Summer is still trying to hang on with all this warm weather, but the signs of fall are starting to appear. The leaves changing colors on the trees is always so magical. Make sure to take some time to explore the many different colors and activities of the fall season.

Please mark your calendars for the following important dates to remember:

- **Monday, October 9:** Picture Day
- **Tuesday, October 10:** CHAMPS Meeting Noon-1 P.M. Alumni Center
- **Friday, October 13:** Preschool Field Trip to Arbor Day Farm
- **Wednesday, November 14:** CHAMPS Meeting Noon-1 P.M. Alumni Center
- **Thursday-Friday, November 24-25:** Center Closed
- **Saturday, December 9:** Holiday Program 10 A.M. Strauss

Picture Day is on Monday, October 9 starting at 7 A.M. Class pictures will be taken around 2 P.M. You do not need to be present for your child to have his/her picture taken. We will take pictures of all the children, unless you tell us otherwise. Proofs of your child’s pictures will be available for you to preview within a week. Packets will be available for purchase. Class pictures can be purchased separately. All orders must be paid for when ordering pictures. Please see Dawn or Monica if you have any questions.

Your child’s progress report will be handed out the week of October 23. In the envelope will be your child’s progress report. Please sign your child’s progress report and put it back in the envelope provided and return it to the child care center by Monday, October 30. There will be a labeled tubby for you to place the envelope. Conference times will be available on the week of October 23 with your child’s lead teacher on a sign-up basis. Please see the sign-up sheet located on the front desk. Center evaluations will be included in the envelope or available on-line. Please make sure that you take the time to fill out the evaluation. Please only fill out one survey. We appreciate your feedback. Thank you.

The Child Care Center’s Annual Costume Parade across campus will be on Tuesday, October 31 beginning at 9 A.M. If we have inclement weather on this day, we will have a party at the Child Care Center. All offices can bring over their treats to the children. Please make sure you provide extra clothes for your child to change into after the parade. No make-up, please. We ask that you not bring any treats for this day, as offices on campus are more than generous with the treats. Parent volunteers are encouraged to participate. We are usually done and back at the center no later than 10:30 A.M. We always have lots of fun.

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...

“Creating Success One Family at a Time” - Motto

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**Feature Facts from Dawn**

**October:**
- 9 - Picture Day
- 9 - Columbus Day
- 10 - CHAMPS meeting; 12-1 Alumni Center
- 16 - National Bosses Day
- 16-17 - UNO Fall Break
- 23-27 - Parent/Teacher Conferences
- 30 - 15 Day Window Begins for NAEYC Accreditation Visit
- 31 - Costume Parade; 9 A.M.
- 31 - Halloween

**November:**
- 1-12 Annual Food Drive; Together Inc.
- 4 - Daylight Savings Ends
- 6 - Election Day
- 11 - Veteran’s Day
- 13 - Preschool Field Trip to Together Inc.
- 23-24 Thanksgiving; Center Closed

**December:**
- 9 - Holiday Program; 10 A.M. Strauss
- 11-14 - UNO Finals Week
- 13 - First Day of Hanukkah
- 21 - First Day of Winter
- 23 - Jan 1 - Winter Shut Down; Center Closed
- 25 - Christmas Day
- 26 - Kwanzaa Begins

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**Happy Birthday!**

10/2 Mary B
10/2 Elsa S.
10/3 Theodore E.
10/5 Lindsay S.
10/8 Miss Chea
10/10 Mr. Dillon
10/12 Raehel R.
10/24 Ethan R.
10/28 Miss E.beth
Fall has arrived! We are looking forward to the cooler weather. We would like to remind our parents to bring in a sweatshirt or jacket for your child. Also, make sure to bring in long sleeve shirt and long pants for your child’s tubby.

Themes for October:
Community Helpers, the colors Orange and Black, the number 3, the Triangle shape, and the letters D,E,F.

One of our activities will be to draw pictures and take wagon ride to the mail room on campus. We will hand deliver our pictures to the staff working there.

Our Pumpkin Hunt will take place on Wednesday, October 25 at 10 A.M. We are asking for $5 to cover the cost of the pumpkin. We will only accept cash.

Make sure to sign up for a conference with Mrs. Effie on either October 26 or 27. The sign-up sheet is located at the front desk.

Our annual Costume Parade will take place on October 31. Please have your child here by 8:30 A.M. If your child will be eating breakfast, please bring his/her costume and we will dress him/her.

Finally, Mrs. Effie will be on vacation on Friday, October 20 and Monday, October 23. If you have any questions, please see Mr. Fred, Monica or Dawn.

Toddler 1 Teachers

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Take Two with Toddler 2

Fall has arrived! We are looking forward to the cooler weather. We would like to remind our parents to bring in a sweatshirt or jacket for your child. Also, make sure to bring in long sleeve shirt and long pants for your child’s tubby.

Themes for October:
Community Helpers, the colors Orange and Black, the number 3, the Triangle shape, and the letters D,E,F.

We will be drawing pictures and mailing them off to the fire department.

Our Pumpkin Hunt will take place on Wednesday, October 25 at 10 A.M. We are asking for $5 to cover the cost of the pumpkin. We will only accept cash.

Make sure to sign up for a conference with Mrs. Effie on either October 26 or 27. The sign-up sheet is located at the front desk.

Our annual Costume Parade will take place on October 31. Please have your child here by 8:30 A.M. If your child will be eating breakfast, please bring his/her costume and we will dress him/her. Parents and guests are welcome to join us on our walk.

Toddler 2 Teachers

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Time with Transition

Happy Fall!
Thanks to all the family that stopped by for curriculum night. It is always nice to see you and show you what your child has been up to so far this semester.

The Transition class is excited about the fall weather and have been enjoying it as much as possible. As a reminder, if it is below 65 outside your child will need a jacket. We recommend that you leave a jacket at school on their coat hook so they have one for outside play. Also, as the temperatures get cooler make sure your child has season appropriate clothes in their tubby.

The themes for the month of October are:
Fall Season, Farming, and Food, Changing Leaves & Landscape, Food Pyramid, Farm Life & Animals.
Color: Orange
Shape: Circle
Numbers: 4, 5, 6
Letters: D, E, F
Holiday: Halloween

Picture Day is Monday, October 9. Individual pictures will be in the morning with group pictures after nap. If your child does not come on Mondays, you make bring them in to get their picture taken.

Our annual Costume Parade will take place on Tuesday, October 31. If you wish for your child to participate you may bring their costume to school and they will be changed into it after breakfast time. Parents are more than welcome to join and if your child is not here on Tuesdays, you may bring them in to participate.

Parent Teacher conferences will be held at the end of October so be on the lookout for the sign-up sheets at the front desk. As always, if you have any questions or concerns please feel free to see Ms. Cassie.

Happy Fall.
Transition Teachers
Points to Ponder with Preschool 1

Hello Parents,

We are off to a great start to the 2017-2018 school year! Last month the children focused on the letters A, B and C along with the numbers 1, 2 and 3. We also learned about the shape circle and the color red. Some of our themes last month included the ocean, the forest and transportation. We had many fun activities with these themes and I think the children enjoyed learning about them.

This month we have several activities planned. Monday, October 9 is picture day. On Friday, October 13, we will have a field trip to Arbor Day Farm Apple Orchard in Nebraska City. We will be leaving at 8:30 A.M. sharp. Your child will need a disposable peanut, nut and pineapple free sack lunch with a drink. No lunch boxes or bags, please. We will also have our annual costume parade around campus on Tuesday, October 31. We will be leaving the center at 9 A.M. sharp.

Our letters and numbers for this month will be D, E, F and 4, 5, 6. The shape of the month is square and the color is orange.

Now that fall is officially here we would like to remind parents that we will still play and eat outside weather permitting so please remember coats if it gets cooler and we also recommend closed toed shoes for preschool play.

Thank you and have a great October!
Brandon Sklenar & the Preschool 1 Staff

News and Views from Preschool 2

Spooky October Greetings,

We are now into October and are gearing up for a busy month. This month we have Picture Day on October 9, if you want your child to get their pictures taken, please make sure to have them here on that Monday. We will have more specific details about times for pictures, as we get closer to the day, please make sure to check your email for continued updates, as we get closer to October.

On Friday October 13, we will be going to Nebraska City for our annual fall field trip. We will going there to see the apple orchard and explore Arbor Day Farm. I will be sending out permission slips within the next few weeks. Please make sure to sign and return the permission slips by no later than October 11. Your child will need a disposable peanut, nut and pineapple free sack lunch and drink. No lunch boxes or bags, please.

Conferences are also around the corner and that means that progress reports will be coming home soon. Please make sure to read through and sign your child’s progress report, and fill out the survey included in the documents sent home.

Themes for this month are: Farm to Table; Cows, Horses & Other Farm Animals; the color orange, the circle & oval shapes, the numbers 5, 6, 7, & 8 and the letters, G, H, & I.

If you have any questions or concerns, please feel free to call me at 402-554-3398 or email me at mmliu@unomaha.edu, I’m usually at the desk from Noon - 1 P.M. on Mondays, Tuesdays, Thursdays, and Fridays and 3:30-4:30 P.M. on Wednesdays. I’m so excited that fall is upon us and cannot wait for the spooktacular activities that await us in October.

Thank You,
Miss Megan and the Staff of Preschool 2
CHAMPS met on Tuesday, September 12 after taking a break during the summer. We considered some ideas for a fall family event and a fall fundraiser. We need suggestions and ideas on what to do. Please email Dawn or Monica your suggestions/ideas by Wednesday, October 4.

Also discussed was the annual Curriculum Night held be the center and the need for volunteers to staff a table and provide information about the group.

We need to elect co-chairs, a secretary and a treasurer. To do that, we need your help! Please attend our next meeting on Tuesday, October 10.

The meetings are held at the Alumni Center from Noon -1 P.M.

Cooking with Rick!

For the month of October, I found a recipe that looked interesting to try. It’s called “Glowing Mini Cupcakes”. This was found on the delish.com website for Halloween recipe ideas.

Ingredients:
1 box chocolate cake mix, plus ingredients called for on the box
1 tub white buttercream frosting
1 package Jell-O (pineapple casts the brightest glow)
1 cup water
1 cup chilled tonic water

Directions:
1. Using a box chocolate cake mix follow the instructions on making the cupcakes.
2. Once cupcakes are cool, frost with the vanilla buttercream frosting. After frosting the cupcakes place in the freezer for 30 minutes or up to overnight, so to stiffen the frosting.
3. Making the glowing glaze: Bring the water to a boil, then whisk in Jell-O mix until dissolved and remove from heat. Next whisk in the chilled tonic water and let cool to about room temperature without having the Jell-O setting up. (You may need to stir the pot every few minutes to make sure it's not thickening; this process will take about 10 to 15 minutes.)
4. Taking each frosted cupcake dip into the glaze. Once the cupcake are all dipped, put them back in the freezer for a few minutes to harden. Repeat the dipping process four more times for optimal glow, then serve.

Have a “spook”tacular month!
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 AM 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.
4 Ways to Tame Bedtime Battles
by Robert Myers, PhD

If you’re having trouble with your kids at bedtime, a good first step is to stop thinking of it as a battle and be open to a different approach.

Here are some tips.

1. Assess Your Approach: When it comes to bedtime, where did you get the advice that you implement in your home? Or maybe you’re doing what your spouse thinks you should do, or your mom, or your in-laws…the point is, why are you approaching bedtime the way you do? If it’s not working, then it’s time to rethink your approach. Maybe you’ve been told that children have to be in bed by a certain time and have to fall asleep by themselves in less than 20 minutes. Try breaking away from the expectations of others and instead think about your individual child’s temperament and your own. Keeping updated on the latest research findings on sleep will also help you make better decisions when navigating bedtime.

2. Incentives: Now that you’re comfortable with taking an approach that’s customized for you and your kids, consider some of these ideas for incentives. For example, if your kids are in bed by the bedtime that you’ve chosen for them, they earn tickets or play dollars. Other behaviors can be reinforced this way, too – staying quiet after lights are out, not getting out of bed until a certain time, etc. can all be reinforced with incentives. Behavior that you don’t welcome, such as tantrums or jumping out of bed after lights out, can “cost” tickets or play money. Make sure that the amount of tickets or dollars earned is reasonable for your kids’ ages (for example, it won’t mean much if it takes a month for a preschooler to earn enough tickets for a treat – they have a hard time thinking that far ahead). Try rewarding good nighttime behavior with some extra TV time or play time. This may work better on children past preschool as preschoolers usually need more immediate rewards.

3. Firm Limits: It can be challenging when your kids try to get that one last thing in before going to bed, e.g. “Just one more cartoon? Just one more story?” Make sure you set firm limits and don’t overindulge them; this also means that you won’t have to try and figure out if you should give in or not with each request. If the request is not within the limits, then the request isn’t granted.

4. Routines: A cornerstone of parenting is the belief that children really do thrive with routine. Routines are different from schedules; they’re more individualized. Having a bedtime routine can help a lot and facilitate the falling asleep process. You can even make a big poster or chart with all of the bedtime activities listed in order for your child to look at. Routines help children feel secure and will hopefully make them less likely to push the limits as they try to figure out if things are going to be the same or not.

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

Focus on Policy and Procedures

Assessments Upon Enrollment

Each child, upon enrollment into the program and when s/he transitions into the next age group, is given a pre-screening assessment. The lead teacher then uses these assessments to develop a curriculum based on the needs of the individual child/group. These assessment results are shared with parents at the time of the formal conferences and are kept in each child’s individual portfolio to refer back to and to be used to assess the growth and development of the child throughout the year, as well as when s/he transitions from one group to the next.

Bi-Annual Assessments & Conferences

Curriculum goals and individual objectives are assessed formal twice a year and informally daily throughout the program. Assessments are done through teacher observation and interactions and documentation of development milestones for each individual child. This documentation is done using the Preschool Progress reports by Hayes Publishing Company and assessments developed individual for each area. Assessments are handed out to parents in early November and late March/early April. At this time formal parent-teacher conferences are also offered for parents to meet with their child’s individual teacher and discuss their child’s progress. In-formal conferences can be set up at any time the teacher, parent or administrator feels that is necessary to discuss the child’s progress.