

Important Dates to Remember:

Oct. 6

CYP closure 1200
All Hands Training

Oct. 9

CYP closure
Discover's Day
Holiday

Oct. 9-13

Fire Prevention Week



Part-Day Program
Fall Break closure

Oct. 17

Wacky dress up day

Oct. 20

Story time with parents

Oct. 23

Decorate a pumpkin day



Oct. 27

Storybook Parade

Oct. 31

Pajama day!
Happy Halloween



MARINE & Family | Child and Youth Programs

Kupulau CDC Parent Newsletter

October 2017



Curb the chaos. with



What is a routine? A routine is (n.) a sequence of actions regularly followed; a fixed program. (adj.) performed as part of a regular procedure rather than for a special reason: (v.) organize according to a routine. Why are routines so important? For one, routines can be beneficial when trying to manage challenging everyday tasks, it can also strengthen a families bond. A routine can help set the tone for how your entire day will unfold; this can be extremely beneficial for your little ones, as children thrive in a well-ordered, predictable environment. A routine that has been established can help each member of the family, know what to expect, when to expect it, and how often to expect it. Creating a routine for the entire family will take some effort. However, once a routine is established, and put in place, regular and consistent routines can help children understand, and know what is expected of them. A routine also allows the parent to “nag” less about what needs to be done. When the child learns to follow the routine it can lead to higher self-esteem and teach independence. Family life can be more chaotic without an established routine (theparentline.org, 2017). When establishing a routine, don't forget to include “family time”, where everyone gets to take a step back, re-focus, breathe and reset, which all helps in strengthening the family bond through routine. Routines can help teach your child healthy habits, like exercising, brushing their teeth, taking a bath and getting adequate rest. Reading a story before bedtime not only establishes bedtime routine, but it promotes literacy, and strengthens the parent-child bond. Are you trying to curb the chaos and nothing seems to help? Start with a routine! Check out <http://www.pbs.org/wholechild/providers/little.html> for some pointers on the benefits of a routine, and how to establish them. Happy planning!

Resources: The Parent line retrieved from: www.theparentline.org (2017) and PBS kids retrieved from: <http://www.pbs.org/wholechild/providers/little.html>



What is NECPA?

NECPA, or the National Early Childhood Program Accreditation is a program that was established in 1991 to recognize excellence and promote quality child care within an early childhood setting. What does a NECPA accredited program mean to you? It means best practices for your child. It means quality child care based on national standards. It means an objective look at all aspects of the program. Parents are encouraged to provide feedback about their child's care and experiences through many different avenues; one of them being a parent questionnaire. Kupulau would like to thank those parents that have taken the time to provide feedback for the program. The questionnaires help Kupulau to improve on meeting your child's needs within our child care setting, as well as meet the expectations of our parents. Kupulau CDC is going through the reaccreditation process, having our accreditation visit towards the ending of 2017.



There she blows...

Hurricane season in Hawaii runs from June 1 to November 30 and we are almost to the end of the season. Don't get caught off guard! Plan ahead and ensure you and the family have a hurricane preparedness kit ready. Hawaii has already had its eye on one hurricane within our tropical waters. Who's to tell how many more will pay us a visit? To get ahead of the storm, visit www.oahuDEM.org for information and tips on how to best prepare.



Quote Corner:

To often we give children *answers to remember* rather than *problems to solve*.

~ Roger Lewin

Pumpkin Bread

Ingredients

2 sticks Butter Or Margarine, Softened
3 cups Sugar
3 whole Eggs
1 teaspoon Vanilla
3 cups All-purpose Flour
1 teaspoon Baking Powder
1 teaspoon Baking Soda
1 teaspoon Cinnamon
1 teaspoon Salt
½ teaspoons Nutmeg
½ teaspoons Cloves
1 can (15 Oz. Can) Pumpkin Puree



Preparation

Preheat oven to 350 degrees. Spray two loaf pans with non-stick cooking spray and sprinkle lightly with sugar. (The extra step of sprinkling with sugar makes for a yummy, crunchy crust on the outside of the bread. It also keeps the bread from sticking to the pan.) Cream butter; add sugar and beat well. Add eggs, one at a time, to the creamed mixture. Stir in vanilla. Mix together all of the dry ingredients. Alternately add the dry ingredients and pumpkin puree to the creamed mixture. Pour the dough into the prepared pans, dividing evenly. Bake at 350 degrees for an hour, or until a toothpick inserted in the center of each loaf comes out clean.

Don't forget:

- * **A two week written notice and payment is required for disenrollment from the program. If written notice is not received, no refund will be given for prepaid childcare. Your child's payment for their final 2 weeks will be required and if necessary pro-rated for the month.**
- * **Parents must check their child in and out at the reception desk and in the classroom. Each CYP facility conducts 100% ID checks and all parents and visitors are required to show identification at the front desk and in the classroom daily, regardless of time of drop-off or pick-up.**
- * **Please join us for our upcoming opportunities for parent participation. Check out our listing of events on page one.**

Part-Day Program Fall Break

Once again we would like to welcome aboard our Part-Day Program families; we hope you've all enjoyed this last month of getting to know one another. Just some friendly reminders:

*Part-Day Program runs in conjunction with the Dept. of Education-public school schedule. The Part-Day Program will not be in session from October 9th—13th for Fall break, and will reconvene Monday, October 16th. The 2017-2018 school calendar has been provided for you on the classroom parent board.

*The Part-Day Program hours are from 0815-1215, we ask that you please not swipe your child into the center until 8:15.



Parent Advisory Board:

A huge mahalo to those parents who were able to join us for Kupulau's Quarterly Parent Advisory Board meeting that was held on Thursday, September 14th. For those that are interested, or were unable to attend you are welcome to review the meeting minutes on our Parent Board which is located outside of the lobby doors to your right, fronting the courtyard.

