

March
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

Happy Birthday to Dr. Seuss, one of the UNO Child Care Center's favorite authors. Spring is in the air. Let's hope winter is behind us and the warmer weather stays around.

As the weather does get warmer, the children will be going outside as the weather permits. Please make sure your child has a lighter jacket for when it gets warmer. Sunscreen reminders and forms will be going out at the end of the month.

I would like to thank all the families that joined us for the Lakeshore Family Engagement Night. Everyone had a great time and learned some new ideas. We look forward to providing more family education events in the future.

March is evaluation time for the children and child care center. Your child's progress report has gone out in mailboxes. Please review your child's progress report, sign it, and return it in the envelope provided. These are due now. A tubby has been provided at the front desk counter for you to place the envelopes and progress reports.

The Child Care Center Survey's have been sent out in the envelope with progress reports. Our goal is to have 100% family participation. A box has been provided at the front desk counter for you to return the surveys. These are also due now. We thank you for your continued support and help during this process.

Week of the Young Child is fast approaching and we have many fun activities planned for the week of April 13 that we will be doing at the child care center in the classrooms with the children. More information to follow in the month of April.

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...

"The more things that you read, the more things that you will know. The more that you learn, the more places you'll go."
Dr. Seuss

Baby News!

Congratulations!
To the Ponticello Family:
Jarod, Maria, big brother Luca
and big sister Mila
on the birth of:
Sonni Vicenza
Born February 15, 2020



Happy Birthday!

9 — Ben A.

27 — Miss Zoey D.

26 — Mila P.

29 — Maxwell L.



Dates to Make Note of...

March

2—Read Across America Day
2—Dr. Seuss' Birthday
3—Family Breakfast 7:30 to 9 A.M.
3—Super Tuesday
3-13—Parent/Teacher Conferences
8—Daylight Savings Time
10—CHAMPS Meeting; 4:30 P.M. CCC
17—St. Patrick's Day
19—Spring Begins
16-27—UNO Spring Break

April

1—April Fools Day
2—Children's Book Day
11-17—Week of the Young Child
12—Easter
22—Earth Day
23—Ramadan Begins
24—Arbor Day

May

1—May Day
1—Preschool 2 Graduation; TBA
2—Kentucky Derby Day
5—Cinco de Mayo
8—Child Care Provider day
9—Lost Sock Memorial Day
10—Mother's Day
11—Summer Sessions Start
12—CHAMPS Meeting; 4:30 P.M. CCC
25—Memorial Day, center closed.

Cooking with Rick

Rick Jacobsen—Kitchen Tech

Trying to find a way to include more vegetables in your meals? I found the recipe for zucchini that just might work!

Cheesy Zucchini Bites

Ingredients

- 1-2 tbs. olive oil
- 2 medium zucchini (chopped small)
- 1 clove minced garlic
- 1/4 C. water
- 3/4 C. shredded firm mozzarella (1 cup if you like it extra cheesy)
- 2 tablespoons freshly grated parmesan cheese
- 1 egg (large)
- 1/4 C. + 2 tbs. bread crumbs
- 1-2 tbs. fresh chopped Italian parsley

- 1/4 tsp. salt
- 1-2 dashes pepper

EXTRAS (FOR ROLLING)

1/4 C. bread crumbs (approximately for rolling)

Instructions

1. In a medium frying pan add the olive oil, chopped zucchini, minced garlic, salt and water. Cook covered on medium low heat for approximately 10-15 minutes (make sure the zucchini does not brown, you want it tender), remove cover and continue to cook on low until the water has evaporated and zucchini is tender.
2. Then remove from heat, place in a large bowl and squish with a fork. To the bowl add the shredded mozzarella, parmesan cheese, egg,

- bread crumbs (1/4 cup + 2 tbs.), parsley and pepper, combine gently until compact.
3. Form into 19 balls, then roll the zucchini balls in the 1/4 cup of bread crumbs, place on a plate, cover with plastic and refrigerate for at least an hour**.
4. Remove from the fridge and either deep fry in hot oil (350 F / 180 C) until golden, or pan fry in a little hot oil, turn once or twice until golden, or bake in a pre-heated 350 F. / 180 C, oven for approximately 25-30 minutes. Sprinkle with a little salt before serving.

****Can be refrigerated overnight and cooked the next day.**

Mr. Rick

"One cannot think well, love well and sleep well if one has not dined well." — Virginia Woolf



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, March 18, 2020.**
Happy Reading!

Talk with Toddlers 1 & 2

Effie Swinarsky and Fred Abram—Lead Teachers

Welcome March

Thank you to those parents who took the time to sign up for conferences. Your input is important. We are looking forward to the warm weather and being able to go outdoors. Please remember to provide an extra jacket for outdoor play.

Parent Reminders:

- Make sure to check your child's

mailbox at the end of the day.

- Please bring in diaper wipes for the month of March.
- We are also in need of gently used boys pants, size 2T/3T.

Themes for this month:

Health-; the color Green, the Circle shape, the number 8, letters S, T & U.

A flyer will be going out later this month regarding our new backpack friend that will be taking turns going home with the children.

Take some time to explore your world!
Toddler Teachers

Time with Transition

Allison Johnson—Lead Teacher

Happy spring!

The Transition class is hoping for some more spring weather so we can get outside!

As the temperatures change, please make sure your child has appropriate clothing to go outside. We will attempt to go outside if it is warm enough, so you may leave a jacket on their coat hook so they always have one at school.

Now is also a great time to check your child's tubby to make sure they have extra clothes, and that they are seasonally appropriate. If the temperature is 65 degrees or higher, we

will apply sunscreen. Sunscreen reminders and permission slips will be sent home at the end of March.

The first week of March is full of activities! We are excited to celebrate Dr. Seuss' birthday with lots of language and literacy activities.

Transition has many fun activities going on during month! Detailed lesson plans are posted outside the Transition classroom.

Our learning themes this month are: land and sea animals; pets; habitats and animals around the world. The letters are: R, S, and T. The numbers 16 and 17. Our shape of the month is star and our colors are black and

white. This month, we will also be recognizing St. Patrick's Day and Women's History Month.

If you haven't already, please make sure you sign up for parent teacher conferences.

This is a great way to talk to me one-on-one and see how your child is progressing at school. If you are unable to schedule a time on March 6, 9 or 10 let me know and I will set up a time to meet that works for you. Progress reports will be going out Monday, March 2nd and will need to be returned when you come for your conference.

Ms. Allison and the Transition Staff

Points to Ponder with Preschool 1

Ronita Bolton—Lead Teacher

Hello Parents!

March is here, and we are off to a great start!

Our themes for March are: Dr. Seuss; Lions and Lambs; Baby Animals; Leprechauns and Spring. The letters S, T, and U. The numbers 17 and 18. Our shape is diamond and the color is Blue. The nursery rhyme is "Twinkle, Twinkle Little Star".

If you would like to know what activities we are doing this month, our lesson plans are posted on the bulletin board at the top of the stairs. We also send daily notes home with information about your child's day!

Spring officially starts this month! We would like to remind parents that we are spending more time outside as the weather gets warmer. Please remember that mornings are cold and afternoons warmer so, please have seasonably appropriate jackets and coats on your child's coat hook.

Don't forget to sign up for a conference! This a great opportunity to learn about your child's growth and development.

Thank you and have a great March!

Ronita Bolton & the Preschool 1 Staff



Hello!

It is March and change is in the air!

February felt like it went by so quickly and now we're heading full force into March!

There are a few announcements I need to make regarding graduation and upcoming events.

First, I need pictures for the graduation video. Each child must have an infant and toddler photo for the video. Please

submit the photos for graduation in a hard copy format or in an email no later than Friday, March 20, 2020. For any questions please see me, Miss Dawn, or Miss Monica.

Second, naptime is getting a little bit shorter, we will now be napping for 30 minutes from 1:30 to 2:00 P.M. every day. If you have a request for your child's naptime schedule or have questions about the changes in naptime, please see me, Ms. Dawn or Ms. Monica for details.

Finally, summer school age forms have gone out, please make to return the form with your conference materials if you are planning to have your child participate in our summer school age program. If you have any questions or concerns, please email me at mmliu@unomaha.edu or call me during my desk time from 3-4pm. Thank you for all that you do!

Miss Megan and Staff of Preschool 2

C.H.A.M.P.S

CHAMPS is the child care center parent group that assists with child care center activities and events.

We hold monthly meetings on the second Tuesday of every Month from 4:30 to

5:30 P.M.

If you are interested in attending we would love for you to join us for our next meeting!

We have a lot of topics to cover and need to have families participate.

Thank you.

Focus on Policies and Procedures

HEALTH POLICY

On Cold, Heat, Sun and Insect

The UNO Child Care Center encourages and participates in outdoor classroom play. It is a natural learning environment for children to explore, learn and be a part of.

It is the UNO Child Care Center policy for children to be able to play outside, weather permitting, under the following conditions:

1. All children will participate in outdoor activities unless there is a medical reason with a physician's note stating otherwise.
2. Not raining, lightening, thundering or snowing.
3. Temperature above 32 degrees; including wind chill.
4. Temperature below 100 degrees; including heat index.

5. The playground, front area, Alumni Center and campus areas/walks are cleared and safe for children to play.
6. Children need to wear proper clothing and shoes/boots that is dry and layered for the warmth of cold weather.
7. Children need to wear sun-protective clothing &/or hats, applied skin protections or both for warmer weather.
8. It is encouraged for children to have long sleeves or a light jacket for temperatures between 60 to 70 degrees.
9. It is encouraged for children to have a coat for temperatures between 32 and 60 degrees. Mittens or gloves or hats for temperatures under 45 degrees.
10. Children must have on proper fitting shoes for outside play, this includes tennis shoes or shoes (sandals) with

backs. Flip flops are not recommended.

11. Sunscreen or sun block with UVB and UVA protection of SPF 15 or higher is encouraged to be applied to children's exposed skin year round when outdoors. The UNO Child Care Center must have a signed permission slip to apply sunscreen. Please see separate form.
12. The use of insect repellent containing DEET can be applied to children no more than once a day with parental permission. Please see separate form.



Parent and Teacher Tricks for Getting Kids to Listen

By Aviva Patz for Healthy Kids from Teeth to Feet

Most parents have uttered the words: “How many times have I told you ... ?” at some point, but teachers rarely need to go there. They manage to hold a group of kids’ attention for hours every day.

What’s their secret?

Mike Anderson, a consultant in a teaching technique called Responsive Classroom, shares the strategies for getting kids to listen, pay attention and follow directions.

- Get his attention to begin with. We often call out instructions to our kids when they are playing or watching TV and then get frustrated when they do not hear us. Make sure you have your child’s eyes and ears before speaking.
- Tell; don’t ask. If you want your daughter to put the milk away, say so. But don’t phrase it as a question. Saying, “Sweetie, would you please put the milk back in the fridge?” makes it optional.
- Follow through. If you ask your son to do something, do not let it slide. “When we allow kids to not follow our directions, the lesson is that they don’t have to listen to what we say,” says Anderson.
- Examine expectations. When your child is struggling with a task, it pays to consider: Did I explain exactly what’s expected and show how it’s done? “Sometimes it seems like kids aren’t listening, but in fact, they just don’t know what to do, or they find it overwhelming,” says Anderson. Walk your child through the task to make sure he understands.
- Rethink rewards. When kids get rewards for performing a task, they sometimes develop a “What’s in it for me?” mindset and lose the incentive to do anything that doesn’t result in a prize. Explain at the outset the reason for the task: “You set the table every night because we are all members of this family and we all do our share to help out.”
- Keep the tone positive. When kids feel respected, they’re more likely to be their best selves. Instead of “Why do you always bring your muddy shoes into the

house?” try “Let’s find a way to help you remember to leave your muddy shoes by the door.”

Nobody likes to be yelled at or nagged. The clearer you are when communicating your expectations, the more likely your kids will be to listen and complete tasks.

