

January  
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

Happy New Year! We hope that everyone had an enjoyable break and holiday season. A special "Thank you" to the families who provided us with the wonderful goodies and gifts. It was very thoughtful. Thank you.

Please keep in mind that the teacher assistants' schedules have changed for the spring semester and their work hours will be different. The lead teachers' schedules stayed the same. Please take the time to read the staff bio-boards located by each room to learn about each staff member.

Please remember to keep us updated on any changes that have taken place regarding your class schedule, emergency information, new address, phone numbers or e-mail addresses. Also, please remember to inform us if your child has had any recent immunizations. We greatly appreciate your assistance with keeping your child's file current. Thank you.

Spring semester contracts will go out the week of January 13 and must be signed by Thursday, January 16. Only families who are on a semester-to-semester contract or have changed contracts, will need to sign a new contract.

Transition and Preschool Families mark your calendars now for a Lakeshore Parent Workshop Event on Supporting Social and Emotional Development in Children 3-5 years on Tuesday, February 18 from 4:30 to

7:30 P.M. The cost for this workshop is provided by the CCAMPIS Grant. All families who receive tuition subsidy through the grant and who have children enrolled in the Transition or Preschool programs will be required to attend. There are only 15 family spaces available. We will do a potluck dinner from 4:30 to 5:30 P.M. for families who sign-up. The workshop will run from 5:30 to 7:30 P.M. We will have child care available during this time. A sign-up sheet will go out the week of January 27 for families to sign-up for the workshop. There will be educational items given to families who participate. These items are provided by Lakeshore and paid for by the CCAMPIS Grant.

Mark your calendars now for the following dates for the Spring Semester:

- 1) Classroom Valentine's Day Party's will be on Friday, February 14.
- 2) Family Engagement Event presented by Lakeshore. Tuesday, February 18 from 4:30 to 7:30 P.M.
- 3) Parent/Teacher Conferences will be held the week of March 9. Sign up sheets will go out at the end of February.
- 4) Dawn & Monica will be out March 25 to 29, attending the National Coalition for Campus Children's Centers Conference in Spokane, Washington.
- 5) Week of Young Child Activities; April 13-17, 2020.

- 6) The Preschool 2 Graduation & Center Wide Luncheon will be on May 1, 2020 at 11:00 A.M. at the Milo Bail Student Center Ballroom. Watch for more details in the coming months on these events.

Reminder the UNO Child Care Center will be closed on Monday, January 20 in observance of Martin Luther King, Jr. Day.

I will be out of the office on Tuesday, January 21 and Wednesday, January 29. If you have any questions or concerns while I am out of the office, please see Ms. 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](mailto:dhove@unomaha.edu) or stop by my office.

Until Next Month...  
Children are the true connoisseurs. What is precious to them has no price, only value.  
-Bel Kaufman



## Happy Birthday!

2 - Charles C.

2 - Miss Ky

5 - Paul-Anthony H.

7 - Miss Allison

16 - Kristine W.

17 - Elliot K.

26 - Savanna L.

29 - Kyza L.

30 - Will M.



## Dates to Make Note of...

### January

- 1—New Year's Day, Center is closed
- 2—Child Care Center Re-opens
- 13—Spring Semester Starts
- 14—CHAMPS Meeting; 4:30 P.M. CCC
- 20—Martin Luther King Jr. Day, Center closed
- 25—Chinese New Year

### February

- 2—Groundhog's Day
- 2—Super Bowl
- 4—Rosa Parks Day
- 11—CHAMPS Meeting; 4:30 P.M. CCC
- 14—Valentine's Day
- 14—Classroom Valentine Exchange
- 17—President's Day
- 18—Lakeshore Family Engagement Event 5:30 to 7:30 P.M. 4:30 Potluck

### March

- 2—Read Across America Day
- 3—Super Tuesday
- 9-13—Parent/Teacher Conferences
- 8—Daylight Savings Time, Set clocks ahead
- 10—CHAMPS Meeting; 4:30 P.M. CCC
- 17—St. Patrick's Day
- 19—Spring Begins
- 23-27—UNO Spring Break
- 25-29—Dawn & Monica at NCCCC Conference

## Cooking with Rick

Happy New Year!  
Since January is a chilly month, I found a recipe that will warm you up!

### Family Hamburger Soup

#### Ingredients:

- 1 lb. ground beef (at least 80% lean)
- 1 C chopped onion
- 2 C diced peeled russet potatoes (about 1 lb.)
- 1 C celery
- 1 bag (12 oz.) frozen mixed vegetables
- 1 32 oz. carton beef flavored broth
- 1 14.5 oz. can diced tomatoes, undrained
- 1 Tbsp. Worcestershire sauce

- 3/4 tsp. salt
- 1/4 tsp. pepper

#### Directions:

1. In saucepan or Dutch oven cook the beef and onions over medium heat for about 7 to 9 minutes (until it's no longer pink), frequently stirring, then drain.
2. Add remaining ingredients; mix well. Heat until boiling. Reduce heat to medium-low; cover and simmer for 18 to 20 minutes; occasionally stirring, until the vegetables are tender.

Mr. Rick



## Rick Jacobsen—Kitchen Tech

"January, the first month of the year,  
A perfect time to start all over again,  
Changing energies and deserting old moods,  
New Beginnings, New Attitudes "  
--Charmaine J. Forde



## 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](http://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.

January book orders will be due **Tuesday, January 21, 2020**.  
**Happy Reading!**



Happy New Year.  
Welcome to all our friends. First we would like to say "Thank you!" to our families for the holiday gifts and treats. Your thoughtfulness is greatly appreciated.

We hope everyone had a fun and safe holiday season. We will be busy with indoor activities, since

the weather has gotten colder.

### Parent Reminders:

- 1) Make sure to check your child's mailbox at the end of the day.
- 2) Please provide diaper wipes for the month of January.
- 3) Make sure you label your child's clothing, blanket, pillow and stuffed animal.

We are starting to collect empty cereal boxes for Valentine's Day. We need 20 boxes. This number includes both toddler classes.

January Themes: Transportation, color, White, Diamond shape, number 6, and letters M, N & O.

Stay warm!  
Toddler Teachers

## Time with Transition

Happy New Year!!!  
I hope everyone had a peaceful holiday break.

We would like to welcome all of our new friends from Toddler 2. Keegan, Mona, Emmy, and Nora have been a nice addition to the Transition class. Our next group of Toddler 2 Friends will be joining us this month, Cora, Mackenzie, Paul-Anthony, Mila and Oliver. We look forward to watching them grow over the new semester.

Our new Toddler 2 friends have had their tubbies and coat hooks moved over by the Transition room, so if you need help locating either one, please feel free to ask a teacher.

We have many fun activities planned for the month of January. These are our themes for the month: Nutrition & Exercise; Water, Snow, & Ice; Setting Goals; Cause & Effect; Safe Choices and Helping Others. Color: Blue, Shape: Diamond, Numbers: 12 and 13, and Letters: L, M, & N.

### Allison Johnson—Lead Teacher

Please make sure you are checking your child's mailbox daily so you can stay up to date on what is happening in the Transition room.

If you have any questions or concerns please feel free to email me at [anjohson@unomaha.edu](mailto:anjohson@unomaha.edu). I am also available to take calls from 12:00 to 1:00 P.M.

Let's have a great 2020!  
Miss Allison and the Transition Staff

## Points to Ponder with Preschool 1

Hello Parents, We hope everyone enjoyed their winter break! January is here, and we are off to a great start! We have planned several fun activities for the month of January.

Preschool 1 has been having a blast playing with all their new friends. We want to say "Welcome!" to Camden, Cirilla and Liv who have joined us from the Transition group.

Here are the themes for the month: Polar Animals, the color White, the Octagon shape, the numbers 11 & 12 and the letters M & N. Our poem for this month is: "I'm A Little Snowman".

We would like to remind parents that we will play outside and take our nature walks, as weather permits, so please remember that your child needs a coat, hat and gloves/mittens. The weather has gotten colder, so

### Ronita Bolton—Lead Teacher

please make sure to bring in these items.

Here is to a great January!  
Ronita Bolton & the Preschool 1 Staff



## Joyous January to Everyone!

I cannot believe we are already starting the new semester, and with the new semester will come more changes.

The first change I would like to announce is that we will be taking shorter naps beginning at the end of this month. Starting on January 27, our class will begin laying down at 1:15 P.M. instead of our usual 1:00 P.M. time. Naptime will still end at 2:00 P.M.

The second change I would like to announce is that beginning the week of

January 13, I will begin sending home lists of high frequency words to practice at home. This can be done in addition to any sight words or other skills practiced, that is currently being done at home. I will be sending out a letter giving more details about at home sight word practice towards the end of this week.

If you have any questions regarding the changes mentioned above or any other questions, please feel free to contact me at my email [mmliu@unomaha.edu](mailto:mmliu@unomaha.edu) or call me during my desk time from 3:00 to 4:00 P.M. at the center number.

I look forward to another fabulous semester and a great start to the new decade.

Themes for the Month are: The colors Blue & Silver, the Diamond shape, numbers 16, 17 & 18 and letters M, N & O.

Thank you for all you do!  
Ms. Megan and the Staff of Preschool 2

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

CHAMPS would like to thank all of the families and friends who came to the Holiday Program! The children enjoyed sharing their songs and dances with you! The video will be ready later this month!

The next meeting will be held **Tuesday, January 14 at 4:30 P.M.**

Items that will be on the agenda are: spring fundraising, preschool graduation, and a spring family event.

We look forward to seeing as many parents as possible!

## 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.





## Why You Should Teach Your Kids to Cook

BY MOLLY BIRNBAUM DECEMBER 5, 2019

Molly Birnbaum is editor-in-chief of America's Test Kitchen Kids and an editor of The Complete Cookbook for Young Chefs and The Complete Baking Book for Young Chefs.

"Have you ever baked a cake before?" I asked Quinn, 9, at the beginning of a recent recipe-testing session in Boston. He seemed a little nervous as he shook his head no. But just over two hours later, Quinn carefully frosted his (slightly slanted) layer cake before proudly serving a piece to his parents. He had baked his first cake, with only a bit of help.

Since then, Quinn has been baking regularly at home and putting what he learned-like measuring all his ingredients before starting to bake-into practice. And although he definitely enjoys sampling his creations, he has also discovered the joy of sharing the food he's made with others, from muffins for his friends to cookies for his soccer team.

As editor in chief of America's Test Kitchen Kids, a company that develops recipes for children, I've witnessed many scenes like this and heard stories of such victories from children all over the country. Whether it's an 11-year-old discovering a love of tomatoes or an 8-year-old delighting in cooking her first piece of chicken for her family, each one reminds me of the value of teaching kids to cook and bake from a young age. My own daughter, Olive, is only 2½, but I've found that having her help me with simple tasks, like mixing, stirring, rolling or squishing, has sparked an interest in food and how it works-in addition to getting her to expand her toddler palate.

I know it's not easy. Cooking can be messy even without little hands flinging powdered sugar everywhere. And both the prep and the cleanup require patience. That's why it helps to start when you've got some time, like when you're looking for a new indoor activity over the holidays.

It's been said that good cooking is an art form. The truth is, it's much more than that. It's a way to teach kids vital 21st century skills, such as critical thinking, creativity and collaboration. It invites kids to make connections to the broader world by asking, "Where does our food come from?" and "What is the history of this recipe?" And it allows them to apply what they are learning in school in a new context.

Measuring ingredients, scaling recipes up or down and rolling out dough to specific dimensions are frequent tasks in cooking or baking. They also test the math skills of young chefs. "We need three of these, right?" said Zaniyah, 9, holding up a  $\frac{1}{4}$  tsp. measuring spoon. We were measuring ingredients for granola, and there were no  $\frac{3}{4}$  tsp. measuring spoons. So she used her knowledge of fractions.

Cooking also brings science concepts to life. Take mayonnaise, for example. At another recent session, after adding egg yolks, lemon juice, mustard, sugar and salt to the bowl of a food processor, the kids slowly added oil to the running food processor, creating a creamy, smooth mayo. Well, some of them did. Others went rogue and added the oil all at once, leaving behind a broken, greasy mess. It was a perfect opportunity for them to learn that oil and water don't usually mix and how an emulsion gets the two to play nicely-if you add the oil a little bit at a time.

Recipe failures like this matter as much as the successes, as they help kids develop resilience. When Helen, 11, took her cake out of the oven, she was embarrassed and disappointed to find that it was flat as a board. I told her about how, as a preteen, I accidentally made cookies with garlic powder instead of powdered ginger. Then we worked together to figure out what had gone wrong with her cake (the two teaspoons of baking powder left on the counter were a helpful clue).

Beyond the practical skills, cooking builds character. It encourages kids to work with others to produce the

final result and boosts their confidence as they take the lead in packing their own lunches, baking holiday treats or helping to get dinner on the table. It also encourages them to be open to foods they otherwise might not have tried. Jad, 11, had never eaten quinoa before testing a recipe for quinoa with herbs. His parents reported that he was so excited about this new ingredient that he cooked it for his family the next night, and it's been a part of their side-dish rotation ever since.

Of course, the best part of cooking with kids isn't the STEM skills or even the life lessons. Cheesy as this might sound, it's the memories you make together in the kitchen. This year, Olive and I have already done a lot of holiday baking, including our favorite chocolate-chip cookies. Yes, it required that I keep an extra set of clothes (for each of us) nearby, but if she remembers the moment she realized that sneaking bites of the dough is both acceptable and delicious, I will happily forget the mess that accompanied that experience.

