

November  
2019

UNO Child Care Center  
Helping Parents & Children  
Learn Together  
402.554.3398

# Child Care Chronicle

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## Feature Facts from Dawn

The leaves on the trees are finally starting to change colors and the weather is getting a little cooler, which means fall has arrived! The children will continue to go outside, weather permitting. Please make sure that your child has the appropriate outside attire to play in. Dressing in layers is encouraged. Please make sure that you label your child's clothing.

CHAMPS had a great success with picture orders this year. We were able to raise \$285. Thank you to all the families that ordered pictures. The children did such a great job!

I am pleased to announce that the UNO Child Care Center has been awarded continuation of the CCAMPIS Grant (Child Care Access Means Parents In School) from the U.S. Department of Education for the next 4 years. The award amount per year is \$165,740.00. We are so excited to be able to help our student families who have children enrolled at the child care center. This grant will also help with staff development & training, technology equipment/supplies, field trips, parent events & training and some renovations, which will include updating the toddler/transition bathroom. Please watch for more details in the coming

months on parent events.

Registration for the spring semester will begin the week of November 4. You will only need to re-register your child if you are on a semester-to-semester contract or you want to change your schedule. In addition, we will also need an updated class schedule for the spring semester. Forms are due back by Monday, November 25.

Reminder: the UNO Child Care Center will be closed on Thursday and Friday, November 28 and 29 in observance of the Thanksgiving Holiday. Also, please make note that the child care center will be closed from December 21, 2019 to January 1, 2020 for the winter break. The center will re-open on Thursday, January 2, 2020.

Monday, November 4, kicks off the start of the UNO Child Care Center's Annual Food Drive for Together, Inc. The last day to bring in donation will be Tuesday morning, November 19 before 8:30 A.M. Our goal this year is to raise 1,200 items. The group that raises the most items will receive a special prize for their classroom. Which group will be the winner? Stayed tuned....

The UNO Child Care Center's annual Holiday Program will be on Saturday, December 14, 2019 at 10 A.M. at the Milo Bail Student Center in the Ballroom. All children need to be there by 9:45 A.M. The children will do a short program, followed by a visit from Santa. The Program will also include a Dance performance, directed by Kathy Gentile, for the children taking Dance Lessons. The CHAMPS group will be sponsoring Video sales of the program, as well as having a Photo Booth. Please watch for more details.

Finally, I will be out of the office on November 15 & 27. If you have any questions or concerns 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..."Around here, we do not look backwards for very long...We keep moving forward, opening up new doors and doing new things because we are curious...and curiosity keeps leading us down new paths." – Walt Disney



## Happy Birthday!

8 – Ellis C.  
12 – Max. H.  
17 – Charles W.

17 – Harris J.  
21 – Lucas Y.  
26 – Miss Ky

28 – Elizabeth S.

# Dates to Make Note of...

## November

3 – Daylight Savings Ends; Set your clocks back 1 hour!  
4-8 – Parent/Teacher Conferences  
4-18 – Annual Food Drive  
8 – National STEM Day  
11 – Veteran's Day  
12 – CHAMPS Meeting  
19 – Preschool Field Trip; Together Inc.  
25 – Registration Information Due  
28-29 – Thanksgiving Holiday; Center is Closed

## December

10 – CHAMPS Meeting; 4:30 P.M. CCC  
14 – Holiday Program; 10 A.M. MBSC  
16-20 – UNO Finals Week  
20 – Last day Fall semester  
21 – First Day of Winter  
21 – Jan 1 - Winter Shut Down; Center is Closed  
22 – First Day of Hanukkah  
25 – Christmas Day  
26 – Kwanzaa Begins

## January

1 – New Year's Day, Center is Closed  
2 – Child Care Center Re-opens  
13 – Spring Semester Starts  
14 – CHAMPS Meeting; 4:30 P.M. CCC  
20 – Martin Luther King Jr. Day; Center is Closed  
25 – Chinese New Year

## Cooking with Rick!

November, the month I am thinking cold weather, snow and something easy and hot to eat. So I found a recipe called "One Pot Hamburger Helper Lasagna" that looked that it would be an easy one to try.

### Ingredients:

1 lb. ground beef (extra lean)  
1 small onion, chopped  
3 cloves garlic, minced  
1/4 tsp. salt  
1/4 tsp. pepper  
1 Tbsp. Italian seasoning  
2 C. marinara sauce  
8 oz. mafalda pasta, uncooked  
3 C. chicken broth

1 C. mozzarella cheese  
2 Tbsp. fresh chopped parsley for garnish

### Instructions:

1) In a large skillet cook the ground beef over medium heat until it is no longer pink and starts to brown. Drain off any excess fat, if any.  
2) Add in the chopped onion and minced garlic to the skillet and stir. Season with salt and pepper, Italian seasoning and cook until the onion gets soft and translucent (about 3 minutes).  
3.) Add the marinara sauce, pasta, chicken broth and stir everything together. Bring to a boil then turn heat down and simmer for

about 15 minutes or until pasta is cooked through as well as most of the sauce should be absorbed.

4) Stir in the cheese and cook for another 30 seconds to a minute (until the cheese melts)  
5) Garnish with parsley and serve.

### Notes:

1. Mafalda pasta can be replaced with other pasta such as farfalle, penne, or elbow.  
2. May use ground chicken or turkey as the meat.

### Mr. Rick

"Be present in all things and thankful for all things" - Maya Angelou



## BABY NEWS!

**Congratulations! To the Guo Family: Chris, Yawen, big sister Pepper and big brother Preston on the birth of Peach Guo born on August 3, 2019, 8lbs. 7oz. and 20 ½ in. long.**

**Congratulations! To the Suriano Family: Zach, Lindsey and big sister Madeleine on the birth of Jackson James born on September 25, 2019, 7lbs. 3oz and 20 in. long.**

## Time with Transition

Allison Johnson – Lead Teacher

Happy November! The Transition class will be focusing on the following themes for November: Home, Family, and Community, What Makes a Family?, Home, Community and Culture, Being Thankful & Giving Thanks. The Color: Yellow, The Shape: Rectangle, The Numbers: 7, 8 & 9, The Letters: G, H & I, and The Holiday: Thanksgiving.

Thank you for signing up for conferences! I am excited to talk to you about the progress of your child this semester. If you did not get a chance to sign up, you have until Thursday the 7th to do so. If you are not able to make a time at all, please talk to me so I can make arrangements to meet with you

when conferences are over, or have a phone conference during my desk duty.

During the month of November, we will have a couple of take home assignments. The first take home assignment is an "I'm Thankful For" poster. We would like each child (with the help of a parent or family member) to create a poster of what they are thankful for. These will be due Friday, November 15. We will also be sending another assignment home that deals with who lives in their home and who is in their family. This assignment will be due on Monday, November 25.

We have been sending home reminders and "please brings" if your child needs extra,

seasonally appropriate clothing. Please make sure to check your child's tubby and bring in what they need. Also, please make sure you are checking your child's mailbox daily so you can stay up to date with what is going on in the Transition class, and receive important reminders and notes from the day.

As always, feel free to reach out with any questions or concerns. My email is [anjohnson@unomaha.edu](mailto:anjohnson@unomaha.edu), and I am happy to talk during my scheduled desk hours from noon to 1 P.M. every day.

Happy Thanksgiving!  
Transition Teachers

## Points to Ponder with Preschool 1

Ronita Bolton– Lead Teacher

Hello Parents, November is here! Last month the children had focused on Pumpkins, fall and Fire Safety themes. We had fun going to the Bellevue Berry Farm.

For November, we will be discussing our theme of "Thanksgiving", which is our holiday for the month. We will also talk

about Healthy Foods, Veterans Day, and Transportation. Our other themes for the month are letters, G and H, numbers 7 and 8, shape is rectangle and the color is brown. Our nursery rhyme is Baa Baa Black Sheep.

Now that Fall is officially here we would like to remind parents that we will play

outside and take our nature walks, weather permitting. So please remember that jackets are needed with possibility hats and gloves. We also recommend closed toed shoes and tennis shoes for preschool play.

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



## Talk with Toddler 1 & 2

Effie Swinarski & Fred Abram – Lead Teachers

Welcome to November. We would like to thank all our parents who were able to meet with me for parent-teacher conferences. I appreciate your input.

November Themes: Caring for Others, the color Brown, the Rectangle shape, the number 4 and letters G, H & I.

Upcoming Events:  
November 1 is PJ Day

November 15 is Snack Day  
Please bring in a peanut/nut free snack. A flyer will be on November 8.

We will start practicing for our holiday program this month. A copy of the songs will go home with your child.

Just a reminder to bring in a pair of gloves/mittens and hat for your child. We will continue to play outdoors, weather

permitting. Your child's sunblock will be going home. Please check your child's mailbox.

Lucky the Bunny has been having fun visiting our toddler friends. Thank you for sharing your adventures with Lucky.

We would like to wish all our families a Happy Thanksgiving!  
Toddler Teachers



It's Turkey Time~ Happy November to everyone. I cannot believe how fast the semester has gone, it flew by and now it is time to start the next month. Just a few little announcements for you for November in Preschool 2.

First, our Together INC. food drive, this year is from November 4 to 19. We will be going on our regularly scheduled annual field trip to deliver the canned and dry food goods to Together INC. on November 19. Please make sure to check your child's mailboxes in the coming weeks for permission slips for

the field trip. AND do not forget to bring in those canned goods!

Second, the holiday program in December is coming up so we are encouraging everyone to continue practicing so that we are all ready to go on the day of the program. The holiday program will be on Saturday, December 14 at 10 A.M. at the Milo Bail Student Center. Please make sure to have your child there by 9:45 A.M. so that they can get ready before the program begins.

Our themes for the month are Giving Thanks

and Appreciation, the letters G,H, & I, the numbers 13, 14 & 15, the colors Gold & White, and the Triangle shape.

Finally, if you have any questions or concerns for me, you can email me at [mmliu@unomaha.edu](mailto:mmliu@unomaha.edu) or call me during my desk time from 3 P.M. - 4 P.M. I am looking forward to a busy and fun November.

Thank you for all you do,  
Miss Megan and the Staff of Preschool 2

## C.H.A.M.P.S.

CHAMPS met on Tuesday, October 8, 2019. Items on the agenda were: The Staff Advisory Council will be holding a book fundraiser for the center this semester. Fundraising ideas

for garden boxes to be purchased for the center.

The next meeting will be Tuesday, November

12, 2019 from 4:30 to 5:30 PM. We will be discussing the Holiday Program. We need to have several families involved to make this a successful year!

## Focus on Policy and Procedures

Bi-Annual Assessments & Conferences  
Curriculum goals and individual objectives are assessed formal twice a year and informally daily throughout the program. Assessments are done through teacher observation and interactions and documentation of development milestones

for each individual child. This documentation is done using the Preschool Progress reports by Hayes Publishing Company and assessments developed individual for each area. Assessments are handed out to parents in early November and late March/early April. At this time formal parent-teacher

conferences are also offered for parents to meet with their child's individual teacher and discuss their child's progress. In-formal conferences can be set up at any time the teacher, parent or administrator feels that is necessary to discuss the child's progress.



## 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](http://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 Monday, November 11, 2019. Happy Reading.



## Parent Corner

BY JESSICA LAHEY SEPTEMBER 4, 2014

When Harvard University's Making Caring Common Project released their report, "The Children We Mean to Raise: The Real Messages Adults Are Sending About Values," many parents and educators — myself included — were surprised to learn that despite all our talk about instilling character and empathy, kids may value academic achievement and individual happiness over caring for others. In the report, the authors explained that the children's values reflected what they believe adults value.

In the wake of these dispiriting study results, the Making Caring Common Project and the Ashoka Empathy Initiative created a set of recommendations for teaching empathy to children.

Empathy goes beyond being able to see another person's point of view, Rick Weissbourd, the co-director of the Making Caring Common Project, explained in an email. He points out that sales people, politicians, actors and marketers are able to do this kind of "perspective-taking" in pursuit of their professional goals. Con men and torturers use this ability to manipulate their victims for personal gain. In order to be truly empathetic, children need to learn more than simple perspective-taking; they need to know how to value, respect and understand another person's views, even when they don't agree with them. Empathy, Mr. Weissbourd argues, is a function of both compassion and of seeing from another person's perspective, and is the key to preventing bullying and other forms of cruelty.

To that end, the project offers these five suggestions for developing empathy in children:

1. Empathize with your child and model how to feel compassion for others.

Kids develop these qualities by watching us and experiencing our empathy for them. When we show that we truly know our children by understanding and reacting to their emotional needs, exhibiting interest and involvement in their lives, and respecting their personalities, they feel valued. Children who feel valued are more likely to value others and demonstrate respect for their needs. When we treat other people like they matter, our kids notice, and are more likely to emulate our acts of caring and compassion.

2. Make caring for others a priority and set high ethical expectations.

Kids need to know that we are not simply paying lip service to empathy, that we show caring and compassion in our everyday lives. Rather than say, "The most important thing is that you are happy," try: "The most important thing is that you're kind and that you are happy." Prioritize caring when you talk about others, and help your child understand that the world does not revolve around them or their needs.

3. Provide opportunities for children to practice.

Empathy, like other emotional skills, requires repetition to become second nature. Hold family meetings and involve kids by challenging them to listen to and respect others' perspectives. Ask children about conflicts at school and help them reflect on their classmates' experiences. If another child is unpopular or having social problems, talk about how that child may be feeling about the situation, and ask your child how he or she may be able help.

4. Expand your child's circle of concern.

It's not hard for kids to empathize with their immediate family and close friends, but it can be a real challenge to understand and feel for people outside of that circle. You can help your child expand their circle by "zooming in and zooming out"; listening carefully to a particular person and then pulling back to take in multiple perspectives. Encourage your child to talk about and speculate on the feelings of people who are particularly vulnerable or in need. Talk about how those people could be helped and comforted.

5. Help children develop self-control and manage feelings effectively.

Even when kids feel empathy for others, societal pressures and prejudices can block their ability to express their concern. When kids are angry with each other over a perceived slight, for example, it can be a real challenge for them to engage their sense of empathy. Encourage kids to name those stereotypes and prejudices, and to talk about their anger, envy, shame and other negative emotions. Model conflict resolution and anger management in your own actions, and let your kids see you work through challenging feelings in your own life.

Educators will tell you that a classroom full of empathetic kids simply runs more smoothly than one filled with even the happiest group of self-serving children. Similarly, family life is more harmonious when siblings are able feel for each other and put the needs of others ahead of individual happiness. If a classroom or a family full of caring children makes for a more peaceful and cooperative learning environment, just imagine what we could accomplish in a world populated by such children.