

July  
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

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.

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 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 out the week of July 12. 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. This also includes the required special request form for food allergies and milk substitutions. These forms are due back by Friday, July 16. Questions see Dawn or Monica.

Construction update ~ the renovation on the child care center kitchen is going well. The new floor and walls are in. Appliances and cupboards are next. We are on schedule to be completed by the end of the month. The child care center will be closed on Thursday, July 29 and Friday, July 30 for moving day. I will keep you posted as we get closer to the dates and if there are any changes.

As always, if you have any questions or concerns, you may contact me at 402-554-4936, e-mail me at [dhove@unomaha.edu](mailto: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."



# Happy Birthday!

3 – Chance L.  
10 – Jackson F.  
10 – Miss Hannah T.

12 – Mr. Rick  
20 – Cirilla J.  
23 – Miss Erica

31 – Owen D.



## Dates To Make Note Of...

**July** UV Safety Month  
4 - Independence Day  
5 - Center closed for Independence Day  
7 - SA Field Trip to Fontenelle Forest  
7 - World Chocolate Day  
14 - SA Field Trip to Gifford Farm  
18 - National Ice Cream Day  
21 - SA Field Trip to Lauritzen Gardens  
25 - Parents Day



**August** Family Fun Month  
1 - Friendship Day  
6 - Gifford Farm on the Go  
Tod/Tran/Pre  
8 - SA Field Trip SAC Museum  
10 - Family Event: TBA Campfire  
Sing-a long  
15 - Relaxation Day  
19 - Aviation Day  
23 - Fall Semester Begins



**September** National School Success  
6 - Center Closed for Labor Day  
11 - Patriot Day  
12 - Grandparents Day  
14 - CHAMPS Meeting via Zoom 4:30 PM  
16 - Mexican Independence Day  
16 - Staff Meeting Medication Training  
19 - Talk Like a Pirate Day  
22 - Autumn Begins  
24 - Preschool 1 & 2 Field Trip to Bellevue Berry Farm  
30 - Curriculum Night 4:30 to 6 PM

## Cooking with Rick

This month, Grilled Asian Chicken and Vegetable Foil Packets looked easy to try!

### Ingredients:

1/4 C. lite soy sauce or Tamari  
2 Tbsp. rice wine vinegar  
1 Tbsp. olive oil  
1 Tbsp. brown sugar  
1 tsp. sesame oil  
1 tsp. corn starch  
1/2 tsp. garlic powder  
1/4 tsp. ground ginger  
1/2 tsp. Sriracha sauce

### For the Chicken and Vegetables:

1 lb. boneless skinless chicken breasts cut into bite-size pieces  
1-1/2 C. broccoli florets  
1 large red bell pepper cored and sliced into strips  
1 large yellow pepper cored and slices into strips  
2 large carrots sliced  
1 small red onion sliced

### Instructions:

1. Preheat grill to medium heat. Using a small bowl, whisk together the soy sauce, rice wine vinegar,

olive oil, brown sugar, sesame oil, cornstarch, garlic powder, ground ginger, and Sriracha sauce.

2. Place the cut up chicken in a large Ziploc bag or bowl. Pour half of the sauce over the chicken and let it marinate while you cut the veggies and make the foil packets.
3. For the foil packets, cut 8 sheets of heavy-duty aluminum foil into 12 x 8 inch sheets. Place two sheets on top of each other making 4 foil packets. Set aside.
4. Place the cut up vegetables in a bowl and pour the remaining sauce over the vegetables and stir until well coated.
5. Place the chicken in the center of the four foil packets, distributing it evenly. Discarding any leftover marinade. Next evenly distribute the vegetables into the foil packets. You can spoon any extra sauce over the chicken and vegetables. Bring the short sides of the foil together and fold the seams together twice and tuck the ends in and up to seal tightly.
6. Place the packets on the hot grill. Close the grill and cook for 17 to 20 minutes or until chicken is cooked through and vegetables are tender. Carefully remove the packets from the grill and serve warm.

Note: packets also over a campfire or a 350 degree oven.

## Rick Jacobsen—Kitchen Tech

7. Could be served with rice or quinoa.

Mr. Rick

"Everything good, everything magical happens between the months of June and August." — Jenny Han



## Books We Recommend..

With the hot weather, July is great for reading!

Here are some books that you and your children will enjoy.

- The Giggles Are Coming!  
By Christopher Eliopoulos
- Listen by Gabi Snyder and Stephanie Graegh
- The Amicus Book of Bugs
- Goodnight Lab: A Scientific Parody by Chris Ferrie
- Blueberry Cake by Sarah Dillard
- Kalamata's Kitchen by Sarah Thomas

## 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](https://www.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.

**There are no book orders during the months of June and July. Orders will resume in August.**

**Happy Reading!**



Happy Birthday USA!  
Welcome to July!

Our annual Fourth of July Parade will took place on Friday, July 2. We will loved seeing everyone in red, white and blue. The children had lots of fun riding in the wagons!

The theme for July is Discovering Sounds. We will be reviewing letters, numbers, colors and shapes.

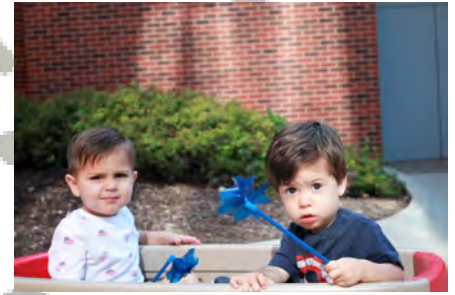
Upcoming Activities:  
Wednesdays: Outdoor Water Play  
Thursdays: Library Day  
Please have your child at the center by 8:45 AM.

Parent Reminders:

- Your child's blanket will be sent home on Fridays to be washed. Please return on Mondays.
- Please make sure to provide a change of clothes for your child.

We would like to wish all our families a safe Fourth of July!

Toddler Teachers



## Time with Transition

Allison Johnson—Lead Teacher

Happy 4 of July!

We kicked off July by bringing back our annual Independence Day parade on Friday, July 2. I loved seeing our friends wearing red, white, and/or blue to march in the parade through campus. Since the center was closed, there will not be any water play that week. If you would still like to bring in water play items for the following week, that is fine! I will be out of the classroom the week of July 5 through the 9.

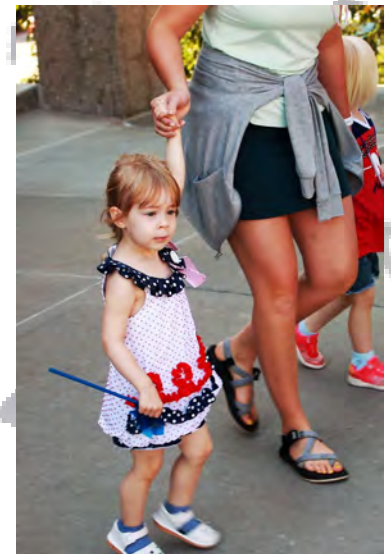
Some reminders for the month:

- Water play is on Mondays and your child needs a swimsuit, towel, and water-friendly shoes to participate.

- Naptime items are sent home every Friday and must be returned washed and ready to use each Monday.
- Water bottles are encouraged for each child.
- We will be sending home some "please brings" for sunscreen shortly, as we start to get low.

The themes for July are: Dinosaurs, Outer Space, Recycling, and The Wild West. We will continue reviewing letters, numbers, shapes, and colors throughout the month.

Miss Allison and Transition Teachers



## Points to Ponder with Preschool 1

Ronita Bolton—Lead Teacher

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 the children are loving water play day!

We had fun on our Red, White, and Blue Parade! We made July 4 flags for the parade and wore red, white, and blue.

The themes for this month are: Insects and Bugs; Let's Go Camping; The Solar System and Let's Build Something. We will review our shapes, numbers, colors, and alphabet. We have many fun activities planned and look forward to a fun month!

As a reminder, we try to spend a large portion of every day outside all summer, and we are applying sunscreen every day. If we need more sunscreen, we will send a note home, please make sure you send new sunscreen if needed.

Please feel free to contact me between the hours of 8:30 to 9:30 AM at the center or via email at [ronitabolton@unomaha.edu](mailto:ronitabolton@unomaha.edu)

Thanks,  
Ms. Roni and Preschool 1 Staff



Hello all!

I cannot believe how fast June has gone by, it seems like only yesterday it was May and now it's July.

We had fun on our Fourth of July center-wide parade! Everyone looked great wearing red, white, and blue. Take a look at all the fun pictures in the newsletter.

Please keep an eye out for any emails about sack lunches for field trips that go through lunch time. Depending on the weather forecasted for each field trip day,

we may have to leave earlier to keep out of the heat. Lunches must be peanut and nut free, and contents disposable. Questions please see me, Miss Monica or Miss Dawn.

If you have any questions or concerns regarding summer activities or field trips, please email me at [mmliu@unomaha.edu](mailto:mmliu@unomaha.edu) or call me at the center phone.

I'm looking forward to all the fun-filled days to come in July!

Miss Megan



## 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

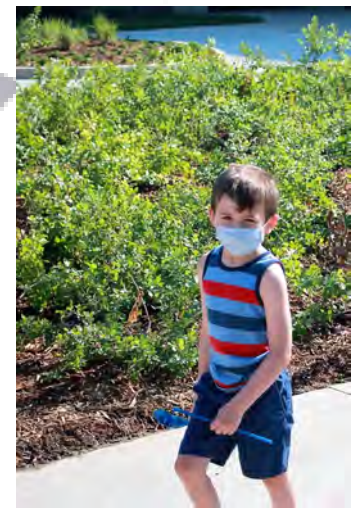
### FIELD TRIPS

The UNO Child Care Center believes that children learn about the world around them by being active participants in their surroundings. Therefore, we take the children on field trips. All children take walks through campus and occasionally to Elmwood Park. The Preschool groups (children ages 3 ½ and older) will take occasional field trips throughout the year to various off campus sites (ex: Durham Western Heritage Museum, Zoo, Children's Museum, etc.).

While the School Age group will take weekly field trips during the summer to locations in Omaha and the surrounding area (ex: Lauritzen Gardens, DeSoto Bend, Lincoln Children's Museum, etc.).

There is a charge for each off campus field trips due to admission costs and to cover the price of renting a bus.

Parents are welcome and encouraged to attend, however, we ask that they follow all UNO Child Care Center guidelines, including COVID guidelines (ex: no corporal punishment, no smoking and please leave discipline issues of other children to the teachers. Parents/Volunteers must wear masks and meet the group at the field trip destination.). Permission slips will be placed in your mailbox prior to all off campus field trips. The field trip fees must be paid for in advance.





## Raising Earth-Friendly Kids

Whether you're a diehard recycler who shops with canvas bags and keeps a compost bin in the corner of your backyard, or a busy parent looking for some quick tips on sorting glass from plastic, it's easy to get your family on the path to greener living.

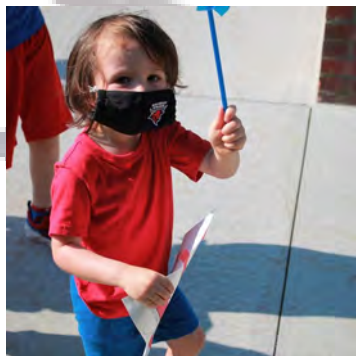
But the best earth-friendly practices require the cooperation of everyone in the household. So, how do parents get kids to reduce, reuse, and recycle and embrace the other basics of environmental responsibility?

As with most good habits, the best way to teach them is to be a good role model yourself. By showing that you care about and respect the environment, your kids will do the same.

### It's a Family Affair

Here are some suggestions you can try as a family:

- **Teach respect for the outdoors.** This can start in your own backyard. Help kids plant a garden or tree. Set up bird feeders, a birdbath, and birdhouses. Kids can clean out and refill the bath daily, and clean up seed debris around feeders and restock them.
- On a larger scale, you can plan family vacations that focus on the great outdoors. Maybe a summer trip to the Grand Canyon or Yellowstone Park appeals to your adventurous clan. Shorter trips might include a day at a state or national park. Even a couple days at the beach can offer plenty of opportunities for you to point out and discuss the plants and animals you see and why it's important to protect their habitats.
- **Recycle.** Recycling is easy, and in some communities, mandatory. Check with your local recycling office and be sure you know all the rules. Some communities allow co-mingling — all recyclables can be placed in one container — while others require sorting into separate containers. You may need bins for each type of recyclable: one for plastic, one for glass, one for paper, and one for cans. Kids can sort (and rinse, if necessary) items, place them in the correct bins, and take the containers out to the curb for collection. After the bins have been emptied, ask your kids to rinse them out (if they're dirty) and bring them back into the house or garage.



- **Drink your own water.** Bottled water is expensive and, experts say, not any cleaner or safer than tap water. In fact, much bottled water is actually tap water that has been filtered. The water that comes out of home spigots in the United States is extremely safe. Municipal water supplies are monitored constantly and the test results made public. And unless they're recycled, the plastic bottles — most commonly made from polyethylene terephthalate (PET), which is derived from crude oil — can end up in landfills. So have your kids tote water from the tap (you can add a filter to improve its taste) in reusable bottles.
- **Clean green.** Many natural products can replace commercial — and possibly hazardous — cleaning preparations. Just a few examples: to deodorize carpets, sprinkle them with baking soda, wait 15 minutes and then vacuum; use vinegar and baking soda for everything from oven cleaning and drain clearing to stain removal and metal polishing. Lots of websites offer green cleaning tips, and many stores carry pre-made nontoxic cleaners for those who don't want to make their own.
- **Lend a hand.** Many communities sponsor green activities, like pitching in to help clean up a local park or playground. Maybe the area around your child's school could use sprucing up.

### Getting Kids to "Go Green"

In their own day-to-day activities, encourage kids to find ways to limit waste, cut down on electricity, avoid unnecessary purchases, and reuse items that they already have. Here's how:

- **Conserve energy.** Remind kids to turn off lights when they're not in use, power down computers, turn off the TV when nobody's watching, and resist lingering in front of the refrigerator with the door open.
- **Hoof it.** If kids can safely ride a bike or walk to school or to visit friends rather than catch a ride from parents, encourage it! Or if safety is a concern, consider organizing a "walking school bus" — this activity allows kids to walk or bike to and from school under the supervision of an adult.
- **Let there be (more) light.** Older kids can help replace regular light bulbs with energy-efficient ones. Compact fluorescent light bulbs provide about the same light output as incandescent bulbs, but last much longer and use a fraction of the energy.

- **Reuse and recharge.** Buy rechargeable batteries for your kids' electronics and toys and teach them how to care for and recharge them. This reduces garbage and keeps toxic metals, like mercury, out of landfills.
- **Pass it on.** Ask kids to gather toys, books, clothes, and other goods that they no longer use or want for donation to local charities. Have them ride along for the drop-off so they can see how groups such as Goodwill and the Salvation Army use donations to help others.

These tips are just some ways to get your family to become more earth-friendly. Once you get everyone on board with conservation, challenge your kids to come up with new and interesting ways of going green.

Can your grade-schoolers cut back on the amount of paper they print from the Internet? How about your teens: Can they agree to take shorter showers?

Engaging your kids in this way will get them to start thinking about how their individual efforts affect the world they live in, and how little changes can — and will — make a difference.

