



February 2026

Parent Newsletter

Child & Youth Programs ~ MCB Hawaii



Program Address and Tax ID

Mailing Address:
P.O. Box 63073
Kaneohe Bay, HI
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Tax I.D. Number:
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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

06th: NFL Jersey Day

12th: Cookie Decorating w/Parents (CDC)

12th: Heartfelt Scents Make & Take (SAC)

13th: CYP Close at Noon

16th: Presiden'ts Day, CYP Closed

27th: Aloha Friday—wear your favorite aloha attire.



February is Heart Health Month!

February is heart health month and even in early childhood, there are many things we can do to set them up for success in terms of being healthy and maintaining cardiovascular health. Supporting your child early helps lower the risk of heart disease, stroke, diabetes and other major health problems that they may experience later in life.

Healthy Metrics:

Good heart health begins with regular visits to the pediatrician. Checking in with the pediatrician that a child's BMI, blood pressure, cholesterol and blood sugar levels are on track can help with early intervention, if needed. Early prevention is key to a healthy adulthood.

What Parents Can Focus On:

· Healthy diet · Physical Activity · Clean Air · Protected Time for Sleep

A balanced diet is key to maintaining cardiovascular health. A balanced diet entails whole grains, lean protein, fruits and vegetables. Fill half the child's plate with fresh fruits and vegetables. $\frac{1}{4}$ of the plate should be whole grains like quinoa, oats or brown rice. $\frac{1}{4}$ of the plate should be lean meats. Keep salt and sugar to a minimum and opt for water, skim milk or 100% fruit juice over sugary drinks.

Physical activity makes our hearts stronger! Both young children and teens should get at least an hour of physical activity every day. Exercise is great for our bones when we do weight bearing activities (running, jumping, etc.) and great for our brains. Most importantly, regular exercise reduces the risk of heart disease and other chronic diseases like diabetes and obesity.

Clean air is important to heart health. Smoking tobacco or vaping is harmful to the heart and its blood vessels. Smoking can damage lungs and the heart, make them weaker and harder to function. It also increases the risk of heart attack and stroke. The harmful effects are experienced even through secondhand smoke. The best thing to do is avoid smoking/vaping or seek help to quit.

Healthy sleep habits are important for your child's rest and recharge, as well as heart health. Too little sleep is associated with higher blood pressure and obesity. Some tips to help with sleep hygiene: dim lights, remove devices from child's bedroom at night (blue light can mess with circadian rhythm and melatonin production), and set alarms for bedtime and wake time.

<https://www.heart.org/en/professional/educator/kids-health-initiatives>





Kupulau

Child Development Center

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

Did you know that puzzles are great for helping to develop fine motor skills, which are needed for writing and drawing? Please join us on National Puzzle Day, 29 Jan at 1500, for some fun with puzzles. The children always enjoy your participation. We also have an open-door policy, and parents are welcomed to visit at any time. The children love when special visitors read books with them, do painting activities, etc. Interested in helping in other ways? See your child's caregiver for other ideas on how you can assist.

As a reminder, the program follows set mealtimes. Breakfast is from 0800-0900, lunch from 1100-1200, and snack from 1400-1500. We also provide a light snack at 1700 for the children who are still here. Infants are fed on individualized schedules. If your child has a food allergy and needs food accommodations, please ensure the front desk is provided documentation from your medical provider.



Laulima

Child Development Center

Happy February, Laulima CDC Families! We hope that your 2026 is off to a great start. Thank you to those of you who attended our Puzzles with Parents event last month. We hope you enjoyed taking a break to play and found some useful tips.

This month we are looking forward to our Valentine's cookie decorating event on Thursday, February 12th at 1500. A sign-up sheet is posted in your child's classroom. We will be closing at noon on Friday, February 13th for our CYP All-Hands training and will be closed on Monday, February 16th in observance of President's Day.

As a gentle reminder, for your child's safety, please do not let children run ahead when being dropped off or picked up.



Kulia

School Age Care

Welcome to February. We bid a sad farewell to our Trainer Ms. Amanda and our OAC Ms. Kaylee. They will be greatly missed and we wish them all the best. During the month of February we will be focusing on Random Acts of Kindness. There will be parent involvement activity on the 12th and a visit from the Dental Clinic on the 25th. We look forward to a fun-filled month.

We are currently 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 Raeann or Justine.

Friendly Reminders:

- Children must wear closed-toed/heel shoes at SAC.
- Sign your 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 your 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,

Play is Essential to Development

Note from
the teacher...

Have you ever asked your child what they did at school and their response was, I played? Did you know play is essential for development and learning?

It gives children the opportunity to explore and experiment with a host of activities that are conducive to their developmental growth. When children are playing in the sand box, not only are they enhancing their muscle development when scooping and pouring, but they are learning cause and effect, such as, when using wet and dry sand. Painting, playdough, open ended art, and building blocks, promote creativity, supports fine motor development, and allow children to explore their senses. Reading promotes language development, creativity, and pre-reading readiness, which teaches children about the world around them, while enhancing their cognitive development. Did you know that when children are sorting, measuring, weighing, and sequencing, with manipulatives, or when doing cooking, they are learning pre-math concepts. In the dramatic play area, children role play based on their experiences and exposures. It provides a safe place where children can pretend to be the parent, teacher, doctor, or more, which helps children learn to express their emotions, while building their social development. Throughout the day, children will encounter a host of activities that promote different areas of development, to include, social, emotional, cognitive (intellectual), physical, and language. Parents can expand upon the child's learning in multiple ways. Instead of asking what they did, ask about the book that was read during circle time, ask what song they sang, ask if they painted and if so, ask them to tell you about their painting. These type of questions are open ended and promote language development, as it encourages children to use their words to share about their day. You can also speak with your child's caregiver to find out about their day and ask for recommendations on how you can extend the learning at home.

Updates From Military OneSource

New WIC Awareness Video

Military OneSource just launched a new WIC video featuring Kaylyn Speth, a nutritionist at Fort Riley WIC, and one of our incredible WIC Overseas participants. This video highlights the valuable support WIC provides to military families, including access to healthy foods, nutrition education, and breastfeeding support. You can watch the full video here: https://www.youtube.com/watch?v=7mVdm_Ver28. Video shorts are also available and are great content to highlight in social media.

Expanded Military OneSource WIC Resources

Military OneSource has created a dedicated WIC page to make it easier for families and providers to access WIC-related information and tools, available here: <https://www.militaryonesource.mil/benefits/wic-nutrition-program/>

Additionally, here are other WIC and food security-related resources available on Military OneSource:

WIC Podcast: Featuring Dakota Davis from Fort Campbell, this podcast dives into the benefits of WIC and how it supports military families. Listen here: [Getting to the Core of WIC](#)

WIC Blog: Dispelling myths and highlighting the benefits of this premier nutrition assistance program: [Myths Debunked: Exploring WIC Benefits for Military Families](#)

Installation WIC Contact Information: Find local WIC services on military installations: [Search here](#).

Food Security MilLife Guide: A comprehensive guide to food security resources and programs available to military families: [Explore the guide](#).

Nutrition Readiness Toolkit: Includes customizable emails and PowerPoint templates for providers to share information about food security resources: [Access the toolkit](#) (customizable products are below the "Resources to Share" drop-down).

USDA WIC Eligibility Screening Tool

Our Military OneSource WIC page also links to [the USDA WIC eligibility screening tool](#), which can help identify families who may qualify for WIC. Please note that this tool isn't military-specific, so it's important to **exclude BAH** when conducting income-eligibility screenings.

Monday

Kix Cereal, Mixed Fruit, Milk **2**

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

Saltine Crackers, Applesauce, Water

Teddy Graham, Water Week 5

Kix Cereal, Mandarin Oranges, Milk **9**

Chicken Nuggets, **Brown Rice**, Corn/Carrots, Pineapple Chunks, Milk

Ritz Crackers, Sliced Cheese, Water

Graham Crackers, Water Week 1

President's Day

CYP Closed

Week 2

Rice Chex Cereal, Diced Pears, Milk **23**

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

Assorted Crackers, Yogurt, Water

Wheat Thins, Water Week 3

Tuesday

Bagels & Cream Cheese, Pineapple Chunks, Milk **3**

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

Graham Crackers, Peaches, Water

Cheese Nips, Water

Whole Grain Cinnamon Toast, Applesauce, Milk **10**

Beef & Macaroni, Broccoli, Oranges Slices, Milk

Bagels Cream Cheese, Grape Juice/ Milk

Saltine Crackers, Water

Yogurt & Granola, Banana, Milk **17**

Beef/Cheese & Rigatoni, Broccoli, Peaches **Whole Grain Bread**, Milk

Saltine Crackers, Melon Slices, Water

Ritz Crackers, Water

English Muffin w/Cheese, Mandarin Oranges, Milk **24**

Kalua Pork & Cabbage, **Brown Rice**, Pineapple, Milk

Graham Crackers, Cantaloupe, Water

Goldfish Crackers, Water

Wednesday

Sausage Patties, Biscuits & Peaches, Milk **4**

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 **11**

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

Vanilla Yogurt, Peaches, Water

Goldfish Crackers, Water

Scrambled Eggs & Cheese, Pears, **Whole Grain Tortilla**, Milk **18**

Tuna Salad Sandwich on **Whole Grain Bread**, Cheese, Cucumber, Lettuce, Apple Slice, Milk

Goldfish Cracker, Mixed Fruit, Water

Vanilla Wafer, Water

Cream of Wheat, Peaches, Milk **25**

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

Cucumber Slices w/Ranch Dressing, Wheat Things, Water

Assorted Crackers, Water

Thursday

Oatmeal, Pears, Milk **5**

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

Cheese It, Pineapple, Water

Graham Crackers, Water

English Muffin w/Cheese, Pineapple, Milk **12**

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

Graham Crackers, Applesauce, Water

Cheese Nips, Water

Oatmeal, Mandarin Oranges, Milk **19**

Taco Salad, Seasoned Beef, Lettuce Tomato, Pineapple, Tortilla Chips, Milk

Banana Muffin, Milk

Chicken N Biskit Crackers, Water

Sweet Bread Toast, Banana, Milk **26**

Shepherd Pie, Mashed Potatoes, **Whole Grain Bread**, Broccoli, Pears, Milk

Raisin Bread, Cream Cheese, Apple Juice/ Milk

Vanilla Wafers, Water

Friday

Whole Grain Cinnamon Toast, Oranges Slices, Milk **6**

Spaghetti w/Meat Sauce, Tossed Salad, Melon. Bread Sticks, Milk

Goldfish Crackers., Pear Slices, Milk

Vanilla Wafer, Water

Kix Cereal, Peaches, Milk **13**

Goldfish Crackers, Mixed Fruit, Water

CYP Close At Noon

Waffles, Applesauce Milk **20**

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

Carrot Sticks w/Ranch, Wheat Thins, Water

Graham Cracker, Water

French Toast, Applesauce, Milk **27**

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

Chic N Biskit Crackers, Melon slices, Water

Cheese Nips, Water

Meal Pattern

Breakfast

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

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

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

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

Kix Cereal, Pears, Milk

Taco Chips, Shredded Cheese, Salsa, Water

Teddy Grahams, Water

Week 5

Tuesday

Bagels w/Cream Cheese,
Pineapple Chunks, Milk

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

Whole Grain Ritz Crackers, Water

Wednesday

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

Blueberry Muffin, Grape Juice

Cheese Nips, Water

Thursday

Multi-Grain Cheerios, Strawberries,
Milk

Breadsticks w/Marinara, Cheese Stick
Water

Graham Crackers, Water

Friday

Whole Grain Toast, w/Sunflower
Butter, Banana & Milk

Swirl Bread w/Cream Cheese, Grape
Juice

Saltine Crackers & Water

Kix Cereal, Mandarin Oranges, Milk

Teddy Grahams, Grapes, Water

Swirl Bread, Water

Week 1

Whole Grain-Cinnamon Toast,
Applesauce, Milk

Wheat Thins, Dried Fruit, Cheese
Stick, Water

Saltine Cracker, Water

French Toast Sticks, Mixed Fruit &
Milk

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

Goldfish Crackers, Water

Sausages Patty, Biscuit, Blueberries,
Milk

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

Cheese Nips, Water

English Muffins W/cheese, Pineapple
Chunks, Milk

Bagel W/Cream Cheese, Grape Juice

CYP Close at Noon

**President's Day
CYP
Closed**

Week 2

Raisin Bread w/Cream Cheese,
Bananas, & Milk

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

Ritz Crackers, Water

Oatmeal, Mandarin Oranges, Milk

Cheese Nips, Mixed Fruit, Water

Vanilla Wafer, Water

Scramble Eggs & Cheese, Pears
Whole Grain Toast, Milk

Banana Muffin, Milk

Wheat Thins, Water

Waffles, Strawberries & Milk

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

Graham Crackers, Water

Kix Cereal, Apple Slices, Milk

Swirl Bread w/Cream Cheese, Apple Juice

Wheat Thins, Water

Week 3

English Muffin w/Jelly, Pineapple &
Milk

Teddy Grahams, Mixed Fruit, Water

Goldfish Crackers, Water

Yogurt, Granolas, Blueberries & Milk

Turkey & Cheese on **Whole Grain
Tortilla** & Milk

Assorted Crackers, Water

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

Breadsticks w/Marinara, Cheese Stick,
Water

Vanilla Wafers, Water

Whole Grain Cinnamon Toast,
Banana & Milk

Chicken N Biskit Crackers,
Watermelon, Water

Cheese Nips, Water

Meal Pattern

Breakfast

Ages

1-2

Milk ½ cup

Grain ½ oz.

Fruit ¼ cup

3-5

Milk ¾ cup

Grain ½ oz. eq.

Fruit ½ cup

6+

Milk 1 cup

Grain 1 oz. eq.

Fruit ½ cup

Lunch

Ages

1-2

Milk ½ cup

Grain ½ oz. eq.

Fruit ¼ cup

Vegetable ¼ cup

Meat 1oz

3-5

Milk ¾ cup

Grain ½ oz. eq.

Fruit ½ cup

Vegetable ½ cup

Meat 1.5oz

6+

Milk 1 cup

Grain 1 oz. eq.

Fruit ½ cup

Vegetable ¾ cup

Meat 2oz

Snack

Ages

1-2

Milk ½ cup

Grain ½ oz. eq.

Fruit ¼ cup

Meat 1oz

3-5

Milk ¾ cup

Grain ½ oz. eq.

Fruit ½ cup

Meat 1.5oz

6+

Milk 1 cup

Grain 1 oz. eq.

Fruit ½ cup

Meat 2oz

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