

November
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

The leaves on the trees are changing colors and the weather is getting a little cooler, which means fall has arrived! The children will continue to go outside, weather permitting. Please make sure that your child has the appropriate outside attire to play in. Dressing in layers is encouraged. Please make sure that you label your child's clothing.

Registration for the spring semester will begin the week of November 15. You will only need to re-register your child if you are on a semester-to-semester contract or you want to change your schedule. In addition, we will also need an updated class schedule for the spring semester. Forms are due back by Monday, November 29.

Reminder: the UNO Child Care Center will be closed on Thursday and Friday, November 25 and 26 in observance of the Thanksgiving Holiday. Also, please make note that the child care center will be closed from December 24, 2021 to January 2, 2022 for the winter break. The center will re-open on Monday, January 3, 2022.

Monday, November 1, kicks off the start of the UNO Child Care Center's Annual Food Drive for Together, Inc. This year we are only collecting both non-perishable

items and monetary donations to give to the food bank. Any thing that you can provided will benefit the needy families in our community. The last day to bring in your donation will be Monday, November 15. The classroom with the most donations will win either an ice cream or pizza party. There are boxes in the multipurpose room for you to place the items. The boxes are labeled with each classroom's name. A container for the monetary donations is located on the front desk counter. For every \$1 you donate will count as 4 items towards the classroom total. Example \$5 will equal 20 items. Please make sure that you put your child's name on the donation, so we know which classroom to put the item total in. Thank you for your support for one of our annual service learning projects.

Mark your calendars now for the annual Child Care Center's Holiday Program on Saturday, December 11 at 10 A.M. We are planning to hold this year's program in the Performing Arts Theater. We will keep you posted, as we will need to obtain the appropriate approvals.

Next semester, we are hoping to have two parent workshops. One in February 2022 and one in April 2022. This will be a collaboration with the Munroe Myer

Institute and their graduate students. These will be sponsored by the CCAMPIS Grant. Please watch for more detailed information in the coming months.

Finally, I will be out of the office on November 12, & 24. If you have any questions or concerns during this time, please see Monica or the lead teachers.

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..."Around here, we do not look backwards for very long...We keep moving forward, opening up new doors and doing new things because we are curious...and curiosity keeps leading us down new paths." – Walt Disney



Happy Birthday!

18— Teacher Madi
20— Charles W.

23— Teacher Shay
26— Teacher Ky

27— Maddox L.
27— Teacher Hannah R.

28— Elizabeth S.



Dates To Make Note Of...

November

National Native American Heritage Month
1 - Together Inc. Food Drive Begins
2 - Election Day
5 - Book Orders Due
7 - Daylight Savings ends
11 - Veteran's Day
15 - Together Inc. Food Drive Ends
24 - Child Care Center Open
25-26 - Thanksgiving Holiday—
Child Care Center Closed

December

National Safe Toys and Gifts
1 - Rosa Parks Day
4 - National Cookie Day
10 - Book Orders Due
11 - Winter Program;
Strauss Performing Arts; 10-11 A.M.
17 - Fall Semester Ends
21 - Winter Solstice
24 - January 2, 2022—Winter Shut Down
Child Care Center Closed
25 - Christmas
26 - Kwanza Begins

January

National Blood Donor Month
1 - New Years Day
3 - Center reopens
3 - J Term Semester Begins
15 - National Hat Day
17 - Martin Luther King Jr's Birthday,
Child Center Closed.
18 - Book Orders Due
18 - Winnie The Pooh Day
24 - Spring Semester Begins

Cooking with Rick

Rick Jacobsen—Kitchen Tech

For November, I was looking for a comfort food recipe that would fit with the cooler days of fall and winter. "Classic Beef Stroganoff" from the Betty Crocker website is just the recipe!

Ingredients;

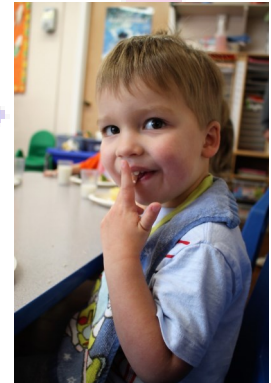
1 1/2 lbs. beef sirloin steak, 1/2 inch thick
8 oz. fresh mushrooms, sliced (2 1/2 C.)
2 medium onions thinly sliced
1 clove garlic, finely chopped
1/4 C. butter
1/2 tsp. salt
1 1/2 C. beef broth
1/2 tsp. Worcestershire sauce
1/4 C. all purpose flour
1 1/2 C. sour cream
3 C. hot, cooked egg noodles

Directions:

1. Cut beef across grain into 1 1/2 inch strips.
2. Cook mushrooms, onions and garlic in butter in a 10 inch skillet over medium heat, stirring occasionally until onions are tender; remove from skillet.
3. Cook beef in the same skillet until brown. Stir in 1 cup of the broth, salt and Worcestershire sauce. Heat to boiling; reduce heat. Cover and simmer for 15 minutes.
4. Stir remaining 1/2 cup broth into flour; stir into beef mixture. Add onion mixture; heat to boiling, stirring occasionally. Boil and stir 1 minute. Stir in sour cream; heat until hot (do not boil). Serve over noodles.

Mr. Rick

"Don't wait until the fourth Thursday in November to sit with family and friends to give thanks. Make every day a day of Thanksgiving!"
-Charmaine J. Forde



Books We Recommend..

November, there is so much to be thankful for! It is another time when we think of friends and families.

Let's gather together and read some books that we think your children will enjoy.

- Bear Says Thanks by Karma Wilson
- Thankful by Eileen Spinelli
- Thank You, Omu by Oge Mora
- 10 Fat Turkeys by Tony Johnston
- Fry Bread by Kevin Noble Maillard
- How to Catch a Turkey by Adam Wallen
- Meesha Makes Friends by Tom Percival
- Friendsgiving by Nancy Siscoe
- First Snow by Nancy Viau
- The Thankful Book by Todd Parr

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 Friday, November 5, 2021

Happy Reading!

Welcome to November!

We would like to thank all our parents who were able to meet with me and Mr. Fred for parent-teacher conferences. We really appreciate your input!

Our theme for November is *Caring for Others*. The letters are G, H, and I. The number is 4; the color is brown and the shape is rectangle.

On November 12, we will have a Toddler P.J. Day. The children in Toddler 1 and 2 are invited to wear their pajamas to school! Please make sure your child has shoes.

A quick reminder to bring in a pair of gloves/mittens and hat for your child. We will continue to play outdoors, weather permitting.

We will be sending your child's sunblock home the week of November 15. Please check your child's backpack.

Wishing all of our families a Happy Thanksgiving!

Ms. Effie, Mr. Fred and the Toddler Teachers



Time with Transition

Let's Be Thankful!

The Transition class will be focusing on the following themes for November: Home, Family, and Community, What Makes a Family; Home, Community and Cultural; Being Thankful and Giving Thanks. Our color for the month is Yellow, the shape is rectangle. The letters are G, H and I, and the numbers 7, 8, and 9. Holidays we are learning about this month are: Day of the Dead, Native American Heritage Month, and Thanksgiving.

During the month of November, we will have another take home assignment. This assignment is an "I'm Thankful For" poster. We would like each child (with the help of a parent or family member) to create a poster of what they are thankful for. You can use photos, magazine clippings, words, drawings, or anything else you are creatively inspired by!

These will be due Friday, November 12. The poster paper has already been sent home in your child's mailbox.

The Together Inc. Food drive is upon us! The Transition group has a history of winning this fun competition among classes. We want to continue that trend this year! We are asking for dry goods to be donated to the Transition box in the Multipurpose Room. Let's have some fun opening our hearts and pantries for a good cause this season!

With the weather changing, please remember to provide a jacket, a hat and gloves for your child for outside play. We also encourage bringing in a water bottle and Chapstick or Aquaphor to store in our medicine cabinet. The cold weather tends to cause dry skin, and that can be uncomfortable with a mask during a long school day.

Allison Johnson—Lead Teacher

As always, feel free to reach out with any questions or concerns. My email is anjohnson@unomaha.edu, and I am happy to talk in person, or via my scheduled daily desk hours.

Miss Allison and the Transition Staff



Points to Ponder with Preschool 1



Hello parents, and Happy November!

Did someone say "turkey"? It is so hard to believe that the year is almost over, and it is already November! We have a lot of exciting learning planned for this month, and I cannot wait to see what the children create and learn.

This month, we are focusing on our themes: Camping; Healthy Foods, On The Farm, and "I'm Thankful for...". We will be reviewing the letters A through F and the numbers 1 through 6. Towards the end of the month, we will learn about the letters G and H as well as the numbers 7 and 8. The color for the month is brown and the shape is rectangle.

For the month of November, here are a few important reminders:

- Our annual Together Inc. Food Drive is happening from November 1 through November 15. The class with the most donations wins a pizza or ice cream party... (And I happen to know 10 children who would LOVE to have one of these parties!) Bring your donations and place them in our "Preschool 1" box in the multipurpose room at any time during these two weeks! Every item counts!
- Please make sure your child has a coat, hat and gloves at school as well as weather

Ky Jackson—Lead Teacher

appropriate extra clothing in their tubby.

- The center will be closed Thursday, November 25 and Friday, November 26 for Thanksgiving. Enjoy the holiday!

Here's a fall-themed riddle for a little fun: What can you see in the fall, but not spring, summer or winter?

As always, please reach out if you have any questions, concerns, or comments! Enjoy your month!

Teacher Ky and the P1 Staff.

The answer to the riddle: "the word all"

It's Turkey time!

Happy November to everyone. I cannot believe how fast the semester has gone, it flew by and now it is time to start the next month!

Just a few little announcements for you this month:

First, it is time for our annual food drive for Together Inc. We will be accepting non-perishable goods and monetary donations. The food drive will begin on Monday, November 1 and end on Monday November 15. The class with the most donated items will get a class party.

Second, the holiday program in December is coming up, so we are encouraging everyone to continue practicing so that we are ready to go on the day of the program. The holiday program will be on Saturday, December 11. Please be on the lookout for more details!

Third, the UNO Child Care Center will be closed for the Thanksgiving Holiday on Thursday, November 25 and Friday, November 26, 2021.

Finally, if you have any questions or concerns, you can contact me at mmliu@unomaha.edu.

I look forward to a busy and fun November! Thank you for all you do, Miss Megan and the Staff of Preschool 2



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

HEALTH POLICY On Cold, Heat, Sun and Insect

The UNO Child Care Center encourages and participates in outdoor classroom play. It is a natural learning environment for children to explore, learn and be a part of. It is the UNO Child Care Center policy for children to be able to play outside, weather permitting, under the following conditions:

1. All children will participate in outdoor activities unless there is a medical reason with a physician's note stating otherwise.
2. Not raining, lightening, thundering or snowing.
3. Temperature above 32 degrees; including wind chill.
4. Temperature below 100 degrees; including heat index.
5. The playground, front area, and campus areas/walks are cleared and safe for children to play.
6. Children need to wear proper clothing and shoes/boots that is dry and layered for the warmth of cold weather.
7. Children need to wear sun-protective clothing &/or hats, applied skin protections or both for warmer weather.
8. It is encouraged for children to have long

sleeves or a light jacket for temperatures between 60 to 70 degrees.

9. It is encouraged for children to have a coat for temperatures between 32 and 60 degrees. Mittens or gloves or hats for temperatures under 45 degrees.
10. Children must have on proper fitting shoes for outside play, this includes tennis shoes or shoes (sandals) with backs. Flip flops are not recommended.
11. Sunscreen or sun block with UVB and UVA protection of SPF 15 or higher is encouraged to be applied to children's exposed skin year round when outdoors. The UNO Child Care Center must have a signed permission slip to apply sunscreen. Please see separate form.
12. The use of insect repellent containing DEET can be applied to children no more than once a day with parental permission. Please see separate form

CLOTHING

Please send your child to the child care center in comfortable, washable and seasonally appropriate clothing (we play

outdoors in all seasons). Each child is asked to have at least one change of clothing (potty trainers should have 3-4) including socks and shoes available at the center. It is highly recommended that your child's name be written on any item brought into the center.



Raising a Thankful Child

By Julie A. Riess

As we enter this season of Thanksgiving, we may find ourselves reflecting more often on how to raise a thankful child. At first glance, parents might think about how to teach the social scripts of thank you. Should a 2-year-old be forced to say thank you to Grandma for a gift? Should a 4-year-old sign a thank you note for a birthday present? Should a 6-year-old show appreciation for a large helping of spinach and cranberry sauce on his or her Thanksgiving plate?

Parents often have the best intentions of raising a thankful child as part of their parental job descriptions. We tend to use the social graces of please and thank you as one index of raising a "good kid." Indeed, manners such as these are important tools for getting along and working together with others in our society.

Even young children can be taught to say please and thank you. Giving them prompts ("What do you say?"), withholding the requested item ("You can't have the cookie unless I hear the magic words"), and modeling ("Could you please pass the juice?") are ways to encourage learning these manners. But is learning to say thank you the same as being thankful?

Think about something in the past year for which you are thankful. Is it a person, place, or thing? an event? a state of being? Did you say thank you? How did you express your gratitude? Did it feel sincere or more like satisfying a social grace?

The development of morality is marked in part by the emergence of the moral emotions such as shame, pride, guilt, embarrassment, and empathy. As these emotions develop, they allow children to feel a response in relationship to their own actions toward others. The emotional feedback contributes to that sense of sincerity.

Our gut reactions may highlight a comparison of manners vs. morals. While both reflect an aspect of how we treat others, children can use manners just by learning a script. The problem in learning scripts for manners for a child too young or separated from meaning is that children satisfy the social grace without experiencing the emotional response or acting upon their own intent. For example, 4-year-old Beth runs to greet her grandmother. "Thanks, Grandma!" she says, grabbing the present out of her grandmother's hand. She opens the box to find six pairs of white socks. Crestfallen, she says, "Thank you, Grandma, for my socks." Beth's first thanks is genuine appreciation for receiving a present, but her second thank you

is the script that she is supposed to say.

Teaching manners is a fine art of modeling but not always the making of meaning. Raising thankful children is a fine art of helping them make their own meaning. Maybe it is a crumpled, crayon-scribbled card. Maybe it is a fresh bouquet of dandelions (and a few other weeds) from the back yard or local park. Maybe it is just a warm hug after a cold ice cream treat.

Children express some sense of thankfulness and desire to be appreciated all the time. It is our role as parents to model appreciation and reflect those genuine feelings back to the child. With a warm smile and a sincere voice, we can say, "Thank you for my beautiful card. I can tell you worked hard on it. You used so many different colors! It makes me feel really good and happy inside. I'm going to put it up right here on the refrigerator so our whole family can enjoy it."

Thankfulness also emerges from children raised with the Golden Rule: "Do unto others as you would have them do unto you." Like adults, children need to be exposed to genuine appreciation and to feel appreciated.

Many years ago on our family vacation, my 8-year-old daughter saved some of her carnival money and schemed a way to buy me a small candle and matching stand. The gift brought tears to my eyes, and we both knew our appreciation was genuine. And yes, I said thank you.

