Happy New Year! We hope that everyone had an enjoyable break and holiday season. A special “Thank you” to the families who provided us with the wonderful goodies and gifts. It was very thoughtful. Thank you.

Please keep in mind that the teacher assistant’s (student workers) schedules have changed for the spring semester and their work hours will be different. The lead teachers’ schedules stayed the same. Please take the time to read the staff bio-boards located by each room to learn about each staff member.

Please remember to keep us updated on any changes that have taken place regarding your class schedule, emergency information, new address or phone numbers. Also, please remember to inform us if your child has had any recent immunizations. We greatly appreciate your assistance with keeping your child’s file current. Thank you.

Spring semester contracts will go out the week of January 8 and must be signed by Thursday, January 11. Only families who are on a semester-to-semester contract or have changed contracts will need to sign a new contract.

Mark your calendars now for the following dates:
1) Preschool 1 & 2 Field Trip to Omaha Conservatory of Music, Thursday, January 18; 9 to 11 A.M.
2) Classroom Valentine’s Day Party’s will be on Wednesday, February 14.
3) Preschool 2 Field Trip to Joslyn Art Museum; Friday, March 9; 9:30 A.M. to 1 P.M.
4) Parent/Teacher Conferences will be held the week of March 26. Sign-up sheets will go out the beginning of March.
5) Week of Young Child Activities; April 16 - 20, 2018
6) Preschool 2 Graduation and Center Wide Luncheon will be on April 27, 2018 at 11:00 A.M. at the Milo Bail Student Center Ballroom. Watch for more details in the coming months on these events.

Reminder the UNO Child Care Center will be closed on Monday, January 15 in observance of Martin Luther King, Jr. Day.

As always, if you have any questions or concerns, you may contact me at 402-554-4936, e-mail me at dhove@unomaha.edu or stop by my office.

Until Next Month...
Children are the true connoisseurs. What is precious to them has no price, only value. -Bel Kaufman

Happy Birthday!
1/13 - Miss Bridgett
1/14 - Russell S.
1/15 - Elise J.
1/16 - Aurora W.
1/18 - Miss Allison
1/27 - Miss Karlee
1/29 - Nate L.
1/29 - Zach L.
1/30 - Will M.

Dates to Make Note of...

January
1 - Child Care Center Closed
1 - New Year’s Day
2 - Child Care Center Re-opens
8 - Spring Semester Starts
9 - CHAMPS Meeting; CCC 4:30 - 5:30 P.M.
15 - Child Care Center Closed
15 - Martin Luther King, Jr. Day

February
2 - Groundhog Day
4 - Rosa Parks Day
13 - CHAMPS Meeting; CCC 4:30 - 5:30 P.M.
14 - Valentine’s Day
14 – Classroom Valentine Exchange
14 – Ash Wednesday
16 - Chinese New Year
18 – Staff CPR/FA Training
19 - President’s Day

March
11 - Daylight Savings Begins
13 - CHAMPS Meeting; CCC 4:30 - 5:30 P.M.
17 - St. Patrick’s Day
18-25 – UNO Spring Break
20 - Spring Begins
25 – Palm Sunday
30 – Good Friday
30 – Passover Begins
Talk with Toddler 1

Happy New Year! Yes, there may be a chill in the air, but we are keeping warm by staying busy. We have some new activates lined up for this month. We will be busy painting, gluing and exploring.

Themes for this month: Winter Wear, the color white, the Diamond shape, the number 5 and letters, M, N, O.

Parents, just a reminder that your child’s tubby, coat hook and mailbox may have moved from their original spots. Please make sure to label your child’s clothing.

Upcoming Events:
Martin Luther King, Jr. Day; Monday, January 15; Center Closed
PJ and Winter Picnic Toddler 1 & 2; Thursday, January 18

If you have any questions or concerns, please feel free to speak with me. My desk duty is from 1 - 2 P.M. I am here until 4 P.M.

Stay Warm.
Toddler 1 Teachers

Take Two with Toddler 2

Happy New Year!
We hope everyone had a nice holiday season and had time to enjoy the break. We have some new activates lined up for this month. We will be busy exploring, working on our letters and shapes and of course working with the different art mediums; paint, glue, markers & crayons.

Themes for this month include: Winter Wear; color: white; shape: Diamond; number: 5 and letters: M, N, and O. We will also have a PJ Day and Winter Picnic on Thursday, January 18. Your child can wear his/her pajamas & slippers on this day. Please make sure that also bring in shoes for your child. For the sack lunch, please make sure that it is peanut/nut and pineapple free.

Parents, just a reminder that your child’s tubby, coat hook and mailbox may have moved from their original spots. Please make sure that your child has appropriate extra clothing in his/her tubby and that all clothing items are labeled.

The child care center will be closed on Monday, January 15 in observance of Martin Luther King, Jr. Day.

As always, if you have any questions or concerns, please see me.
Mr. Fred and Toddler 2 Teachers

Time with Transition

Happy New Year!!!

Hope everyone had a wonderful holiday break. I would like to thank all the parents and family members that came and read to the Transition class before the holiday break. The kids loved having each of you come and share stories with them. We will be doing this again throughout the semester so keep an eye if you are interested in reading to the class.

We would like to welcome all of our new friends from Toddler 2. Ananya, Ben, Charley, Ellis, Irene, Josie, and Pierce have been a nice addition to the Transition class. It has been fun getting to know them and their families and look forward to watching them grow over the semester.

We have many fun activities planned for the month of January. These are our monthly themes:
- Color: Blue
- Nutrition & Exercise
- Shape: Diamond
- Water, Snow, Ice
- Number: 12, 13
- Setting Goals—Cause & Effect
- Letters: L, M, N

Safe Choices & Helping Others

Please make sure you are checking your child’s mailbox daily so you can stay up to date on what is happening in the Transition room. If you have, any questions or concerns please feel free to contact me via email or during my scheduled hours at the center.

Let’s have a great 2018!
Transition Staff
Happy New Year!
Hopefully everyone had a nice break and it wasn’t too short. December was a short month with our letters, numbers and shape of the month. We focused on the letters J, K and L and the numbers 10, 11, and 12. Our shape of the month was triangle. Several themes we learned about during December included different winter holidays like Hanukkah, Kwanzaa and Christmas. We also learned about winter and some fun activities to do in the cold!

January brings a new semester and with it new objectives and themes. We will continue with the letters M, N, O and the numbers 13 and 14. Our shape of the month will be a diamond, while blue and silver are the colors.

Thursday, January 18, the preschool classes will take a field trip to the Omaha Conservatory of Music. Volunteers are always encouraged. We will leave the center at 9 A.M. and return around 11 A.M. so no sack lunch is required.

Lastly, it is the time of year when lips become dry so if you would like your child to have access to chap stick during the day please leave them at the desk so they can be locked away for safety reasons. As always, if there are any questions do not hesitate to ask.

Thank you and enjoy the New Year,
Mr. Brandon and the Preschool 1 Staff

Happy New Years!
I can’t believe its 2018 already! Where has the time gone? We have another fun filled semester planned and raring to go! First announcement for the New Year is that we will be going on a field trip to the Omaha Conservatory of Music and participating in an interactive music program. We will be leaving the center at 9 A.M., so please make sure to have your child here by 8:45 A.M. We will be back by 11 A.M. so the children will NOT need a sack lunch.

The second announcement for January is that we will be instituting some changes in Preschool 2. The first change will be that starting the week of January 8, we will be doing dance practices in both the morning and afternoon in order to get ready for graduation. The second change is that starting the week of January 15, we will be shortening rest time to 30 minutes. We will continue reducing rest time until March 15 when we will be doing quiet activities instead of rest time. Children will still be given the option to rest/nap if they are tired.

The final announcement is that starting the week of January 8, I will begin collecting baby and toddler pictures of the children for the graduation video. The photos can either be brought in to be scanned and returned or emailed to me. I need them in by January 22 in order to get the video finished on time.

I can’t wait to see what 2018 holds, I’m so excited for all of the new activities we will be doing and challenges we will be facing in the New Year. If you have any questions or concerns, please contact me by email at mmliu@unomaha.edu or by the center phone number 402-554-3398.

January Themes: The Body and How It Works; Animals: Polar Bear, Artic Animals; Colors: Blue & Silver; Shape: Diamond; Numbers: 16, 17, & 18; and Letters: M, N, O.

Miss Megan & Preschool 2 Staff
For this month’s recipe, I choose an epic “Baked Mac and Cheese”.

Ingredients:

1 C elbow macaroni
4 Tbsp. butter or margarine
¼ C all-purpose flour
2 ½ C milk
1 ½ C shredded cheddar cheese
¼ C finely chopped fresh parsley
Salt and pepper
1 C dry breadcrumbs
½ C freshly grated Parmesan cheese

Directions:

1. Preheat the oven to 350 degrees and grease 10-inch gratin dish.

2. Cook the macaroni in a large pan of boiling salted water until tender to the bite (checking the package directions for timing). Drain well.

3. Melt the butter or margarine in a saucepan. Add in the flour and cook for 2 minutes, stirring as you add. Next stir in the milk. Bring to a boil, stirring constantly, and simmer until thickened, about 5 minutes.

4. Remove the pan from the heat. Add the macaroni, cheddar cheese and parsley to the sauce and mix well. Season with salt and pepper.

5. Transfer the mixture to the prepared gratin dish, spreading it out evenly with a spoon.

6. Toss together the breadcrumbs and Parmesan cheese with a fork. Sprinkle over the macaroni.

7. Bake until top is golden brown and macaroni mixture is bubbling (about 30 to 35 minutes).

Happy New Year!

Mr. Rick

Reminder that Tuition is due on the first scheduled day of each week. You will be charged a $10 late fee if your payment is not received before 11 A.M. on the last day of the week. There are no credits for sick or missed days. (Prepayments are welcome.) There are NO EXCEPTIONS!

Remember when you are bringing in treats in for the children, in any group, make sure there are no nuts or peanuts of any kind in or on them. We have children and staff that are highly allergic. Thank you.

Please remember: it is important to wash your hands wherever you are and go. This could be at home, work, school, restaurants, grocery store, department stores etc. Washing your hands and your children’s hands will get rid of the germs and help you and your children stay healthy. It is important that we do what we can to keep everyone healthy and germ free.
Parent Corner

Naps Found to Help Preschoolers Regulate Emotions

Presented by: ORLANDO, Fla. (Ivanhoe Newswire) – Preschool kids need a lot of sleep. On average, they need 11 to 14 hours of sleep, including a one to three hour afternoon nap. Naps are not only good for a child’s physical and mental health, but also for their emotional health.

It’s a small word, but it has a big impact on infants and toddlers. Naps are crucial in early childhood for a developing young mind. Studies have shown when young children are deprived of a mid-day nap, it can lead to more negative behaviors.

Now a recent study at the University of Massachusetts, Amherst suggests that extra daytime sleep is also helping toddlers regulate emotions.

Researchers observed 43 children as they completed a task twice; once after taking a nap and then again after spending the equivalent time awake. They found that when the toddlers were nap-deprived, their ability to regulate emotions was impaired.

There are things parents can do to make sure their child is getting that much needed afternoon nap. Make sure nap time is consistent and he or she avoids caffeine and artificial lights like TVs and cellphones before sleep. Finally, read your child a book right before a nap as if you were tucking him or her into bed at night.

If your child naps at preschool or daycare, try to keep the routines the same- that way your toddler will have an easier time napping during the weekends.

Contributors to this news report include: Cyndy McGrath, Supervising Producer; Milvionne Chery, Producer; Roque Correa, Editor.

Produced by Child Trends News Service in partnership with Ivanhoe Broadcast News and funded by a grant from the National Science Foundation.

Lesson plans are posted weekly outside your child’s classroom. Please read and extend those lessons at home!

Focus on Policy and Procedures

NAP/REST TIME
Time will be provided after lunch for children to take a nap or rest quietly. The rest period is an important time for children to relax and renew energy. Children who do not require a nap will be given a state licensing required quiet time for ½ hour in which they will be asked to rest or look at books quietly.

Children may bring a small blanket, small pillow and a small stuffed animal from home to use at nap time. These items may be stored at the center or taken home each day.

Note: While we do our best to protect your child’s items, the UNO Child Care Center is not responsible for any items that are lost or broken.

The UNO Child Care Center staff sanitizes the mats/cots daily and washes the nap time items weekly or as often as needed.

Nap times
Toddler 1 & 2 noon to 2 P.M.
Transition noon to 2 P.M.
Preschool 1 12:30 to 2 P.M.
Preschool 2 1 to 1:30/2 P.M.

Baby News

Congratulations to the Bennett Family, John, Kasey and big brother Vyvyan

On the birth of a baby girl born December 19, 2017

Clarke Frances
7lbs 4 1/2oz; 19 inches