I cannot believe how fast January has flown by and February is already upon us. I hope that the colder weather is 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 coat, hat, 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 Thursday, February 14. Wear the colors, red, white or pink. Please check with your child’s lead teacher to find out what time the class will be exchanging Valentine’s with their classmates.

The number of children in each group is as follows:

<table>
<thead>
<tr>
<th>Group</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Toddler 1</td>
<td>7</td>
</tr>
<tr>
<td>Toddler 2</td>
<td>14</td>
</tr>
<tr>
<td>Transition</td>
<td>19</td>
</tr>
<tr>
<td>Preschool 1</td>
<td>24</td>
</tr>
<tr>
<td>Preschool 2</td>
<td>15</td>
</tr>
</tbody>
</table>

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. 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 in the coming months.

- Dr. Seuss’ Birthday is March 2. The UNO Child Care Center will be doing special activities the week of February 25 to celebrate this event as well as Read Across America day. Please watch for more details to come.
- Parent/Teacher Conferences will be the week of March 4 through 8, 2019.
- Week of the Young Child is the week of April 8-12, 2019. We will have special activities planned during this week.
- Preschool 2 Graduation and center wide lunch on Friday, April 26 at 11 A.M. at the Milo Bail Student Center Ballroom.

I will be out of the office on February 1, 11 & 22. 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
We hope everyone is keeping warm and enjoying this winter wonderland. Our friend, Lucky the Bunny, will be taking turns going home with the children. A flyer will go home on Monday, February 4, 2019. We believe that early literacy is important in a child’s language development. Mrs. Effie and Mr. Fred will start sending Lucky the Bunny home with a friend on Monday, February 11.

Lucky the Bunny
2/11 Jackson F., Cirilla J.

2/15 Keegan K., Liv S.
2/19 Oliver W., Gabriel R.
2/22 Cora C., Anbai Xu
2/25 Nora W., Everly A
2/28 Iris H., Elisabeth S.

Themes for this month are: Emotions; the color Pink; the Hear shape; the number 7 and the letters P, Q & R. We are planning some fun activities this month. We will be working on fine motor skills, cause and effect/science and shapes.

Take some time to explore your world!
Mrs. Effie, Mr. Fred and the Toddler Teachers

Happy Birthday!

2 – Miss Morgan G.
5 – Keegan K.
8 – Miss Megan C
20 – Emaline S.
23 – Violet D.
24 – Ada R.
25 – Kateri K.
25 – Leo S.
27 – Miss Juli O.
28 – Miss Kayce V.

Cooking with Rick!

February’s recipe is filled with lots of fresh vegetables and is called “Chicken Stir Fry”. Ingredients include:
1 lb. boneless, skinless chicken breasts (cut into 1 in. cubes)
Salt and pepper to taste
2 Tbsp. Olive Oil divided
2 C Broccoli florets
1/2 red bell pepper (cut into 1 in. pieces)
1/2 baby carrots
2 tsp. minced ginger
2 garlic cloves
1/4 C honey
1 Tbsp. toasted sesame oil
1/2 tsp. crushed red pepper flakes

Directions:
1. In a medium bowl, whisk together Corn Starch and water; then add in the remaining ingredients of the Stir Fry sauce listed above-whisking to combine. Set aside.
2. Add one tablespoon of the olive oil to a large skillet or wok and heat over medium high heat.
3. Add chicken and season with salt and pepper. Cook for 3 to 5 minutes (or until thoroughly cooked). Remove from skillet.
4. Reduce heat to medium and add the remaining tablespoon of olive oil to the skillet.
5. Next, add the broccoli, bell pepper and carrots to cook (stirring) until vegetables are crisp tender. Add in the ginger and garlic and cook for an additional minute.
6. Add the chicken back into the skillet and stir to combine.
7. Whisk the stir-fry sauce and pour over the chicken and vegetables and stir gently to combine.
8. Bring to a boil, stirring occasionally, and let boil for one minute.
9. Serve with rice and/or chow mein if desired.

Enjoy, Mr. Rick.
“New month, new intentions, new goals, new love, new light, and new beginnings.” --April Mae Monterrosa
Hello Parents, we are off to a great start to the spring 2019 semester. Last month the children focused on the letters M, N and O along with the numbers 13 and 14. We also learned about the shape diamond and the colors blue and silver. Some of our themes last month included the Polar Bear, Artic Hares and Owls. And the nursery rhyme I’m a Little Snowman. We had many fun activities with these themes and I think the children enjoyed learning about them.

For February, we will be discussing Black History Month and our letters for the month are P, Q and R and the numbers are 15 and 16. The shape of the month is the heart and the colors are red, purple and pink. Our new nursery rhyme song is Skidamarink. Our valentine exchange will take place on Thursday, February 14. We have 25 children in our class. Have your child write his/her name on the valentines and please leave the envelopes blank.

Now that winter is officially here we would like to remind parents that we will still play outside and take our winter walks only if weather is permitting, so please remember coats, snow pants, gloves, hats and scarves. We also recommend closed toed shoes and boots for preschool play.

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

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: 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. You may also bring in order forms with a check made out to scholastic. No cash orders will be accepted. The November book orders will be due on Wednesday, February 13. Happy Reading.
Hello all~February is upon us, and I cannot even believe how fast January has come and gone! We have changed up things in the preschool area, quite a bit in the last month. We have started learning a new language; we have learned about the presidents of the United States, we have even started learning a new song for graduation. In summary, we have been busy. Just a few things for the month of February going forward.

First, starting on February 5, we will begin learning about lunar New Year. Lunar New Year is a 15-day celebration held according to the lunar calendar in China. This year’s zodiac animal is the Pig. We will be learning more about this holiday and certain traditions throughout the weeks of February 4 until Tuesday February the 19. The rest of our themes for the month include the colors Red, Purple & Pink; the Heart Shape; the numbers 19, 20, 21, & 22; and the letters P, Q, & R.

Second, on February 14, we will have our Valentine exchange. We will be making Fortune cookies for our exchanges boxes during class time. The week of February 4, I will hand out a class list of the children’s first names. On each Valentine, please have your child write his/her name, along with a name from the class list. There are 15 children in the class, this includes your child.

Third, starting on February 18, we will be switching up the naptime schedule once again. We will now be resting for fifteen minutes from 1:30-1:45. The rest of the time will be devoted to quiet play and reading activities. If you have any specific requests for your child during nap, please see Ms. Dawn, Ms. Monica, or me.

Finally, in an effort to support healthier eating choices, preschool 2 will be trying some vegan options during our future cooking activities. If you have any suggestions/recipes or if you would like to learn more about the options we are trying please let me know.

If you have any questions or concerns, you can reach me at the desk between 3-4pm at the centers phone number (402)554-3398 or email me at mmliu@unomaha.edu. I look forward to what February brings us and all the new changes to come.

Thank you,
Miss Megan and the Preschool 2 Staff

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

CHAMPS did not meet during the month of January. We will be meeting Tuesday, February 12 at 4:30 in the multi-purpose room. On the agenda will be spring semester family activities, Week of the Young Child, possible fundraising activities and many other topics. To have a successful parent group, we need parents to participate! We would love to see you at our next meeting!

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**Baby News!**

Congratulations to the Weeks/Ruiz Family! Lindsay, Carlos and Big Brother Gabriel on the birth of a baby boy; Roman Mateo born December 12, 2018; 8lbs. 1oz.
Five Ways to Build Compassion in Children
January 29, 2019

Creative activity could be described as a type of learning process where teacher and pupil are located in the same individual. -Arthur Koestler

On the Mindshift website, author Shauna Tominey writes about five ways to nurture children’s compassion:

1. Use words that you would like to hear your child use now and in the future. As you choose the words you say to your child and to others, imagine how you would feel hearing those same words from your child... be intentional with your own word choices... choose to think and speak with compassion.

2. Live each conversation beyond your words. Do more than have conversations about being compassionate...look for ways to act compassionately at home and in your community. Explain to your child what you are doing and why so that your child hears what you are thinking and brings a compassionate perspective to their own thought process.

3. Look for role models and examples of compassion in your own community. Seek out examples of individuals and groups... that are working to make your community a better place. Point these activities out to your child...

4. Recognize that building compassion takes time. Just like any set of skills, building compassion takes time and lots of practice. You may feel discouraged at times when you see your own child acting out or struggling to think about someone else’s feelings, but this is normal. Developing compassion is a lifelong process that is easier for some people than others, and one that is challenging for everyone.

5. Learn from your child along the way. As you and your child find your voices together, take time to listen to and learn from one another. You may be surprised by the insights your child offers. Your child might think about other people’s feelings in ways that you may not consider. When you learn something new from your child, let them know that. With all the ways they learn from you, they will love hearing that you learn from them, too.

Source: “Five Ways to Nurture Compassion in Kids” by Shauna Tominey, kqed.org/mindshift, January 3, 2019

Focus on Policies

AUTHORIZED TO PICK UP

We have policies and procedures in place for releasing children to anyone other than custodial parents and guardians. For the safety of all children in our care we ask that anyone unfamiliar to the child care center staff show proper photo identification to verify their identity. Please inform friends and relatives of this policy so they are prepared when picking up your child.

In your paperwork we asked for a list of people (must be at least 18 years old) who are allowed to pick up your child. Although these people are listed, we must have permission from you in order for them to remove your child from the child care center. Please write permission in the Special Request notebook with contact information in case they need to be reached.

Note: If a situation arises where your child must go home and all of your personal numbers have been tried, we will contact your emergency phone list for someone to pick up your child and we will leave messages for you so you know who has your child.

Note: In the event of a late pick up and we are unable to reach any contact person by 6 PM, campus security will be called and the proper authorities will be notified.

DIVORCE/CUSTODIAL SITUATIONS

In the event that your family is involved in a custodial situation the UNO Child Care Center must have all properly endorsed, court ordered documentation restricting a parent from picking up their child before we can prevent them from leaving with the child. The child care center will follow the court order, until a new order or a dismissal of the previous order has been given.

Any changes in family situations and custodial concerns should be addressed with the administration to ensure your child is properly protected and emotionally nurtured during this stressful period.

Note: Please be sure to keep your file up-to-date and current to prevent any miscommunications.

Parent Corner