Happy Birthday to Dr. Seuss, one of the UNO Child Care Center’s favorite authors. I hope that the warmer weather is just around the corner and spring will be here soon.

As the weather does get warmer, the children will be going for walks on campus and playing outside as the weather permits. Reminder, if you will need to pick up your child earlier than 4PM on a particular day, please make sure you let us know, so that we can have your child stay back at the center and not go on the walk.

The Child Care Center will be open during spring break, March 19-23. If your child will not be here this week, please let Dawn know. You will be charged according to the terms of your contract.

Preschool 2 Graduation and the Center Wide Luncheon will be on Friday, April 27 at 11 A.M. at the Milo Bail Student Center Ballroom. All children will be attending the graduation and lunch. A school bus will be provided to transport families and children to and from the student center. All Preschool 2 children must be at the center by 10 A.M. We hope you can join us.

March is evaluation time for the children and child care center. Please watch for your child’s progress report to be handed out in mailboxes on March 9. Included in the packet will be registration information for the summer and fall semesters, your child’s progress report and the child care center evaluation. Please review your child’s progress report, sign it, and return it in the envelope provided by Friday, March 16. Registration forms for summer and/or fall are due by Friday, March 30. A tubby will be provided at the front desk counter for you to place the envelopes and surveys.

The Child Care Center Surveys will be sent out both as a hard copy, which will go out in the envelope with progress reports, and emailed as a link to the on-line version. Our goal is to have 100% family participation. We need one survey per family filled out either hard copy or on-line by Friday, March 30. We thank you for your continued support and help during this process.

Conference times with your child’s teacher will be available as follows:
- Toddler 1: Mon & Tues, March 12 & 13
- Toddler 2: Thurs & Fri, March 15 & 16
- Transition: Mon - Wed, March 12 - 14
- Preschool 1: Tues & Wed, March 13 & 14
- Preschool 2: Thurs & Fri, March 15 & 16

Please see the sign-up sheet on the front desk counter to schedule your time. Please note the times that each lead teacher will be available. Please do not alternate the times listed. Other arrangements can be made if you are unable to schedule a time. You will need to speak with the Lead Teacher.

Week of the Young Child is fast approaching and we have many fun activities planned for the week of April 16, including a fun family night. Please watch for more details to follow in the coming weeks.

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...

“The more things that you read, the more things that you will know. The more that you learn, the more places you’ll go.”

Dr. Seuss

Dates to Make Note of...

**March 2018**

**March**
- 2 – Dr. Seuss’ Birthday; Center Celebration
- 11 - Daylight Savings Begins
- 13 - CHAMPS Meeting; CCC 4:30-5:30 P.M.
- 17 - St. Patrick’s Day
- 18-25 – UNO Spring Break; Center is Open
- 20 - Spring Begins
- 25 – Palm Sunday
- 26-30 – Parent/Teacher Conferences
- 30 – Good Friday
- 30 – Passover Begins

**April**
- 1 – Easter
- 1 – April Fool’s Day
- 10 – CHAMPS Meeting; CCC 4:30-5:30 P.M.
- 16-20 – Week of Young Child Activities
- 17 – Tax Day
- 22 – Earth Day
- 25 – Administrative Professional Day
- 26 – P2 Graduation Practice
- MBSC 9:30 A.M.
- 27 – P2 Graduation & Center Luncheon
- 11 A.M. MBSC Ballroom
- 27 – Arbor Day

**May**
- 1 - May Day
- 4 – Last Day Spring Semester
- 7 – Summer Session Starts
- 5 - Cinco de Mayo
- 13 - Mother’s Day
- 15 - Ramadan Begins
- 28 – Memorial Day; Center Closed
- 29 - Summer School-age Program Begins
Welcome Spring! We will be celebrating Dr. Seuss’ Birthday the week of March 5. Monday, March 5: Wear the Color Green. Tuesday, March 6: Bring your favorite Dr. Seuss book to school. Wednesday, March 7: Silly Day - wear your clothes backwards or inside out. Thursday, March 8: Wear your favorite hat to school. Friday, March 9: Wear silly mismatched socks to school.

Themes for this month are: Baby Animals and spring, the color Blue, the shamrock shape, the number 7, and the letters S, T, & U. We will be doing some messy activities, such as finger painting, playing with clean mud and water play. We do our best in making sure that the children do not get their clothes too messy. However, accidents will happen. Please make sure that your child has a change of clothes in his/her tubby.

Parent-Teacher Conferences sign-up sheets are located on the front desk. Your input is important. Toddler 1 conference days are Monday and Tuesday, March 12 & 13.

We are looking forward to playing outside and going on wagon rides. So, make sure to enjoy the outdoors with your child every day!

Toddler 1 Teachers

Make way for March! Spring is in the air! Our toddler 2 friends will soon be playing outdoors. We will also be taking wagon rides across campus. So please look to see on the Where we are board in the Multipurpose Room.

We will be celebrating Dr. Seuss birthday the week of March 5. A flyer has been sent home.

Themes for this month are: Baby Animals and Spring, the color Blue, the Shamrock shape, the number 7, and letters S, T, & U. We are in need of empty 20oz Gatorade bottles. We will be using them to make Wonder Bottles. We need at least 20.

Have a great month!

Toddler 2 Teachers

Happy Spring! The Transition is looking forward to some spring weather so we can play outside! As the temperatures change, please make sure your child has appropriate clothing to go outside. You may leave a jacket on their coat hook so they always have one at school. We will be sending out sunscreen permission slips out at the end of March. If it temp is 65 or above we will applying sunscreen when we go out.

If you have not already, please make sure you sign up for parent/teacher conferences. This is a great way to talk to Ms. Cassie one-on-one and see how your child is progressing at school. If you cannot make it March 12, 13, or 14, let Ms. Cassie know and she will set up a time to meet that works for you. Progress reports will be going out Friday, March 9 and will need to be returned when you come for your conference or by March 16.

We are looking for guest readers the week of March 5 in honor of Read across America. Parents, grandparents, other family members, and friends are welcome to come in and read. You may come in between 9 A.M. - 11 A.M. and/or 3 P.M. - 5 P.M. If you would like to read, let Ms. Cassie know which day and time you would like to come.

Transition has many fun things going on this month. Detailed lesson plans are posted outside the Transition classroom. Here are the themes we will be focusing on for the month of March:


Ms. Cassie and The Transition Staff
Points to Ponder with Preschool 1

Brandon Sklenar – Lead Teacher

February was a fun month for our class. We learned all about presidents, the Olympics, and we had our Dr. Seuss week. We also had our Valentine’s Day party, which was a huge success and all the kids enjoyed. Our letters for the month were P, Q, R and the numbers were 15 and 16. The colors were purple and pink and the shape was heart.

In March, our new letters will be S, T, U and our new numbers will be 17 and 18. The shape of the month will be shamrock and the color is green.

The preschool classes will be taking a field trip to the Joslyn Art Museum on March 9. We will be leaving at 9:30 A.M., please have your child here by 9 A.M. Your child will need a disposable peanut, nut and pineapple free sack lunch and drink. No lunch boxes or containers, please. Please make sure you have signed and turned in your child’s permission slip and paid the $5 field trip fee. Parent volunteers are always welcome to come along. Just let us know.

Have a great month. The warm weather is almost here!
Brandon Sklenar and the Preschool 1 Staff

News and Views from School-Age

Megan Liu - Lead Teacher

I cannot believe that it’s March already, it seems like we only just started February and now we are two months away from graduation. Where has the year gone?

We will be busier than ever with all the things we plan to do. I will be sending home more sign language signs that the children can practice as well as things regarding graduation for those who are graduating. Just a few reminders, first is on Friday, March 9 we will be going on a field trip to the Joslyn art museum.

Please make sure that you have turned in the permission slip and payment by March 7. We will be leaving at 9:30 A.M., please have your child here no later than 9 A.M. Your child will need a disposable peanut, nut and pineapple free sack lunch and drink. No lunch boxes or containers, please.

Second, please turn in the information sheets regarding the summer school age program by Friday, March 16. Please make sure that you have also signed up for conferences and your child’s progress report will go out on March 9, please review, sign and return back to me by March 16.

I am really looking forward to the exciting month ahead of us. If you have, any questions for me please call me at the center during my desk time 3 P.M. - 4 P.M. Monday-Friday or email me at mmliu@unomaha.edu.

Thank you for all you do!!
Miss Megan and the Staff of Preschool 2

C.H.A.M.P.S. Information

We need to have parent participation in order to plan family activities for the upcoming semester, so we are inviting you to come to the next meeting! It was decided to change the time of the meetings to 4:30 P.M. to 5:30 P.M. and to meet at the child care center.

The next CHAMPS meeting on Tuesday, March 13, 2018 at 4:30 P.M. at the child care center. We will be discussing Week of Young Child Activities and Preschool 2 Graduation.

See you there!!!

Happy Birthday!

3/2 - Miss Rachel
3/9 - Ben A.
3/20 - Sam R.
3/24 - Miss Zadee
3/27 Miss Zoey
3/30 Miss Carleigh
Keeping to the tradition, I found a March recipe entitled “Slow Cooker Corned Beef and Cabbage” that seemed appropriate for a St Patrick’s Day menu.

Ingredients:
- 1 corned beef brisket (3-4 pounds)
- 1 onion
- 3 cloves garlic
- 2 bay leaves
- 2 ½ to 3 cups water
- 2 pounds potatoes, peeled & quartered
- 2 large carrots, chopped
- 1 small head of cabbage, cut into wedges

Directions:
1. Using a 6-quart slow cooker, chop the onion into large pieces and place on the bottom. Next, add in the corned beef and the seasoning packet that came with the corned beef.
2. Pour water into the slow cooker until the corned beef is covered. Add garlic and bay leaves.
3. Cook on low for 8 to 10 hours.
4. After the first 3 hours, add potatoes and carrots to the slow cooker. Then two hours before serving, add in the cabbage wedges.
5. Remove the meat from the slow cooking and allow the corned beef to rest 15 minutes before slicing. Serve with the potatoes, carrots and cabbage.

Mr. Rick
“Let your smile change the world, but don’t let the world change your smile.” --Unknown

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 naptime items weekly or as often as needed.

Naptimes for each age group are as follows: Toddler 1 & 2: Noon - 2 P.M.; Transition Noon - 2 P.M.; Preschool 1: 1 P.M. - 2 P.M.; & Preschool 2: 1 P.M. - 1:30/2 P.M.

Checkout UNOCCC Art on display at the Criss Library!
Eight Sleep Tips for Toddlers & Preschoolers By Elizabeth Pantley
Author of The No-Cry Sleep Solution

Up to 70% of children under age five have sleep problems. Sleep issues are complicated and have many causes. They are hard to deal with because when children are not sleeping, parents are not sleeping, and that lack of sleep affects every minute of every day for every person in the family because lack of sleep is not just about being tired. Sleep has a role in everything — dawdling, temper tantrums, hyperactivity, growth, health, and even learning to tie his shoes and recite the ABCs. Sleep affects everything.

The following ideas are of value to almost any sleeper, of any age. These tips can bring improvement not only in your child’s sleep, but also in her daytime mood and last, but not least – improvements in your own sleep and outlook as well.

# 1 Maintain a consistent bedtime and awaking time. Your child’s biological clock has a strong influence on her wakefulness and sleepiness. When you establish a set time for bedtime and wake up time you “set” your child’s clock so that it functions smoothly. Aim for an early bedtime. Young children respond best with a bedtime between 6:30 P.M. and 7:30 P.M. Most children will sleep better and longer when they go to bed early.

# 2 Encourage regular daily naps. Daily naps are important. An energetic child can find it difficult to go through the day without a rest break. A nap-less child will often wake up cheerful and become progressively fussier or hyper-alert as the day goes on. Also, the length and quality of naps affects night sleep – good naps equal better night sleep.

# 3 Set your child’s biological clock. Take advantage of your child’s biology so that he is actually tired when bedtime arrives. Darkness causes an increase in the release of the body’s sleep hormone — the biological “stop” button. You can align your child’s sleepiness with bedtime by dimming the lights during the hour before bedtime. Exposing your child to morning light is pushing the “go” button in her brain — one that says, “Time to wake up and be active.” So keep your mornings bright!

# 4 Develop a consistent bedtime routine. Routines create security. A consistent, peaceful bedtime An organized routine helps you coordinate the specifics: bath, pajamas, tooth-brushing. It helps you to function on auto-pilot at the time when you are most tired and least creative.

# 5 Create a cozy sleep environment. Where your child sleeps can be a key to quality sleep. Make certain the mattress is comfortable, the blankets are warm, the room temperature is right, pajamas are comfy, and the bedroom is welcoming.

# 6 Provide the right nutrition. Foods can affect energy level and sleepiness. Carbohydrates can have a calming effect on the body, while foods high in protein or sugar generate alertness, particularly when eaten alone. A few ideas for pre-bed snacks are: whole-wheat toast and cheese, bagel and peanut butter, oatmeal with bananas, or yogurt and low-sugar granola. Vitamin deficiencies due to unhealthy food choices can affect a child’s sleep. Provide your child with a daily assortment of healthy foods.

# 7 Help your child to be healthy and fit. Many children do not get enough daily physical activity. Too much TV watching and a lack of activity prevents good sleep. Children who get ample daily exercise fall asleep more quickly, sleep better, stay asleep longer, and wake up feeling refreshed. Avoid activity in the hour before bedtime though, since exercise is stimulating – they will be jumping on the bed instead of sleeping in it!

# 8 Teach your child how to relax. Many children get in bed but are not sure what to do when they get there! It can help to follow a soothing pre-bed routine that creates sleepiness. A good pre-bed ritual is story time. A child who is listening to a parent read a book or tell a tale will tend to lie still and listen. This quiet stillness allows him to become sleepy.

Carbohydrates can have a calming effect on the body, while foods high in protein or sugar generate alertness, particularly when eaten alone. A few ideas for pre-bed snacks are: whole-wheat toast and cheese, bagel and peanut butter, oatmeal with bananas, or yogurt and low-sugar granola. Vitamin deficiencies due to unhealthy food choices can affect a child’s sleep. Provide your child with a daily assortment of healthy foods.

Work with these eight ideas and you will see improvements in your child’s sleep, and yours too.