

Child and Youth Program

Parent Newsletter

January 2025

Happy New Year

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

~

Kupulau CDC

Bldg. 6111

808-257-1388

~

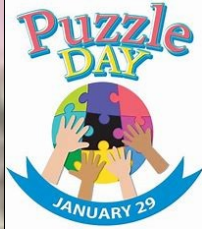
Laulima CDC

Bldg. 6782

808-257-2038

~

CYP Operating Hours:
0600-1800



Upcoming Events

1st: (New Year's Day) Happy Holiday CYP Closed

9th: Law Enforcement Appreciation Day

13th: National Rubber Ducky Day Bring your Favorite Rubber Duck

15th: National Hat Day

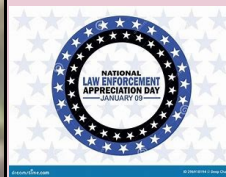
17th: Birthday Celebration Day

20th: ML King Day (Happy Holiday) CYP Closed

22th: National Park Day/ Wear Polka Dots

29th: National Puzzle Day/Puzzle w/Parents @ 3:00 p.m.

31st: Preschool Fitness Day



It's the New Year! What resolutions have you made for yourself and your family? Are you looking for a way to gain insight into lingering issues or in search of ways to be your best "you" with improved communication and stress management techniques?

Many aspects of family life can be affected when there is a family member with special needs. Now is the time to make an invaluable resolution- a commitment to yourself and your family by exploring what the Community Counseling Program can offer!

The Community Counseling Program is available to provide individual, marital, and family counseling for Marines and their families. CCP's licensed and experienced counselors can assist with the challenges that can affect you and your family's emotional well-being. Counseling can help improve marriages, build parenting skills, reduce sibling rivalry and strengthen overall family togetherness.

Services are confidential, within the limits of the law, and counseling records are not kept permanently or part of your medical record. The Community Counselors can assist on a range of topics including but not limited to:

- Relationships and marital issues
- Family conflicts
- Stress management
- Parenting strategies
- Parent and teen communication
- Separation
- Divorce
- Grief and loss
- Life changes and transitions
- Care management

For more information or to schedule an appointment please call, 808-496-7780, walk-ins are also welcome.

Services are available between 0730-1630 in the C.A.A.R.E Center, Bldg. 216



KUPULIAU CDC



Aloha and Happy New Year Kupulau families! We hope you had a fun and safe New Year's Eve with family and friends.

Thanks to the many of you who participated in the holiday cookie decorating and that dressed your child(ren) in their favorite holiday pajamas.

Did you know that puzzles are great for helping to develop fine motor skills, which are needed for writing and drawing? Please join us for National Puzzle Day, on 29 Jan for some fun with puzzles. The children always enjoy your participation.

As a reminder, the program has a Military Family Life Consultant (MFLC) who is here to provide additional support to you and your family. Feel free to introduce yourself if you see Miss Ly in the classroom or the front desk can help set up a time to meet as well.



Laulima CDC

Happy New Year, Laulima families! We hope you all had a wonderful time ringing in the New Year. May you all have a safe, happy, and prosperous 2025!

Thank you to the families who took the time to participate in our events in December. We look forward to having you all join us for future special events!

In case you didn't hear, Lilly's last day at the program was DEC 13th. Thank you for your understanding and patience as we look for another Office Automation Clerk (OAC) to fill Lilly's vacancy. We wish her well with her future endeavors.

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

Kelly (1) Simone (1)
Daisy (1) Pandita (2)

Kulia SAC



Happy New Year to all our families. We hope everyone had a safe and fun time celebrating the New Year. We wish everyone a year of joy, fun and prosperity.

The children had a great Winter Camp and enjoyed all the fun and exciting activities we had planned throughout December.

During the month of December we welcomed Justine Seei as our new Assistant Director and Kaylee Smith as our new Office Automation Clerk.

We also bid a sad farewell to Ms. Raylene. She is moving forward in her career path and we are so happy for her.



Riddle of the Month

Q: How does a snowman get around in January?

A: “frosty-cab”!



Q: What has a thousand needles but can't sew?

A: porcupine.



Meat Lasagna

Ingredients

1/2 pound Lean Ground Beef

1/2 pound Italian Sausage , casing removed

2 jars (26 oz, each) Spaghetti sauced divided

2 Eggs

2 Containers (15oz, each) Ricotta Cheese

9 Lasagna noodles, uncooked

1 Package (8oz) Shredded Mozzarella cheese

1 Teaspoon Garlic Powder

1 Teaspoon Italian Seasoning

1/2 Teaspoon Salt

1/4 Teaspoon Ground Black Pepper

1/4 cup Grated Parmesan Cheese

Instruction

1. Preheat oven 350F. Brown ground beef and sausage in large skillet on medium heat, stirring occasionally. Drain fat . Stir 4 cups spaghetti sauce into meat mixture. Reserve remaining spaghetti sauce for serving
2. Beat eggs in large bowl. Add ricotta cheese, 1 1/2 cups of the mozzarella cheese, garlic powder, Italian seasoning, parsley, salt and pepper; mix well.
3. Spread about 1 cup of the meat sauce onto the bottom of 13x9-inch baking dish; top with 3 noodles. Spread half of the cheese mixture over the noodles. Repeat meat sauce, noodles and cheese layer once. Top with remaining noodles and meat sauce, making sure to cover noodles with sauce. Sprinkle with remaining 1/2 cup mozzarella cheese . Cover with foil.
4. Bake 45 minutes. Remove foil. Bake 15 minutes longer or until noodles are tender. Let stand 15 minutes before cutting. Serve with reserved spaghetti sauce.



2025

JANUARY

School Age Care Program



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, age, and disability. To file a discrimination, write USDA, Director of Office of Civil Rights, Room 326—W. Whitten Building 14th and Independence Ave. SW, Washington DC 20250-9410 or call (202)720-5964 (voice and TDD)

1 French Toast Sticks, Mixed Fruit Milk
Sunflower Butter & Jelly on Whole Grain Tortilla & Water
Goldfish Crackers, Water
Week 1

2 Sausages Patty Biscuits & Milk
Ham & Cheese Tea Roll, & Water
Cheese Nips & Water

3 English Muffins w/Cheese, Pineapple, & Milk
Bagel w/Cream Cheese, Grape Juice
Vanilla Wafers & Water

6 Multi-Grain Cheerios, Peaches, & Milk
Pretzels, Cheese Sticks, & Water
Chicken N Biskit Crackers & Water
Week 2

7 Rasin Bread w/Cream Cheese, Bananas, & Milk
Egg Salad Sandwich on Whole Grain Bread, & Apple Juice
Ritz Crackers & Water

8 Oatmeal, Mandarin Oranges, & Milk
Cheese Nips, Mixed Fruit, & Water
Vanilla Wafer & Water

9 Scrambled Eggs & Cheese, Pears, Whole Grain Toast, Milk
Banana Muffins & Milk
Wheat Thins, Water

10 Waffles, Strawberries & Milk
Carrot Stick w/Ranch, Whole Grain Ritz Crackers & Water
Graham Crackers & Water

13 Kix Cereal, Apples Slices, & Milk
Swirl Bread w/Cheese, Apple Juice
Wheat Thins & Water
Week 3

14 English Muffin w/Jelly, Pineapple, & Milk
Teddy Grahams, Mixed Fruit, & Water
Goldfish Crackers & Water

15 Yogurt, Granola, Blueberries, & Milk
Turkey & Cheese on Whole Grain Tortilla & Water
Assorted Crackers & Water

16 Hardboiled Egg Whole Grain Toast w/Jelly, Orange Slice, & milk
Bread w/Marinara Cheese Stick & Water
Vanilla Wafers & Water

17 Whole Grain Cinnamon Toast, Banana, & Water
Chicken N Biskit Crackers, Watermelon, & Water
Cheese Nips & Water

20 MLK Day Holiday

21 French Toast Stick, Mandarin Oranges, & Milk
Sunflowers Butter & Jelly on Whole Grain Tortilla, & Milk
Saltine Cracker & Water
Week 4

22 Oatmeal, Apple slices, & Milk
Egg Salad Sandwich on Whole Grain Bread, & Apple Juice
Goldfish Crackers & Water

23 Waffles, Blueberries, & Milk
Graham Crackers, Yogurt, & Water
Pretzels & Water

24 Sausage Patty Biscuit, Melon, & Milk
Carrot Stick w/Ranch, Whole Grain Ritz Crackers, & Water
Cheese Nips & Water

27 Kix Cereal, Pears, & Milk
Taco Chips, Shredded Cheese, Salsa, & Water
Teddy Grahams & Water
Week 5

28 Bagel w/Cream Cheese, Pineapple Chunks, Milk
Egg Salad, Sandwich, on Whole Grain Bread, & Apple Juice
Whole Grain Ritz Cracker & Water

29 Scrambled Eggs w/Cheese Mandarin Oranges Whole Grain Tortilla, & Milk
Blueberry Muffin & Grape Juice
Cheese Nips & Water

30 Multi Grain Cheerios Strawberries, & Milk
Breadsticks w/Marinara Cheese Stick, & Water
Graham Cracker & Water

31 Whole Grain Toast w/Sunflower Butter Banana, & Milk
Swirl Bread w/Cream Cheese, & Grape Juice
Saltine Crackers & Water

This institution is an equal opportunity provider. Menu is subject to change. A variety of milk is offered each day.

2025

JANUARY

Child Development Center



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

| Breakfast | Lunch | | | Snack | | | | |
|--------------|--------|------|------------------|--------|------|--------------|--------|------|
| Apples 1/2 | 3/4 | 6+ | Apples 1/2 | 3/4 | 6+ | Apples 1/2 | 3/4 | 6+ |
| Milk 1/2 cp | 3/4 cp | 1 cp | Milk 1/2 cp | 3/4 cp | 1 cp | Milk 1/2 cp | 3/4 cp | 1 cp |
| Spin 1/2 oz | 3/4 oz | 1 oz | Spin 1/2 oz | 3/4 oz | 1 oz | Spin 1/2 oz | 3/4 oz | 1 oz |
| Fruit 1/2 cp | 3/4 cp | 1 cp | Fruit 1/2 cp | 3/4 cp | 1 cp | Fruit 1/2 cp | 3/4 cp | 1 cp |
| | | | Vegetable 1/2 oz | 3/4 oz | 1 oz | Meat 1 oz | 1.5 oz | 2 oz |

The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, age, and disability. To file a discrimination, write USDA, Director of Office of Civil Rights, Room 326—w Whitten Building 14th and Independence Ave. SW, Washington DC 20250-9410 or call (202)720-5964 (voice and TDD)

6 Cheerios, Peaches, & Milk
Macaroni & Cheese w/Ham, Green Beans, Mixed Fruits, & Milk
Cottage Cheese, Pineapple & Water
Wheat Thins & Water
Week 2

7 Yogurt & Granola, Bananas, & Milk
Beef/Cheese & Rigatoni, Broccoli, Peaches, Whole Grain Bread, & Milk
Saltine Crackers, Melon Slices & Water
Ritz Crackers & Water

8 Scrambled Eggs & Cheese, Pears, Whole Grain Tortilla, & Milk
Tuna Salad Sandwich on Whole Grain Bread, Cheese, Cucumber, Lettuce, Apple Slice, & Milk
Goldfish Crackers, Mixed Fruit, & Water
Vanilla Wafer & Water

9 Oatmeal, Mandarin Orange, & Milk
Taco Salad Beef, Lettuce & Tomato, Pineapple, Tortilla Chips, & Milk
Banana Mu

10 Waffles, Strawberries & Milk
Carrot Stick w/Ranch, Whole Grain Ritz Crackers & Water
Graham Crackers & Water

13 Rice Cereal, Diced Pear, & Milk
Teriyaki Burger on Whole Grain Bun, French Fries, Mandarin Oranges, & Milk
Assorted Crackers, Yogurt & Water
Wheat Thins & Water
Week 3

14 English Muffin w/Cheese, Mandarin Orange, & Milk
Kalua Pork, & Cabbage Brown Rice, & Pineapple, & Milk
Graham Crackers, Cantaloupe, & Water
Goldfish Crackers & Water

15 Crean of Wheat, Peaches, & Milk
Turkey & Cheese Sandwich on Whole Grain Bread, Lettuce, & Tomato, Apple Slices & Milk
Cucumber Slices w/Ranch Dressing, Wheat Thins & Water
Assorted Crackers & Water

16 Sweet Bread Toast, Banana, Milk
Shepherd's Pie, Mashed Potatoes, Whole Grain Bread, Broccoli, Pears, & Milk
Raisin Bread Cream Cheese, & Apple Juice/Milk

17 French Toast, Applesauce, & Milk
Egg Salad Sandwich on Whole Grain Bread Lettuce & Tomato, Oranges slices, & Milk
Chic 'n' Biscuit Clackers, Melon Slices, & water
Cheese Nips & Water

20 MLK Day Holiday

21 Oatmeal, Mixed Fruit, & Milk
Corned Beef Sandwich on Whole Grain Bread, Lettuce, Tomato, Banana, & Milk
Cottage Cheese, Peaches, & Water
Goldfish Cracker & Water
Week 4

22 Rice Chex, Mandarin Oranges, & Milk
Chicken Strips, Brown & Rice Broccoli, Apple Slices, & Milk
Goldfish Crackers, Pears & Water
Vanilla Wafers & Water

23 Waffles, Melon Slices, & Milk
Meat Loaf, Mashed Potatoes, Whole Grain Bread, & Mixed Fruit
Graham Crackers, Yogurt, & Water
Cheese Nips & Water

24 Raisin Bread, Cream Cheese, Banana, & Milk
Ham & Cheese Wrap w/Whole Grain Tortilla, Lettuce & Tomato, Oranges slice, & Milk
Carrot Slicks w/Ranch dressing, Wheat thins & Water
Chicken N Biscuit Crackers, & Water

27 Kix Cereal, Mixed Fruit, & Milk
Chili w/Brown Rice, Corn, Oranges Slices, & Milk
Graham Cracker, Peaches, & Water
Teddy Graham Cracker & Water
Week 5

28 Bagel w/Cream Cheese, Pineapple Chunks, Milk
Chicken Patty Sandwich on Whole Grain Bun, Lettuce & Tomato, Applesauce, & Milk
Saltine Crackers, Applesauce, & Water
Cheese Nips & Water

29 Sausage Patties Biscuits & Peaches, & Milk
Sunbutter & Jelly Sandwich on Whole Grain Bread, Carrot Sticks, Banana & Milk
Taco Chips/Soft Tortilla, Cottage Cheese, Salsa, & Water
Ritz Crackers & Water

30 Oatmeal, Pear, & Milk
Chicken Nuggets, French Fries, Mixed Fruit, Whole Grain Bread, & Milk
Cheese It, Pineapple, & Water
Graham Crackers & Water

31 Whole Grain-Cinnamon Toast, Orange Slices, & Milk
Spaghetti w/Meat Sauce, Tossed Salad, Melon, Bread Sticks, & Milk
Goldfish Crackers, Pears slices, & Milk
Vanilla Wafers & Water