It is definitely summer time. It looks like the hot weather is here to stay. We are halfway through the summer and still have many fun-filled activities planned. We hope that you have had the chance to get outside and enjoy the sunshine.

Summer swim lessons, for children ages 3 (must be completely potty-trained; no pull-ups or diapers) to 12 years, are July 8 to July 18, Monday through Thursday, from noon to 12:30 P.M. for children in Transition and Preschool and from 12:30 to 1 P.M. for School-age children. An email has gone out with the link and registrations are due by July 3. There are only a few spots left. Once you have registered your child, email Ms. Dawn to let her know.

Please make sure you are checking the “Where We Are Board” each day to see where your child’s group is. The children do go for walks in the morning and afternoon. The groups are required to be back by 4 P.M. in the afternoon. However, if you require your child to be at the center to be picked up before this time, please notify your child’s teacher that morning, so we can have them stay back with another group. Also, please note that some groups go for early morning walks and they leave the building around 9:30 A.M. Please plan accordingly.

Please notify us if you will be planning a vacation and your child will not attend at the center. Reminder, you must pay in advance any tuitions due during your time off, so that you are not assessed a $10 late payment fee. If you have any questions about vacation time or how to figure tuition, please see Dawn. Only full-time contracted families are eligible for vacation time.

Annual Food Program forms will be going the week of July 8. ALL families are required to have a form on file, even if you do not qualify. You will simply need to fill the top of the form and then sign & date the form. All summer enrollment forms must be turned in by Monday, July 15. All fall semester forms must be turned in by Wednesday, August 28. This also includes the required special request form for food allergies and milk substitutions. Questions see Dawn or Monica.

Toddler and Transition Families, mark your calendars now for a Lakeshore Parent Engagement Workshop on Language Development for children 0 to 36 months on Tuesday, September 17 from 5:30 to 7:30 P.M. More information to follow next month. The CCAMPIS Grant is covering the cost of this training.

Finally, I will be out of the office on July 18, 19 & 26. If you have any questions, during these times, 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...
“Take some time and make summer time memories! Go run through the sprinkler with your child or plan a day at the park. There are so many summer activities that you can do.”
Our annual 4th of July Parade will take place on Tuesday, July 2. We will be leaving the center at 9 A.M. Toddlers will be riding in the wagons. Make sure to wear red, white and blue.

Upcoming Activities:
Tuesdays: Outdoor Water Play

Thursdays: Library
Please have your child at the center by 9 A.M. We leave for the library at 9:15 A.M. Friday July 26: Picnic Lunch – watch for more information later in the month.
Afternoon Wagon Rides: We will be taking the children on wagon rides in the afternoon, weather permitting. If you plan to pick up your child before 3 P.M., please let Mrs. Effie, Monica or Dawn know.

July Themes: Discovering Sounds and Review of Shapes.
Have a safe 4th of July and stay cool!

Toddler 1 Teachers

Talk with Toddler 1 & 2

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Have a safe 4th of July and stay cool!

Toddler 1 Teachers

News and Views from Preschool 2

Hello all, I cannot believe how fast June has gone by, it seems like only yesterday it was May and now it is almost the fourth of July. I just have a couple of quick reminders for you.

First, swim lessons begin the week of July 8 and go until July 18. Please make sure your child has a swimsuit and towel for swim lessons available at the center. Swim lessons are at 12:30 P.M. for school-age children that have signed up. Open swim will continue to be on Tuesdays and Thursdays. For any questions regarding swim lessons, see Miss Dawn or me.

Second, with quite a few field trips in July, please make sure that children have sack lunches for the field trips that go through until lunchtime. Lunches must be peanut and nut free. See me or Ms. Dawn for any questions about lunches.

Third, there have been a couple of changes to field trip schedule. 1) Gifford Farm had to cancel our field trip on Friday, August 19 due to construction, so instead we will be going to Mahoney State Park to play miniature golf and have a picnic. The bus will leave at 9 A.M. and we will be back at 1:00 P.M. Your child will need a disposal peanut/nut free sack lunch and drink. A new field trip permission slip will go out the week of July 8. 2) We have replaced the Lake Zorinsky Park field trip on August 2 with Bellevue Berry Farm. Your child will need a disposable peanut/nut free sack lunch and drink. The bus will leave at 9:00 A.M. and be back by 1:00 P.M. Let us hope it does not rain this time.

Forth, if you have any questions or concerns regarding summer activities or field trips, please email me at mmliu@unomaha.edu or call me on the center phone during my desk time from 3 P.M. - 4 P.M. . I am looking forward to all the fun-filled days to come in July.

Thanks for all you do,
Miss Megan and the staff of School Age

Happy Birthday!

3 - Charles W.
4 - Abhaya G.
6 - Elenor R.
8 - Isabelle W.
11 - Emerson C.
11 - Henry C.
12 - Rex S.
12 - Mr. Rick
13 - Abhaya G.
13 - Miss Makayla
16 - Miss Karlie
19 - Miss Kryssy
20 - Cirilla J.
21 - Liv S.
27 - Gabe S.
27 - Zeke S.
28 - Farhan M.
29 - Miss Caroline
Happy 4th of July! Thank you so much to parents and family who have made it out for some of our activities and picnics. It has been such a fun summer outdoors, and we hope to keep the good times rolling!

We will be kicking off July with our annual 4th of July parade on Tuesday, July 2 at 9:30 A.M. Family and friends are more than welcome to join. The center will be closed in observance of Independence Day on Thursday, July 4.

Swim lessons begin on Monday, July 8 and go through Thursday, July 18. Children must be 3 years of age and not use pull-ups or diapers at any time.

If you have questions or concerns about upcoming events please see Ms. Allison, Dawn, or Monica.

July Learning Themes: Dinosaurs, Reptiles, & Birds and Outer Space.

Happy July.

Transition Teachers

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Time with Transition

Happy 4th of July! Thank you so much to parents and family who have made it out for some of our activities and picnics. It has been such a fun summer outdoors, and we hope to keep the good times rolling!

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Cooking with Rick!

Ever wonder what to do with leftover fried chicken? Well, I found a recipe called “Fried Chicken Salad” that could be the answer.

Ingredients include:
- 6 pieces of cold fried chicken
- 2 stalks of celery, finely chopped
- 2 scallions, thinly sliced
- 1 medium dill pickle, finely chopped, plus 1/3 C & plus 2 Tbsp. dill pickle brine
- 1/2 C mayonnaise
- 1/4 C buttermilk
- 1 Tbsp. yellow mustard
- Hot sauce, for seasoning

Kosher salt
Potato rolls, for serving

Directions:
1. Remove and throw away any bones from the chicken. Next, chop up the meat, with the fried skin on, into small pieces. (This should yield about 6 cups).
2. Set aside 1 tablespoon each of the following ingredients: celery, scallions and pickle.
3. Now whisk the mayonnaise, pickle brine, buttermilk, yellow mustard and a couple of hot sauce in a large bowl. Pour in the remaining celery, scallion and pickle and stir all the ingredients together.
4. Add in the chopped chicken to the large bowl and gently stir to evenly coat the chicken. Season with salt and hot sauce as you desire. Pour this mixture into a large serving bowl and sprinkle with reserved celery, scallion and pickle. Serve on potato rolls with a few dashes of hot sauce.

Mr. Rick
“Summertime is always the best of what might be.” --Charles Bowden

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Baby News

Congratulations to the Hassenstab Family: Brent, Emily and Big Brother Will on the birth of Henry Robert Hassenstab born on June 13, 2019; 8lbs. 3oz. and 19 ¾ inches.

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

CHAMPS will not be meeting during the summer. Our next scheduled meeting will be Tuesday, August 20 just before the start of the fall semester. CHAMPS will meet in the multi-purpose room from 4:30 to 5:30 PM.

We look forward to seeing all of our families at our end of the summer event. The child care center annual Ice Cream Social and Marching Band event on August 23 from 4:15 to 6 PM. Hope to see you there!
July is here! We are loving the sun and warm weather. Preschool has been having a blast playing outside, weekly visits to the library and plus all the children are loving water play day!

We had a great time on our field trip to the zoo. I think the most favorite summer event was when Bruce Phillip came and sang with us. We have many more fun activities to come for the summer.

Swim lessons start July 8 and go until July 18 from 12 to 12:30 P.M.

Our field trip to the Omaha Children’s Museum is on Friday, July 12. Your child will need a peanut/nut free disposal sack lunch and drink. Please have your child here by 9 A.M., as the bus will be leaving at 9:30 A.M. We will be back by 1 P.M. Parent volunteers are welcome to join us. There is no fee for parents.

Our field trip to the UNO Planetarium is on Monday, July 15. The show will run from 10 to 11 A.M. We will be leaving to walk over to the Planetarium at 9:30 A.M. Parent volunteers are welcome to join us. There is a $2 fee.

Our final summer event will be a visit from Gifford Farm on Friday, August 2 at 9:30 A.M. Parents are welcome to join us. There will be a $6 fee for parents who wish to stay and participate in the event.

As a reminder, we try to spend as much time as possible outside every day all summer, so we ask that you please remember to bring in sunscreen.

Please feel free to contact me between the hours of 8:30 to 9:30 A.M. at the center or via email at ronitabolton@unomaha.edu

Have a safe and Happy 4th of July!
Ms. Roni and Preschool 1 Staff

Points to Ponder with Preschool 1
Ronita Bolton – Lead Teacher

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 activation code: GIXFX. 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. You may also bring in order forms with a check made out to scholastic. No cash orders will be accepted. Book orders will start up again in August. Watch for Book Order forms towards the beginning of August. Happy Reading!

Focus on Policy and Procedures

PERSONAL PROPERTY
The UNO Child Care Center discourages your child from bringing in toys or non-naptime items from home to the center. They are often difficult to share and can be broken or lost. However, occasionally the teachers will have special activities where children are asked to bring in certain objects so please be sure to label the items.

Note: While we do our best to protect your child’s items, the UNO Child Care Center is not responsible for any items that are lost or broken.
Everyone experiences times when they wish they could relax for a few minutes. Taking a few moments to engage in simple, everyday relaxation techniques will help to sustain and strengthen you throughout your day.

If you have relaxation practices that work for you and help your body to re-energize, you might wonder how you can encourage your children to join you. After all, their lives can be stressful as well—they’re trying to get good grades, make friends, and adapt to all of the changes that are part of growing up.

Sure, it would be quite a challenge to try to train a toddler to meditate for a half hour when they can barely sit still long enough to eat. The idea is almost comical. However, there are age-appropriate relaxation activities suitable for any stage of development—from preschoolers to teens.

In this article, you’ll learn how to help your children develop greater mindfulness and relieve stress.

Sharing Relaxation Practices with Younger Children

Even small children can relax and focus if you use movement and sound to make it interesting. It also helps if you can provide role modeling to your child by managing stress constructively as well.

Try these techniques with your young child:

1. Make it fun. Be sure to present relaxation practices as a helpful tool rather than punishment. Pay attention to your child’s limits so they’ll stay engaged.
2. Keep it brief. As little as one minute of seated meditation can be an achievement for a preschooler. Plan multiple activities, so you can switch things around if your child seems to be losing interest.
3. Practice deep breathing. Focusing on the breath is an excellent starting point at any age. Ask your child to imagine filling his stomach and chest with air and then releasing it like a balloon. Taking five slow deep breaths will do the trick. The proper technique is to inhale and exhale deeply through your nose and out your mouth. Let your child know that deep breathing can be done anywhere when they’re feeling stressed.
4. Play music. Does your child have some favorite songs? Take turns singing different parts or ask her to listen for specific notes. Close observation is a form of mindfulness.
5. Take a walk. You can also meditate or appreciate your surroundings while you’re moving around. Go to the park together and identify as many different kinds of flowers as you can.
6. Stretch. While at first, it may seem difficult for your child to relax while doing homework (especially if they aren’t a fan of extra school work!), there are some techniques you can show them how to do when they’re completing assignments to help create a sense of calm. You can demonstrate to your child how to do the following stretching exercise: roll your head around, from side to side and from front to back with your eyes closed. This technique helps to relieve neck tension, increasing blood flow to the brain, which is a natural and easy way to relax.
7. Smile. Encourage your child to smile whenever possible. Smiling is proven to help relax and rejuvenate your body. Explain to your child that smiling will help to make them feel better because it releases chemicals in their bodies that make them feel good. In fact, smiling can even help to lower your heart rate and blood pressure.
8. Laugh. Laughter has been proven to be an instant stress reliever. When you can, use humor so you and your child can have fun and be energized. Tell a funny joke or story, play a fun game or sing a silly song with your kids as you’re driving. Watch humorous age-appropriate videos on YouTube together. Encouraging laughter in your home will create a peaceful environment you’ll all enjoy.