

August 2026

Child and Youth Programs Parent Newsletter

MCB Hawaii

Program Address
and Tax ID

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MARINE & Family
Child and Youth Programs

Kulia School Age Care

Bldg. 6753

808-496-2030

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Kupulau CDC

Bldg. 6111

808-496-1388

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Laulima CDC

Bldg. 6782

808-496-2030

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CYP Operating Hours:

0600-1800



CDC Events

2nd- Happy Friendship Day

9th—National Book Lovers Day

14th—Chalk the Walk w/ Parent @ 3pm

20th- Birthday Celebration

28th- CYP Center Closed @ 12pm

28th- Aloha Friday

30th—National Beach Day

SAC Events

5th— First day of School

6th—Getting to Know you Ice Breakers

7th—Kinder First Day

14th- Birthday Celebration

17th- International Tingle Twister Day

20th—Banana Split Day—Make Banana Split

21st- CYP Center Closed @ 12pm

25th – Making S'mores on Toasted Marshmallow Day



The School Routine: Ways To Start Easing Back In

Every summer has a rhythm to it. In June, the whole family is excited! Your kids are "free at last," and you've finally earned yourself a well-deserved break from the before- and after-school routine.

Then July rolls around—prime vacation time. It's the middle of summer, and everyone is ready to get away.... away from town and, in many cases, away from academics.

Then there's August, the "wind-down" month. Maybe you're getting in some last-minute fun in the sun, but everyone has the first day of school on their minds. Before you know it, August is halfway over, and the first day of school hits the whole family like a ton of bricks.

Here are three recommendations to assist your child in easing back to school.

1. Start the sleep schedule and screen time shift

If you're looking for a recipe for disaster, spend ten weeks getting your kids used to staying up late, binging on Netflix and Minecraft marathons, and then abruptly force them out of bed at 6 AM to head off to learn for seven hours straight. Without realizing it, this is exactly what happens to many families in the lead-up to the start of school. Whoops! Now of course we'd never intentionally send our kids off to school in a zombie-like sleep-deprived state, but it is important to keep in mind that study after study shows that loss of sleep for kids can negatively impact not only their performance in school but also their physical and mental health.

2. Start the morning routine

Now that the "waking up" piece of the puzzle is taken care of, what will your family do afterward? That might seem like a silly question, but having a morning routine established will help ensure your son or daughter is off to school in the morning with everything they need each day. This will help reduce stress and disorganization during the school week for the whole family.

3. Organize the homework space and gather up school supplies

Now it's time to take stock of what needs to happen after the school day – primarily, where homework and studying get done! Identify a few distraction-free places your child can do homework this year (the bedroom isn't always a great idea), and give the spots you've selected a once-over to determine what you might need. Then, make a list and buy what you will need before the first week of school.

The School Routine: 7 Painless Ways To Start Easing Back In



Kupulau CDC



Aloha Kupulau CDC families! The year is just flying by! Keep an eye out for fun events on the special events calendars to enjoy throughout the rest of the year.

After we bid a fond farewell to the preschoolers who will be leaving us for kindergarten, we will move our oldest preschoolers up to classroom B1. This will allow B1 to make curriculum adaptations designed for the oldest children in our program. Letters will be sent out to families soon. This move is completely optional; if you and your child are happy in your child's current preschool classroom, you are welcome to keep your child there.

We are excited to have so many new faces on our Kupulau team! Several new caregivers joined the team and have been getting to know the children.

As a reminder, please ensure you do not leave your vehicle unattended and running in our parking lot during drop-off or pick-up.



Laulima CDC

Happy August!

We had a fun-filled July with our water play days and our Red, White, and Blue Parade. Thank you to all the families who joined us for the parade. Your festiveness made this our best parade yet!

Please join us in wishing our new Kinders well as they head off to Kindergarten. We are grateful for the time we got to spend with them and are excited for the next part in their journey!

We appreciate your patience as we experience some staffing changes due to PCS season. We bid farewell to many caregivers who had to PCS last month.

Please keep an eye out for our special events calendar and notices at the front desk and in your child's classroom for upcoming events this month!



Kulia SAC



Summer is over and time for a new school year!

Kulia Summer Camp was a great success. The children had a wonderful time participating in all the host of activities. Many thanks to the staff who worked hard in ensuring a fun summer camp. We enjoyed a few field trips off base and our end of summer Luau was a hit. Special thanks to Mavis and the staff for working together to plan and carry out the event. As we bid a fond farewell to our summer camp children, we extend wishes for a fantastic school year.

Kulia SAC warmly welcomes our Kindergarteners to the SAC family. We are excited to have you with us and can't wait to share the fun we have here at SAC.

Stop by the SAC front desk for a copy of the Mokapu school year schedule and supply list.

A friendly reminder that Kulia SAC will close at 1200 on 21 August for staff training.



Rocking Back to School !!!

The Hallway hums like a summer song, Lockers click in sync, a steady beat. We trade high-fives. The rhythm strong, our sneakers drumming down the street. Laughter spills like a bright guitar, strumming chords of “we’re back again”. Every step says who we are— a band of dreams, a crew of friends. The chalkboard waits, the pages gleam, pens poised like mics in eager hands, We’re chasing knowledge, chasing dreams, together rocking, learning’s lands,



Easy Baked Ziti



Ingredients

- 1 (16 ounce) package ziti pasta
- 24 ounces ricotta cheese
- 1 pound shredded mozzarella cheese
- 1 large egg, beaten
- 1 (32-ounce) jar spaghetti sauce
- ¼ cup grated Parmesan cheese

Directions

Step 1:

Preheat the oven to 375 degrees F (190 degrees C). Lightly grease a 9x13-inch baking dish.

Step 2:

Meanwhile, bring a large pot of lightly salted water to a boil. Add ziti pasta and cook for 8 to 10 minutes or until al dente; drain and rinse.

Step 3:

Combine cooked ziti, ricotta cheese, mozzarella cheese, egg, and 1 1/2 cups spaghetti sauce in a medium bowl.

Step 4:

Transfer into the prepared baking dish. Top with remaining spaghetti sauce, then sprinkle with Parmesan cheese.

Step 5:

Bake in the preheated oven for 30 minutes; let stand for 15 minutes before serving.

End-of-Summer Party Ideas Packed with Fun, Friends & Flair

I’ve thrown more than a few end-of-summer parties, and if you’re anything like me, you want that perfect send-off before school starts or autumn work routines kick in. As a mom who loves gathering friends and family one last time before fall sets in, I’ve seen firsthand how a thoughtful theme can turn a simple backyard get-together into an unforgettable celebration.

In this post, you’ll discover a collection of creative summer party ideas and summer party themes—from cozy garden tea party vibes to splashy pool party scenes and laid-back outdoor movie nights. You’ll learn how to wrap up the summer season with flair—perfect for anyone planning an end of summer party that leaves guests talking long after the sun sets.

You’ll walk away ready with fresh inspiration, a clear plan, and just enough personal insight to feel confident hosting your own summer party. Let’s help you create that unforgettable experience—because your last celebration of summer should be equal parts fun, easy to pull off, and filled with good vibes.

End-of-Summer Party Themes Everyone Will Love

There’s something about a good theme that makes a party feel extra fun. It gives you direction, makes planning easier, and helps everything feel pulled together. Whether you’re going for a casual vibe or something more playful, there’s a theme that fits your style—and your guest list. Check out the link below for end of summer party ideas.

[8 End-of-Summer Party Ideas Packed with Fun, Friends & Flair](#)

