

August
2021

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

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. We are glad that you are here.

We want to thank all of our families for your patience as we went through the kitchen remodel and move. We have enjoyed our time at our second home at the Milo Bail Student Center. We are very grateful for all that they have done for the children, staff and families. Take a moment to take a peek at our brand new kitchen.

As we begin our new adventure for the 2021-2022 year, we will continue to follow the Child Care Center's COVID-19 policies and procedures. As well as any new directives from NU leadership, the CDC and the Douglas County Health Department. We will be updating our Child Care Center Policies and Procedures Manual to include the COVID-19 procedures. The updated manual will be available on the UNO Child Care Center's Website at the end of August.

We continue to run at 50% of enrollment due to limited student workers. We are hoping that by the time the semester starts that there will be an increase in applicants and we will be able to hire more staff to accommodate more enrollments.

Masks are still required by all children ages 2 and older and staff, as well as for any person who comes into the UNO Child Care Center, this includes parents/guardians. We will be allowing parents/guardians to drop off /pick-up their child in their child's respective classroom area. Toddlers and Transition families can pick-up/drop off in the doorways of the classroom. Preschool 1 and

Preschool 2/School-age families can pick-up/drop off at the bottom of the stairs by the tubby area. We ask that families do not enter into the classroom area. Additional changes may occur and as a reminder we continue to be in a fluid environment, where we may face another fork in the road. We are hoping to have more in person events as the semester goes on. Please be patient 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: Hannah Rose, Maria Salerno, Cassidy Mentink, Ashley Hogendorn, Patty Ostiguin, Ky Jackson, Trinity Weers, Katlyn Kavan, Alecia Keller, Hanna Martin, Mary Hyda, Erica Carlson, Charlie Jabens, Madison Vater and Terrill White.

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. Physicals should be updated yearly.

We are pleased to announce that we are able to bring back Yoga Lessons for the children through Stretch-N-Grow. You will need to sign your child up and pay through their website. Yoga mats will be provided, however if you prefer, you are able

to purchase your own child's Yoga mat for \$15 through Stretch-N-Grown and we can keep it at the child care center. Masks will be required and all COVID-19 procedures will be followed. See the last page of this newsletter for more information. An email link will go out soon.

We are allowing Birthday Treats to be brought in for your child again. However you will need to follow the Birthday Treat List and all foods must be store bought, peanut/nut free, brought into the Child Care Center in the original packaging and unopened. If you prefer we are still offering Oreo cookies or Fruit Snacks. You just need to let us know in advance.

Our final event for the summer is an in-person family event. We are so excited to have a Campfire Sing-a-long on Friday, August 13 from 4:45 to 6 P.M. We are working collaboratively with the School of Music and Dr. Derrick Fox to provide music and singers. A smores snack will be sent home with your child at the end of the event. We ask that only parents/guardians join in the event with their child. We will have several stations set up for social distancing. A sign-up sheet will be located on the front desk counter. We hope that you can join us for this summer fun-filled event and bring your singing voices.

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

Until next month...

"With the new day comes new strength and new thoughts." - Eleanor Roosevelt

"As knowledge increases, wonder deepens."
- Charles Morgan



Happy Birthday!

3— Ava B.
7— Everly A.
8— Lincoln B.

18— Miss Megan
19— Gabe R.
30— Avery E.



Dates To Make Note Of...

August Family Fun Month
1 - Friendship Day
6 - Gifford Farm on the Go
Tod/Tran/Pre
8 - SA Field Trip SAC Museum
13 - Family Event; Campfire Sing-a long
15 - Relaxation Day
19 - Aviation Day
23 - Fall Semester Begins

September National School Success Month
6 - Child Care Center Closed for Labor Day
11 - Patriot Day
12 - Grandparents Day
14 - CHAMPS Meeting via Zoom 4:30 PM
16 - Mexican Independence Day
16 - Staff Meeting Medication Training
19 - Talk Like a Pirate Day
22 - Autumn Begins
24 - Preschool 1 & 2 Field Trip to Bellevue
Berry Farm
30 - Curriculum Night 4:30 to 6 PM

October Breast Cancer Awareness Month
11 - Indigenous People Day
11 - Columbus Day
12 - CHAMPS Meeting via Zoom 4:30 PM
18-19 - Fall Break, Child Care Center Open
26 - National Pumpkin Day
29 - Costume Parade
31 - Halloween

Cooking with Rick

Rick Jacobsen—Kitchen Tech

Where has the summer gone? The start of school is just around the corner! I found this recipe called "One Bowl Cocoa Brownies" that looks easy to try.

Ingredients:

Non-stick cooking spray, for spraying the foil
1 1/2 C. sugar
1 C. (2 sticks) unsalted butter, melted and cooled
1 tsp. vanilla extract
3 large eggs
1 C. all-purpose flour
1/2 C. unsweetened cocoa powder
1 tsp. fine salt
1/2 tsp. baking powder
12-ounce bag semisweet chocolate chips

Directions:

1. Preheat oven to 350 degrees F. Next line a 9 x 13 inch baking pan with aluminum foil and spray with the non-stick cooking spray.

2. In a medium bowl, stir together the sugar, butter, vanilla, and eggs. Add in the flour, cocoa powder, salt, and baking powder all at the same time and stir until just combined. Now stir in half of the semisweet chocolate chips. Lastly, spread this mixture in the prepared pan.
3. Bake the brownies till they begin to pull away from the edges of the pan and set in the center-30 to 35 minutes. Immediately sprinkle the remaining semisweet chocolate chips and set stand until the chips melted--about 5 minutes. Using a spatula, spread the melted chips over the brownies. Allow for the chocolate to cool (about 10 minutes) then sprinkle with whatever combination you choose--pressing the toppings gently into the chocolate to adhere. Lift the brownies out of the pan using the foil and completely cool on a rack. Cut and serve.

Note: Suggested toppings include white chocolate chips, chopped dried pineapple and toasted coconut,

mini marshmallows, chopped graham cracker or any candy pieces.

"A new school year means new beginnings, new adventure, new friendships, and new challenges. The slate is clean and anything can happen."

--Denise Whitmer

Mr. Rick



Books We Recommend..

It's August! Whether it's preschool or Kindergarten it's time to think about school!

Here are some books that you and your children will enjoy.

- The Word Collector by Peter H. Reynolds
- Our Class is a Family by Shannon Olsen
- The Day You Begin by Jacqueline Woodson
- The Name Jar by Yangsook Choi
- Lena's Shoes are Nervous by Keith Calabrese and Juana Medina
- How to Get Your Teacher Ready by Jean Reagan

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 Child Care Center when you order.

Please visit scholastic.com/bookclubs 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 Scholastics secure web site.

Book Orders will be due by Monday August 23, 2021

Happy Reading!

Welcome to August!

We would like to welcome everyone back. We hope all our families had a fun and safe summer.

Themes for the month of August are Bugs; Science and Welcome Back.

Some of the activities that we will be having fun with are: looking at play bugs with a magnifying glass; scented playdough; bubble wrap walk; baby dolls and bubbles; making cereal trail mix; and a sock dance/wear UNO colors

Parent Reminders:

Gifford Farm will be visiting us on August 6 for Animals on the Go. The Toddlers time is from 9:30 to 9:45 A.M. The children will be allowed to touch the animals and learn about them. There is no cost for this event. A permission slip will go out in your child's backpack on July 28 and will need to be returned by August 4.

We are looking forward to a fun filled Fall Semester.

The 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 for your child's tubby at school.

We have some new friends from Toddler 2 joining us this semester, as we say goodbye to some friends who will be joining Ms. Roni in Preschool 1. For those friends who are new to the room, 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.

This month, we will be reviewing our colors, numbers, shapes, and letters as we prepare for a new school year!

Our final Water Play day was on Monday, July 26. All swim items will be sent home. Our last Library day will be on Thursday, August 5. We have enjoyed doing these fun summer activities and look forward to fall.

Our final two events for the summer will be Gifford Farm's Animal On the Go Program on August 6, 2021. Transition time is from 9:45 to 10:00 A.M. The cost is being

Allison Johnson—Lead Teacher

covered by the CCAMPIS Grant. Watch for permission slips to go out in your child's backpack. And the final event is the Child Care Center Campfire Sing-a-Long on Friday, August 13 from 4:45 to 6:00. Please plan on joining us for this fun summer event.



Have a great rest of the summer. Miss Allison and the Transition Teachers.

Points to Ponder with Preschool 1

Ronita Bolton—Lead Teacher



What a warm summer! We are looking forward to a visit from Gifford Farm on Friday, August 6, 2021, from 10 to 10:45 A.M. Seeing the animals and being able to touch them is always a fun activity!

The fall semester is right around the corner! With a new semester, we look forward to saying "Hello!" to new friends and "Goodbye!" to our friends moving to Preschool 2.

During the month of August, our themes will be: Dinosaurs; Down on the Farm, All Kinds of Bears and Pets. We will be reviewing our letters, numbers, colors and shapes.

As we enjoy these last few weeks of summer, Our last water play day was on Friday, July 23 and the last library time was on Thursday, July 22. Each child has enjoyed these activities and all the other fun things we have done this summer! We look forward to moving back to the Child Care Center and playing on the playground.

As always, please feel free to contact me anytime 8:30 A.M. to 5:00 P.M. at the center. My email is ronitabolton@unomaha.edu for any questions or concerns.

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



Hello~ August is here and that means school will be starting soon. It's hard to believe that the summer has gone by so fast, and we will be starting a new semester. I have a few announcements to end the summer and begin the fall semester.

The last two school-age field trips will be to 1) the UNO Planetarium on July 28. Please have your child here no later than 8:30 A.M., as we will be walking over to Durham at 8:45 A.M. 2) The last field trip will be to the SAC Museum on August 11. Your child will need a disposable, peanut/nut free sack lunch with drink. Please have your child here by 8:30 A.M., as the bus will leave at 9:00 A.M.

The Child Care Center will be having a campfire sing-a-long night on Friday, August 13. We will be singing lots of fun songs and eating fun treats by the "campfire." Please see Ms. Dawn or Ms. Monica for details.

Please make sure to 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.

The final announcement is in regarding fall naptime. You will need to bring in naptime items for your child. All naptime items must be labeled. Your child can have a small blanket and either a small stuffy or small (airplane size) pillow. Stuffed animals will be limited to only one small stuffed animal per child.

The themes for August are: Getting to Know You; Giraffes; Koalas, and Kangaroos. The numbers are 1, 2 and 3; the letters are A, B and C; the colors are yellow and red; and the shape for the month is square.

I look forward to seeing you all this semester.

Thanks for all you do,
Miss Megan & the Preschool 2 Staff



C.H.A.M.P.S

CHAMPS does not have any meetings schedule for this month due to health mandates. We are hopeful that we will be able to get together at some point.

We will continue to find new ways for our families to be involved in the program. This may include virtual events!

Until we can meet again, please continue communication with the staff and other parents!

We hope everyone has a great semester!

Focus on Policies and Procedures

INTEGRATED CURRICULUM PHILOSOPHY (CREATIVE CURRICULUM APPROACH)

The University of Nebraska-Omaha Child Care Center uses Creative Curriculum with an integrated curriculum philosophy that uses developmentally appropriate practices as the learning approach. This is established through our philosophy of the "whole child" concept. The administrators and lead teachers work closely together to select central ideas and related learning activities that are designed and taught through how children develop and learn. Through this approach children make meaning of their learning experiences and form connections among the individual bits of information. Ideas and activities are developed in response of the children's interest to keep them excited about learning. This integrates the teacher-parent, teacher-child, child-child and teacher-teacher relationships.

The University of Nebraska-Omaha Child Care Center staff assesses each child based on the following areas of development/goals: Creative Arts, Social & Emotional Development, Approaches to Learning, Health & Physical Development, Language & Literacy Development, Mathematics, and Science. Our child development program is based on the assumption that a child's growth is sequential process and that children pass through predictable stages of development in all areas and within age ranges.

A team teaching approach is practiced in each age group classroom. Together the professional staff plan over-all program goals and objectives and curriculum units intended to meet the child's individual needs. We nurture, facilitate, and assess each child's normal pattern of development in all functional areas, while respecting the individuality and particular potential of all children enrolled. The teacher-planned curriculum and program design is balanced between both structured and child initiated opportunities for children to learn in a nonsexist, multi-cultural environment that is filled with age-appropriate equipment and learning materials. Some fixed learning interest areas in the classroom are dramatic play, blocks, small and large muscle, sensory motor, science, pre-math, reading, early literacy, pre-writing, cooking and nature.

Other types of balanced routine learning activities included in the program are one-to-one, small and large group, indoor, outdoor, quiet and noisy, field trips and special events. "Creative Play" can provide pleasure and knowledge at the same time, and we foster such opportunities. Curriculum Goals and Individual Objectives include an environment rich with opportunities for children to:

- 1) Explore the world around them using their natural curiosity
- 2) To challenge their natural curiosity and

extend it to offer additional problem solving skills

- 3) Develop Social and Emotional Skills
- 4) Develop Fine Motor and Gross Motor Skills
- 5) Foster Work Habits
- 6) Enhance Decision-Making Skills, Self-Reliance Skills and Practical Skills
- 7) Foster Listening Skills and Oral Language Development
- 8) Develop Pre-Literacy Skills – the foundation of reading and writing
- 9) Develop Pre-Math, Science and Social Studies skills



Back to School: How to Get a Good Routine Going By Pam Myers

Before you know it, the school bells are ringing, and it's time for the kids to head back to school. Do you have your back-to-school routine planned out? Personalize your family's routine with help from the following ideas. Once you have a method in place, your family will start the new school year on a bright and less harried note. Don't wait too long to establish your back-to-school routine. The longer you wait to get your children into the habit of going to bed at a set bedtime, for example, the harder it will be for your children to get up for school in the morning.

A Good Day Starts with a Good Night's Sleep

It's not unusual for parents to allow their children to stay up later during the summer than during the school year. If you've been lax with making your children go to bed at a regular time, you may want to start making changes now. Expect your children to complain and try to stay up later, but the earlier they get to bed, the more prepared they'll be for school.

It will be much easier to decide what time your children need to go to bed if you know what time they have to get up in the morning. Most experts agree that children need between 9 and 10 hours of sleep each night to be at their best, while 8 hours is the absolute minimum. For example, if you know that your child must be up by 6 a.m., your children should be getting ready for bed around 7:30 p.m.

A couple of weeks before the first day of school, put your kids to bed a little earlier each night (in half-hour increments) until they are used to their earlier bedtime. The sooner you start this process, the easier it will be for them to get used to going to bed early again.



Explain to your children the importance of getting a good night's sleep. Tell them that it is during sleep that the body heals itself. Getting enough sleep will give them the energy that they need to stay awake during the school day. A good night's sleep also lessens crankiness, which makes them easier to be around!

Establish an Evening Routine

Get your children in the habit of following a routine every night. If they choose their clothing for the next day, take a bath, brush their teeth, and get into their pajamas every night before they go to bed, you're transitioning them into settling down. Having a set routine such as this, or any schedule you use as a family, will give them a strong sense of consistency and help them wind down. This process can also reduce complaining from your kids about bedtime.

Older children are often allowed to stay up later than younger children, but this doesn't mean that they should be permitted to stay up too late. Have them follow the same routine – choosing their clothes, taking care of their personal needs, and going to bed earlier than usual – so that they'll be ready to get a good night's sleep.

Since they've taken the time to choose their clothing the night before a school day, you won't be faced with questions like, "Mom, have you seen my blue shirt?" or "Mom, where are my sneakers?" Preparing like this makes the next morning flow much more smoothly.

Once the children are in bed, dim the lighting in their room to a comfortable level. Take this time to enjoy one-on-one time – depending on their age, read them a bedtime story or have a chat about something that happened that day or about something that they want to talk about.

Talk to them about the next day. What activities are planned? Do they have a doctor's appointment? Will you pick them up from school at an unusual time? What do you have to do after they get home from school? Do you have to run to the store or take care of other errands? Anything you can do to prepare them for the next day will make things easier for the whole family.

When it's finally time for bed, tell your child that you love them, kiss them goodnight, and turn out the lights. Older children may be allowed to sit up and read quietly for a little while before lights out. Take this time to prepare for the day ahead and relax.

Morning Routines are Equally Important

One item you may want to purchase for your children at the beginning of the school year is

an alarm clock. By giving your child an alarm clock, you're giving them some of the responsibility in getting up on time. Does this mean that you won't have to nudge them to get them out of bed when school first starts? Most likely not; in fact, chances are you'll have to remind them over and over to get up, get dressed, and eat so that they can get to school on time.

It may be best to wake children up early the first week or so of school until they're able to rise and get ready by themselves. As they become more accustomed to their new schedule, you can let them sleep a little later. Remember, you want your kids to have ample time to get dressed, eat breakfast, and gather their things before they head out. If they ride a school bus, they need to be ready when the bus comes. However, if you take them to school, they may have a little more flexibility in their morning routine.

For younger children, it's a good idea to create a chart of things that they need to do each morning. You may want to use pictures to create a "to-do" list with the following items:

- Get dressed – picture of clothing (shirt, pants, socks, and shoes)
- Eat breakfast – picture of food
- Brush teeth – picture of toothbrush and toothpaste
- Get ready to go – picture of backpack and lunch bag

Older children may not need pictures, but having a list of what they need to do each day is still helpful. Post a list in several places around the house, such as their bedroom, the bathroom, and the refrigerator so that they don't have to keep running through the house to figure out what's next. Place the list in a sheet protector so that they can cross or check the items off.

Medical experts and nutritionists espouse the benefits of eating a healthy breakfast every morning. Not only does breakfast give the body the energy it needs after a relatively extended period of not receiving nutrients, but it also helps with focus. Eating breakfast improves a child's concentration and allows them to perform better in school.

If your child doesn't want to eat a full breakfast, find foods that they can eat quickly, but that will still provide the nutrients their body needs. Most experts recommend eating a serving of protein first thing in the morning. Scrambled eggs on toast, yogurt and fruit, or a peanut butter and jelly sandwich on whole wheat bread are good options for breakfast. It's okay to be creative!

When summer is over, and it's time to return to school, having a solid routine in place can be a blessing. Routines help us to know what to expect every day, stay organized, and prepare for the next day. Children may balk at the prospect of returning to school in the fall, but they'll soon get back into the swing of things. Before you know it, your home will be running smoothly.



by Stretch-n-Grow

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We are so excited to offer Yoga Stars to all of UNOCCC families!

✱Classes start in September.

✱Class Detail: Tuesday afternoons

✱FREE DEMO day on Tuesday August 31st

✱Monthly Fee \$30

✱ Option to buy your child a personal yoga mat

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