Welcome! We are glad that you are here and have joined us for the 2018-2019 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 Jamie, Abby, Makayla, Bridge, Zoe and Courtney.
Toddler 2: Lead Teacher, Fred Abram; assisting him will be Chea, Meggan, Janay, Janae, Kylee & Kaylyn.
Transition: Lead Teacher, Cassie Miller; assisting her will be Alex, Emma, Jake, Zoey D., Sofia, KeKe, Morgan J., and Maddie.
Preschool 1: Lead Teacher, Ronita Bolton; assisting her will be Zadee, Rachel, Taylor, Amanda, Morgan G. Kelsey and Maria.
Preschool 2: Lead Teacher, Megan Liu; assisting her will be Allison, Karlie, Spencer, Dillion, Lexi and Trey.
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.

The UNO Child Care Center Annual Curriculum Night is Tuesday, September 11 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 P.M. 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
Welcome to September!

We have updated our monthly themes for the year. Our friends will have fun learning new shapes and exploring new materials. The September Themes are: Sense of Self, the color Red, the Octagon shape, numbers 1, 2 and 3, and the letters A, B and C.

We would like to remind our toddler parents to provide a sweater/jacket for outdoor play. The weather is starting to get cooler. Please make sure to write your child’s name on his/her jacket.

Dates to Remember:

September 10: Lucky the Bunny will start going home with our toddler 1 friends starting on September 10. A flyer with more information will go home on September 4. We are planning an indoor picnic on Friday, September 28.

Happy Birthday:

2- Avery F.
4- Madeleine S.
9- Miss Alex
10- Cameron T-R.
11- Brooks W.
13- Briar B.
15- Miss Alexis
18- Eden B.
18- Harper G.
21- Ms. Effie
22- Ray K-J.
22- Miss Kylee
23- Mark C.
26- Theodore J.
29- Olivia B.
29- Miss Chea

Baby News

Congratulations to the Brooke Family: Tom, Dani, Big Brother Truitt & Big Sister Eden on the birth of a baby boy; Lincoln Robert born on August 8, 2018 9lbs. 13oz. and 21 inches long.

Talk with Toddler 1

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We would like to invite you and your family to our annual Curriculum Night on Tuesday, September 11. Come and visit your child’s classroom and teachers. You are also welcome to tour the rest of the classrooms in the program.

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Baby News

Congratulations to the Brooke Family: Tom, Dani, Big Brother Truitt & Big Sister Eden on the birth of a baby boy; Lincoln Robert born on August 8, 2018 9lbs. 13oz. and 21 inches long.

Talk with Toddler 2

Amazing September is here! We have updated our monthly themes for the year. Our friends will have fun learning new shapes and exploring new materials. The September Themes are: Sense of Self, the color Red, the Octagon shape, numbers 1, 2 and 3 and the letters A, B and C.

We would like to remind our toddler parents to provide a sweater/jacket for outdoor play. The weather is starting to get cooler. Please make sure to write your child’s name on his/her jacket.

Dates to Remember:

September 10: Lucky the Bunny will start going home with our toddler 2 friends. A flyer will be going home on September 4. September 11: is Curriculum Night. Come and visit with your child’s teacher and tour the other classrooms!

Happy Fall.

Ms. Effie & Toddler 1 Teachers

Effective Swinarski – Lead Teacher

Please watch for more details. A flyer will be going home one week prior to the picnic.

Mrs. Effie will be on vacation on Friday, September 21. If you have any questions during this time, please see Mr. Fred, Monica or Dawn.

Happy Fall.

Ms. Effie & Toddler 1 Teachers

Fred Abram – Lead Teacher

September 28: Indoor Picnic. A flyer will be going home a week prior to the picnic.

We are ready to learn, play and grow! Feel free to contact me if you have any questions. My desk duty is from 2 P.M. - 3 P.M. each day.

Mr. Fred & Toddler 2 Teachers

Baby News

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Fall semester is in full swing! 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.

This month we have a few fun take home activities. One of our themes this month is to focus on getting to know one another. We will be sending home an “All About Me” poster for you to do with your child at home. They will be going out the first week in September and 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 hope to have them all back by Curriculum Night on September 11, so families are able to get to know the other children in their child’s class.

On Tuesday, September 11, 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 it is not a bad idea to keep a jacket on your child’s coat hook just in case it is cooler in the morning.

As always if you have any questions or concerns please see Ms. Cassie during her scheduled hours at the center or via email.

Happy September!  
Ms. Cassie & Transition Teachers

**Points to Ponder with Preschool 1**

Fall is on its way and the new semester has begun. Welcome to Preschool 1. My name is Ronita Bolton and I am the new Preschool 1 Lead Teacher. My hours are 8:30 A.M. to 5 P.M. Monday through Friday. My desk duty time is from 8:30 A.M. to 9:30 A.M. I am looking forward to working with your children and getting to know everyone.

During the month of September, we will be doing several units that have to do with Back to School and Getting to Know You and Me. Our themes for the month are: circle shape, color red, numbers, 1, 2, 3, and letters, A, B, C. Each day during calendar time we learn about the days of the week and the months of the year.

Preschool 1 Packets have gone out in mailboxes. Please make sure you have picked up the packets and that you complete and return the child interest inventory on the back. This helps get to know your child better.

The UNO Child Care Center Annual Curriculum Night is on Tuesday, September 11 from 4:30 P.M. to 6 P.M. There will be activities planned for you and the children to do in the areas and there will be time to network with other families.

I look forward meeting everyone and hope to see you at Curriculum Night.

Happy Fall!!

Ms. Roni & Preschool 1 Staff

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

Welcome back! CHAMPS did not meet in August, but we are looking forward to starting a new academic year, when we meet for the first time on September 18 at 4:30 P.M. The meeting will be held here at the child care center, and we need to elect officers for the academic year. CHAMPS works to benefit the children and families enrolled by purchasing equipment; hosting family events; and providing opportunities for parent education. Please become involved and attend the meetings! The monthly meeting will continue throughout the academic school year on the Second Tuesday of the month from 4:30 P.M. to 5:30 P.M. at the child care center. We hope to see you there!
Fall greetings to you all~

It is so good to see a new school year off to a great start with awesome new faces! We have a lot of cool things coming up that need to be addressed heading into September. The first event happening is Curriculum Night on September 11, 2018 from 4:30 P.M. to 6 P.M. We will be having an 80s themed night complete with appropriate outfits, hair (the bigger the better) and activities. It will really be a blast from the past.

The second event is the college of education students from the early childhood education program will be in out of the classroom throughout the month of September reading books and doing activities with the children. If you have not already signed a permission form for your child to participate, please do so soon. We need them in order to determine which children will be participating in those activities. More information will be available in the letter that comes with the permission slips, see myself, Ms. Dawn or Ms. Monica for any questions or concerns.

Finally, the Preschool 2 Packet went out in mailboxes. Please make sure that you have turned in the child interest inventories as soon as possible. They help me to better understand your child and make it easier to meet their individual learning needs.

Have questions or concerns? Please come find me at your convenience, I am able to meet with parents for scheduled individual conferences outside of normal conference schedules. I also can do phone calls from 3 to 4 P.M. during my desk duty, please call the center phone at (402) 554-3398. Also, feel free to email me at mmliu@unomaha.edu. I look forward to a great school year!

Miss Megan and the Staff of Preschool 2

As September rolls in, I think football and tailgating. The recipe for this month is for “Pigs in a Blanket” from the Martha Stewart’s collection. This recipes yields about 4 ½ dozen; a possible favorite for any football party.

Ingredients:
- 2 lbs. (about 60) mini hot dogs
- Cheddar cheese, cut into small pieces (optional)
- Caramelized onions (optional)
- 1 large egg
- All-purpose flour, for the work surfaces
- 1 box (17 ½ oz.) frozen puff pastry, thawed
- Poppy, sesame, or mustard seeds (optional)
- Mustard and Ketchup, for serving

Directions:
1. Cut the hot dogs lengthwise ⅔ of the way through. Insert a piece of cheese and/or half teaspoon caramelized onion into each of the hot dog. If only using a plain hot dog, poke each of them several times to vent.
2. Using a lightly floured surface, and working with one sheet of the puff pastry at a time roll into a 14 by 11 inch rectangle. Cut lengthwise into seven 1 ½ inch wide strips. Next, cut each strip crosswise into 4 rectangles, each about 3 ½ inches long.
3. In a small bowl, beat together the egg and 1 Tbsp. water; set aside. Line baking sheets with parchment paper or a nonstick baking mat; set aside. Place a hot dog on the narrow end of one of the pastry. Roll to enclose the hot dog and using the beaten egg to adhere the pastry, then, transfer it to a baking sheet. Repeat this process for the remaining hot dogs and pastry. If you are using the seeds, brush the tops with the egg and sprinkle on the seeds. Next, place the hotdogs in the refrigerator and chill for 15 minutes.
4. Preheat oven to 450 degrees. Transfer the baking sheets from the refrigerator to oven and bake until golden, about 20 minutes. Let cool and serve with mustard and ketchup.

Happy Tailgating.

Mr. Rick

Cooking with Rick!

Rick Jacobsen – Kitchen Tech.
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.

What We DO: 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 come in contact with 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 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 non-communicable 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.
THE IN’S AND OUT’S OF INTROVERTS AND extraverts

Two different children; two different responses: One loves shopping at the mall, going from store to store, seeing all of the displays, and engaging with other customers. Another child avoids shopping and gets quickly frazzled, annoyed by the constant noise, overwhelmed by all of the choices, and frustrated by the crowds. The first child, who becomes energized by being around people and activity, is considered an extravert. The second child, who is drained by the same situation, is labeled an introvert.

Originally conceptualized by Carl Jung and then developed by Katherine Briggs and her daughter Isabel Briggs Meyers, the concept of extraversion vs. introversion describes innate preferences for interacting with the world. Children can fall anywhere along the continuum from extremely gregarious and outgoing to intensely introspective and thoughtful. As a parent, you can help your children manage their disposition, but you will not be able to alter it. Whether they are more extraverted or introverted greatly influences your children, their behavior and your expectations.

What are the traits of extraverts? Extraverts get their energy from being around others. A day alone can leave them tired, moody and uncooperative. Extraverts outnumber introverts three to one. In general, your extraverted children will have lots of friends, be easy to talk to, have lots of energy, and be quick to tell you what they are thinking and feeling. Your children are probably extraverts if they: prefer people and things over ideas and images, feel comfortable being alone and like to work by themselves, have a few close friends that they tend to know well, tend to reflect and ponder before starting a new project, are described as “introspective.”

Things Parents Can Do As mentioned earlier, this information has implications in many of your interactions with your children, from your assignment of chores, to planning trips or family gatherings, to completion of homework, and to scheduling your holiday plans. Given the unique and very different approaches of extraverts and introverts, the best way to plan for some situations is as follows

Chores  Extraverts will want to interact with other people and so they will be happiest with chores such as: Assisting you in completing a task, Working with a sibling, Making phone calls.

Introverts will want to work alone and so they will be most comfortable doing such tasks as: Sorting laundry, Caring for plants, Dusting.

Outings Extraverts may love the excitement of the outing. You may need to let them know beforehand how long the trip will last as they will become more energized as the excursion continues. Introverts may become exhausted very quickly. You can plan for success by breaking a larger outing into smaller outings. If this plan is not feasible, you can also build in breaks where you could rest and relax, sit by a fountain and listen to the water or find a quiet seat to have a snack and “refuel” both physically and emotionally.

Homework  Extraverts may come home from a full day of school too drained to do work. They may need to talk to friends or play or retell their day to you before they are ready and able to complete their homework. Introverts may find the same day absolutely draining for the opposite reasons. A day of having students in their personal space and a potentially noisy bus ride home can leave them needing quiet time, rather than activities, before they can begin their homework. Sometimes a walk around the block or swinging on the swings or a little TV can give these children the break they require before they sit down to do homework.

Holidays/Parties/Other Outings  Extraverts are in their element in social gatherings. Interacting with others can leave them so excited that sometimes the greater difficulty is settling them back down after the outing. This energized reaction is true of any situation that involves others, be it a full social day, a birthday party or special outings to the zoo or circus. The sights, sounds, noises and people invigorate these extraverts. Though they may still enjoy parties, introverts need time to regroup. After a while, they may request to go home. If possible you can limit the number and length of social engagements you attend in a day. If that is not feasible, you can plan for down time, perhaps stopping at a park between parties just for quiet time, or finding places to “escape” to at a party, perhaps going into a back room to read. Additionally, introverts may be drained even by having guests in their home; they never feel quite relaxed until everyone is gone.

What does this mean for you? How children interact with their world and with you is heavily influenced by whether they are extraverts or introverts. How easily the environment supports your children’s preferences is often based upon your own style. If you are an extravert: You may innately understand your extravert children’s desire to go out and socialize. If your children are introverts, however, you need to respect their need for down time and build it into your routine. If you are an introvert: You may naturally build in down time, but find your extravert children’s continual requirements for outside stimuli to be draining on you. You will need to find ways to allow for this interaction, while still respecting your own need to refuel. For example, you may arrange for your children to have other people to talk with or play with other than you.

Parting Thoughts  The concept of extraversion and introversion is one way of understanding your children’s behavior. Temperament and learning styles are additional methods of explaining how your children naturally relate to their environment. All of this information helps you to interact with your children in ways which support their innate tendencies.

In the end, by recognizing whether you and your children are more extraverted or introverted will enable your daily routines to run more smoothly and will increase your chances for success.