

August
2022



UNO CHILD CARE CENTER CHRONICLE



Feature Facts With Dawn

Director - Dawn Hove-Casart

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.

As we begin our new adventure for the 2022-2023 year, I want to remind you that we will continue to follow the Child Care Center's COVID-19 policies and procedures and all recommendations and guidance from the Douglas County Health Department on isolation, quarantining, and masking.

We continue to run at 50% of enrollment due to limited staffing. As staffing increases, we are hoping to increase enrollment back to pre-pandemic numbers. This continues to be a work in progress. We have both part-time and full-time positions open. We were approved for five full-time Assistant Lead Teacher positions this summer. We still have four positions left to fill. We will keep you posted on the progress.

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; Assistant Lead Teacher Lizzie Parker; Lead Transition Teacher, Allison Johnson; Leader Preschool 1 Teacher, Ky Jackson; and Lead Preschool 2 Teacher, Megan Liu.

Returning part-time student worker staff include Maria Salerno, Terrill White, Paige Strezishar, Katie Ronning, Alisha Russell, Sarah Johnson, McKenzie Linke, Audrey Caravello, Madison Russell, Jayci Osborn, Yeji Seo, Shelby Shoemaker, Caitlin Shefl, Delaney Volnek, Mackenzie Schalk, Peyton Dilly, Madison Rushing, Alecia Keller, and A.J. Blickenstaff.

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 (including COVID-19 immunizations) or recent physicals / doctor visits for your child. Physicals should be updated yearly.

We are pleased to announce that we will have both Yoga and Dance Lessons for the children through Stretch-N-Grow. Yoga will be on Monday afternoons and Dance will be on Wednesday afternoons. You will need to sign your child up and pay through Stretch-n-Grow's 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 childcare center. Lessons will start in September. An email link will go out soon with more information.

Our final event for the summer will be our annual Ice Cream Social on Friday, August 19 from 4:15 P.M. to 6:00 P.M. The UNO Marching Band will be here at 4:15 P.M. Joining the band this year will be the UNO Drill Team. The Band and Drill Team will perform, and the children will be able to look at the musical instruments during the band petting zoo time. We will be serving ice cream with all the toppings. We hope you can join us.

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... "Yesterday is but a dream, tomorrow but a vision. But today well lived makes every yesterday a dream of happiness, and every tomorrow a vision of hope. Look well, therefore, to this day." Sanskrit Proverb



Important Dates

AUGUST

NATIONAL IMMUNIZATION AWARENESS MONTH

- 1 - Ice Cream Sandwich Day!
- 5 - Gifford Farm's "Animals on the Go"**
- 5 - SA Field Trip Durham Museum**
- 7 - National Best Friend's Day
- 8 - Ashura Begins
- 16 - National "Tell A Joke Day!"
- 19 - Ice Cream Social & Marching Band Exhibition (4:15 P.M. to 6 P.M.)**
- 22 - Fall Semester Begins
- 26 - Women's Equality Day
- 26 - Preschool 2 Field Trip to Children's Museum**

HAPPY BIRTHDAY

3 - AVA B.

7 - EVERLY A.

8 - LINCOLN B.

18 - MISS MEGAN

19 - GABE R.

22 - EID M.R.

26 - MISS DELANEY

28 - JOJO C.

30 - AVERY E.



PARENTS!

Please turn in an updated & current vaccination report for your child as soon as possible—especially if your child has been vaccinated for COVID-19!

SEPTEMBER

HISPANIC HERITAGE MONTH

- 5 - Labor Day, Center Closed**
- 6 - Read A Book Day
- 11 - Grandparent's Day
- 11 - Patriot Day
- 15 - CCC Curriculum Day & Open House (4:30 P.M. to 6 P.M.)**
- 16 - Mexican Independence Day
- 19 - Talk Like A Pirate Day
- 22 - Autumn Begins
- 25 - Rosh Hashanah Begins
- 26 - National Family Day
- 27 - National Chocolate Milk Day
- 30 - Preschool Field Trip to Skinny Bones Pumpkin Patch**





MAVERICK BABY NEWS!

CONGRATULATIONS TO THE WAGNER FAMILY (SAM, AARON, AND BIG BROTHER CHARLES) ON THE BIRTH OF...

HUGO SAMPSON
WAGNER
BORN JUNE 14, 2022
9 1/2 POUNDS, 21 1/2 INCHES



Book Recommendations

August is a busy month full of transitions between classrooms, heading back to (or starting) school, and getting ready for the next school year ahead! Here are some books to read with your children to help get excited about their newest journeys into learning!

Back To School Books

- "Our Class Is A Family" by Shannon Olsen
- "A Letter From Your Teacher on The First Day of School" by Shannon Olsen
- "The Pigeon HAS To Go To School" by Mo Willems
- "All Are Welcome" by Alexandra Penfold
- "The World Needs More Purple People" by Kristen Bell

School-Related Books

- "That's Not My Name!" by Anoosha Syed
- "Linus The Little Yellow Pencil" by Scott Magoon
- "The Magical Yet" by Angela DiTerlizzi
- "Not Enough Lollipops" by Megan Maynor
- "Spot Loves School" by Eric Hill
- "I'm Sticking With You" by Smriti Prasad-Halls

Scholastic Book Orders

Happy August, and cheers to the beginning of another school year! Scholastic Book Orders will resume this month. Book Orders will be due by Friday, August 26.

Books are an important part of a child's development and can help your child gain pre-literacy skills. When you order your child's books through Scholastic Book Orders (and through our center account), Scholastic also sends free books and educational materials to the center for use in our classrooms!

Please visit [scholastic.com/bookclubs](https://www.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 center's code: **GKXFX**. This is the center account under Miss Dawn's name. Please make sure you are using this account, or your order will not be processed. You will be able to play online using a card through Scholastic's website. Happy reading!



Check out these pictures from when The Godfather (from Godfather's Pizza) came to read to Preschool and School Age groups. He was quite the hit!



Talks with Toddler 1 & 2

Toddler 1 Lead Teacher - Effie Swinarski

Toddler 2 Lead Teacher - Fred Abram

Toddler 2 Assistant Lead Teacher - Lizzie Parker



Welcome to August!

August Themes for Toddlers: Review Bugs/Science

We would like to welcome our new friends to the Toddler classroom. We are looking forward to a fun filled fall semester. This month we will be learning about bugs. These include ants, spiders, lady bugs and bees.

On August 5, Gifford Farm will be visiting us from 9:15 A.M. to 9:30 A.M. The children will be allowed to touch the animals and learn about them. There is no cost for this event for children or parents.

Parent Reminders:

- Please check both your child's mailbox and coat hook at the end of the day.
- Provide a refill pack of diaper wipes for the month of August.
- Provide a change of clothes/extra shoes/socks for your child.
- Provide a drinking cup that can be used for water.

Time With Transition

Lead Teacher - Allison Johnson

Welcome back to school!

We are gearing up for a new school year, and I am so excited to kick-off our semester at the end of the month! As summer winds down, we will be having our last water play day on Monday, August 8, and our last library story time on Thursday, August 11.

The Transition group will have some new friends from Toddler 2 joining us this semester, as we say goodbye to some friends who will be joining Teacher Ky 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.

Our group has many fun events this month, including Gifford Farm's "Animals on the Go." We will be learning about animals and getting to interact with some special visitors from the farm on August 5. We will also have our center's "Icecream Social" on August 19, and we are so excited to celebrate our school with our friends and families.

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

-Miss Allison & Transition Staff



Preschool 1 Pals

Lead Teacher - Ky Jackson



Happy August!

Summer is finally coming to an end, and another school year is beginning. This month, Preschool 1 will say "goodbye" to all of our friends (except 1!) as they move up to Miss Megan's room, and we will welcome new friends from Transition. We wish our friends the very best in Preschool 2, and are so proud of them and the learning they have accomplished in Preschool 1!

This month, we will be focusing on reviewing letters, numbers 1-10, shapes, and colors, as well as also having some fun learning about Bugs & Insects, Wild West, and Transportation. UNO's Fall Semester will begin on Monday, August 22, which will mark the move back to typical semester scheduling and learning. (For the new parents who will be joining our classroom at that time, please be on the look out for informational packets from Teacher Ky in order to start the semester off on the right foot!)

This month, Gifford Farm's "Animals To Go" will be visiting the morning of August 5 (Parents are welcome!), we will be taking an Elmwood Park Trip (hopefully!) on Wednesday, August 17, and doing one more Ice Cream Adventure on Thursday, August 18. Our last Library Day will be Thursday, August 11, with our last Water Play day being Friday, August 19. We will also be having our annual **UNO Band Visit & Ice Cream Social on Friday, August 19** in the evening. We really hope to see you there- It is such a great time!

Until next month, enjoy August and stay cool!
-Teacher Ky & the P1 Wranglers

School Age / P2 News & Views

Lead Teacher - Megan Liu

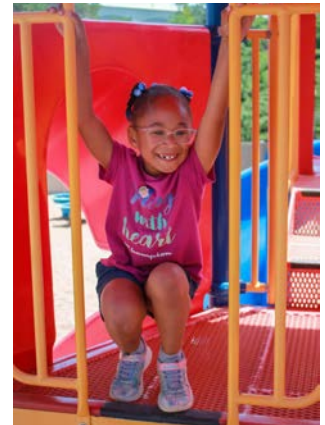
Welcome back!

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. I have a few announcements to begin our new semester with.

- Please make sure your child has a water bottle 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 will still continue to nap while in Preschool 2, so they will still need naptime items. Any naptime items must be labeled with your child's name. Naptime items can include a blanket and a stuffed animal, limited to one small stuffed animal per child.
- Our themes for this month will be:
 - Getting to Know You / Giraffes, Koalas, and Kangaroos
 - Yellow & 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



Cooking with Mr. Rick

Kitchen Technician - Rick Jacobsen

This Buffalo Chicken Dip recipe is a simple, quick, and delicious pot-luck pleaser!

- 3 large boneless skinless chicken breasts - boiled and shredded
- 8 ounces cream cheese - cubed
- 1 cup ranch dressing (homemade or store-bought)
- 1 cup hot sauce, plus more as needed
- 1 teaspoon freshly ground black pepper
- 1 teaspoon garlic powder
- 1/2 cup green onion - chopped
- 1.5 cups mozzarella cheese - shredded, divided
- 1.5 cups cheddar cheese - shredded, divided

Instructions

Cook the chicken. If your chicken is not yet cooked, bring a large pot of water to a boil over high heat. Add the chicken breasts to the pot and return to a boil. Remove from heat and cover with a tight-fitting lid. Allow your chicken to poach, covered, for approximately 25 minutes. When fully cooked, remove from the pot and allow to rest until cool enough to handle (note- the cooking time for the chicken is not included in the total cooking time for this dish).

Prep. Preheat your oven to 350 degrees F. and spray a 9x9-inch baking pan (or approximate size) with non-stick cooking spray.

Warm the sauce. To a medium saucepot over medium-low heat add the cubed cream cheese, ranch dressing, hot sauce, black pepper, and garlic powder. Whisk constantly until the cream cheese has dissolved in the ranch and hot sauce. Remove from heat.

Combine. Add the cooked and shredded chicken, green onion, 1 cup of the shredded mozzarella cheese, and one cup of the shredded cheddar cheese to the sauce pot. Mix well to combine. Transfer to your prepared baking pan and top with remain mozzarella and cheddar cheese.

Bake. Bake for approximately 20-30 minutes, or until the cheese has melted and the sides are starting to bubble. Set oven to BROIL. Allow your buffalo chicken dip to cook for an additional 2-3 minutes, or until the top is golden brown. Remove it immediately.

Serve. Serve with tortilla chips, vegetable sticks, crackers, or enjoy leftovers wrapped in a tortilla with all your favorite greens.

C.H.A.M.P.S

C.H.A.M.P.S currently does not have any meetings scheduled for August!

Due to the previous COVID precautions over the last year and a half, C.H.A.M.P.S meetings & abilities were put on hold and the organization was unable to conduct many of their typical activities. During this time, many of our seasoned members (and their children) have moved on from the center. We are now looking for individuals who would love join C.H.A.M.P.S and kickstart our organization again!

UNOCCC's "Children Home Academic Motivation Parents Support" (C.H.A.M.P.S) organization is designed to bring together the parents/guardians, grandparents, friends, and staff at the UNO Child Care Center to work together to help the children, help their teachers, and help one other. Through C.H.A.M.P.S., members are able to help out where needed within our classrooms, work to plan special events for children and families (such as our annual Holiday Program), raise money through fundraisers for center improvements or classroom items, and help to support and appreciate staff members (such as providing food for potlucks during Teacher Appreciation Week).

In the past, C.H.A.M.P.S has been responsible for things such as planning and assisting with the Holiday Program and Preschool Graduation, hosting family dinners and picnic events at the center,

If you are interested in joining C.H.A.M.P.S., please let Miss Megan (mmlie@unomaha.edu) or Teacher Ky (kyliejackson@unomaha.edu) know. In addition, be on the lookout for an additional e-mail & parent event related to joining C.H.A.M.P.S within the next few months- We hope to see you there!



Policies & Procedures

MEALTIME & NAPTIME REMINDERS

Here at the UNO Child Care Center, each classroom has a daily schedule and routine. Mealtimes and napping are a part of that routine. Below is a schedule of when each group is scheduled for meals and naps. As a reminder, children are not required to fall asleep during naptime, but are encouraged to rest quietly for 30 minutes.

MEAL TIMES

****AS A REMINDER:** During lunch times, children must be clocked in within 10 minutes of their classroom's scheduled lunch time in order to be served.

Toddler 1 & Toddler 2

Breakfast - 8:00 A.M.
Lunch - 11:00 A.M.
Snack - 2:30 A.M.

Transition

Breakfast - 7:50 A.M.
Lunch - 11:00 A.M.
Snack - 2:45 P.M.

Preschool 1

Breakfast - 7:50 A.M.
Lunch - 11:30 A.M.
Snack - 3:00 P.M.

Preschool 2

Breakfast - 7:50 A.M.
Lunch - 12:00 P.M.
Snack - 3:00 P.M.

NAPTICES

Toddler 1 & 2: 12:00 P.M. to 2:00 P.M.

Transition: 12:00 P.M. to 2:00 P.M.

Preschool 1: 12:30 P.M. to 2:00 P.M.

Preschool 2: 1:00 P.M. to 2:00 P.M, with tapering off during Spring Semester



MARIA

MAJOR:

EARLY CHILDHOOD EDUCATION

HAS WORKED AT THE CCC SINCE:

JULY 2018

WORKS IN:

PRESCHOOL 2

FAVORITE SNACK:

SPICY CHEESE-IT'S

GET TO
KNOW THE
UNOCCC
STAFF!



TERRILL

MAJOR:

EARLY CHILDHOOD INCLUSIVE EDUCATION

HAS WORKED AT THE CCC SINCE:

FEBRUARY 2021

WORKS IN:

PRESCHOOL 2

FAVORITE SNACK:

CHEESE-IT'S



Parent Corner

11 Tips For A Great First Day Of School!

While excitement might be in the air over new clothes and school supplies, it's only natural for kids — and parents — to have a few worries about changing routines and heading back to the classroom. Having a great first day of school starts weeks ahead of time, but with these tips from experts, your children can have a stress-free and exciting first day of school! To start the school year off right and make the transition easier, follow these 11 tips from Murphy and Brenda Nixon, authors and parenting experts who blog at Beyond Buggies & Bonnets.

1. Talk To Your Child Care Provider

If you're hiring a child care provider — whether a nanny, babysitter or mother's helper — they can be an important part of setting your child's routine. "Make sure your child care provider knows the routine before the start of school," Murphy reports. "A big source of stress for preschoolers is whether mom will be there to pick them up. So, if a babysitter or another relative will be meeting your child after school, make sure they know."

2. Establish A New Bed Time

Weeks ahead of time, start getting into the new routine so the night before school is a lot easier. As Nixon advises, "Put them to bed earlier each evening in preparation for school bedtime. During the school year, kids need to go to bed early in the evening so they get enough rest. Kids who are well rested perform better in school."

3. Get Organized & Prepared Early

In the weeks leading up to the first day of school, get everything together — and that means more than just school supplies. "Make sure you have all the required medical forms, permission slips, etc. filled out before that big first day," Murphy says. "The calmer and more organized you are, the better your child will feel about the start of school."

4. Help Your Child Prepare

Get your child involved in the preparation process, too. Murphy says, "It's always fun to go out shopping for a few new notebooks or a special pencil case. Having the right lunchbox or knapsack can make a child feel excited about the start of the year."

5. Review The School Routine

Establishing familiarity with the new routine is key. "Walk to school a few times or talk about your child's routine before school starts," Murphy says. "You might even snap some photos and put together a little book that shows your child landmarks along the way or reminds her of what the day will be like."

6. Meet The Teacher

Build a relationship with your child's teacher before the first day. Clue her into any struggles your child may have had last year and let her know that you want to be involved. "Many teachers welcome email correspondence, but find out what's the best way to communicate outside of school," suggests Murphy.

7. Talk About Your Memories

Share your own school experiences with your child and try to focus on the positive and be optimistic. Talk about your favorite teacher, great friends you made or a fun assignment you remember working on. "Was school a good experience for you? Or did you always dread this time of year," Murphy asks. "If you had a hard time in school, it may be difficult to hide your feelings. Do what you can to be positive and optimistic, and to separate your own memories from your child's experience."

8. Keep Calm

Back-to-school season can get very anxious for families, as you're all rushing to get things done. But try to avoid the chaos. Nixon says that if parents stay peaceful, there's a greater chance the kids will, too. "Remain calm," she says, "and promote a harmonious home life where children feel safe and as stress-free as possible."

9. Get Ready The Night Before

The night before school will be full of excitement, and it's the perfect time to start getting ready for the big day. Nixon suggests you, "Lay out backpacks, clothes, [summer] homework and anything else needed in the morning to cut down on morning chaos." Once everything is set for the next day, focus on having a fun and relaxing evening. Make it a family night with a special dinner, a celebratory dessert and some bonding time.

10. Be On Time

Once the big day has arrived, keep to the schedule, which will be easier if you prepared as much as possible. "There's nothing more anxiety-provoking than being rushed out the door, or, at the end of the day, being the last child waiting in the classroom," Murphy says.

11. Plan Some Fun

Brainstorm ideas with your kids for things to do when school ends on the first day. Yes, you may have to run and grab some last-minute school supplies, but when that's taken care of what is something fun you can do together? Knowing this plan is in place will help get you and your kids through the initial stressors of that first day.