We have a very busy summer planned, filled with lots of fun and adventures. Please watch for details from each group throughout the summer months.

With summer upon us, many of the classroom outside activities will be in the morning. The children/groups may go on walks, do activities around campus, go to the library, etc. The groups usually leave the center between 9 A.M. & 9:30 A.M. and may not return until lunchtime. If you would like your child to participate in these fun learning activities, please try to have your child here by 9 A.M.

All summer contracts must be signed by Friday, June 7. New year round contracts will come out in August when the fall semester starts. New food program forms for the 2018-2019 year will go out this month. Every family must complete the top portion of the form. Even if you do not qualify, every family must update, complete/sign the form. Please watch your mailboxes for the forms. Thank you for your cooperation with updating these forms.

The school-age program will run from June 3 to August 9, 2019. There is a $130 summer activity fee for each child and is due by June 7. This fee covers the cost of field trips (transportation & fees), t-shirts, etc., and is non-refundable and will not be prorated for any missed field trips. Please make sure that you have received a packet of information from Miss Megan. Included in the packet is the field trip permission form and swim permission form, both must be signed and return to Miss Megan.

Information about the Summer Preschool Field Trips and Library Times have also gone out in mailboxes. Please make sure you fill out, sign and return the permission slip form and pay the fees.

First family event for the summer is a Family Potluck Picnic here at the UNO Child Care Center on Friday, June 14 from 5 P.M. to 7 P.M. A sign-up sheet will be located on the front desk counter starting the week of June 3. We hope that you can join us for this fun family event.

Summer swim lessons, for children ages 3 (must be completely potty-trained; no pull-ups or diapers) to 12 years, are July 8 to July 19, Monday through Thursday, from noon to 12:30 P.M. for children in Transition and Preschool and from 12:30 P.M. to 1 P.M. for School-age children. On-line Registration Information will go out the week of June 3. You must register your child by July. Spots will fill up quickly, so register your child early.

Finally, I will be out of the office on June 19, 20, & 21. If you have any questions 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...

“Happy Father’s Day to our all wonderful fathers!”

---

Happy Birthday!

3 – Miss KeKe
5 – Alessandra P.
16 – Aidan G.
16 – Pierce L.
17 – Miss Saige
19 – Cora C.
20 – Josephine C.
20 – Daniel C.
26 – Sebastian S.
26 – Oliver W.
30 – Charliè S.
Welcome to our Toddler Summer Program!

June Themes: Review Shapes

Tuesdays: Water Play Day
Our first water play will take place on Tuesday, June 11. Parents, please bring in the following: swimsuit, towel, swim shoes (are optional) and swimmers-swim diapers.

Thursdays: Toddler Library Day
Library time will be from 9:30 A.M. to 9:45 A.M. We will be leaving the center promptly at 9:15 A.M. Please have your child here by 9 A.M. on Thursdays, if you would like your child to participate in Library Day.

Monday, June 17: Ice Cream Day
We will be taking a wagon ride to the student center for some ice cream. A permission form will be going home on Monday, June 10. The cost will be $3, cash only. We will also be spending more time outdoors. Please let Mrs. Effie, Monica, or Dawn know if you will be picking up your child early. We plan to take wagon rides across campus.

Finally, we would like to wish all our wonderful fathers a Happy Father’s Day!

Toddler 1 Teachers

Talk with Toddler 1 & 2

Effie Swinarski & Fred Abram – Lead Teachers

Welcome to our Toddler Summer Program! We have planned a fun-filled month. Here are some of the activities that we will be doing. June Themes: Review Shapes

Tuesdays: Water Play Day
Our first water play will take place on Tuesday, June 11. Parents, please bring in the following: swimsuit, towel, swim shoes (are optional) and swimmers-swim diapers.

Thursdays: Toddler Library Day
Library time will be from 9:30 A.M. to 9:45 A.M. We will be leaving the center promptly at 9:15 A.M. Please have your child here by 9 A.M. on Thursdays, if you would like your child to participate in Library Day.

Monday, June 17: Ice Cream Day
We will be taking a wagon ride to the student center for some ice cream. A permission form will be going home on Monday, June 10. The cost will be $3, cash only. We will also be spending more time outdoors. Please let Mrs. Effie, Monica, or Dawn know if you will be picking up your child early. We plan to take wagon rides across campus.

Finally, we would like to wish all our wonderful fathers a Happy Father’s Day!

Toddler 1 Teachers

News and Views from Preschool 2

Happy June! Summer is here and in full swing and we will soon be busier than ever! With so much fun in store, I have a couple of announcements to make.

The first field trip of the summer will be at the zoo, please make sure to have your child here no later than 8:30 A.M. Also, please make sure that your child is wearing weather appropriate clothing and tennis shoes, as we will be walking a lot at the zoo. A disposable sack lunch will be needed for each child. Please make sure the lunch is peanut and tree nut free and contains no foods that were processed in a factory that also processes foods that contain peanuts and tree nuts.

Second, please make sure that your child has sunscreen and a change of weather appropriate clothes. Clothes can be put in their tubbies and sunscreen should be given to the teachers in the classroom. We cannot use aerosol sunscreens and discourage the wearing of open toed shoes or flip-flops. Do not forget to bring in a swimsuit, towel and water shoes for open swim days.

If you have, any questions please feel free to reach me by email at mmliu@unomaha.edu or by phone during my desk time from 3 P.M. to 4 P.M. at 402-554-3396. Ms. Dawn and Ms. Monica will also be available to take any questions or concerns you may have for the coming summer.

Thanks for all you do,
Miss Megan and the staff of school age
Summer is here! We have been enjoying the summer weather and are hoping for more sunshine as the month progresses!

We are kicking off June with a picnic on Friday the 7 at the Pep Bowl. We will be walking to the Pep Bowl around 9:45 A.M. and eating lunch at 11 A.M. Your child will need a sack lunch with a drink. Please remember that all items in the lunch need to be peanut and tree nut free. Parents are more than welcome to join us!

Our water play starts on Monday, June 3. To be able to participate in water play, all children will need to bring a swimsuit, water shoes and a towel. For the children who are still in diapers and/or pull you are your child will need swimmer pull-ups. Please make sure all items are labeled with your child’s name.

Starting on Thursday, June 6, we will be going to the library on campus for story time at 9:45 A.M. We will leave the center around 9:20 A.M., please make sure your child is here before this time. Parents are welcome to join us. Each week your child will get to choose and check out a book that will stay here at the center so that we may enjoy reading it here.

We encourage you to bring in a water bottle for your child so they have easy access to water throughout the day. We will also be sending home reminders to bring in more sunscreen if your child is running low.

June Themes (Weekly Themes): Bodies of Water, Insects, Day and Night, Vacation and Travel.

Happy Father’s Day to all our Dad’s and Grandpas!

Transition Teachers

Time with Transition

Allison Johnson – Lead Teacher

I found two recipes that are perfect for a summer picnic!

“BLT Dog”
Ingredients include:
8 strips of bacon
Package of hot dogs
Hot Dog Buns
Various Condiments

Directions: Fry thick strips of bacon until crisp and remove from pan. Next fry hot dogs in the bacon drippings. Serve the hot dogs on toasted buns, topped with mayonnaise, shredded lettuce, diced tomato and the bacon.

“Watermelon Punch”
Ingredients include:
6 C cubed, seeded watermelon
1/3 C Simple Syrup (recipe to follow)
1 (12 oz.) can frozen lemonade concentrate, thawed
2 C unsweetened pineapple juice
Crushed ice

Simple Syrup: Equal parts of sugar and water. Example: 1 cup of sugar and 1 cup of water.

Directions:
1) To make simple syrup, combine the water and sugar; cook on low heat until the sugar dissolves. Bring the mixture to a boil then reduce heat and simmer for 1 minute; then cool.
2) Combine the watermelon and “simple syrup” in the container of an electric blender; process until smooth. Push this mixture through a fine-mesh strainer, discarding any solids.
3) Return the watermelon syrup to the blender. Add in the lemonade concentrate and pineapple juice and blend well. Serve over crushed ice.

Enjoy, Mr. Rick

Cooking with Rick!

Rick Jacobsen – Kitchen Tech.

CHAMPS will not be meeting during the summer. Our next scheduled meeting will be Tuesday, August 20 just before the start of the fall semester. CHAMPS will meet in the multi-purpose room from 4:30 P.M. to 5:30 P.M. We look forward to seeing all of our families at our Potluck picnic on June 14 from 5 P.M. to 7 P.M. Please bring your favorite dish to share with everyone! There will be a sign-up sheet at the front desk.

C.H.A.M.P.S.
Summer is here! We have started our summer program this month and that brings many opportunities for fun and learning.

Now that the weather is warming up, we will be spending more time outside. We would like to remind our families to make sure that children are wearing tennis shoes or sandals with backs. We also be apply sunscreen twice a day. When we start running low on sunscreen, we will send a reminder note home for you to bring in more.

We have several weekly activities starting in June including water play and library story time. Water play day will begin on Friday, June 7. If you have not already done so please bring in a swimsuit, towel, and shoes that can get wet for your children to use during water play. Please make sure all items are marked with your child’s name. Our library day will begin on Thursday, June 6, from 10 A.M. to 10:30 A.M. We will leave the center at 9:45 A.M. So please have your child here no later than 9:15 A.M. if you would like your child to participate in story time.

Our first field trip is Friday, June 7 to the Henry Doorly Zoo at 9 A.M. to 1:30 P.M. Your child will need a disposal peanut/nut free sack lunch. No lunch boxes or thermos’ please. Everything needs to disposable. We have had several parents volunteer already for the zoo field trip so if anybody else would like to volunteer please let us know. Parents are able to use zoo passes to get in, however we are unable to use Zoo passes for the children.

Bruce Phillips will be back again this year to perform a children’s concert on Monday, June 24 from 9:30 A.M. to 10:30 A.M. Parents are welcome to join us.

We are excited for another fun-filled summer program at the UNO Child Care Center! If there are any questions do not hesitate to ask. I can be reached during desk hours from 8:30 A.M. to 9:30 A.M. or by email at ronitabolton@unomaha.edu. Thank you and have a great month!

Ronita Bolton and the Preschool 1 Staff

---

**Points to Ponder with Preschool 1**

**Ronita Bolton – Lead Teacher**

Summer is here! We have started our summer program this month and that brings many opportunities for fun and learning.

Now that the weather is warming up, we will be spending more time outside. We would like to remind our families to make sure that children are wearing tennis shoes or sandals with backs. We also be apply sunscreen twice a day. When we start running low on sunscreen, we will send a reminder note home for you to bring in more.

We have several weekly activities starting in June including water play and library story time. Water play day will begin on Friday, June 7. If you have not already done so please bring in a swimsuit, towel, and shoes that can get wet for your children to use during water play. Please make sure all items are marked with your child’s name. Our library day will begin on Thursday, June 6, from 10 A.M. to 10:30 A.M. We will leave the center at 9:45 A.M. So please have your child here no later than 9:15 A.M. if you would like your child to participate in story time.

Our first field trip is Friday, June 7 to the Henry Doorly Zoo at 9 A.M. to 1:30 P.M. Your child will need a disposal peanut/nut free sack lunch. No lunch boxes or thermos’ please. Everything needs to disposable. We have had several parents volunteer already for the zoo field trip so if anybody else would like to volunteer please let us know. Parents are able to use zoo passes to get in, however we are unable to use Zoo passes for the children.

Bruce Phillips will be back again this year to perform a children’s concert on Monday, June 24 from 9:30 A.M. to 10:30 A.M. Parents are welcome to join us.

We are excited for another fun-filled summer program at the UNO Child Care Center! If there are any questions do not hesitate to ask. I can be reached during desk hours from 8:30 A.M. to 9:30 A.M. or by email at ronitabolton@unomaha.edu. Thank you and have a great month!

Ronita Bolton and the Preschool 1 Staff

---

**Focus on Policy and Procedures**

**Ronita Bolton – Lead Teacher**

**POSITIVE LEARNING EXPERIENCE**

The UNO Child Care Center strives to balance its unique institutional culture with the individual cultural interests of each family served. Respect for the center’s diverse community is reflected in the curriculum, classroom, environments, staff development, hiring plans and program goals. However, children will learn a majority of their life skills through their interactions between other children and adults and through their observations of others interactions.

It is these interactions that children learn the social skills necessary for success in the academic, business and outside world.

We as adults have the means necessary to help each and every one of our children be successful. Through appropriate handling of conflicts, disagreements and resolutions we show our children how to interact appropriately.

Daily conversations and formal conferences with your child’s teacher can keep you updated on his or her academic and social progress. Teachers and administrators provide daily notes (except in Preschool 2 and School-Age), a monthly newsletter, progress reports, notes on School Leader, flyers posted on bulletin boards and in mailboxes and we send e-mails or make phone calls to keep the lines of communication open.

The UNO Child Care Center encourages parents to be involved in their child’s academic life and educational process. This process is a life long journey that continues to benefit your child as they prepare for their formal academic career and life long goals.

The UNO Child Care Center maintains an open door policy to our parents, grandparents and other important people in your child’s life. Parents are invited to eat meals with their child as their schedule permits. There is a small charge per meal and early notification is requested to ensure we have enough food.
10 Tips to Make This the Best Summer Ever with Your Family

Summer lives in our imaginations throughout the year because it nourishes our souls. The warmth... the fun... the sheer deliciousness. But mostly, the luxury of time, unbound by school. Time to explore, to make new friends, to lie on your back and watch the clouds billow. The vivid aliveness and freedom of a child’s summers can change her forever.

Does this sound like the summer your child is having? Or is he glued to an electronic screen? Or maybe she just has to get up early for camp, so you can get to work. Or maybe he’s gotten so used to constant stimulation that he’s complaining he’s bored.

You CAN reclaim summer for your family. In fact, you can make this the best summer ever with your kids. It doesn’t take travel or a lot of money. And you can do it even if you’re working and your kids are in daycamp. All it takes is your time.

That’s right, your time. I know that sounds like anything like most parents, you have a long list of things that need to get done and you feel a little (or a lot!) overwhelmed. But it’s summer. Your kids won’t be kids forever. This is the stuff their childhood memories are made of. As George R.R. Martin says, “Summer will end soon enough, and childhood as well.”

In addition to those lovely experiences that define summer, children also need lazy summer afternoons with not much happening. So finding that sweet spot of “just enough” activity without over-scheduling is the goal.

Why not decide now to make the most of this opportunity to connect with your kids? Here are ten simple tips to make this summer your best summer ever with your family.

1. Set aside some time every day to have fun with your child. Whether it’s running through the sprinkler together on a hot afternoon or counting the stars on a blanket in the backyard before bedtime, do at least one thing each day to connect and have fun. Remember, what matters is always how it FEELS, not how it LOOKS. Your child doesn’t need a Martha Stewart activity; just a loving connection with you.

2. Find the “sweet spot” for structure. Research shows that kids get stressed during the school year from academics, homework, the social scene, and all the activities. They really need time to chill and relax. But they also need structure, meaning they need their day and week to have a shape, so they know what to expect. For instance, every morning after we play, we do errands or pick up the house together for an hour, and after lunch we have reading time together and then quiet time in our rooms. Every afternoon we run through the sprinkler or go to the pool.

3. Commit to de-stressing and just enjoying your life this summer. Kids pick up our attitudes. If you’re stressed, they’ll be stressed, and they’ll fight with each other and drive you crazy. Even if you have to go to work, can you find a way to dial down your stress for the summer? And if you’re lucky enough to be home with the kids, don’t you deserve a delicious summer as much as your children do? Your positive attitude will create a relaxed, happy mood in your house.

4. Help your kids develop a healthy relationship with time...one that includes the important life skill of being comfortable with their own company, without technology. Time is, after all, what life is made of. To help kids learn to reclaim their time, set up a Boredom Buster Jar. For great ideas to put in the jar, and more on why it’s good for kids to have a chance to be bored, click here.

5. Encourage your child to try something new this summer. There’s no time like the summer to dabble, experiment, and play with creativity. Maybe she wants to try painting, or self-defense classes, or horseback riding. Maybe he wants to try writing a short story or learn how to throw a frisbee well. New activities encourage brain development and build your child’s focus, frustration management and impulse control. For more on nurturing your child’s creativity, click here.

6. Strictly limit technology to certain times of the day. When kids are bored and it’s hot outside, screen time has a way of swallowing up all their time. It may be a good babysitter, but we all know that’s not what kids need. The more you limit screen time, the better kids get at finding creative things to do with their time – and the less they bug you to watch TV or play computer games. (For more on alternatives to screen time, click here.)

7. Institute daily reading time and regular library visits. Books open the imagination, make time disappear, and give kids a wholesome alternative to screens. (Reading is also very highly correlated with school achievement.) Reading to your child develops a love of stories and books, which is what starts them wanting to read on their own. For more on helping your child learn to love reading, click here. For a starting list of great books to take to the library with your child, click here.

8. Be aware that transitions take time. If your child is starting a summer program or camp with new counselors and kids, you can expect some anxiety. Take time to play with your child in advance, because those belly laughs reduce anxiety and will help them feel less nervous that first day or so. And if your child is just home enjoying some down time, remember that sometimes when kids are released from structure, all those stressed feelings they’ve been carrying during the school year bubble up and they suddenly get a bit high-strung. So be aware that you might have a few grumpy days, plan on a few meltdowns, and make sure to build as much roughhousing and laughter as possible into your days.

9. Plan some fantastic family memories, even if you don’t have the money or time to head off on vacation. Don’t wait. The key is to get out a calendar and schedule the things you really want to do. Start at dinner tonight by asking everyone what they’ve loved most about this summer so far. Then ask each person to pick one thing for the whole family to do that will make their summer complete. Set parameters before you start. For instance, no hotel stays, and the total cost of each activity must be under $40 (or whatever your budget is.) Here’s a list of ideas to get you started:

- Buy a badminton set and have a weekend tournament for all your friends and family, complete with a potluck barbecue.
- Set up a water festival in your backyard that includes dunking, running through sprinklers, a water balloon toss game, a slip ‘n slide, and a water balloon fight. Let your kids invite all their friends, and invite a few of yours, too. Celebrate the end of the day with watermelon.
- Rent bikes and follow a local bike path you’ve never been on. Stop for ice cream cones.
- Go camping. Go hiking, catch fireflies, roast marshmallows, sing songs, snuggle on a blanket and watch the fire together.
- Go tubing. Or canoeing. Or rafting. Be sure to cool off by getting wet.
- Make homemade ice cream. (You don’t need an ice cream maker, just rock salt and plastic bags; there are recipes online.) You get the idea. Encourage your family to come up with their ideal scenarios and make a few of them happen. Be sure to toast the family member who chose the activity, and take lots of pictures.

10. The last week of the summer, print out all your summer photos and make a Summer album. Have a little family celebration on Labor Day weekend where you look at the album together and talk about everybody’s favorite parts of the summer. Remind each other of the things that seemed like disasters at the time but are now funny (every family has some of those!) If you do this every summer, you’ll create precious family heirlooms, not to mention a family tradition that will have your kids bragging about how fantastic summer was in their families....and begging to look at the Summer albums with you every Labor Day, even once they’re teenagers.