

April 2026

# Parent Newsletter

## Child & Youth Programs



Program Address and  
Tax ID

Mailing Address:  
P.O. Box 63073  
Kaneohe Bay, HI  
96863-3073

Tax I.D. Number:  
99-0267668

### 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

3rd: Egg-Stravaganza @1500 (CDC's & SAC)

13th: Wear Camouflage (CDC)

15th: Purple Up Day / Wear Purple

17th SAC Birthday Celebration

23rd: CDC Birthday Celebrations

29th: SAC Dance Party



## Month of The Military Child

The Department of War celebrates military children during the month of April to honor the sacrifices made by military children and their families. Established in 1986 by Defense Secretary Caspar Weinberger, this month recognizes the unique challenges faced by over 1.6 million military children worldwide. It serves as a time to celebrate their resilience and contributions to the military community. ([Month of the Military Child | U.S. Department of War](#))

**Purple-Up Day**— (See events above) Wear purple in recognition and celebration of military kids. Purple has been chosen to represent all service branches, Active Duty, Reserve, national Guard, and Veterans. It blends each branch's colors: The Air Force, Navy, Space Force, and Coast Guard's blues, the Army's green, and the Marines' red. ([Month of the Military Child Toolkit - Military Child Education Coalition® \(MCEC®\)](#))

CYP has planned a host of activities in celebration of Month of the Military Child (MOMC), to include: wearing camouflage; wearing, red, white, & blue; Purple Up Day; a military dress-up day; a MOMC photo booth; a day of wearing stars and stripes; facility decorations, and more. Hope to see you participating.





## Kupulau

### Child Development Center

Aloha Kupulau families! By the time you read this, our new Training and Curriculum Specialist will have started! I hope you have had a chance to meet Erica Cooke who came to us with a wealth of knowledge and experience in the field of education. Erica will be filling in the vacancy left by the previous Training and Curriculum Specialist. As a Trainer, she will be supporting the staff in providing the Early Learning Matters (ELM) curriculum and providing staff with the training they need to carry out a developmentally appropriate program, and to supervise the children in a safe and engaging way.

Our preschool rooms each have assigned gardening spaces but not many green thumbs so we are always looking for help! In case you'd like to assist, please see your child's caregivers.

A reminder that if you need to update any of your phone numbers (work, home, cell), address, email addresses, or emergency contacts, please let the front desk know and they can assist you in getting the information updated on your forms. It is crucial that we can reach all families in the event of an emergency.

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, Cheissa, or Jenn.



## Laulima

### Child Development Center

Thank you to those of you who participated in our Read Across America Week and to those who attended a Parent Teacher Conference. We enjoyed getting to have more in depth conversations with you. We also appreciate those who attended our March Parent Advisory Board Meeting. Be on the look out for our 2<sup>nd</sup> quarter meeting which will be scheduled in June.

As you may know, our MFLC Christine, left in early March. While we are waiting to have another MFLC assigned, please let us know if you would like to connect with someone in the interim, as there is an MFLC at Kupulau CDC and Kulia SAC Program, that can be available to assist, if needed.

April is Month of the Military Child and we are looking forward to celebrating all our resilient military children during Month. We will be kicking off the month with our Egg-Stravaganza on April 3<sup>rd</sup>. Please see our Special Events calendar for more details.



## Kulia

### School Age Care

Thank you to all who attended our first PAB meeting for the year. We look forward to our next meeting in June.

The children had a blast during Spring Camp. They enjoyed all the special activities like the bounce house, field trip to the bowling alley and the shave ice truck.

We look forward to celebrating our Military children this month for Month of the Military Child. We have many exciting things planned so make sure you take a look at our Events calendar.

A friendly reminder that if your child will not be attending SAC to give us a call and let us know. We cannot leave the Mokapu Campus until all children are accounted.





## Autism Myths & Facts

**MYTH:** “Children with autism cannot form loving relationships or cannot love with the same degree of warmth and intimacy as others.”

**FACT:** With a comprehensive, affect, relationship-based approach to intervention, children can learn to enjoy closeness, warmth and intimacy, and can love others very deeply.

**MYTH:** “Children who exhibit certain ‘autistic-type’ behaviors, such as perseverating (e.g., lining up cars over and over again), self-stimulating (e.g., staring at a fan or spinning), or repeating words in a scripted way (e.g., echoing what someone else says) have an autism spectrum disorder.”

**FACT:** These symptoms are secondary symptoms in autism and should not be used as the primary criteria for making a diagnosis.

**MYTH:** “Autism is a fixed biological disorder based on a single genetic pattern.”

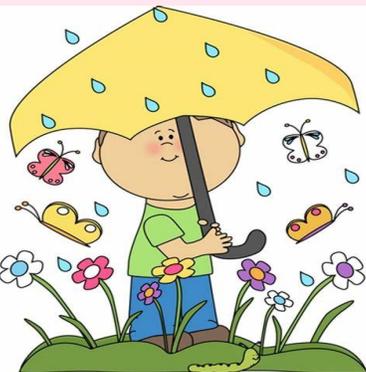
**FACT:** Current research suggests that there is no single cause of autism, but rather multiple causes working together in a cumulative way, and multiple paths lead to the disorder.

**MYTH:** “Children with autism can’t read the emotions of others.”

**FACT:** The research that has supported this assertion is open to major questions by more recent research.

**MYTH:** Individuals with autism are intellectually impaired or not as smart as others

**FACT:** Individuals with autism can be incredibly smart, or not so smart, just like their neurotypical peers. People often incorrectly assume that an individual with autism has reduced intelligence. This is a dangerous assumption and one that undermines people from reaching their fullest potential.



Resource: <https://www.icdl.com/parents/about-autism/autism-myths-facts?>

## Coloring Eggs with Young Children

Dyeing eggs with young children can be fun and engaging. Here are a few low-mess ideas for to try with your child.

- ◆ Whisk dipping— Mix one cup of warm water with two tablespoons of vinegar and food coloring. Put a boiled egg inside a wire whisk and allow you child to dip and twirl the egg around in the color mixture. Young children may need help with getting the egg in and out of the whisk, whereas, older children may be able to do it on their own. Older children may also be successful with using a spoon to roll the eggs around in the color mixture. 
- ◆ Cool Whip Dyeing—Spread whipped cream on a baking sheet or in a Ziploc bag, add drops of food coloring, and allow your child to roll the eggs around in the mixture for a marbled look. If using this method, keep in mind that food coloring has a tendency to stain hands. Unless you want the full sensory experience, it is recommended that you utilize a bag.
- ◆ Rice In a Bag: Place about one cup of dry rice in a Ziploc bag. Place drops of food coloring in the rice. Drop in the boiled egg, Zip the bag and allow your child to roll and shake the egg around in the rice. They will end up with a speckled effect.

### Tips for Success

- ◆ Boil eggs ahead of time and allow to cool.
- ◆ Set up your equipment/utensils, ingredients, ahead of time.
- ◆ Match the number of eggs to your child’s attention span. For younger children, start with 3-4 eggs, but have a few other’s available in case they are deeply engaged and want to color more.
- ◆ Empty egg cartons makes great drying racks.

### Monday

#### Meal Pattern

Breakfast	1-2	3-5	6+
Ages	1-2	3-5	6+
Milk	1/2 cup	3/4 cup	1 cup
Grain	1/2 oz.	1/2 oz. eq.	1 oz. eq.
Fruit	1/4 cup	1/2 cup	1/2 cup

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

**Multi-Grain Cheerios**, Mixed Fruit, & Milk **5**

Saltine Cracker, Cheese & Ham Slices  
Water

Chicken N Biskit Crackers, Water

Week 4

French Toast Sticks, Mandarin Oranges, Milk **7**

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

Saltines Crackers, Water

### Wednesday

Yogurt, Granolas, Blueberries & Milk

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

Assorted Crackers, Water

### Thursday

Hardboiled Eggs, **Whole Grain Toast** w/ Jelly, Oranges Slices & Milk **2**

Breadsticks w/Marinara, Cheese Stick, Water

Vanilla Wafers, Water

### Friday

**Whole Grain Cinnamon Toast**, Banana & Milk **3**

Chicken N Biskit Crackers, Watermelon, Water

Cheese Nips, Water

**Kix Cereal**, Pears, Milk **13**

Taco Chips, Shredded Cheese, Salsa, Water

Teddy Grahams, Water

Week 5

Bagels w/Cream Cheese, Pineapple Chunks, Milk **14**

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

**Whole Grain Ritz Crackers**, Water

Scrambled Eggs w/Cheese, Mandrin Oranges, **Whole Grain Tortilla**, Milk **15**

Blueberry Muffin, Grape Juice

Cheese Nips, Water

**Multi-Grain Cheerios**, Strawberries, Milk **16**

Breadsticks w/Marinara, Cheese Stick Water

Graham Crackers, Water

**Whole Grain Toast**, w/Sunflower Butter, Banana & Milk **17**

Swirl Bread w/Cream Cheese, Grape Juice

Saltine Crackers & Water

**Kix Cereal**, Mandarin Oranges, Milk **20**

Teddy Grahams, Grapes, Water

Swirl Bread, Water

Week 1

**Whole Grain-Cinnamon Toast**, Applesauce, Milk **21**

Wheat Thins, Dried Fruit, Cheese Stick, Water

Saltine Cracker, Water

French Toast Sticks, Mixed Fruit & Milk **22**

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

Goldfish Crackers, Water

Sausages Patty, Biscuit, Blueberries, Milk **23**

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

Cheese Nips, Water

**English Muffins w/ Cheese**, Pineapple Chunks, Milk **24**

Bagel w/Cream Cheese, Grape Juice

Vanilla Wafers, Water

**Multi-Grain Cheerios**, Peaches, Milk **27**

Pretzels, Cheese Sticks, Water

Chicken N Biskit, Water

Week 2

Raisin Bread w/Cream Cheese, Bananas, & Milk **28**

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

Ritz Crackers, Water

Oatmeal, Mandarin Oranges, Milk **29**

Cheese Nips, Mixed Fruit, Water

Vanilla Wafer, Water

Scramble Eggs & Cheese, Pears **Whole Grain Toast**, Milk **30**

Banana Muffin, Milk

**Wheat Thins**, Water

Snack	1-2	3-5	6+
Ages	1-2	3-5	6+
Milk	1/2 cup	3/4 cup	1 cup
Grain	1/2 oz. eq.	1/2 oz. eq.	1 oz. eq.
Fruit	1/4 cup	1/2 cup	1/2 cup
Meat	1oz	1.5oz	2oz

### Monday

#### Meal Pattern

Breakfast	1-2	3-5	6+
Ages	1-2	3-5	6+
Milk	1/2 cup	3/4 cup	1 cup
Grain	1/2 oz. eq.	1/2 oz. eq.	1 oz. eq.
Fruit	1/4 cup	1/4 cup	1/2 cup

### Tuesday

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

### Wednesday

### Thursday

### Friday

**6** Multi-Grain Cheerios, Diced Pears, Milk  
Fish Patty w/Tartar Sauces, Brown Rice, Mixed Veggies, Pineapple Chunks, Milk  
Ritz, Cheese Slices, Water  
Saltines Crackers, Water Week 4

**7** Oatmeal, Mixed Fruit, Milk  
Corned Beef sandwich on Whole Grain Bread, lettuce, tomato, banana, Milk  
Cottage Cheese, Peaches, Water  
Goldfish Crackers, Water

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

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

**10** Raisin Bread Cream Cheese, Banana, Milk  
Ham & Cheese Wrap with Whole Grain Tortilla, Lettuce, Tomato, Orange slices, Milk  
Carrot Stick w/Ranch, Wheat Thins, Water  
Chicken N Biskit Crackers, Water

**13** Kix Cereal, Mixed Fruit, Milk  
Chili w/Brown Rice, Corn, Orange Slices, Milk  
Saltine Crackers, Applesauce, Water  
Teddy Graham, Water Week 5

**14** Bagels & Cream Cheese, Pineapple Chunks, Milk  
Chicken Patty Sandwich on Whole Grain Bun, Lettuce, Tomato Applesauce, Milk  
Graham Crackers, Peaches, Water  
Cheese Nips, Water

**15** 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

**16** Oatmeal, Pears, Milk  
Chicken Nuggets, French Fries, Mixed Fruit, Whole Grain Bread, Milk  
Cheese It, Pineapple, Water  
Graham Crackers, Water

**17** Whole Grain Cinnamon Toast, Oranges Slices, Milk  
Spaghetti w/Meat Sauce, Tossed Salad, Melon, Bread Sticks, Milk  
Goldfish Crackers., Pear Slices, Milk  
Vanilla Wafer, Water

**20** Kix Cereal, Mandarin Oranges, Milk  
Chicken Nuggets, Brown Rice, Corn/Carrots, Pineapple Chunks, Milk  
Ritz Crackers, Sliced Cheese, Water  
Graham Crackers, Water  
Week 1

**21** Whole Grain Cinnamon Toast, Applesauce, Milk  
Beef & Macaroni, Broccoli, Oranges Slices, Milk  
Bagels Cream Cheese, Grape Juice/ Milk  
Saltine Crackers, Water

**22** Biscuit w/Jelly, Banana, Milk  
Turkey Sandwich on Whole Grain on Bread, Lettuce, Tomato, Cantaloupe, Milk  
Vanilla Yogurt, Peaches, Water  
Goldfish Crackers, Water

**23** English Muffin w/Cheese, Pineapple, Milk  
Chicken & Brown Rice, Mixed Vegetables, Mandrin Oranges, Milk  
Graham Crackers, Applesauce, Water  
Cheese Nips, Water

**24** Corn Chex Cereal, Peaches, Milk  
Grilled Ham & Cheese on Whole Grain Bread, Pear Slices, Veggie Sticks, Milk  
Goldfish Crackers, Mixed Fruit, Water  
Vanilla Wafers, Water

**27** Cheerios, Peaches, Milk  
Macaroni & Cheese w/Ham, Green Bean, Mixed Fruit, Milk  
Cottages Cheese, Pineapple, Water  
Wheat Thin, Water  
Week 2

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

**29** Scramble 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 Wafers, Water

**30** Oatmeal, Mandarin Oranges, Milk  
Taco Salad, Seasoned Beef, Lettuce Tomato, Pineapple, Tortilla Chips, Milk  
Banana Muffin, Milk  
Chicken N Biskit Crackers, Water

Snack	1-2	3-5	6+
Ages	1-2	3-5	6+
Milk	1/2 cup	3/4 cup	1 cup
Grain	1/2 oz. eq.	1/2 oz. eq.	1 oz. eq.
Fruit	1/4 cup	1/2 cup	1/2 cup
Meat	1oz	1.5oz	2oz