

February
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

I cannot believe how fast the year has started and February is already half over. 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 Friday, 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:

Toddler 1	6
Toddler 2	10
Transition	21
Preschool 1	16
Preschool 2	22

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:

- 1) Dr. Seuss' Birthday is March 2. The UNO Child Care Center will be doing special activities the week of March 2 to 6 to celebrate this event as well as Read Across America day. Please watch for a detailed email.
- 2) Family Breakfast Event—Monday, March 2 from 7:30 to 9 A.M. To celebrate Dr. Seuss' Birthday, we are having a Family Breakfast with Dr. Seuss inspired pancakes. Please plan on joining your child for breakfast.
- 3) Parent/Teacher Conferences will be the weeks of March 2 and March 9, 2020. Sign-up sheets will be posted by February 14. 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 after March 13.

- 4) Week of the Young Child is the week of April 13-17, 2019. We will have special activities planned during this week. Mark your calendars now for Bedtime Story Night on Tuesday, April 14. More details to come.

Preschool 2 Graduation and center wide lunch on Friday, May 1 at 11:00 a.m. at the Milo Bail Student Center Ballroom.

I will be out of the office on February 21. 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!

2 — Miss Morgan 20 — Emaline S. 25 — Leo S.
2 — Miss Harley 24 — Ada R.
5 — Keegan K. 24 — Eleanor F.



Dates to Make Note of...

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
2—Dr. Seuss' Birthday
2—Family Breakfast 7:30 to 9 A.M.
3—Super Tuesday
8—Daylight Savings Time, Set clocks ahead
9-13—Parent/Teacher Conferences
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

April

1—April Fools Day
2—Children's Book Day
14—CHAMPS Meeting; 4:30 P.M. CCC
11-17—Week of the Young Child
12—Easter
14—Bedtime Story Night; 6 to 7:30 P.M.
22—Earth Day
23— Ramadan Begins
24—Arbor Day
30—P2 Graduation Practice; MBSC 9:30-11 A.M.

Cooking with Rick

Here is a quick and easy meal for you to try this month!

Ground Turkey Casserole

Ingredients :

2 C. shredded cheddar cheese
1 (12 oz.) package uncooked egg noodles
1 (8 oz.) package cream cheese
1 (8 oz.) container sour cream
1 Tbsp. white sugar
1 (15 oz.) can tomato sauce
1 lb. of ground turkey

Preheat oven to 350 degrees.

1. Using a large skillet, sauté the ground turkey over medium heat for 5 to 10 minutes or until browned. Next, drain the juice from the turkey and stir in the sugar and tomato sauce and set aside. Now in a medium bowl, combine the sour cream and cream cheese, mix well and set this aside.
2. Using the directions on the package, cook the egg noodles. After cooking the noodles, place them into a 9x13-inch

Rick Jacobsen—Kitchen Tech

baking dish; then layer the turkey mixture over the noodles. Next layer the sour cream mixture over the turkey and top with the cheese.

3. Bake at 350 degrees for 20 to 35 minutes or until the cheese is melted and bubbly.

Mr. Rick

"If you live to be a hundred, I want to live to be a hundred minus one day, so I never have to live without you."

--Winnie the Pooh



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.

February book orders will be due

Wednesday, February 12, 2020 .

Talk with Toddlers 1 & 2

Effie Swinarsky and Fred Abram—Lead Teachers

Welcome to February!

Hope everyone is keeping warm and enjoying this winter season.

Themes for this month are:
Emotions; the color *Pink*. The letters *P, Q and R*; the number *7*. The shape is *heart*; and the color *pink*.

The toddlers will have their annual Valentine Exchange Party on Friday,

February 14. There are 6 children in the Toddler 1 classroom and 10 children in the Toddler 2 classroom. We ask that parents only write their child's first name on the cards. If parents wish to include a snack, it should be peanut, soy and milk free. If you have any questions, please direct them to either Monica or Dawn.

We are planning several fun

activities throughout the month. Our activities will help develop fine motor skills by exploring finger paint and other textures.

Take some time to explore your world!

Toddler 1 and 2 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 14, 2020 starting at 9:00 A.M. If you would like your child to participate in the exchange, you will need to bring in valentines for the classroom. There are 21 students in the Transition class. We would also love for parents, family or friends to come in and read that day. You are welcome from 9:00 to 11:00 A.M. and 3:00 to 4:30 P.M. If you are

interested in reading please let Ms. Allison know.

We are working hard on potty training in Transition. As you know, accidents do happen! Please help us anticipate these accidents by checking to make sure your child's tubby is stocked with a seasonally appropriate extra set of clothes that includes a clean pair of underwear. We appreciate the help!

Here are Transition's learning themes for the month of February: Different ways to travel; How we get around; How we handle our emotions and Different types of

emotions and feelings. The letters are O,P,Q. The numbers 14 and 15. The shape is a heart and the color is Purple. Holidays for the month are Valentine's Day and President's Day.

Detailed weekly lesson plans are posted in the hallway outside the classroom, and as always if you have any questions or concerns feel to reach out via email 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 and we are looking forward to the fun we will have while learning!

This month our themes are: Groundhog's Day; Dental Health; Friends; and Feelings. Our letters are P, Q, and R. The numbers are 13 and 14. The shape for the month is Heart and the color is Pink. Our song is "Skinnamarink".

We are looking forward to Valentine's day! Please make sure you have brought in a shoebox for your child to decorate before February 12. We will have a Valentine celebration on Friday, February 14. If you would like your child to participate, please bring valentines for the entire class. There are 16 children in the Preschool 1 classroom.

There will be a lot of learning and fun occurring all month long! We are also hoping that the weather will

warm up soon so that we can spend more time outside! Until then, we will take walks whenever possible.

Ronita Bolton & the Preschool 1 Staff



Hello!

It is hard to believe that January is over and that it is February already!

Here are some of the things that will be happening during the month of February:

For Valentine's Day, this year we are making our bags from old t-shirts. Please bring in an old, child sized t-shirt that has been washed no later than Friday, February 7. We will be

cutting and decorating the shirts for our Valentine's Day party on February 14. The children can bring 22 Valentines to share with friends, if they would like to participate.

Since we are getting ready for kindergarten, we will be shortening our nap time to 30 minutes starting the week of February 24. 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, my desk time is between 3:00 and 4:00 PM. You can also send me an email at: mmliu@unomaha.edu.

I'm looking forward to a fabulous February!

C.H.A.M.P.S

CHAMPS would like to families to join us for our next meeting! We have a lot of topics to cover and need to have as many families participate as possible.

The next meeting will be held **Tuesday, February 11, 2020 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



ILLNESS POLICIES

Illnesses in large group settings are common, but the UNO Child Care Center strives to keep illnesses to a minimum. Although we cannot prevent all illnesses, we work hard to reduce the chances of your child becoming ill.

What We DO:

- The UNO Child Care Center follows the exclusion guidelines set forth by the Douglas County Health Department. Any toys that go into a child's mouth or comes in contact with body fluids is immediately washed or placed in the "dirty toy tubby".
- All other toys are washed daily or weekly (or more often depending on the season). Walls and door knobs are washed down weekly.
- The water fountain and bathrooms are sanitized at least twice a day.
- The UNO Child Care Center staff follows very strict hand washing guidelines. Naptime cots are sanitized daily and naptime items are washed weekly or as often as needed.
- Any child that comes down with an illness while at the UNO Child Care Center will be removed from his/her group and sent to the director or assistant director's office. A cot will be provided for the child to rest until a parent can be notified and the child picked up.

What We Need Parents To Do:

- Please wash your hands and your child's hands after entering the building.
- Please follow our exclusion guidelines.
- Please pick up your child as soon as possible if they need to be sent home due to illness.
- Please help your child get plenty of rest and to eat healthy.
- If your child is showing signs of a contagious illness, please keep them home.
- If your child has been sent home with a fever, please keep him/her out of the center for a full 24 hours after the fever has broken without the use of fever reducers before you bring them back.
- If your child was sent home with diarrhea or vomiting, please keep him or her home for 24 hours. The vomiting and diarrhea must be stopped for a full 24 hours before s/he can return.
- If your child becomes ill during the day and must be sent home, you will be notified and you need to pick up your child within a reasonable amount of time not to exceed 1 hour after being notified.

Kindergarten readiness: Social and emotional development

The National Education Goals Panel has identified five essential areas of school readiness.

Children's emotional and behavioral adjustment is important for their chances of early school success.

Is my child ready for Kindergarten? What do they have to know to be successful? What can I do to help my child do well in school? Parents have a lot of questions and concerns about their child's school readiness. Michigan State University (MSU) Extension will be exploring the five essential areas of school readiness, as identified by the National Education Goals Panel, in a series of articles.

The five essential areas of school readiness are: social and emotional development; approaches to learning; language and literacy; cognition and general knowledge; and physical development and health. This first article will focus on social and emotional development.

When "school readiness" is discussed, many people think of children learning their ABCs and 123s, colors, shapes and other traditional academic skills. However, as Dr. Barbara Smith from the University of Colorado- Denver stated in the article "Linking Social Development and Behavior to School Readiness," the last two decades of research have made it unequivocally clear that children's emotional and behavioral adjustment is also important for their chances of early school success.

What is social and emotional development? Great Start has defined social and emotional health as "a young child's growing capacity to form close personal relationships with other people, especially parents and caregivers; express and manage emotions; and to explore new environments." These skills include enjoying interactions with others, making and keeping friends, appropriately expressing a wide variety of emotions, calming down when upset without hurting others, being curious about the people and things around him or her, and liking to discover new things.

Research shows the link between social and emotional skills and school success is so strong, it is a greater predictor of children's academic performance in the first grade than their familial background and their cognitive abilities. Why is this link so strong? Simply put, we know that learning is a social process. Children cannot learn when they are struggling to follow directions, get along with their peers and control their emotions in a classroom setting. When children struggle with these skills, they are more likely to have social troubles at school, resorting to inappropriate expressions of frustrations such as hitting, biting and screaming. The study, "The scientific base linking social and emotional learning to school success" by Zins, Bloodworth, Weissberg and Walber, has proven the link not only between social and emotional competence and school success, but also between antisocial behavior and poor academic behavior.

The key social and emotional skills identified for school success, as outlined in Dr. Smith's article, are:

- Getting along with others (parents, teachers and peers)
- Following directions
- Identifying and regulating one's emotions and behavior

- Thinking of appropriate solutions to conflict
- Persisting on task
- Engaging in social conversation and cooperative play
- Correctly interpreting other's behavior and emotions
- Feeling good about oneself and others.

Although many people think of school readiness as academic preparedness, MSU Extension recommends parents look differently at what it means to be ready. School readiness skills most directly associated with academic success are often referred to as "social and emotional health" skills. Research shows high quality pre-school programs provide one the best opportunity to prepare your child for Kindergarten and their academic career.

