

Welcome to the Child & Youth Program Parent Newsletter 2024



Program Address and Tax ID

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808-257-2030

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99-0267668



Upcoming Events:

2nd Labor Day Happy Holiday

6th World Book Day

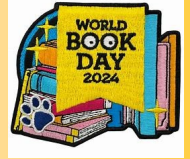
9th Happy Teddy Bear Day

11th Patriot Day

14th International Literacy Day

16th National Play-Doh Day

20th Happy September Birthday



Kulia School Age Care

Bldg. 6753,

Phone: 808-257-2030

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Kupulau CDC Bldg 6111

808_257-1356

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Laulima CDC Bldg. 6782

808-257-2038

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How to Practice Positive Discipline at Home

Positive Guidance is a technique focused on kindness and trust by showing respect, listening, rewarding good behavior, and reminding your child that you love them while teaching them right from wrong, all which reinforces positive behavior. Consistently responding to challenging behavior with yelling, lecturing, or taking away privileges may result in your child "listening" or complying, but these strategies often trigger feelings of fear, distrust, and low self-esteem. Instead, the positive guidance model teaches social and life skills in a respectful encouraging way.

Examples of Positive Guidance strategies include- Redirecting (correcting a mistake or directing to something else) positively reinforcing desirable behavior (praise, rewards, attention, etc.), reminders, and intentionally ignoring minor behaviors. Along with these strategies, it's important to:

Be a good role model- children will learn from you and with time, start acting like you.

Be consistent- Stick to your guidelines without backing down. Otherwise, children will think they can bend the rules whenever they'd like.

Be calm and brief- There's no need to drag consequences on with lectures; brief comments work just as effectively.

Act quickly- Respond as soon as possible, even if you're in public. That way, the reason for correction is clear.

Pick your battles- Not every challenging behavior is worth the effort of disciplining; For example, you may correct your child for hitting a sibling, but ignore a snappy comment made right before naptime.

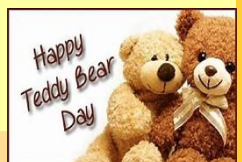
Be realistic- Have reasonable and developmentally-appropriate expectations.

Catch your child behaving- Children prefer positive attention like hugs or praise, but they'll also accept negative attention like you screaming and yelling. So, if you praise your child for cleaning up their toys, you'll be more likely to see more of that behavior, and less likely to see them resort to misbehaving to get you to notice them.

Remind them that you love them- Remember that even though your child may behave badly, your child isn't "bad." So, follow your correction with hugs and sweet words, then move on afterwards.

Positive guidance is a great method that encourages positive behavior and centers around kindness. While it is effective, it's important to note that your child won't immediately change their behaviors. You are planting the seeds, but don't expect a tree to grow overnight.

Adapted from: [How to Practice Positive Discipline at Home \(parents.com\)](https://www.parents.com/parenting/positive-discipline/)





News From Laulima CDC...

Please help us in welcoming our new Assistant Director, Desiree Fuentes! We are so happy that she is joining our Laulima CDC team. Desiree is a military spouse and comes to us with a background in education. We are still waiting on our Training and Curriculum Specialist (TCS) and Assistant Training and Curriculum Specialist to arrive. We appreciate your patience and understanding. Our program continues to be supported by members of our Family Care Branch Overhead management team and Amanda, Kulia SAC's TCS.

Last month we welcomed our new MFLC, Elisa. She has been spending time getting to know our program and spending time with the children. Elisa is a fantastic resource for our military families and children. If you would like more information on Elisa's role in the CDC, please feel free to reach out

to her directly or stop by the front desk. If you would like to check on or update your child's MFLC waiver, please ask the front desk.

Our 3rd quarter Parent Advisory Board (PAB) meeting will be taking place this month. Please keep an eye out at our front desk and Information Board for the specific day and time.

Congratulations to Ms. Jen who is celebrating 6 years of service this month!

School Age Care Activities & Ongoings

Last month was very busy! Thank you to all the staff, and our Anchored 4 Life participants, who helped with the Kinders transition to SAC.

We want to give a huge shout out to SAC's very own Training and Curriculum Specialist, Amanda Estabillo, who took the initiative to apply for various grant opportunities through Boys & Girls Club of America. Most recently, the SAC Program was awarded the 9/11 Day of Service and Remembrance Project grant. The proceeds from the grant was used to purchase school supplies to support students at Mokapu Elementary. Our program donated seven baskets of school supplies, with one basket given to each grade level. Our support would not have been possible if not for the outstanding efforts of Amanda. Please join us in acknowledging Amanda and giving her a big thank you for all she does in support of the children and program.

We bid farewell to LaGeva (*Gee-Gee*), our Assistant Director, as she ventures off to new endeavors. Much Aloha to you and your family! Your support of CYP as a whole has been greatly noted and appreciate.

Please be on the look-out for special events in the upcoming months, as we prepare for Fall break and our annual Family Fall Festival. We look forward to your support, and participation.



Updates From Kupulau CDC

We lost many of our preschool children during the month of August which made way for lots of transitions as children age-up to new rooms. New rooms mean a new environment with fun and engaging toys and activities designed for your child's age. Moving children up ensures they are in a classroom environment that is developmentally appropriate for their skill level and interests and provides the right balance of challenges to assist with their growth and development. As with any transition, your child may need extra time getting use to the new faces and environment. Please communicate with your child's caregiver and work together to make your child's day as smooth as possible.

Our building continues to be under fire watch as the fire alarm system is out of order. All smoke detectors and sprinklers are operable. Our staff are trained to use a secondary notification method for evacuation in the event of an emergency. Base Facilities is actively working on our system to get it back up and running. We anticipate complete replacement of the system in 2025.



Fall Harvest Salad



- 7-8 ounces about 6 cups of spinach (or lettuce of choice)
 - 1/4 tsp salt
 - 1/2-1 tbs olive oil
 - 1 tsp balsamic vinegar
 - 2 ounces favorite cheese (we use Manchego or goat cheese)
 - 1 small apple or half of a large apple
 - 1 tbs of seeds or 2 tbs nuts (we like pumpkin seeds and/or sliced almonds)
- 1 1/2 cups roasted butternut squash (about half of a butternut squash- see note)

1. Roast your butternut squash if you do not have any roasted from earlier in the week – see note on roasting instructions
2. Place the spinach in a large bowl
3. Slice the apple thinly and place on top of salad
4. Measure and slice or crumble your cheese on top
5. Measure and add in your seeds/nuts
6. Toss salad with maple cinnamon vinaigrette or balsamic, olive oil and salt
7. Add in balsamic and toss again
8. Top with butternut squash and serve

Five Fun things to do in Hawaiï before the Summer ends!!

1. Ho'omaluhia Botanical Gardens

2. Kid City

3. Honolulu Zoo

4. Waikiki Aquarium

5. Hawaiï Children Discovery Center

Lets us know which one is your favorite one.

2024

SEPTEMBER

Child & Youth Programs ~ CDC Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>2</p> <p>Happy Labor Day!</p> <p>CYP Closed</p> <p>Wk 3</p>	<p>3</p> <p>English Muffin w/ Cheese Mandarin Orange, Milk</p> <p>Kalua Pork & Cabbage, <u>Brown Rice</u> Pineapple, Milk</p> <p>Graham Crackers Cantaloupe, Water</p> <p>Goldfish Crackers, Water</p>	<p>4</p> <p>Cream of Wheat, Peaches, Milk</p> <p><u>Turkey & Cheese Sandwich on Whole Grain Bread</u> Lettuce & Tomato, Apple Slices Milk</p> <p>Cucumber Slices w/ Ranch Dressing Wheat Thins, Water</p> <p>Assorted Crackers, Water</p>	<p>5</p> <p>Sweet Bread Toast Banana, Milk</p> <p>Shepherd's Pie Mashed Potatoes <u>Whole Grain Bread</u>, Broccoli, Pears Milk</p> <p>Raisin Bread, Cream Cheese Apple Juice, Milk*</p> <p>Vanilla Wafers, Water</p>	<p>6</p> <p>French Toast, Applesauce Milk</p> <p><u>Egg Salad Sandwich on Whole Grain Bread</u> Lettuce & Tomato, Orange Slices Milk</p> <p>Chicken in a Biskit Crackers Melon Slices, Water</p> <p>Cheese Nips, Water</p>
<p>9</p> <p><u>Multi-Grain Cheerios</u> Diced Pears, Milk</p> <p>Fish Patty w/Tartar Sauce Brown Rice, Mixed Veggies Pineapple Chunks, Milk</p> <p>Ritz Crackers, Cheese Slices Water</p> <p>Wk 4</p> <p>Saltine Cracker, Water</p>	<p>10</p> <p>Oatmeal, Mixed Fruit Milk</p> <p>Corned Beef Sandwich on <u>Whole Grain Bread</u>, Lettuce & Tomato Banana Milk</p> <p>Cottage Cheese Peaches, Water</p> <p>Goldfish Crackers, Water</p>	<p>11</p> <p>Rice Chex Mandarin Oranges, Milk</p> <p>Chicken Strips <u>Brown Rice</u> Broccoli, Apple Slices, Milk</p> <p>Goldfish Crackers Pears, Water</p> <p>Vanilla Wafers, Water</p>	<p>12</p> <p>Waffles, Melon Slices Milk</p> <p>Meat Loaf, Mashed Potatoes <u>Whole Grain Bread</u> Mixed Fruit Milk</p> <p><u>Graham Crackers</u> Yogurt, Water</p> <p>Cheese Nips, Water</p>	<p>13</p> <p>Raisin Bread, Cream Cheese Banana, Milk</p> <p><u>Ham & Cheese Wrap w/ Whole Grain Tortilla</u>, Lettuce & Tomato, Orange Slices, Milk</p> <p>Carrot Sticks w/ Ranch Dressing Wheat Thins, Water</p> <p>Chicken in a Biskit Crackers, Water</p>
<p>16</p> <p>Kix Cereal Mixed Fruit, Milk</p> <p>Chili w/ <u>Brown Rice</u> Corn, Orange Slices, Milk</p> <p>Graham Cracker Peaches, Water</p> <p>Teddy Grahams, Water</p> <p>Wk 5</p>	<p>17</p> <p>Bagels & Cream Cheese Pineapple Chunks, Milk</p> <p><u>Chicken Patty Sandwich on Whole Grain Bun, Lettuce & Tomato</u>, Applesauce, Milk</p> <p>Saltine Crackers, Applesauce, Water</p> <p>Cheese Nips, Water</p>	<p>18</p> <p>Sausage Patties Biscuits & Peaches, Milk</p> <p><u>Sunbutter & Jelly Sandwich on Whole Grain Bread</u> Carrot Sticks, Banana, Milk</p> <p>Taco Chips/Soft Tortilla, Cottage Cheese Salsa, Water</p> <p>Ritz Crackers, Water</p>	<p>19</p> <p>Oatmeal, Pears, Milk</p> <p>Chicken Nuggets French Fries, Mixed Fruit <u>Whole Grain Bread</u>, Milk</p> <p>Cheese-It Pineapple, Water</p> <p><u>Graham Crackers</u>, Water</p>	<p>20</p> <p><u>Whole Grain Cinnamon Toast</u> Orange Slices, Milk</p> <p>Spaghetti w/ Meat Sauce Tossed Salad, Bread Sticks Melon, Milk</p> <p>Goldfish Cracker, Pear Slices, Milk</p> <p>Vanilla Wafers, Water</p>
<p>23</p> <p>Kix Cereal, Mandarin Oranges Milk</p> <p>Chicken Nuggets, <u>Brown Rice</u> Corn/Carrots, Pineapple Chunks Milk</p> <p>Ritz Cracker, Sliced Cheese Water</p> <p>Graham Crackers, Water</p> <p>Wk 1</p>	<p>24</p> <p><u>Whole Grain Cinnamon Toast</u> Applesauce, Milk</p> <p>Beef & Macaroni Broccoli, Orange Slices, Milk</p> <p>Bagels, Cream Cheese Grape Juice/Milk</p> <p>Saltine Crackers, Water</p>	<p>25</p> <p>Biscuit w/Jelly, Banana, Milk</p> <p><u>Turkey Sandwich on Whole Grain Bread</u> Lettuce & Tomato Cantaloupe, Milk</p> <p>Vanilla Yogurt, Peaches Water</p> <p>Goldfish Crackers, Water</p>	<p>26</p> <p>English Muffin w/Cheese Pineapple, Milk</p> <p>Chicken & <u>Brown Rice</u> Mixed Vegetables, Mandarin Oranges Milk</p> <p><u>Graham Crackers</u>, Applesauce, Water</p> <p>Cheese Nips, Water</p>	<p>27</p> <p>Corn Chex Cereal, Peaches Milk</p> <p><u>Grilled Ham & Cheese on Whole Grain Bread</u> Pear Slices, Veggie Sticks, Milk</p> <p>Goldfish Crackers, Mixed Fruit, Water</p> <p>Vanilla Wafers, Water</p>

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Cheerios
Peaches, Milk

Macaroni & Cheese w/ Ham
Green Beans, Mixed Fruit
Milk

Cottage Cheese, Pineapple, Water

Wk 2

Wheat Thins, Water

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		Breakfast			Snack			Meal Pattern			
Ages	1-2	3-5	6+	Ages	1-2	3-5	6+	Ages	1-2	3-5	6+
Milk	½ cup	¾ cup	1 cup	Milk	½ cup	¾ cup	1 cup	Milk	½ cup	¾ cup	1 cup
Grain	½ oz.	½ oz. eq.	1 oz. eq.	Grain	½ oz. eq.	½ oz. eq.	1 oz. eq.	Grain	½ oz. eq.	½ oz. eq.	1 oz. eq.
Fruit	¼ cup	¼ cup	¼ cup	Fruit	¼ cup	¼ cup	¼ cup	Fruit	¼ cup	¼ cup	¼ cup
				Meat	1oz	1.5oz	2oz	Vegetable	¼ cup	¼ cup	¼ cup
								Meat	1oz	1.5oz	2oz

2024

SEPTEMBER

Child & Youth Programs ~ SAC Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>2</p> <p>Happy Labor Day!</p> <p>CYP Closed</p> <p>Wk 3</p>	<p>3</p> <p><u>English Muffin</u> w/Jelly, Pineapple, & Milk</p> <p>Teddy Grahams, Mixed Fruit, & Water</p> <p>Goldfish Crackers & Water</p>	<p>4</p> <p>Yogurt, Granola, Blueberries, Milk</p> <p>Turkey & Cheese on <u>Whole Grain Tortilla</u> & Water</p> <p>Assorted Crackers & Water</p>	<p>5</p> <p>Hardboiled Egg <u>Whole Grain Toast</u> w/ Jelly Orange Slices Milk</p> <p>Breadsticks w/ Marinara Cheese Stick Water</p> <p>Vanilla Waters, Water</p>	<p>6</p> <p><u>Whole Grain Cinnamon Toast</u> Banana Water</p> <p>Chicken in a Biskit Crackers Watermelon Water</p> <p>Cheese Nips, Water</p>
<p>9</p> <p><u>Multi-Grain Cheerios</u>, Mixed Fruit & Milk</p> <p>Saltines Crackers, Cheese & Ham Slices, Water</p> <p>Chicken N Biskit Cracker & Water</p> <p>Week 4</p>	<p>10</p> <p>French Toast Sticks, Mandarin Oranges & Milk</p> <p>Sunflower Butter & Jelly on <u>Whole Grain Tortilla</u>, Milk</p> <p>Saltine Cracker & Water</p>	<p>11</p> <p><u>Oatmeal</u>, Apple Slices, & Milk</p> <p>Egg Salad Sandwich on <u>Whole Grain Bread</u>, Apple Juice</p> <p>Goldfish Crackers & Water</p>	<p>12</p> <p>Waffles Blueberries Milk</p> <p><u>Graham Crackers</u> Yogurt Water</p> <p>Pretzels, Water</p>	<p>13</p> <p>Sausages Patty, Biscuit, Melon & Milk</p> <p>Carrot Sticks w/Ranch, <u>Whole Grain Ritz Crackers</u>, Water</p> <p>Cheese Nips & Water</p>
<p>16</p> <p><u>Kix Cereal</u>, Pears, & Milk</p> <p>Taco Chips, Shredded Cheese, Salsa, & Water</p> <p>Teddy Graham & Water</p> <p>Week 5</p>	<p>17</p> <p>Bagel w/Cream Cheese, Pineapple Chunks, & Milk</p> <p>Egg Salad Sandwich on <u>Whole Grain Bread</u> & Apple Juice</p> <p><u>Whole Grain Ritz Cracker</u> & Water</p>	<p>18</p> <p>Scrambled Eggs w/Cheese, Mandarin Oranges, <u>Whole Grain Tortilla</u>, & Milk</p> <p>Blueberry Muffin & Grape Juice</p> <p>Cheese Nips & Water</p>	<p>19</p> <p><u>Multi Grain Cheerios</u>, Strawberries, & Milk</p> <p>Breadsticks w/Marinara, Cheese Stick, & Water</p> <p><u>Graham Crackers</u> & Water</p>	<p>20</p> <p><u>Whole Grain Toast</u> w/Sunflower Butter, Banana, & Milk</p> <p>Swirl Bread w/Cream Cheese Grape Juice</p> <p>Saltine Cracker & Water</p>
<p>23</p> <p><u>Kix Cereal</u>, Mandarin Oranges Milk</p> <p>Teddy Grahams, Grapes, & Water</p> <p>Swirl Bread & Water</p> <p>Week 1</p>	<p>24</p> <p><u>Whole Grain Cinnamon Toast</u>, Applesauce, & Milk</p> <p>Wheat Thins, Dried Fruit, Cheese Stick, & Water</p> <p>Saltine Crackers & Water</p>	<p>25</p> <p>French Toast Sticks, Mixed Fruit, & Milk</p> <p>Sunflower Butter & Jelly on <u>Whole Grain Tortilla</u> & Milk</p> <p>Goldfish Crackers & Water</p>	<p>26</p> <p>Sausages Patty, Biscuit, Blueberries, & Milk</p> <p>Ham & Cheese, <u>Tea Roll</u>, & Water</p> <p>Cheese Nips & Water</p>	<p>27</p> <p><u>English Muffins w/Cheese</u>, Pineapple, & Milk</p> <p>Bagel w/Cream Cheese & Grape Juice</p> <p>Vanilla Wafers & Water</p>

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Multi Grain Cheerios, Peaches, Milk

Pretzels, Cheese Sticks, & Water

Chicken N Biskit Crackers & Water

Week 2

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Breakfast				Meal Pattern			
Ages	1-2	3-5	6+	Snack Ages	1-2	3-5	6+
Milk	½ cup	¾ cup	1 cup	Milk	½ cup	¾ cup	1 cup
Grain	½ oz.	½ oz. eq.	1 oz. eq.	Grain	½ oz. eq.	½ oz. eq.	1 oz. eq.
Fruit	¼ cup	¼ cup	¼ cup	Fruit	¼ cup	½ cup	½ cup
				Meat	1oz	1.5oz	2oz

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	¼ cup	¼ cup
Vegetable	¼ cup	¼ cup	¼ cup
Meat	1oz	1.5oz	2oz