

January 2026



Parent Newsletter



Child & Youth Programs ~ MCB Hawaii

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

01st: Happy New Year! CYP Closed

05th—7th: SAC Full Day

15th: Silly Hat Day (SAC)

15th: Birthday Celebration

19th: MLK Jr. Day. CYP Closed

28th: Board Games W/ Parents
1530 (SAC)

29th: National Puzzle Day / Puzzles W/Parents—1500 (CDC)

Preparing your children for their next PCS

Military-connected students on average move six to nine times during their PreK-12 academic career, which can be difficult and stressful.

Everyone handles moving and transitions differently. Be aware of some warning signs that may indicate your child is having trouble. Such as:

- ◆ Showing no interest in the move, or avoidance
- ◆ Acting withdrawn or angry
- ◆ Acting restless or worried about the new environment
- ◆ Having trouble sleeping



As a parent/guardian, it is important to acknowledge concerns your children may have about an upcoming PCS move. Help your children describe what they are feeling, so that you can work through and address the change. Be patient with your children; and create a safe place to reassure and validate your children's feelings. Be aware of MCCS resources on base that may be able to help you.

Child & Youth Programs
School Liaison Program
Community Counseling
Youth Sports
School MFLC
CYP MFLC
Ambassador programs
EFMP

Don't be afraid to ask for help! These programs are available to help you and your children successfully manage this transition and thrive.

Source : <https://hawaii.usmc-mccs.org/news/a-guide-to-navigating-change-with-efmp-and-community-resources>





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.

As a reminder, the program has two Military Family Life Consultants (MFLCs) who are also here to provide additional support to you and your family. Feel free to introduce yourself if you see Miss Catherine or Miss Ly in the classroom or the front desk can help set up a time to meet as well.

We are still on the hunt for a new Training and Curriculum Specialist for the program. Please speak with a manager if you are interested or you can view the job vacancy online at MCCSHawaii.com. When both positions are filled, Kupulau CDC will have two Training and Curriculum Specialists on board. Their primary duties are to oversee the classroom curriculum and staff training, but are also a great resource for families who have questions about child development, challenging behaviors, etc. Don't hesitate to communicate with our current trainer, Sheri Kusumoto, if you have questions.

Family conferences are offered twice a year. But did you know family conferences may be requested by you at any time? Please communicate with your child's caregivers if you would like to take advantage of this opportunity and discuss any concerns, ask questions, etc. Parent and caregiver communication is crucial to a positive and enjoyable childcare experience for you and your child.



Laulima Child Development Center

Happy New Year! We hope your holiday season was enjoyable. We wish you all a happy and healthy 2026!

In December we said a hui hou (until we meet again) to many families as they leave the Hawaii for their next duty station. We wish them all the best. Thank you to the families who attended our winter craft day and who helped their children participate in holiday spirit week.

Over the last few months, you many have noticed a lot of new faces around Laulima. We are happy to welcome new caregivers to our program.

This month we are looking forward to our Puzzles with Parents activity. Date and time will be posted. We hope to see you there!



MARINE & Family
Child and Youth Programs



Kulia School Age Care

Happy New Year to all our families at Kulia SAC. We wish everyone a year of joy, fun and prosperity.

The children had a wonderful Winter Camp. They enjoyed Spirit Week, a bowling field trip and our "glow Dance Party" on New Year's Eve. Thank you to Santa and the Grinch for stopping by for a visit.

Mokapu Elementary returns on January 8th in their new facility. This will be a new and exciting transition for our children. We will be working on a new meeting spot for the children as we get to know the new campus. Please keep an eye out at the front desk for any pertinent information regarding our walks to & from school and our meeting area. We will still continue to pick up our kindergarten children in their classrooms.

With rainy season upon us, please remember to send your child with a rain jacket or umbrella for our walks to and from Mokapu.

CHILD SUPERVISION AGE MATRIX

Sponsors and parents are responsible for the safety and welfare of their children within the MCBH community. Each child is unique. Personality, environment, developmental progress and maturity level are factors used to determine when children are ready to accomplish activities with little or no supervision. *Sponsors and parents are responsible for making this decision.* The following are minimum community standards. These guidelines apply to all Military, DOD and invited other personnel/guests living on MCB Hawaii.

Note: Hawaii's curfew laws for minors under 16 are in effect from 10:00 PM to 4:00 AM.

Age of Child	Required Supervision	Left Alone in Quarters	Left Alone Overnight	Outside Unattended or using MCBH facilities	Left in Car Unattended	Child Sit Siblings	Child Sit Others
Newborn- 5 years old	Direct Supervision Required.	NO	NO	NO	NO	NO	NO
6-9 years old	Direct Supervision Required	NO	NO	With immediate access (visual sight and hearing distance) to adult supervision. Children six years old may not walk alone to and from school or school bus stop. Children seven years old and older may walk unaccompanied to and from school or school bus stop with a buddy. Parents need to buddy partner or use older siblings, so child is not alone.	NO	NO	NO
10-11 years old	Indirect Supervision Required. This is a transitional time, and children are accepting more responsibility however they continue to require indirect supervision. Sponsor should know child's location and activities. Emergency contact available.	YES Ten years old for up to 1 hour. Eleven year olds up to 3 hours (occasionally, not daily). Must have access to indirect supervision (neighbor, checking with sponsor by phone).	NO	With ready access to adult supervision. Sponsor checks on the child or has the child check in with the sponsor, parent, or caregiver hourly. Ready access can be accomplished with cell phone. Must be 30 minutes or less to respond to the child in crisis. Child should take into consideration due to child's maturity and any limitations or special needs.	YES Not more than ten minutes and the keys MUST be removed and the parking brake applied.	YES Eleven year olds may sit siblings 6 years and older for up to 1 hour. Ten year olds may not sit siblings. Child's maturity and knowledge of emergency protocols should be considered.	NO
12-13 years old	Indirect Supervision Required. Children are approaching the adolescent years when there is need for increased responsibility should be carefully evaluated.	YES For up to six hours with ready access to adult supervision and intermittent contact with a supervisor.	NO	With access to adult supervisor. Sponsor checks on the child or has the child check in person or by the phone every 2 hours. Parent must know child's location and activity and respond to the child within 1 hour. Parents should take into consideration the child's maturity and any limitations or special needs.	YES	YES Limit up to 6 hours. Not overnight.	YES Limit up to 6 hours. Not overnight.
14-15 years olds	Children continue to need to know how to access sponsor and guidance for emergency situations. Sponsors are responsible for their actions.	YES No longer than 9 hours with ready access to adult supervision.	NO	With access to adult supervision by phone or designated caregiver within 2 hours. Contact must be made every 3 hours.	YES	YES	YES May sit up to 9 hours, not overnight.
16-17 years old	Sponsors are responsible for their children and their actions as long as Family Member status is maintained.	YES No More than two consecutive overnight periods with access to adult supervision.	YES Indirect Supervision	Time is left up to the Sponsor's discretion.	YES	YES	YES

To report concerns that may constitute child neglect, please call PMO (808) 496-2123.

Monday

Tuesday

Wednesday

Thursday

Friday

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

Meal Pattern

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 ¼ cup ½ cup
Meat 1oz 1.5oz 2oz

Holiday,
CYP Closed

Week 5

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

Kix Cereal, Mandarin Oranges, Milk

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

Ritz Crackers, Sliced Cheese, Water

Graham Crackers, Water
Week 1

Whole Grain Cinnamon Toast,
Applesauce, Milk

Beef & Macaroni, Broccoli, Oranges Slices,
Milk

Bagels Cream Cheese, Grape Juice/ Milk

Saltine Crackers, Water

Biscuit w/Jelly, Banana, Milk

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

Vanilla Yogurt, Peaches, Water

Goldfish Crackers, Water

English Muffin w/Cheese,
Pineapple, Milk

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

Graham Crackers, Applesauce, Water

Cheese Nips, Water

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

Cheerios, Peaches, Milk

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

Cottages Cheese, Pineapple, Water

Wheat Thin, Water
Week 2

Yogurt & Granola, Banana, Milk

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

Saltine Crackers, Melon Slices, Water

Ritz Crackers, Water

Scramble Eggs & Cheese, Pears,
Whole **Grain Tortilla** Milk

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

Cheese Nips, Mixed Fruit, Water

Vanilla Wafer, Water

Oatmeal, Mandarin Oranges, Milk

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

Banana Muffin, Milk

Chicken N Biskit Crackers, Water

Waffles, Applesauce Milk

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

Carrot Sticks w/Ranch, Wheat Thins, Water

Graham Cracker, Water

Holiday,
CYP Closed
Week 3

English Muffin w/Cheese, Mandarin
Orange, Milk

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

Goldfish Crackers, Cantaloupe, Water

Goldfish Cracker, Water

Cream of Wheat, Peaches, Milk

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

Cucumber Slices w/Ranch Dressing, Wheat
Things, Water

Assorted Crackers, Water

Sweet Bread Toast, Banana, Milk

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

Raisin Bread, Cream Cheese, Apple Juice/ Milk

Vanilla Wafers, Water

French Toast, Applesauce, Milk

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

Chic N Biskit Crackers, Melon slices, Water

Cheese Nips, Water

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

Oatmeal, Mixed Fruit, Milk

Corned Beef sandwich on **Whole Grain**
Bread, lettuce, tomato, banana, Milk

Cottage Cheese. Peaches, Water

Goldfish Crackers, Water

Rice Chex, Mandarin Oranges, Milk

Chicken Strips, **Brown Rice,** Broccoli, Apple
Slices, Milk

Goldfish Crackers, Pears, Water

Vanilla Wafers, Water

Waffles, Melon Slices, Milk

Meat Loaf, Mashed Potatoes, **Whole Grain**
Bread, Mixed Fruit, Milk

Graham Crackers, **Yogurt,** Water

Cheese Nips, Water

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

Monday

Tuesday

Wednesday

Thursday

Friday

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

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

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

Meal Pattern

Holiday, 1
CYP Closed

Whole Grain Toast, w/Sunflower Butter, Banana & Milk 2

Swirl Bread w/Cream Cheese, Grape Juice

Saltine Crackers & Water

Kix Cereal, Mandarin Oranges, Milk 5

Teddy Grahams, Grapes, Water

Swirl Bread, Water

Week 1

Whole Grain-Cinnamon Toast, Applesauce, Milk 6

Wheat Thins, Dried Fruit, Cheese Stick, Water

Saltine Cracker, Water

French Toast Sticks, Mixed Fruit & Milk 7

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

Goldfish Crackers, Water

Sausages Patty, Biscuit, Blueberries, Milk 8

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

Cheese Nips, Water

English Muffins w/ Cheese, Pineapple Chunks, Milk 9

Bagel w/Cream Cheese, Grape Juice

Vanilla Wafers, Water

Multi-Grain, Cheerios, Peaches, Milk 12

Pretzel, Cheese Sticks, Water

Wheat Thins, Water

Week 2

Raisin Bread w/Cream Cheese, Bananas, & Milk 13

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

Ritz Crackers, Water

Oatmeal, Mandarin Oranges, Milk 14

Cheese Nips, Mixed Fruit, Water

Vanilla Wafer, Water

Scramble Eggs & Cheese, Pears, Whole Grain Toast, Milk 15

Banana Muffin, Milk

Wheat Thins, Water

Waffles, Strawberries & Milk 16

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

Graham Crackers, Water

Holiday, 19

CYP Closed

Week 3

English Muffin w/Jelly, Pineapple & Milk 20

Teddy Grahams, Mixed Fruit, Water

Goldfish Crackers, Water

Yogurt, Granolas, Blueberries & Milk 21

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

Assorted Crackers, Water

Hardboiled Eggs, Whole Grain Toast w/ Jelly, Oranges Slices & Milk 22

Breadsticks w/Marinara, Cheese Stick, Water

Vanilla Wafers, Water

Whole Grain Cinnamon Toast, Banana & Milk 23

Chicken N Biskit Crackers, Watermelon, Water

Cheese Nips, Water

Multi-Grain Cheerios, Mixed Fruit, & Milk 26

Saltine Cracker, Cheese & Ham Slices Water

Chicken N Biskit Crackers, Water

Week 4

French Toast Sticks, Mandarin Oranges, Milk 27

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

Saltines Crackers, Water

Oatmeal, Apple Slices, Milk 28

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

Goldfish Crackers, Water

Waffles, Blueberries, Milk 29

Graham Crackers, Yogurt, Water

Pretzels, Water

Sausage Patty, Biscuit, Melon, Milk 30

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

Cheese Nips, Water