

# Child and Youth Program Parent Newsletter MCB Hawaii

July 2026

## Program Address and Tax ID

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

Phone:  
808-496-7430

Tax I.D. Number:  
99-0267668



## Kulia School Age Care

Bldg. 6753

Phone: 808-496-2030

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## Kupulua CDC

Bldg. 6111

808-496-1388

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## Laulima CDC

Bldg. 6782

808-496-2038

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CYP Operating Hours:  
0600-1800

## SPECIAL EVENTS

### CDC's

**2nd– Wear Red, White, & Blue Parade @ 3pm(CDC)**

**3rd—All Centers Closed**

**4th of July Happy Holiday**

**10th—Dance to Baby Shark**

**13th—National Rock Day**

### SAC

**2nd– Wear. Red, White, & Blue**

**3rd-All Centers Closed**

**7th—Field Trip (Movie Time)**

**14th– Field Trip ( Bowling Alley)**

**21st– Field Trip ( Sea Life Park)**

**31st– End of Summer Luau**

## Leave Fireworks to the Experts

Summer is synonymous with barbecues, parades and fireworks. The National Safety Council advises everyone to enjoy fireworks at public displays conducted by professionals, and not to use any fireworks at home. They may be legal but they are not safe. Every year, thousands of people are injured badly enough to require medical treatment after fireworks related incident, with many of the injuries to children and young adults. While the majority of these incidents are due to amateurs attempting to use professional-grade homemade or other illegal firework or explosives, less powerful devices like small firecrackers and sparklers can also cause significant injuries. Additionally, [fireworks start more than 31,000 fires each year.](#)

### Fireworks Safety Tips: If You Choose to Use Legal Fireworks

If consumer fireworks are legal to buy where you live and you choose to use them, be sure to follow the following safety tips:

- Never allow young children to handle fireworks
- Older children should use them only under close adult supervision
- Never use fireworks while impaired by drugs or alcohol
- Anyone using fireworks or standing nearby should wear protective eyewear
- Never hold lighted fireworks in your hands
- Never light them indoors
- Only use them away from people, houses and flammable material
- Never point or throw fireworks at another person
- Only light one device at a time and maintain a safe distance after lighting
- Never ignite devices in a container
- Do not try to re-light or handle malfunctioning fireworks
- Soak both spent and unused fireworks in water for a few hours before discarding
- Keep a bucket of water nearby to fully extinguish fireworks that don't go off or in case of fire
- Never use illegal fireworks

Better yet, grab a blanket and a patch of lawn, kick back and let the experts handle the fireworks show

### Sparklers Are Dangerous

Every year, young children can be found along parade routes and at festivals with sparklers in hand, but sparklers are a lot more dangerous than most people think.

Sparklers burn at about 2,000 degrees – hot enough to melt some metals. Sparklers can quickly ignite clothing, and children have received severe burns from dropping sparklers on their feet. According to the National Fire Protection Association, sparklers accounted for 29% firework injuries for children under age 5 in 2022.

Consider using safer alternatives, such as glow sticks, confetti poppers or colored streamers.

<https://www.nsc.org/community-safety-topics/seasonal-safety/summer-safety/fireworks>



## Kupulau CDC



Aloha families! If you didn't know, Kupulau is accredited through the National Early Childhood Program Accreditation (NECPA) and undergoes a re-accreditation visit every three years. Our program is due for a visit in 2027. As we prepare for our NECPA accreditation visit, please complete a parent survey to share your feedback on the program. Surveys are located at the desk, and are vital to the accreditation process. Your assistance in meeting this requirement is appreciated.

To our preschoolers who are preparing to transition into kindergarten, and to the families that are PCS'ing over the summer, we bid you a fond farewell and wish you safe travels. Withdrawal forms are available at the front desk and a minimum two-weeks notice is required.



Finally, a big THANK YOU to each of you for your continued patience and understanding during our staffing shortage. We are doing our best to minimize the impacts to you and your child while ensuring we are meeting ratio guidelines, which helps to ensure all children are appropriately supervised based on their age and level of independence



## Laulima CDC

Thank you to all to all the families who joined us for our Muffins with Dads event and our quarterly PAB meeting on June 18th.

The children have been really enjoying our waterplay days and we look forward to continuing them this month.

For safety reasons, please do not block the emergency exits with strollers. We appreciate your assisting in keeping our children and staff safe.

As a reminder, cars should not be left running in the parking lot when unoccupied. Please ensure you park and turn off your car when dropping off or picking up your child at the center.



## Kulia SAC



The first month of Summer Camp was a great success. The children enjoyed all the water play activities and our field trip to the Honolulu Zoo.

July is filled with lots more fun and adventure. Make sure you take a look at our Special Events Calendar.

Thank you to our parents that joined us for our quarterly Parent Advisory Board Meeting.

Another thank you to all the parents that came out for our "Wings & Wheels" Father's Day Event. Everyone had a terrific time.

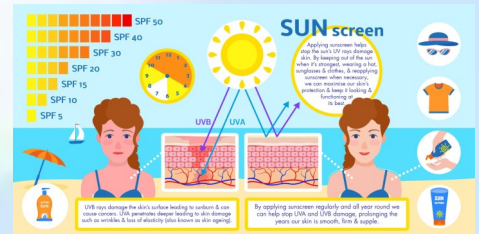
In May, we had our Re-Accreditation visit with COA. Kulia SAC did a great job!! The Peer Reviewer was highly impressed with the work the caregivers were doing and the engaging activities that were being provided. Thank you to our staff for always doing a wonderful job!!

We bid a sad farewell to Ms. Chanel in June. She will be greatly missed. We wish her all the luck on



## Staying Sun-Safe This Summer

Spending time outside is a great way to be physically active and reduce stress. You can work and play outside without raising your skin cancer risk by protecting your skin from the sun. Most skin cancers are caused by too much exposure to ultraviolet (UV) light. UV rays are an invisible kind of radiation that comes from the sun, tanning bed, and sunlamps. UV rays can damage skin cells. Protection from UV rays is important all years, not just during the summer. UV rays can reach you on cloudy and cool days, and they reflect off of surfaces like water, cement, sand, and snow. In the continental United States, UV rays tend to be strongest from 10 a.m. to 4 p.m. daylight saving time (9 a.m. to 3 p.m. standard time). The UV Index forecasts the strength of UV rays each day. If the UV index is 3 or higher in your area, protect your skin from too much exposure to the sun.



## Corn and Avocado Salsa



### Ingredients

- 3 ears fresh corn, husks and silks removed
- 2 avocados - peeled, pitted, and cubed
- 1 red onion, finely diced
- 1 red bell pepper, seeded and diced
- ½ cup red wine vinegar
- ¼ cup chopped fresh cilantro
- ¼ cup fresh lime juice
- 2 tablespoons olive oil
- 1 tablespoon minced garlic
- 1 tablespoon ground cumin
- 1 teaspoon crushed red pepper flakes
- salt and black pepper to taste

## Directions

### Step 1.

Place the corn in a large pot with enough water to cover, and bring to a boil. Cook until kernels are tender but crisp, about 5 minutes. Drain, and cool in cold water. Use a knife to cut kernels from the cobs.

### Step 2.

Place kernels in a medium bowl. Stir in avocados, red onion, bell pepper, vinegar, cilantro, lime juice, olive oil, garlic, cumin, and crushed red pepper

## Benefits of Cooking Together

Cooking together strengthens family bonds, teaches life skills, and encourages healthy eating habits while creating fun, memorable experiences.

Cooking with children offers more than just meals; it fosters confidence, creativity, and teamwork. Shared kitchen activities help children develop problem-solving skills, communication, and empathy as they navigate task and celebrate successes with parents. It also encourages healthy eating habits, as children become curious about nutritious ingredients and are more likely to try new foods. Beyond skills, cooking together creates lasting memories and strengthens family connections through laughter, storytelling, and collaboration.

## Age-Appropriate Tasks

Assign tasks based on age ensures safety and engagement:

- **Young children (3-5 years):** Washing vegetables, stirring ingredients, rolling dough, or mixing batter
- **Older Children (6-12 years):** Using kitchen appliances, preparing complex recipes, planning meals, and cooking for friends or family, Gradually increasing task complexity helps children build confidence and responsibility while fostering creativity in the kitchen.
- **Teenagers (13+ years):** Using kitchen appliances, preparing complex recipes, planning meals, and cooking for friends or family, Gradually increasing task complexity help children build confidence and responsibility while fostering creativity in the kitchen.