

September
2019

UNO Child Care Center
Helping Parents & Children
Learn Together
402.554.3398

Child Care Chronicle

Dawn Hove-Casart — Director

Monica Dey — Assistant Director

Feature Facts from Dawn

Welcome! We are glad that you are here and have joined us for the 2019-2020 school year. We are looking forward to a great year. As the fall semester gets started, we would like to wish a fond farewell to all of our student workers who have graduated or moved on. And we want to wish all of our school-age children good luck for the school year.

As a reminder with a start of a new academic year, there are changes that occur to the student workers' schedules. We are pleased to have many of our students returning, as well as some new students joining us this semester. Please take a moment to get to know the staff in our program.

Toddler 1: Lead Teacher, Effie Swinarski; assisting her will be Abby, Makayla, Alyssa, Cassidy, Sam and Diana.

Toddler 2: Lead Teacher, Fred Abram; assisting him will be Courtney, Meggan, Janay, Sofia, Caroline, Harley, Ky, Emily, and Sarah.

Transition: Lead Teacher, Allison Johnson; assisting her will be Alex, Zoey D., Dre, Lexi, Chea, Kylee, Ashley, Spencer and Madi.

Preschool 1: Lead Teacher, Roni Bolton; assisting her will be Kelsey, Kaylyn, Shelby, Kryssy, Morgan G., Taylor and Abby.

Preschool 2: Lead Teacher, Megan Liu; assisting her will be Karlie, Spencer, Maria, Taylor, Morgan G., Zoey K. and Abby.

The Opening Supervisor and Kitchen Tech is Rick Jacobsen and the Assistant Director

is Monica Dey. As always, if you have any questions or concerns, please do not hesitate to ask Monica, the lead teachers or myself.

Toddler and Transition Families mark your calendars now for a Lakeshore Parent Workshop Event on Supporting Language Development in Children 0-36 months. The cost for this workshop is provided by the CCAMPIS Grant. All families who receive tuition subsidy through the grant and who have children enrolled in the toddler or transition program will be required to attend. There are only 15 family spaces available. We will do a potluck dinner from 4:30 to 5:30 P.M. for families who sign-up. The workshop will go from 5:30 to 7:30 P.M. We will have child care available during this time. A sign-up sheet will go out the week of August 26 for families to sign-up for the workshop. Lakeshore will be back in the spring to do a workshop event for families who have children in preschool.

The UNO Child Care Center Annual Curriculum Night is Thursday, September 26 from 4:30 to 6 p.m. Take time to visit your child's teacher and see what is happening in your child's classroom. This is also a great time to network with other UNOCCC families. Hope to see you there!

Please watch for meetings and events sponsored by C.H.A.M.P.S., throughout the semester. C.H.A.M.P.S. meets the second

Tuesday of every month from 4:30 to 5:30 p.m. here at the child care center. Also, continue to watch the parent boards and newsletter for more information about upcoming events in each group. We enjoy having parents, grandparents and other family members volunteer to come on field trips, read to the children, help out, or stop by to eat lunch.

Here are a few reminders:

- 1) Tuition is due your first scheduled day of each week; unless you are signed up for payroll deductions.
- 2) For all families who are students, please make sure we have an updated class schedule.
- 3) If your child has been to the doctor in the past year, please make sure you bring in an updated physical &/or immunization record for his/her file.
- 4) If any of your contact information has changes, please make sure we have the updated information for our records.

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



Dates to Make Note of...

September

2 - Labor Day; Center closed
 8 - Grandparents Day
 10 - CHAMPS meeting at CCC; 4:30 P.M.
 10 - Staff Medication Training
 17 - Tod/Tran Parent Event w/Lakeshore
 11 - Patriot Day
 19 - Talk like a Pirate Day
 23 - Autumn Begins
 26 - Curriculum Night; 4:30-6 P.M.
 27 - Preschool Field Trip Bellevue Berry Farm
 29 - Rosh Hashanah Begins

October

4 - World Smile Day
 8 - OP Library Reading Day
 8 - CHAMPS meeting at CCC; 4:30 P.M.
 8 - Yom Kippur Begins
 9 - Fire Prevention Day
 14 - Columbus Day
 20-21 - Fall Break, Center is open
 26 - National Pumpkin day
 31 - Costume Parade across Campus; 9 A.M.

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.
 28-29 - Thanksgiving Holiday; Center is closed

Cooking with Rick!

Rick Jacobsen - Kitchen Tech.

This month I found a recipe that looked good for any after school treat or even a tailgate party for the upcoming football season!

"BLT Pinwheels with Avocado Ranch Dipping Sauce".

Ingredients include:

3 large burrito size flour tortillas plain or any flavor
 4 oz. cream cheese, softened
 4 Tbsp. ranch dressing
 About 1 cup shredded or torn lettuce
 4 large Roma tomatoes, diced and seeded
 1/2 lb. bacon, cooked until crisp and then broken into pieces

Avocado Ranch

4 Tbsp. ranch dressing
 1/2 avocado
 1/2 tsp. chili powder

Instructions:

1. Lay out the three tortillas flat onto a flat surface covered with a large piece of plastic wrap.
2. Pat the cooked bacon to remove any excess grease and make sure the excess seeds and liquid is removed from the tomatoes.
3. In a small bowl, mix the cream cheese and ranch dressing until smooth.
4. Next, spread this cream cheese mixture over the tortillas, leaving about half inch border.
5. Sprinkle 1/3 of the tomatoes, bacon, and lettuce onto each of the tortillas.
6. Starting at one end, roll tightly, using the plastic wrap to help in the rolling process. Roll until the end and wrap tightly with the plastic wrap.
7. Repeat this process with other two

tortillas.

8. Refrigerate for at least 4 hours. When ready to serve, remove from fridge, unwrap and slice with a sharp knife into 1/2 inch wide pinwheels.

To make the avocado ranch dressing: Add 1/2 avocado, ranch dressing and chili powder to a small mixing bowl. Mash the avocado with a fork until smooth. Mix together until all ingredients are well incorporated, then refrigerate.

"Children want the same things we want: to laugh, to be challenged, to be entertained and delighted" --Dr. Seuss

Mr. Rick



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

CHAMPS met on Tuesday, August 13, 2019.

Items on the agenda were:

- 1) The Staff Advisory Council will be holding a book fund raiser for the center this semester.
- 2) The week of October 7 is Campus

Children's Week, does CHAMPS want to plan any activities or events for this week?

- 3) Parent Event: Language Development for 0-3 year olds will be held on September 26. Up to 15 families can sign up at the front desk.
- 4) Fundraising ideas for garden boxes to be

purchased for the center.

- 5) Election of chair people.

The next meeting will be Tuesday, September 10, 2019 from 4:30 to 5:30 PM. We need to have several families involved to make this a successful year!

Time with Transition

Allison Johnson – Lead Teacher

Fall semester is here! Transition is excited to get back into the school year routine after a fun filled summer. We would like to welcome our new families to the Transition class and welcome back our families that were gone over the summer.

One of our themes this month is "Getting to Know One Another". So, this month we have a couple of fun take home activities. The first take home activity will be an "All About Me" poster for you to do with your child. The poster will be going out the first week in September and is due back the second week in September. We will be displaying them in the room so we can get to know each child better. We would love to have them all back before Curriculum Night on the 26 so

families are able to get to know the other children in their child's class.

On Thursday, September 26, we are having a center wide Curriculum Night. This is a good opportunity for you and other family members to get to know the teachers in your child's classroom. We will have some fun activities for you to do with your child that evening.

Please make sure you are checking your child's mailbox daily so you can stay up to date on what is going on in Transition. We also ask that you check your child's coat hook daily in case of accidents. We will continue to apply sunscreen when we go outside but as the weather is getting cooler,

it is a good idea to have a jacket on your child's coat hook just in case for the cooler mornings.

Here are the themes for the month of September: Learning About Ourselves & Others, Welcome Back to School, Getting to Know One Another, Making New Friends, Learning Classroom Rules, and Respecting & Caring for One Another. Color Red; Shape: Square; Numbers: 1, 2, 3; Letters: A, B, C

As always, if you have any questions or concerns please come see me during my scheduled hours at the center, or feel free to email me at anjohnson@unomaha.edu

Ms. Allison and the Transition Staff



Points to Ponder with Preschool 1

Ronita Bolton– Lead Teacher

Hello Parents, September is here! And we're off to a great start for the 2019-2020 school year!

Last month the children had a review and we focused on all the letters of the alphabets, colors, shapes, numbers, nursery rhymes, and animals.

Preschool has been having a blast playing outside with all their new friends. During August we had our last two events. On August 2, Gifford Farm came to visit us and on August 23, we had our ice cream social

where the UNO Band came and play for us. The children really enjoyed seeing the animals and dancing to the music of the band!

During the month of September, we will be discussing our theme, "Getting to know you". Some of the animals we will talk about are Giraffes, Koalas, and Kangaroos. Our letters for the month are A, B, C and the numbers are 1, 2, and 3. Our shape for the month is the square and the colors are yellow and red. Our nursery rhyme is Hickory, Dickory, Dock.

Now that Fall is officially here we would like to remind parents that we will continue to play outside and take our nature walks as the weather is permits. Please remember that jackets are needed. We also recommend closed toed shoes and tennis shoes for preschool play. Please make sure all items are labeled with your child's name as we sometimes have jackets that look similar.

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

Talk with Toddler 1 & 2

Effie Swinarski & Fred Abram – Lead Teachers

Welcome to September!

Our September Themes are Sense of Self, the color Red, the Octagon shape, the numbers 1, 2 & 3 and letters, A, B & C.

The weather is getting cooler and we would like to remind our toddler parents to provide a sweater/jacket for outdoor play. Please make sure to write your child's name on his/her jacket as we sometimes have some that are identical.

Upcoming Events:

- 1) September 9-Lucky the Bunny Backpack
Lucky the Bunny will start going home with a friend. Your child will be taking Lucky the Bunny home for 2 days. In the backpack, you will find a stuffed bunny, 3 books and a journal. We encourage our parents to read the books to their child and then write in the journal. Some parents even add a small photo of their child and Lucky.
- 2) Tuesday September 17
Lakeshore Workshop: 5 - 8 P.M.

A flyer will be going home with more details regarding this workshop.

3) Thursday September 26
Curriculum Night: 4:30 - 6 P.M.
Come and visit your child's classroom and teachers. You are also welcome to tour the rest of the classrooms.

Until next month, take the time to enjoy the wonderful Fall Season!
Toddler Teachers

Hello and Happy Fall, I am so excited to be starting off this new school year with this new class of kids. There will be lots of fun and exciting new challenges going into the year. I have just a few announcements to make to start us off for the month of September.

First, please make sure you get the interest survey found in the welcome packet turned into me as soon as possible. While we will have many opportunities to learn new things about each other, I would also like to have

the surveys to help aid me in getting better acquainted with the children.

Second, show and tell began the week of August 26, please make sure all show and tell items are put in tubbies at the start of the day. This will ensure that show and tell items will not get lost and will also help us remember where they are. If items do not fit into a tubby, they can be placed on top of the mailboxes or given to teachers for safekeeping. If there are schedule conflicts for your child's show and tell day, please

let me know and I will adjust the schedule accordingly.

Finally, if you have any questions or concerns you can reach me by email at mmliu@unomaha.edu, I check my emails daily or by center phone during my desk time from 3 - 4 P.M.

I look forward to a fun and exciting school year with everyone!
Thank you for all you do!
Miss Megan and the staff of Preschool 2

Happy Birthday!

2 - Avery F.
4 - Madeleine S.
9 - Miss Alex
10 - Cameron T-R.

11 - Brooks W.
18 - Eden B.
21 - Ms. Effie
22 - Raymond K-B.

23 - Mark C.
26 - Theodore J.
29 - Olivia B.
29 - Miss Chea

Focus on Policy and Procedures

As we head into autumn, a few reminders about our illness policies.

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. 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 meets body fluids is immediately washed or placed in the "dirty toy tubby". All other toys are washed weekly (or more often depending on the season). Walls and doorknobs 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.
- If your child was sent home with diarrhea or vomiting, please keep him or her home for 24 hours or until the vomiting and diarrhea has stopped for 24 hours.
- 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 exceeding 1 hour after being notified.

UNO Child Care Center Exclusion Guidelines

- Children will be excluded from the UNO Child Care Center if any of the following hold true:

- An auxiliary (under arm) temperature of 100 or above; your child may return after fever free for 24 hours without fever reducers.
- Strep Throat/Scarlet Fever- until 24 hours after fever has broken and medication has begun.
- Diarrhea that is not contained by diapers or toilet use or has had two or more bouts of diarrhea in the past 24 hours.

- Vomiting two or more times in the previous 24 hours, unless the vomiting is determined to be due to a noncommunicable condition and the child is not in danger of dehydration.
 - Pink Eye/ Conjunctivitis, which is red or pink conjunctiva with white or yellow discharge, often matted; eye pain and/or redness of eyelid. Child must be on medication for at least 24 hours and have a physician's note to return to the center.
 - Mouth sores associated with the inability of the child to control his/her saliva, unless the child's physician states that the child is not infectious.
 - Rash with fever until a physician has determined the illness not to be communicable.
 - Impetigo, until 24 hours after first treatment.
 - Head lice, until morning after first treatment and ALL nits are gone.
 - Chicken Pox, until the sixth day after onset of rash or sooner if lesions are dried up.
 - An illness prevents the child from participating comfortably in program activities.
 - An illness results in greater care need than the child care staff can provide without compromising the health and safety of the other children.
- Children can be readmitted into the program when all symptoms are gone or a physician states the child is no longer contagious. If you have questions please do not hesitate to ask.

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 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. All book orders need to be submitted no later than Monday, September 16, 2019. Happy Reading!



Parent Corner

Fall Family Bucket List: 15 Must-Do Fall Activities for Your Family to Enjoy
These 15 activities are essentials for your fall family bucket list!

The fall season is packed with opportunities for family fun. From football games to hayrides, there are so many great ways to spend time together as a family during the fall. But with so many options available to your family, it can be hard to decide which ones to do!

A great way to keep your family activities organized and to make sure you do everything you want to do this fall is to create a fall family bucket list.

To create a bucket list for your family, it's best to hold a family meeting. Getting all your family members together in one place will ensure everyone has a voice as you create your list.

Make sure to get the opinions of everyone in your family so no one feels left out! Then, start crafting a list of everything your family wants to do during the fall. When planning your fall family bucket list, consider adding

these 30 must-do activities for your family to enjoy.

Fall Bucket List Ideas To Get You Started!

1. Play in the leaves. You're going to have to rake the leaves in your yard anyway, why not make it fun? Rake all the leaves into a pile and jump in! Then work together to clean up the yard when you're finished playing.
2. Pick some apples. Fall is apple season, which means your family can have a blast picking their own apples. Head to your local orchard to find your own fresh apples this fall.
3. Make soup. Warm up on a cool fall day with a bowl of homemade soup.
4. Go camping. Take a break from technology and enjoy the beautiful scenery fall provides outside on a fall camping trip with your family.
5. Gather around a bonfire. Whether you roast marshmallows and make s'mores or tell scary stories around the fire, gathering together around a bonfire is a must on a cool fall night.
6. Decorate pumpkins. Decorated pumpkins are the perfect accent pieces to your awesome Halloween decorations.
7. Visit a pumpkin patch. You're going to

need the perfect pumpkins to decorate. Find the best pumpkins for your projects at the local pumpkin patch.

8. Look at the leaves. With the leaves changing colors on all the trees, fall is a beautiful time of year. Head outside for a walk or go for a drive and enjoy the beautiful fall colors.
9. Get lost in a corn maze. Challenge your family members to a race through a corn maze.
10. Go on a road trip. Take a break from everyday life and head out on the road to your favorite destination this fall.
11. Make something with leaves. Get creative and craft something using leaves this fall.
12. Go on a hayride. Your kids will have a blast sitting on hay and being pulled by a tractor.
13. Donate to the food pantry. The holiday season can be difficult for some families. Come together as a family to give back with a donation to the food pantry.
14. Fly a kite. The brisk fall wind is perfect for kite flying.
15. Go for a hike. Enjoy the beauty of nature during the fall up close and personal on a nature hike.