples Juice/ Milk Vanilla Wafer &amp; Water</p>	<p><b>21</b> French Toast, Applesauce, Milk <u>Egg Salad Sandwich on Whole Grain Bread</u>, Lettuce &amp; Tomato, Orange Slices, Milk Chic 'n' Biscuit Cracker, Melon Slices, Water Cheese Nips &amp; Water</p>
<p><b>24</b> <u>Multi- Grain Cheerios</u>, Mixed Pears, &amp; Milk Fish Patty w/Tartar Sauce, <u>Brown Rice</u>, Mixed Veggies, Pineapple Chunks, Milk Ritz Cracker, Cheese Slices, Water Saltines Cracker, Water Week 4</p>	<p><b>25</b> <u>Oatmeal</u>, Mixed Fruit, Milk Corned Beef sandwich on <u>Whole Grain Bread</u>, Lettuce, tomato, Banana, Milk Cottage Cheese, Peaches, Water Saltine Crackers &amp; Water</p>	<p><b>26</b> Rice Chex, Mandarin Oranges, &amp; Milk Chicken Strips, <u>Brown Rice</u>, Broccoli, Apple Slices, &amp; Milk Goldfish Crackers, Pears, &amp; Water Vanilla Wafer&amp; Water</p>	<p><b>27</b> Waffles, Melon Slices, &amp; Milk Meat Loaf, Mashed Potatoes, <u>Whole Grain Bread</u>, Mixed Fruit, &amp; Milk Graham Crackers, Yogurt &amp; Water Cheese nips &amp; Water</p>	<p><b>28</b> Raisin Bread, Cream Cheese, Banana, &amp; Milk <u>Ham &amp; Cheese Wrap w/Whole Grain Tortilla</u> Lettuce &amp; Tomato, Oranges Slices &amp; Milk Carrot Sticks w/Ranch Dressing, Wheat Thins, &amp; Water Chicken N Biskit Crackers &amp; Water</p>

<b>Breakfast</b>				<b>Lunch</b>				<b>Snack</b>			
Ages	1-2	3-5	6+	Ages	1-2	3-5	6+	Ages	1-2	3-5	6+
Milk	1/2 cp	3/4 cp	1cp	Milk	1/2 cp	3/4 cp	1cp	Milk	1/2 cp	3/4 cp	1cp
Grain	1/2 oz.	1/2 oz. eq.	1 oz. eq.	Grain	1/2 oz. eq.	1/2 oz. eq.	1 oz. eq.	Grain	1/2 oz. eq.	1/2 oz. eq.	1 oz. eq.
Fruit	1/4 cp	1/4 cp	1/4 cp	Fruit	1/4 cp	1/4 cp	1/4 cp	Fruit	1/4 cp	1/4 cp	1/4 cp
				Vegetable	1/4 cp	1/4 cp	1/4 cp	Meat	1 oz.	1.5 oz	2 oz.
				Meat	1 oz	1.5 oz	2 oz				

CACFP NON-Discrimination Statement In accordance with Federal Civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. To file a complaint of discrimination: USDA Director of Office of Civil Rights, RM 236-w Whitten Bldg. 14th & Independence Ave. SW, Washington DC 20250-9410 or call (202) 720-5964 or (Voice & TDD)

2025

# FEBRUARY

## Kulia School Age Care Program

### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

<p><b>3</b> <u>Kix Cereal</u>, Mandarin Oranges, &amp; Milk</p> <p>Teddy Grahams, Grapes &amp; Water</p> <p>Swirl Bread &amp; Water</p> <p>Week 1</p>	<p><b>4</b> <u>Whole Grain Cinnamon Toast</u>, Applesauce, &amp; Milk</p> <p>Wheat Thins, Dried Fruit, Cheese Stick, &amp; Water</p> <p>Saltine Crackers &amp; Water</p>	<p><b>5</b> French Toast Sticks, Mixed Fruit, &amp; Milk</p> <p>Sunflower Butter &amp; Jelly on Whole Grain Tortilla &amp; Milk</p> <p>Goldfish Crackers &amp; Water</p>	<p><b>6</b> Sausage Patty Biscuit, Blueberries, &amp; Milk</p> <p>Ham &amp; Cheese <u>Tea Roll</u> &amp; Water</p> <p>Cheese Nips &amp; Water</p>	<p><b>7</b> <u>English Muffin</u> w/Cheese, Pineapple, &amp; Milk</p> <p>Bagel w/ Cream Cheese, Grape Juice</p> <p>Vanilla Wafer &amp; Water</p>
<p><b>10</b> <u>Multi-Gran Cheerios</u>, Peaches, Milk</p> <p>Pretzels, Cheese Sticks, &amp; Water</p> <p>Chicken N Biskit &amp; Water</p> <p>Week 2</p>	<p><b>11</b> Raisin Bread w/Cream Cheese, Banana, &amp; Milk</p> <p>Egg Salad Sandwich on <u>Whole Grain Bread</u>, &amp; Apple Juice</p> <p>Ritz Crackers, &amp; Water</p>	<p><b>12</b> Oatmeal, Mandarin Oranges, &amp; Milk</p> <p>Cheese Nips, Mixed Fruit, &amp; Water</p> <p>Vanilla Wafer &amp; Water</p>	<p><b>13</b> Scrambled Eggs &amp; Cheese, &amp; Pears, Whole Grain Toast, Milk</p> <p>Banana Muffin &amp; Milk</p> <p>Wheat Thins &amp; Water</p>	<p><b>14</b> Waffles, Strawberries, &amp; Milk</p> <p>Carrot Sticks w/Ranch dressing, <u>Whole Grain Ritz Cracker</u> &amp; Water</p> <p><u>Graham Crackers</u> &amp; Water</p>
<p><b>17</b> <b>E[ R'Emugf 'lp'' qdugt xcpeg'qh Rt gulf gpv)u'F c{</b></p> <p>Week 3</p>	<p><b>18</b> <u>English Muffin</u> w/Jelly, Pineapple, &amp; Milk</p> <p>Teddy Grahams, Mixed Fruit, &amp; Water</p> <p>Goldfish Cracker &amp; Water</p>	<p><b>19</b> Yogurt, Granola, Blueberries, &amp; Milk</p> <p><u>Turkey &amp; Cheese on Whole Grain Tortilla &amp; Water</u></p> <p>Assorted Crackers &amp; Water</p>	<p><b>20</b> Hardboiled Egg, <u>Whole Grain Toast</u> w/Jelly, &amp; Oranges Slices &amp; Milk</p> <p>Breadsticks w/Marinara, Cheese Stick, &amp; Water</p> <p>Vanilla Wafer &amp; Water</p>	<p><b>21</b> <u>Whole Grain Cinnamon Toast, Banana,</u> &amp; Milk</p> <p>Chicken N Biskit Crackers, Watermelon, &amp; Water</p> <p>Cheese Nips &amp; Water</p>
<p><b>24</b> <u>Multi- Grain Cheerios</u>, Mixed Fruit, &amp; Milk</p> <p>Saltine Cracker, Cheese &amp; Ham &amp; Water</p> <p>Chicken N Biskit Crackers &amp; Water</p> <p>Week 4</p>	<p><b>25</b> French Toast Stick, Mandarin Oranges, &amp; Milk</p> <p>Sunflower Butter &amp; Jelly on <u>Whole Grain Tortilla</u> &amp; Milk</p> <p>Saltine Crackers &amp; Water</p>	<p><b>26</b> <u>Oatmeal</u>, Apple Slice, Milk</p> <p>Egg Salad Sandwich on Whole Grain Bread, Apple Juice</p> <p>Goldfish Crackers, &amp; Water</p>	<p><b>27</b> Waffles, Blueberries, &amp; Milk</p> <p><u>Graham Crackers</u>, Yogurt, Water</p> <p>Pretzels &amp; Water</p>	<p><b>28</b> Sausage Patty Biscuit, Melon, Milk</p> <p>Carrot Sticks w/Ranch <u>Whole Grain Ritz Cracker</u> Water</p> <p>Cheese Nips &amp; Water</p>

Breakfast	Lunch			Snack			
Ages	1-2	3-5	6+	Ages	1-2	3-5	6+
Milk	¼ cp	¼ cp	1cp	Milk	¼ cp	¼ cp	1cp
Grain	½ oz.	½ oz. eq.	1 oz. eq.	Grain	½ oz. eq.	½ oz. eq.	1 oz. eq.
Fruit	¼ cp	¼ cp	¼ cp	Fruit	¼ cp	¼ cp	¼ cp
				Vegetable	¼ cp	¼ cp	¼ cp
				Meat	1 oz	1.5 oz	2 oz

CACFP NON-Discrimination Statement In accordance with Federal Civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. To file a complaint of discrimination: USDA Director of Office of Civil Rights, RM 238-w Whitten Bldg. 14<sup>th</sup> & Independence Ave. SW, Washington DC 20250-9410 or call (202) 720-5964 or (Voice & TDD)