The leaves on the trees are finally starting to change 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 6. You will only need to re-register your child if you are on a semester-to-semester contract. In addition, we will also need an updated class schedule for the spring semester. Forms are due back by Monday, November 27. After this date, we will open any spaces available to families on our waiting list.

Reminder: UNOCCC will be closed on Thursday and Friday, November 23 and 24 in observance of the Thanksgiving Holiday. Also, please make note that the child care center will be closed from December 23, 2017 to January 1, 2018 for the winter break. The center will re-open on Tuesday, January 2, 2018.

Monday, October 30 kicked off the start of the UNO Child Care Center’s Annual Food Drive for Together, Inc. The last day to bring in donation will be Tuesday morning, November 14 before 8:30 A.M. Our goal this year is to raise 1200 items. The group that raises the most items will receive a special prize for their classroom. Which group will be the winner? Stayed tuned....

The UNO Child Care Center’s annual Holiday Program will be on Saturday, December 9, 2017 at 10 A.M. at the Straus Performing Arts Theater. All children need to be there by 9:45 A.M. The children will do a short program, followed by a visit from Santa. Dr. Shelly Cooper will be directing and producing the program this year. We will also include a Dance performance, directed by Kathy Gentile, for the children taking Dance Lessons. We are very excited to see what the children will be doing. The CHAMPS group will be sponsoring DVD sales of the program. Please watch for more details.

The UNOCCC had our NAEYC Re-Accreditation site visit on Wednesday, November 1. Everything went well and we had no missing criteria. We will now wait for the NAEYC decision that can take up to 90 days to find out. Once I have notification, I will let everyone know. Thank you to everyone for your support!

Finally, I will be out of the office on November 10 & 22. 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…

“Who you are inside is what helps you make and do everything in life.” — Mr. Rogers

**Feature Facts from Dawn**

**Dates to Make Note of...**

**November:**
- 1-13 Annual Food Drive; Together Inc.
- 4 - Daylight Savings Ends
- 6 - Election Day
- 11 - Veteran’s Day
- 13 – CHAMPS Meeting; Alumni Center
  Noon - 1 P.M.
- 14 - Preschool Field Trip to Together Inc.
- 23-24 Thanksgiving Holiday; Center Closed

**December:**
- 5 – CHAMPS Meeting; Alumni Center
  Noon - 1 P.M.
- 9 – Holiday Program; 10 AM Strauss
- 11-14 - UNO Finals Week
- 13 – First Day of Hanukkah
- 21 - First Day of Winter
- 23 - Jan 1 - Winter Shut Down; Center Closed
- 25 – Christmas Day
- 26 – Kwanzaa Begins

**January:**
- 1 – Child Care Center Closed
- 1 – New Year’s Day
- 2 – Child Care Center Re-opens
- 8 – Spring Semester Starts
- 9 – CHAMPS Meeting; Alumni Center
  Noon - 1 P.M.
- 15 – Child Care Center Closed
- 15 – Martin Luther King, Jr. Day

**Happy Birthday!**

11/3 Luke L.
11/4 Addison M.
11/4 Miss Alex H.
11/5 Josselyn T.
11/8 Ms. Courtney
11/12 Rosie D.
11/13 Henry D.
11/13 Sara B.
11/14 Lincoln W.
11/14 Miss Julia
11/16 Lyra J.
Talk with Toddler 1

Thank you to all those parents who took the time to sign up for a parent/teacher conference. Your input is important to us. A letter will go out later this month to the parents whose children who will be moving up to Toddler 2.

We will also start practicing for our Holiday program this month. Which will be on Saturday, December 9 at 10 A.M. at Strauss Performing Arts Theater.

Themes for November:
- My Family & Foods
- Shape: Rectangle
- Letters: G, H, I
- Color: Brown
- Number: 3

Parents, please remember to provide a coat, a change of clothes, an extra pair of socks and shoes for your child’s tubby. We will continue to play outside, weather permitting.

Effie Swinarski – Lead Teacher

Take Two with Toddler 2

Thank you to all those parents who signed up to meet with Ms. Effie for parent/teacher conferences. Your feedback is important to us. A letter will be going out later this month to the parents whose children who will be moving up to Transition.

We will also start practicing for our Holiday program this month. Which will be on Saturday, December 9 at 10 A.M. at Strauss Performing Arts Theater.

Themes for November:
- My Family & Foods
- Shape: Rectangle
- Letters: G, H, I
- Color: Brown
- Number: 3

Parents, please remember to provide a coat, a change of clothes, an extra pair of socks and shoes for your child’s tubby. We will continue to play outside, weather permitting.

Fred Abram - Lead Teacher

Time with Transition

Happy November!

The Transition class will be focusing on the following themes for November:
- Home, Family, and Community; What Makes a Family; Home, Community & Culture;
- Being Thankful & Giving Thanks.
- Color: Yellow
- Numbers: 7, 8, 9
- Shape: Rectangle
- Letters: G, H, I

Holiday: Thanksgiving

The Transition class has been enjoying the nice fall weather and we are excited for all the fun things we have planned for the month. We are kicking off the month with our annual center wide food drive for Together Inc. The class that collects the most items will get an ice cream party. Each class has a box for their items in the multi-purpose room. Preschool 1 & 2 will be delivering the items on Tuesday, November 14.

During the month of November, we will have a few take home assignments. The first take home assignment is a “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. These will be due Friday, November 10. We will also be sending another assignment home that deals with who lives in their home and who is in their family. This assignment will be due on Friday, November 17.

Please make sure you are checking your child’s mailbox daily so you can stay up to date with what is going on in the Transition class.

As always, feel free to reach out with any questions or concerns.

Cassie Miller – Lead Teacher

Wishing everyone a Happy Thanksgiving!

Transition Teachers
November is already here! We had a fun October learning all about community helpers, new shapes, numbers and an awesome Costume Parade and celebration. A special thank you to Nurse Kristen for coming to visit our class during community helper’s week.

This month we are going to focus on learning about our 5 senses, exercise and what we are “Thankful For”.

Themes for the month of November are:
- Colors: Brown, Black & Gray
- Letters: G, H, I
- Shape: Rectangle
- Numbers 7, 8, 9

The food drive for Together INC. started the week of October 30 and runs until Monday, November 13. On Tuesday, November 14, we be taking a field trip to Together Inc. to drop off the donated items and take a tour of Together Inc. pantry. Your child will need to be here by 9:15 A.M, as we will be leaving the center at 9:30 A.M. We will arrive back at the center by 11 A.M.

One last reminder, we will be closed during thanksgiving break, Thursday, November 23 and Friday, November 24.

Grateful Greetings

I hope that you are all well rested from a fun filled month of spooky fun! This month is going to be very busy with all of the fun things that we will be doing in the classroom. Just a reminder that monthly homework for November will be sent home on October 31 and will need to be done throughout the month of November.

The food drive for Together INC. started the week of October 30 and runs until Monday, November 13. On Tuesday, November 14, we be going to Together Inc. to drop off the donated items and take a tour of Together Inc. pantry. Your child will need to be here by 9:15 A.M, as we will be leaving the center at 9:30 A.M. We will arrive back at the center by 11 A.M.

One last reminder, we will be closed during thanksgiving break, Thursday, November 23 and Friday, November 24.

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

CHAMPS will be meeting on Tuesday, November 14, 2017 from Noon to 1:00 P.M. at the Alumni Center. This month, we will be preparing for the Holiday program that will be held on Saturday, December 9, 2017 at Strauss Performing Arts Theater. We will need volunteers to help with DVD sales of the program. We will also discuss the family survey results.

We are in need of your help! Without your help, CHAMPS will not be able to plan for the many fun activities that families are invited to each year. If you would like to suggest a different day or time that works better for you, please talk to Dawn or Monica! We hope you can join us.
Cooking with Rick!

This is the time of year, where I think of casseroles. I found a recipe on the Betty Crocker website that looked good to try. It is entitled: “Green Bean & Chicken Casserole”.

Ingredients needed:
- 1 can (10 ¾ oz.) condensed cream of chicken soup
- ¼-cup milk
- 1 cup herb-seasoned stuffing crumbs
- ¼ cup butter or margarine, melted
- 4 boneless chicken breasts (about 1 ¼ lbs.), cut into 1 inch wide strips
- 2 cups frozen cut green beans, thawed

Preparation:
1. Preheat oven to 350 degrees. Lightly spray 11x7 glass baking dish with a cooking spray. In another small bowl, mix the stuffing crumbs and melted butter.
2. In the baking dish, layer the chicken, green beans, soup mixture and stuffing mixture.
3. Bake uncovered for about 45 minutes or until chicken is no longer pink in the center. Mixture will be hot and bubbly.
4. Optional: Add ½ tsp of ground sage to the soup mixture.

Mr. Rick

“As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.” JFK

Focus on Policy and Procedures

Inclement Weather Policy

Closing
The decision to close the University because of adverse weather conditions will be made by the Chancellor or his or her designee. Should an inclement weather situation arise during the workday, this decision will be made in consultation with a “Weather Emergency Committee” to be established by the Chancellor. This committee shall have representatives from University Relations, Facilities Management and Planning, Vice Chancellor of Academic Affairs, Student Enrollment Services, Human Resources Office and others as input is required.

When inclement weather occurs during the evening or prior to the beginning of a regular business day, a decision regarding a closing should be made by 4:45 A.M. if at all possible. The decision will be one of the following alternatives:

a. All classes and offices at UNO will be closed and only previously designated personnel are to report to work.
b. All morning classes at UNO have been canceled and only previously designated personnel should report for work. A decision regarding afternoon and evening classes will be made by 5 A.M. and released to the media.

Students, faculty, and staff should take responsibility for listening to local broadcast news media for that update. When inclement weather occurs during the workday, University Relations will convene the Weather Emergency Committee as established by the Chancellor. The decision will be one of the following alternatives*:

a. UNO will close classes and dismiss staff at (specified time). Previously designated personnel shall remain on duty or report to work as scheduled.
b. UNO will be open and all activities will be conducted as usual.

*Each alternative will include a statement concerning off campus and evening classes, either including the University evening and off-campus classes or with the exception of the University evening and off-campus classes.

Please note: As a matter of policy, some of the Omaha news media will not air school openings.
Empathy: Teaching Kids to Value Others
By Parenting Today Staff | on February 6, 2017 | in Child Development, Parenting

Empathy is one of those strange qualities – something almost everyone wants, but few know how to truly give or receive it. In a world where self-gratification is emphasized, it is in short supply but high demand. This is all the more reason to teach the next generation what it means to have empathy for those around them.

What Is Empathy?
Many people confuse sympathy and empathy, but they are two distinct values. Empathy is not just the ability to understand someone’s feelings; criminals often take advantage of people by appearing to understand their feelings and subsequently gaining their trust. Empathy is more than that. Not only is it the ability to recognize how someone feels, but it also values and respects the feelings of another person. It means treating others with kindness, dignity, and understanding.

Kids Need To See Adults Show Empathy
While some children are gifted with naturally kind hearts, in most cases kids need to see empathy modeled by the adults around them. It begins with the way parents relate to their children. Parents who show an interest in the things that matter to their kids and respond to emotions in a positive and caring way are teaching the skill of empathy.

Meet Emotional Needs
When children have their emotional needs met, two things happen. They learn how to meet the emotional needs of others and they are anchored in what they are receiving, meaning that they are secure enough to give to others when the need arises but first they need to receive. An empty jug cannot fill a cup.

Talk To Kids About Emotional Needs
Many adults find it hard to talk about emotional needs or anything related to emotions. Consequently, they spend their lives tiptoeing around the subject of emotions. These are people who don’t know how to handle the emotions of others and are uncomfortable with any situation that calls for an emotional response. Sometimes they are afraid of their own emotions because they have never learned how to deal with emotional needs.

It’s a good idea to talk to kids about emotions and how other people experience them. Give their emotions names (for example, jealousy, anger, and love) and teach them that these are normal. Talk to them about how to handle emotions in a positive way and point out situations where other people are experiencing emotions. Teach them about respecting the emotions of others and show them how to act in a situation where a response is required.

Look for Real Life Situations to Practice Empathy
There is nothing like a real life example to model what you are teaching. Look for situations that affect another person and talk to your kids about what it means to the people involved and how they might feel. For example, if you see an ambulance speed past, talk about how the family members of the sick person might be feeling.

Play Games
Younger kids in particular love to pretend that they are someone or something else. You can use these fun times for teaching empathy. Get your kids playing the role of another person. This might be a character in a book or on TV, or even someone you know who has been through a significant experience lately. You can act out the story together and ask your kids to stop and imagine how their character might have been feeling at any given moment. This will focus their attention on the emotions that another person might experience when in that situation. You can ask them to make faces that reflect the feelings of their character.

Develop Their Inner Moral Compass
Teaching your kids the difference between right and wrong from a young age gives them a strong internal moral compass that will direct them to make good choices. In situations that require a decision, help them to see how our choices and behavior affect others. Talk to them about how wrongdoing harms others and help them to see the hurt and damage that it causes. It’s a good idea to talk to them about the little things such as calling a sibling an unkind name that hurts her feelings or refusing to play with their brother when friends visit. When building a strong moral foundation, start small and begin with the basics.

Empathetic Kids: Givers Not Takers
By raising your kids to understand and practice empathy, you’re giving them the gift of giving. In a world where great emphasis is placed on looking out for your own interests, people who are givers are all too rare. But they are the ones who enjoy the greatest satisfaction from life, live the most meaningful lives, and enjoy more rewarding relationships. Teaching your kids empathy is a worthwhile investment for their own futures and for the world they will inhabit.

Lesson plans are posted weekly outside your child’s classroom. Please read and extend those lessons at home!

Baby News!

Congratulations to the Dahlke Family: Josh, Laura, big sisters Julia & Violet and big brothers Finn and Simon on the birth of Spencer Leo born on October 7, 2017; 7 lbs 11 oz and 21 ½ inches.

Congratulations to the Watson Family: Griff, Lauren and big brother Brooks on the birth of Sloane Lauren born on October 24, 2017; 7 lbs 9.9 oz and 19 ½ inches.