

February
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

February is upon us and the ground hog saw his shadow. So does that mean 6 more weeks of winter? We will have to wait and see. I hope that the colder weather is soon behind us and that spring is around the corner.

Please remember that the children do go outside once the weather gets above 32 degrees, including wind chill. Please provide the proper outside attire including coats, hats, gloves and boots. The children may go on walks in the afternoons and are back by 4 P.M. If you will be picking up before 4 P.M., please remember to let the staff know, so that your child can stay back at the center.

The Valentine's Day exchange will be on Friday, February 12. If you would like your child to participate, please make sure to bring in your child's Valentine's by Wednesday morning, February 10. The classroom parties will be from 9:30 to 11 A.M.

The updated number for each group are:

Toddlers	8 Children	6 Staff
Transition	11 Children	10 Staff
Preschool 1	14 Children	6 Staff
Preschool 2	8 Children	5 Staff

Please note that we are asking that no candy containing peanuts or nuts, etc. be included in any of the Valentines and that NO hard candy be placed in any of the toddler's Valentines. All items must be store bought and in the original packaging. Please see Dawn, Monica or the Lead Teachers if you have any questions.

Mark your calendars now for the following upcoming events and watch for more details:

- 1) Dr. Seuss' Birthday is March 2. The UNO Child Care Center will be doing special activities on this day and to celebrate Read Across America day. Please watch for a detailed email.
- 2) Parent/Teacher Conferences will be the weeks of March 15 and March 22, 2021. Sign-up sheets will be posted by February 22. Please watch for the day/time of your child's lead teacher's availability. If these days/times do not work for you, you will need to talk with your child's lead teacher to set up an alternate time during the week of March 29.
- 3) Week of the Young Child is the week of April 10-16, 2021. We will have special activities planned during this week.

- 5) We are currently working on plans to have the Preschool 2 Graduation in April. Due to COVID, we are required to get permission to hold an event that is larger than 10 people. Once the we have received the notification on the status of the event, I will let you know. At time, I will update you with any details.

I will be out of the office on February 5, 18 & 19. If you have any questions or concerns 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..."Educating the mind without educating the heart is no education at all" - Aristotle



Happy Birthday!

5—Keegan K.
6—Violet D.

20— Emmaline S.



Dates To Make Note Of...

February

2 - Groundhog Day
7 - Super Bowl Sunday
12 - Book Orders Due
12 - Chinese New Year
12 - Valentine Exchange Parties
14 - Valentine's Day
15 - Presidents Day
16 - Mardi Gras

March

2 -Read Across America Day
12 -Book Orders Due
14 -Daylight Savings Begins
14 -21 - Spring Break, Center Open
15 -Toddler 1 Parent/Teacher Conferences
16 -Toddler 2 Parent/Teacher Conferences
17 -St. Patrick's Day
17-18 -Transition Parent/Teacher Conferences
20 - First Day of Spring
22-23 -Preschool 1 Parent/Teacher Conferences
24 -Preschool 2 Parent/Teacher Conferences

April

1 - April Fool's Day
4 - Easter
8 - Book Orders Due
10-16 - Week of Young Child
12 - Ramadan Begins at Sundown
TBA - Preschool 2 Graduation
22 - Earth Day
30 - Arbor Day

Cooking with Rick

Rick Jacobsen—Kitchen Tech

This month's recipe is "A Calzone Recipe for Kids"

For the Dough:

1 pkg. yeast
1 tsp. sugar
1 C. warm water
1 tsp. salt
3 tsp. olive oil
1 3/4 C. white flour
1 3/4 C. whole wheat flour

For the Filling:

Mozzarella Cheese
Marinara sauce
Turkey pepperoni

Instructions:

1. Combine yeast, sugar, and warm water and let set for 5 minutes.
2. Mix remaining ingredients and then add yeast mixture.
3. Let dough rise in a warm spot for about 1-2 hours, until it doubles in size.
4. Roll out a small portion of the dough at a time, cutting two equal sized hearts.
5. Fill middle with a thin layer of marinara sauce, turkey pepperoni and cheese. Then layer the top with another heart and crimp the edges together with a fork.
6. Set calzones on a baking tray.

7. Bake at 400 degrees for 10-15 minutes, until lightly browned.
8. Test to make sure dough is done baking.
9. Serve with marinara sauce for dipping.

Enjoy!
Mr. Rick



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

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.

October book orders will be due
Friday, February 12, 2021.
Happy Reading!

Talk with Toddlers 1 & 2

Effie Swinarski and Fred Abram—Lead Teachers

Welcome to February!
Hope everyone is keeping warm and enjoying this winter season.

The theme for this month is Emotions. The color is Pink, the shape is Heart, the number is 7 and the letters are: P, Q, & R.

Our annual Valentine's Day Exchange will be a little different this year. Your child's Valentine's should be store bought. Any candy or trinkets must also be store bought and in their original packaging. Please no products containing nuts or peanuts, and no hard candy for the toddlers.

The toddlers will be making a Valentine sack here at the childcare center. Please do not send in any pre-made boxes, etc.

We are asking families to bring in your child's Valentine's and items prior to the day of the party. You can start bringing in items as soon as Monday, February 1, 2021. All Valentine's and items need to be at the Child Care Center no later than Wednesday morning, February 10, 2021 for your child to participate. Please write only your child's name on the Valentine.

There are 8 children and 8 teachers.

If you have any questions, please direct them to either Dawn or Monica.

We are planning some fun activities this month. We will be working on fine motor skills, exploring finger paint, and other textures.

Until next month!
Take some time to explore your world.
Toddler Teachers



Time with Transition

Allison Johnson—Lead Teacher

Happy February!
Spring semester is in full swing and the Transition class has been very busy!

We will be doing a valentine exchange on Friday, February 12. If you would like your child to participate in the exchange you will need to bring in valentines for your child's classmates no later than Wednesday, February 10. There are 11 students in the Transition class. If you are providing any treats/cards for teachers, we have 10 staff members. We would also love for parents, family, or friends to Zoom in and read that day. The time slots to sign up will be available in 15 minute increments from 9-10 A.M. and 3-4:30 P.M. If you are interested

in reading please let Ms. Allison know.

We will also be having a Transition Pajama day on Friday, February 26. Please make sure your child has appropriate outdoor shoes if they are going to be wearing house slippers/footed pajamas.

February's themes are: Different Ways to Travel; How Do We Get Around; Handling Our Emotions; and Different Types of Feelings. The color for this month is Purple, and the shape of the month is Heart. The letters are O, P, & Q and the numbers are 14 and 15. Special days during this month are Valentine's Day and President's Day.

As always if you have any questions or concerns feel to reach out via email (anjohanson@unomaha.edu) or during my scheduled hours at the center.

Ms. Allison and The Transition Staff



Points to Ponder with Preschool 1

Ronita Bolton—Lead Teacher

Hello Parents, February is here!

The themes for this month are: Did the Groundhog see his Shadow; Friendship (Valentine's Day); Feelings and Emotions; and Dental Health. The color for the month is Pink, the shape is Heart, letters are M & N, and the numbers are 11 & 12. Special days this month include Valentine's Day and President's day. Our song for the month is Skidamarink.

We are having a Valentine Day Exchange Party on Friday, February 12 from 9:30 to 11 A.M. Valentines and any candy or trinkets must be store bought, and in their original packaging. The children will be making Valentine bags at the center. Please refrain from bringing in any boxes or bags. We have 14 children and 6 staff in our class.

Even though the weather changes frequently, we would like to remind parents that we will play outside, and take our nature walks weather permitting. So please remember that coats, hats and gloves/mittens are needed, and we also

recommend closed toed shoes, boots, and tennis shoes for preschool play.

Thank you and have a great February!
Ronita Bolton & the Preschool 1 Staff



Hello~ Its February already, I cannot believe January is already over.

I have just a few announcements for the month of February. Beginning with Valentine's Day. This year, we will have a Valentine's Day exchange party on Friday, February 12. If you would like your child to participate, please bring store bought cards and candy/trinkets by Wednesday, February 10.

The second announcement is that starting the week of February 22, we will be

shortening our nap time. Our naptime will now be from 1:20 P.M. to 2 P.M. We will continue to do quiet activities before nap time. If you have any questions concerning nap time, please see me, Ms. Dawn or Ms. Monica.

If you have any other questions or concerns, please contact me at the center phone or send me an email at mmliu@unomaha.edu. I'm looking forward to a safe and fun February.

Thank you for all that you do,
Ms. 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

NAP/REST TIME

Time will be provided after lunch for children to take a nap or rest quietly. The rest period is an important time for children to relax and renew energy. Children who do not require a nap will be given a state licensing required quiet time for ½ hour in which they will be asked to rest or look at books quietly. Children may bring a small blanket and either a small pillow or a small stuffed animal from home to use at nap time. These items may be stored at the center or taken home each day.



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.

The UNO Child Care Center staff sanitizes the mats/cots daily and washes the naptime items weekly or as often as needed.

Naptimes

Toddler 1 & 2	12:00 to 2:00 PM
Transition	12:00 to 2:00 PM
Preschool 1	12:30 to 2:00 PM
Preschool 2	1:00 to 1:30/2:00 PM



Illness & Symptom Reminder

The UNO Child Care Center continues to follow our COVID-19 Policies and Procedures. These Policies and Procedures are in accordance and guidance from the Douglas County Health Department and the UNO Health Security Office. We are in direct contact with both offices to stay up-to-date on any directives or additional guidance required.

As a reminder ~ Your child must be symptom free of any illness in order to be at the UNO Child Care Center.

If your child is exhibiting any symptoms listed on the health form that you fill out each day, your child care not be in attendance. If your child is sent home because of an illness or exhibiting symptoms, your child must be completely symptom free before returning to the child care center. If your child has a fever, s/he must be out a minimum of 72 hours without the aid of a fever reducing medication before s/he can return.

As always, if you have any questions or concerns regarding our policy or symptoms, please see Dawn or Monica.

HOW TO NURTURE YOUR CHILD'S NATURAL HELPFULNESS

"You're not the boss of me!" "It's mine!"
"I don't want to clean up/use a fork/
take a bath/go to bed..."

"Helpful" and "cooperative" are probably not the first words many parents would use to describe their young children. But surprising new research suggests that human beings are innately helpful. Psychologist Michael Tomasello, in his 2009 book *Why We Cooperate*, describes a study in which 18-month-old toddlers rush to the aid of an unfamiliar adult who can't open a door or pick up a dropped clothespin because her hands are full. But don't try this experiment at home just yet.

Many psychologists have argued that humans are innately selfish. It would seem like a contradiction—selfishness versus helpfulness—but in fact both impulses exist, side by side. From moment to moment, the urge that prevails depends in part on what children learn about helpfulness as they grow up. Biology may be a hard-wired blueprint, but it's up to parents to lay the foundation and utilize the building blocks that can shape caring and cooperative sons and daughters.

How can you nurture your child's natural helpfulness?

- Model cooperation and helpfulness in your own life. Let your kids see you doing favors for others, like delivering chicken soup to a sick co-worker, helping out at their school, or holding a door for a stranger loaded down with packages.
- Explain to your children how helpful behaviors (as well as selfish behaviors) affect others (e.g., "When you share your toys with your sister, she feels happy and will want to share her toys with you," or "When you tell your cousin he can't come to your birthday party, he feels sad and left out.")
- Point out the benefits of cooperation (e.g., "Cleaning up the blocks goes much faster when we do it together. Now we'll have time to play a game before dinner.")
- Set up joint tasks and offer incentives or rewards for working together (e.g., "If you and your sister play quietly while Mom is napping, we'll rent a movie tonight" or "When the two of you

finish shoveling the driveway, come inside for a special treat").

- Create opportunities for your children to help out around the house (e.g., clearing the plates after a meal, or reading a bedtime story to a younger sibling).
- Acknowledge your children's helpfulness and praise them for it, especially in the presence of others.

