



Child & Youth Programs Parent Newsletter February 2023



Program Address and Tax ID

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808-257-7240

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MARINE & Family
Child and Youth Programs

Kulia School Age Care
Bldg. 6753

Phone: 808-257-2030

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Kupulau CDC Bldg. 6111

808-257-1356

808-594-8807

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Laulima CDC Bldg. 6782

808-257-2038

808-257-2043

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CYP Operating Hours:
0600-1800



Upcoming Events:

2nd: Groundhog Day

14th Valentine's Day

17th: CYP Closes at 1200 for Staff Training

20th: Presidents' Day (CYP Closed)

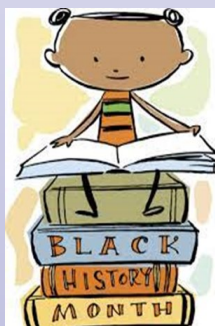
27th-03Mar: Dr. Seuss Week

All Month: Black History Month

All Month: CDC Family Conferences

All Month: Heart Health Month

All Month: National Children's Dental Health Month



Random Acts of Kindness Day

Valentine's Day is not only for adults, but for kids too! Use this as an opportunity to talk about "loving" your neighbor, friendship, and general kindness. Random Acts of Kindness Day is February 17 this year, allowing you to hit two holidays in one. Research shows that being kind to others can boost your happiness, increase your longevity, and even help curb symptoms of depression and anxiety.

While COVID-19 made performing traditional acts of kindness trickier than usual, we have learned of free and safe ways to show someone you care. Consider sending a thoughtful postcard to a friend, babysitting for a parent who needs a break, or setting out the trash can for your neighbor's. The recipient may also be inspired to pay it forward, creating a chain reaction of kindness in the community. Even a simple smile and hello can go a long way.

Reference
[verywellmind.com](https://www.verywellmind.com)



School Age Care

Kulia had our annual training for our Anchored4Life Program. We are excited to have our new team members getting involved with community projects, mentorships, and leadership roles in our program.



There are many activities happening this month. We will be creating a quilt in celebration of Black History Month, focusing on Random Acts of Kindness, and ending the month celebrating Dr. Seuss' Birthday. Please take a look at our Special Events Calendar for dates and details.

A friendly reminder to have your ID ready to show the front desk and the classroom staff when picking up your children. Payments are due on the 1st & 15th of the month, with three-day grace period per pay day, followed by two late fee days. Children will not be accepted into the center if fees due, have not been paid by the COB on the 2nd late fee day.

Kindergarten Registration

Kindergarten Registration in public schools starts in February. Families that reside on base at MCBH Kaneohe Bay may pick up enrollment packets at Mokapu Elementary School starting in February.

Mokapu Elementary (Grades: K - 6)

(HIDOE School located on base)

1193 Mokapu Road

Kailua, HI 96734

Ph.: (808) 254-7964

<http://www.mokapu.k12.hi.us>

If they do not reside on base at Kaneohe Bay, they may contact the School Liaison. For questions about other school options, including how to obtain a Geographic Exception, parents may also contact her at amy.solomon@usmc.mil or 808.257.2019.



Reminder: Parents, you are always welcome to take part in the program. We encourage your participation and involvement.

Laulima

February is Black History Month

Celebrate with us as we learn about the contributions of African Americans to our country. Scholastic book club offers a wonderful arrangement of not only the wonderful books provided below but also many other genres and topics as well. For more information about scholastic books and to find more age appropriate books for your child visit www.scholastic.com



Kupulau CDC

You may have noticed many new faces here at Kupulau. We are excited to share that we have worked hard to fill many Program



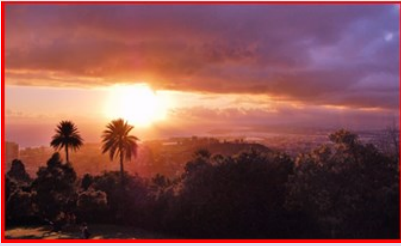
Assistant vacancies. Please introduce yourself to any new caregiver you see in your child's room and show your support as they begin their new role as professionals in the field of early childhood education. We have also filled all staff vacancies in our kitchen and hope you have had the time to meet our two new Cooks, Jordan and Darrell. You may see Jordan and Darrell throughout the day as they deliver meals to the classrooms or pick up dirty dishes to return to the kitchen.

We are still looking for a parent to serve as the Chairperson for our Parent Advisory Board (PAB). Meetings are held here at the center every three months. If you are interested, please see Danielle, Candice, or Kapua.

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

Special birthday greetings to all children, parents, and staff who are celebrating their special day in February!

Explore Hawai`i—Pu`u Ualaka`a State Park



This Valentine's Day we encourage you to take your loved one to one of the most romantic spots on O`ahu, Pu`u Ualaka`a State Park, also known as Tantalus lookout. While you may have to deal with some limited parking and the potential of a tour bus, you will be rewarded with some of the best views of the island. The sunsets from the lookout have a dazzling display of colors to enjoy. You can also stay a few minutes after sunset and watch the lights come on the buildings of Honolulu and Waikiki. If you go on the right night, you can enjoy the sounds of a nearby luau as you watch the Hawaiian sunset; it is magical!

While the sunsets are amazing, Pu`u Ualaka`a State Park has much more to offer. Just off the parking lot you have access to the Pu`u Ualaka`a Trail and the Tantalus Trail System. The Tantalus Trails are some of the best kept trails on the Island of O`ahu and have some of the most fascinating things to see, including bamboo forests, overlooks, a hidden waterfall and a tree house. This is an excellent location for a nice evening hike followed by a picnic on the grass of the lookout enjoying a sunset. It's the perfect way to spend a Hawaiian day!

****While these trails are well maintained by Na Ala Hele, you can easily get lost as there is a wide array of trails. Please take the necessary precautions. Hike with someone who knows the trails and always take a map available from <https://hawaiitrails.org/trails/#/>.**

National Heart Month

Did you know February is National Heart Health Month? National Heart Month aims to raise awareness about heart diseases and encourages people to look after their hearts. It helps people understand how to keep healthy and stay informed about the risks of heart-related conditions.

The heart is responsible for pumping blood around our body, transporting oxygen and cells to our other organs, so it's important that we stay aware and make the right choices to keep our hearts happy and healthy.

How To Celebrate National Heart Month

This month presents opportunities for people to get involved in fun activities to spread awareness and support causes that promote heart health. Why not wear red on National Wear Red Day to raise awareness about heart disease and encourage others to do the same. National Wear Red Day is the first Friday of the month.

Take Action

- Do daily physical activity breaks. Start small and work your way up to the recommended ten minutes per day.
- Encourage heart health and share ways to keep a healthy heart and body.
- Host a Family Fitness Night and share literature about the importance of physical activity in preventing heart disease.
- Remind families that healthy teeth and gums can prevent heart disease.

Reference (s)

[Celebrate Heart Health Month - Action for Healthy Kids](#)

[National Heart Month | Teaching Resources and Information \(twinkl.com\)](#)

