

August  
2020

UNO Child Care Center

Helping Parents and Children

Learn Together

402.554.3398

# Child Care Chronicle

Dawn Hove-Casart—Director

Monica Dey—Assistant Director

## Feature Facts from Dawn

The last five months have been very challenging for everyone. I am grateful that everyone has stayed healthy and safe. As the new academic year gets started, we are saying good-bye to some families who will be leaving us and we are welcoming new ones to our program.

Many changes have occurred over the past several months and as we move forward with what we will call a fork in the road, we want you to know that we will continue to provide a quality early childhood program for you and your child(ren), while continuing to provide a safe and healthy environment for all.

As we begin our new adventure for the 2020-2021 year, we will see a new way of doing events and activities, as we move through the semester. We will continue to follow the COVID-19 policies and procedures. As well as any new directives from NU leadership, the CDC and the Douglas County Health Department. An updated COVID-19 Response Plan will be emailed out to all of our families and staff the week of August 24, 2020.

We are currently running at 50% of enrollment due to staffing and health

directives. As the semester gets underway, we will re-assess openings based on guidance and staffing as it allows. Changes will continue to occur and as a reminder we are in a very fluid environment, as we may face another fork in the road. Please be patience and give each other grace as we learn what lies ahead and as we move forward with the fall semester.

All full-time staff will be returning. Myself, the Assistant Director, Monica Dey; the Kitchen Tech/ Opening Supervisor, Rick Jacobsen; Lead Toddler 1 Teacher, Effie Swinarski; Lead Toddler 2 Teacher, Fred Abram; Lead Transition Teacher, Allison Johnson; Leader Preschool 1 Teacher, Ronita Bolton; and Lead Preschool 2 Teacher, Megan Liu.

Returning part-time student worker staff include: Spencer French, Sofia Ferrer, Lexi O'Connor, Janae Hendersen, Jamie Wenzl, Hannah Rose, Kelsey Cochran, Maria Salerno, Abigail Schmailzl, Zoey Klein, Cassidy Mentick, Ashley Hogendorn, Patty Ostiguin, Paige Stezishar, Ky Jackson and Taylor Cole.

Please make sure to update us with any new addresses or phone numbers, including, cell, home or work. Also provide updated copies of immunization records or recent physicals / doctor visits for your child.

Due to UNO Visitor/Group Size Policy on campus, at this time we can no longer have Soccer, Dance or Yoga Lessons in the program. We will reassess for the spring semester to see if there have been updates on this policy. Field trips have been put on hold, as well as walks on campus once the semester starts.

As a reminder, we can not have any outside food brought into the child care center. If you would like your child to have a special snack on their birthday, let us know and the child care center can provide either Oreo Cookies or Fruit snacks for your child's group on that day. This also includes any type of meals, example, if you are running late, you cannot bring in a breakfast item for your child to eat at the child care center.

As always please let me know if you have any questions or concerns, you can email me at [dhove@unomaha.edu](mailto:dhove@unomaha.edu) or call me at 402-554-4936.



## Happy Birthday!

3—Ava B.  
6—Ra'el H.  
7—Everly A.

8—Lincoln B.  
13—Louisa A.  
15—Kason D.

18—Ms. Megan  
19—Gabe R.  
25—Ms. Sofia

28—Josephine C.



## Dates to Make Note of...

### August

8—National Clown Day  
13—Left Hander's Day  
24—Fall Semester Begins  
31—National Eat Outside Day

### September

7—Labor Day, Center Closed  
6—Read a Book Day  
13—Grandparent's Day  
22—Autumn Begins

### October

1—Chinese Moon Festival  
9—Fire Protection Day  
12—Indigenous People Day  
19-20—Semester Break, Center Open  
30—Costume Day ~ Classroom Parties

## Cooking with Rick

Welcome to a new semester! This is a quick and easy recipe from the Food Network Kitchen that will tempt your tummy!

### Beef and Cheddar Casserole.

#### Ingredients:

- 1 Tbsp. extra-virgin olive oil, plus more for the baking dish
- Kosher salt
- 3 Cups wide egg noodles
- 1 1/2 C sour cream
- 1/2 C freshly grated Parmesan
- 12 oz. ground beef
- 1 red bell pepper, seeded and chopped
- 1 bunch scallions (white and green parts-finely chopped)

- 1 tsp. Italian seasoning
- 1 14 1/2 oz. can petite diced tomatoes
- 2 C grated cheddar cheese

#### Directions:

1. Preheat oven to 425 degrees. Oil a 2-quart baking dish.
2. Bring a large pot of salted water to a boil. Next add in the noodles and cook according to the package until al dente then pour into the baking dish. Toss the noodles with the sour cream, parmesan and 1/4 tsp salt.
3. Heat the olive oil in a large skillet over medium heat. Add the ground beef and cook, stirring until no longer pink. Add in the bell peppers and scallions and cook until crisp tender. Make space in the pan, add the tomato paste and

toast for a minute. Sprinkle with the Italian seasoning and the remaining 1/4 tsp of salt. Add the diced tomatoes, stir and bring to a simmer. Cook until slightly to thicken.

4. Pour this beef mixture over the noodles and sprinkle with the grated cheddar cheese. Finally, on the middle rack bake until the cheese is melted and the edges are bubbling (15 to 20 minutes). Let stand for about 10 minutes before serving.

Mr. Rick

"Once you choose hope, anything is possible."  
—Christopher Reeve



## Book Orders

The University of Nebraska at Omaha Child Care Center will continue Scholastic book orders for the academic school year. Books are an important part of a child's development and can help your child gain pre-literacy skills. Scholastic also offers free books and educational materials to the

Center when you order. Please visit [scholastic.com/book-clubs](http://scholastic.com/book-clubs) to order. If this is your first time ordering online, you will need to set up an account with Scholastic using our class code: GKXFX. The center account is under Dawn Hove.

Please make sure you are using this account or your order will not be processed. You may pay for your order using a credit card through Scholastic's secure website.

September book orders will be due **Friday, September 18, 2020.**

**Happy Reading!**



Welcome to August  
August Themes: *Review letters, numbers and shapes/Bugs/Science.*

First, we would like to welcome our new friends to the toddler classroom.

Parent Reminders:

Breakfast is served from 8:00 a.m. to 8:30 a.m. Lunch begins at 11:00 a.m. and snack at 2:30 p.m.

Please provide the following:

- A bottle of sunblock for your

child.

- A water bottle with your child's name.
- An extra jacket for outdoor play.

Please make sure to look inside your child's backpack. Your child's daily note and art work will be placed inside the backpack each day. Remember that nap time blankets need to be washed daily at home and returned the next day.

This month we will be doing some fun

science activities. We will be spending time outdoors. We are looking forward to a busy Fall semester and seeing all our friends return.

Until next month,  
Toddler Teachers

## Time with Transition

Welcome back to school!

The Transition class is so excited to be back in our classroom at the center! As we enjoy the last couple months of beautiful weather and playing outside, please remember to have weather-appropriate outfits in your child's backpack, and closed-toe shoes for playing on the structure.

For those of you who are returning to school after a summer at home, we will be sending home any items that have been left at the center so that you can take inventory of what your child will need to bring in their backpack, as well as what will fit. We have

many naptime items here that have been washed, and will be returned after your child's first day back.

We have said goodbye to many of our friends who are now in Preschool 1 with Ms. Roni, and have welcomed many new friends from Toddler 2! I will be sending out welcome packets during the first week of the semester that will have some more information about myself, the routine of the classroom, and a packet about you and your child that I will have you return to me.

Although August has had limited events, we are going to be having a classroom ice-cream party to welcome new friends, and say goodbye to the

Allison Johnson—Lead Teacher

summer season. The party is going to be during the week of the August 24, and I am keeping the exact day flexible according to the weather.

Although I am sad that parents and family will not be able to join us, we will be taking plenty of pictures to share!

Welcome Back!  
Transition Teachers



## Points to Ponder with Preschool 1

What a warm summer! This month, we will be saying "Goodbye" to our friends who are moving to Preschool 2 and "Hello" to new friends!

As a new academic year begins, we will be focusing on different concepts pertaining to letter and number recognition, shapes, colors, months of the year, and days of the week. Each topic will bring about a new understanding!

As always, please feel free to contact me anytime 8:30 a.m. to 5:00 p.m. at the child care center. My desk duty is from 8:30 to 9:30 a.m. and my email is [ronitabolton@unomaha.edu](mailto:ronitabolton@unomaha.edu).

For the month of August we will be reviewing our letters, numbers and shapes. We will be saying good-bye to summer and hello to the new school year.

It has been such an enjoyable time being the lead preschool teacher for the summer and I can't thank you enough for letting me get to spend time with your child to help them learn and grow! I'm looking forward to a great August with them all!

Thanks!  
Miss Roni and Preschool 1 staff

Ronita Bolton—Lead Teacher



## News and View with Preschool 2

Hello~

August is here and that means school will be starting soon. It is hard to believe that the summer has gone by so fast and we will be starting a new semester. Here are some reminders to begin our new semester with.

First, please bring a water bottle for your child to use during the day. The water bottle must be labeled with your child's name. We will be filling the bottles up throughout the day.

Children are welcome to bring naptime items. All naptime items must be labeled and fit inside your child's backpack. Naptime items can include a blanket and/or a stuffed animal. Stuffed animals will be allowed but will be limited to one small stuffed animal per child and must fit inside your child's backpack along with other items.

Our themes for this month will be:  
Getting to Know You  
Giraffes, Koalas, and Kangaroos

Yellow and Red  
Square  
1, 2, 3, 4  
A, B, C

I look forward to seeing you all this semester.

Thanks for all you do,  
Miss Megan and the staff of Preschool 2

Megan Liu—Lead Teacher

## COVID-19 Reminders/Resources

Here are some reminders regarding COVID-19 Policies and Procedures:

1. First please make sure that you are wearing a mask. Every adult (parent/guardian, staff member, etc.) or child over the age of 5 should have a mask on when exiting a vehicle and before entering the child care center building. This is a UNO Policy and must be followed at all times.
2. Families need to make sure that you have filled out the COVID-19 Response Plan Policies and Procedures Signature Page that is located in the back of the response plan and turn it to the child care center.
3. Parents/Guardians must fill out the COVID-19 child questionnaire form located on the front desk for your child daily. You may take a copy home at the end of the day and fill it out that morning before bringing your child in for the day.
4. Bring in a water bottle with your child's name on it for your child to use throughout the day. We will fill it as needed. This will go home everyday and will need to be cleaned and brought back in the next day.
5. Your child will continue to need a backpack that contains extra clothing and naptime items. This backpack needs to go home everyday and return with clean naptime items.

## C.H.A.M.P.S

Due to COVID ~ CHAMPS (parent group) Meetings have temporarily been suspended.

Once the semester gets underway, we will look at doing meetings via Zoom.

We will put out a survey later in the semester to determine which day and time would work for most families.

Stayed tuned for further updates regarding meeting dates and times.

## Focus on Policies and Procedures

### Face Coverings Requirements

As COVID-19 continues to spread within the United States, CDC has recommended additional measures to prevent the spread. The CDC recommends that everyone wear cloth face coverings when leaving their homes, regardless of whether they have a fever or symptoms of COVID-19. This is because of evidence that people with COVID-19 can spread the disease, even when they don't have symptoms. Cloth face coverings should cover the mouth and nose fully and fit snugly against the side of the face with no gaps. More information on face coverings can be found here.

**Face Coverings for Staff** – Face coverings are required for all staff. Staff are responsible for taking face coverings home and washing them daily. Face coverings will be provided

for staff who need them.

**Face Coverings for Children** – The CDC and Douglas County Health Department recommend that face coverings be worn by children over the age of 2. Babies and children under the age of 2 should not wear face covers due to the risk of suffocation. Avoid face coverings at naptime. Face coverings must be laundered daily by the parent/guardian. While cloth face coverings help slow the spread of COVID-19, it can be difficult for children to wear a cloth face covering.

The American Academy of Pediatrics provides tips for how to help children be more comfortable wearing cloth face coverings: <https://www.healthychildren.org/English/health-issues/conditions/chestlungs/Pages/>

Cloth-Face-Coverings-for-Children-During-COVID-19.aspx. Children in the Toddler Groups and Transition Group will not be required to wear masks. Children in Preschool and School-age will be encouraged to wear masks while at the UNO Child Care Center. However, we understand that some children may not want to wear masks, but ask that you do have them available for them to wear throughout the day.

**Face Coverings for Parents/Guardians** – Only one parent/guardian may accompany children into the UNO Child Care Center. Face coverings are required for all adults upon entry of the building. Parents/Guardians not wearing a face covering will not be permitted to enter the UNO Child Care Center.





### TOP 3 BENEFITS OF LEARNING THROUGH PLAY Play is Children's "Work"

I am a strong supporter of children learning through play. Therefore, I want to share with you what I feel are the Top 3 Benefits of Pretend Play.

Who doesn't want to play "grocery store" or "rocket to the moon"? These were some of the pretend play scenarios I loved playing as a child and now I get to watch my kids do the same.

There are many stages that a child goes through with regards to pretend play.

For example, an 18 month old will pretend to feed a doll or cover a teddy bear with a blanket so the bear can go to sleep.

However, a 5 year old might come up with an elaborate scenario involving setting up chairs and pretending it is an airplane.

My kids love turning the dining room into an airport and the kitchen into the plane. They even make tickets which each passenger has to hand in at the gate (aka, the kitchen counter).

Each stage of play children go through will aid in their development.

#### Top 3 Benefits of Learning through Play

##### 1. Play Encourages Communication

Play allows children the opportunity to develop speech and language skills as well listening skills. Children talk and listen while they play.

Whether this be during solitary play which typically involves self talk and narration (e.g. "now my car is driving up the hill and then it goes down, wee, wee, wee") or play with a companion, children communicate to add purpose to their play.

The more vocabulary a child is exposed to on a day-to-day basis, the greater the variety of

words a child will incorporate into play. I love seeing and hearing some of the scenarios my children come up with. For example, they love playing restaurant. They have to decide who will be the cook and who will be the server. My daughter is the older one so she gets to write out the menu, but they both decide what will be included on the menu (usually milk, juice, coffee, hot dogs, sushi, spaghetti and ice cream – quite the combination). And they always make sure that we pay for our food.

Sometimes there are disagreements about who gets to play which role or what will be included on the menu, but I try to teach them how to work through these issues and we also talk about compromising.

##### 2. Play Improves Cognitive Development

Children who engage in pretend play tend to have more sophisticated levels of interaction with others. Bergen, D (2002) found that more and more evidence supports the connections between cognitive ability and high quality pretend play.

Moreover, if children are deprived of play, their long-term capabilities related to problem solving, social skills and academic areas (e.g. literacy, math and science) could be lessened.

The complexity of these skills demonstrate that many areas of the brain are most likely involved. For more information please see the complete [study by Bergen](#). Additional research about the benefits of learning through play shows that:

- Children whose fathers played with them had greater levels of imagination and cognitive ability than those whose dads did not play with them.
- Children who played with their parents also participated in other

activities, had positive mental health, stronger friendships and experienced a stronger family bond when compared to those whose parents did not play with their children as much.

- Children whose mothers played with them showed a greater level of attachment to their moms and enjoyed more positive development compared to children whose mothers did not play with them regularly.

##### 3. Play Encourages Relationship Building

Play helps to promote the development of social skills. Children who play with their parents and peers learn how relationships work through their play experiences. As play becomes more important in a child's life, an increase in the number and quality of friendships has been seen.

Many people don't realize that social skills are a vital part of language development. Language is so much more than simply spoken words!

These are my top 3 benefits of learning through play. There are definitely many more than these and I am sure I could go on and on about this topic.

*By Tanya Thibodeau*

