

January  
2021

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 New Year! We hope that everyone had an enjoyable break and holiday season. A special "Thank you" to the families who provided us with the wonderful goodies and gifts. It was very thoughtful. Thank you.

As our environment continues to be monitored due to COVID-19, we will continue with our COVID-19 Policies and Procedures for the Spring 2021 Semester. Please remember the following:

1. You need to fill out your child's daily health check form each day when you drop off your child(ren). If you have answered yes to any of the questions 1 through 4 on the form, your child cannot attend. At anytime you, your child or any immediate family member has a symptom consistent with COVID-19, your child cannot be at the UNO Child Care Center.

2. Your child's temperature will be taken when you drop-off and again in the afternoon. Temperatures must be at or below 98.6 for your child to stay. Anytime your child develops a temperature above 98.6 degrees and has additional symptoms, your child will be sent home. Your child must be symptom free before returning. If your child develops a temperature of 100.4 degrees or above, they will be sent home. Fever must be broken for 72 hours, without the aid of fever reducing medications and no other symptoms before your child can return.

3. All parents and staff must complete the UNO 1-check COVID App prior to coming onto the UNO campus or to the child care center each day. The screening should say low results. If not, you will need to contact the UNO Health Security Office before you come to campus for any reason. This includes dropping off or picking up your child from the child care center. Staff will also need to notify Dawn or Monica.

4. At any time you, your child or anyone in your household have been exposed, needs to quarantine or have tested positive to COVID-19, you need to let Dawn or Monica know. You must also fill out the UNO BRT Form that gets generated to the UNO Health Security Office. This form can be found at this link: [https://cm.maxient.com/reportingform.php?UnivofNebraskaOmaha&layout\\_id=10](https://cm.maxient.com/reportingform.php?UnivofNebraskaOmaha&layout_id=10)

5. The UNO Child Care Center continues to follow all directives from the Douglas County Health Department and the UNO Health Security Office.

6. We will continue to assess the situation and make any changes needed as we go through the semester.

One change we are allowing this semester is to allow the children to bring in Valentines for the Valentine Day Exchange Parties on Friday, February 12. Valentines must be store bought. Any candy or trinkets, must also be store bought and in their original packaging. Each child will be making a Valentine sack here at the child care center. Please do not send in any pre-made boxes, etc. We are asking families to bring in all Valentines and items by Wednesday, February 10. The teachers will pass out and place the Valentines in each individual child's sack. The classrooms will also have Valentine activities, games and a special snack on this day. An email will be sent out at the end of this month with the number of Valentine's needed for each class. Ms. Monica will be taking lots of pictures to share. Please let us know if you have any suggestions, questions or concerns regarding the Valentine Exchange Party. Bringing in Valentine's is voluntary. Just let Dawn, Monica or your child's Lead Teacher know if you do not want your child to participate.

Reminder that the teacher assistants' schedules have changed for the spring semester and their work hours will be different. The lead teachers' schedules stay the same.

Please remember to keep us updated on any changes that have taken place regarding your class schedule, emergency information, new address, phone numbers or e-mail addresses. Also, please remember to inform us if your child has had any recent immunizations. We greatly appreciate your assistance with keeping your child's file current. Thank you.

Spring semester contracts will go out the week of January 11 and must be signed by Thursday, January 14. Only families who are on a semester to semester contract or have changed contracts, will need to sign a new contract.

Reminder the UNO Child Care Center will be closed on Monday, January 18, 2021 in observance of Martin Luther King, Jr. Day.

I will be out of the office on Friday, January 29. If you have any questions or concerns during this time, please see Ms. 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](mailto:dhove@unomaha.edu) or stop by my office.

Until Next Month...

Children are the true connoisseurs. What is precious to them has no price, only value. -Bel Kaufman



# Happy Birthday!

5 - Paul-Anthony H.

18 - Ms. Allison

22 - Mia R.

31 - Scarlett A.

16 - Kristine W.

21 - Sutton S.

29 - Kyza L



## Dates To Make Note Of...

### January

- 1 - New Years Day, Center Closed
- 4 - Center re-opens
- 11 - Spring Semester Begins
- 15 - Book Orders Due
- 18 - Martin Luther King Jr. Day, Child Care Center Closed

### February

- 2 - Groundhog Day
- 12 - Book Orders Due
- 12 - Chinese New Year
- 12 - Valentine Exchange Parties
- 14 - Valentine's Day
- 15 - Presidents Day
- 16 - Mardi Gras

### March

- 2 - Read Across America Day
- 14 - Daylight Savings Begins
- 14 - 21 - Spring Break, Center Open
- 15 - Toddler 1 Parent/Teacher Conferences
- 16 - Toddler 2 Parent/Teacher Conferences
- 17 - St. Patrick's Day
- 17-18 - Transition Parent/Teacher Conferences
- 20 - First Day of Spring
- 22-23 - Preschool 1 Parent/Teacher Conferences
- 24 - Preschool 2 Parent/Teacher Conferences

## Cooking with Rick

### Rick Jacobsen—Kitchen Tech

Happy New Year--may your new year be a better year. I found a recipe, that I hope you will want to try!

"Best-Ever Chicken Fried Steak". This recipe comes from the Delish website.

#### Ingredients for the steak:

- 4 (6 oz.) top round steaks
- 1 C. whole milk or buttermilk
- 1 large egg
- 1 C. all-purpose flour
- 1/4 C. cornstarch
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1/2 tsp. cayenne pepper
- Kosher salt
- Freshly ground black pepper
- Vegetable oil, for frying

#### Ingredients for the Gravy:

- 4 Tbsp. butter
- 1/4 C. all-purpose flour
- 2 1/2 C. whole milk
- Kosher salt
- Freshly ground black pepper
- 1/2 tsp. paprika

#### Directions:

1. Place the steaks between 2 pieces of plastic wrap and pound with a meat mallet until the steaks are about 1/4" thick.
2. Set up a dredging station: In one shallow bowl, whisk together milk and egg. In another bowl, whisk together flour, cornstarch, and spices. Then season with salt and pepper.
3. Dredge each piece of steak in the milk then the flour mixture. Repeat until all the steak is

coated in breading. Place in the fridge while you make the gravy.

4. In a large skillet over medium heat, melt the butter. Add the flour and cook until golden and bubbling (about 2 or 3 minutes). Whisk in the milk and season with salt, pepper and paprika. Bring mixture to a simmer and cook until slightly thickened (3 to 4 minutes). Remove from heat.
5. Cook the steaks. In a large skillet over medium heat, heat 1/2" to 1" oil until hot but not smoking. Fry each piece of steak until golden, about 4 minutes on each side. Drain on a paper towel-lined plate and season salt and pepper while hot.
6. Garnish with parsley and serve hot with gravy, mash potatoes and green beans.

Enjoy! Mr. Rick



## 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 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. On

can also choose to have the books shipped directly to you.

January book orders will be due **Friday, January 15, 2021.**  
**Happy Reading!**



## Talk with Toddlers 1 & 2

Effie Swinarski and Fred Abram—Lead Teachers

Happy New Year!  
We are looking forward to a fun filled month. We will be painting, exploring water and making music!

Mr. Fred and Mrs. Effie are also planning on sending activities that can be done at home. We want to make sure that our families stay busy and happy during these winter months.

Thank you to our families for the holiday gifts and treats. Your thoughtfulness is greatly appreciated.

### Parent Reminders:

- Make sure you are providing a change of clothes, including socks and shoes in your child's backpack.
- Provide a container of diaper wipes for the month of January.

Please feel free to contact your child's teacher with any questions.  
Mrs. Effie desk time: 1 to 2 PM.  
Mr. Fred desk time 2 to 3 PM.

*Time spent playing with children is never wasted - Dawn Iantero*  
Toddler Teachers

### January Themes:

Transportation, Color White, Diamond Shape, Number 6, & Letters: M, N, & O.



## Time with Transition

Allison Johnson—Lead Teacher

Happy New Year!  
I hope everyone had a peaceful holiday break.

We would like to welcome all our new friends from Toddler 2. Lincoln, Chance, Emiliano, and Corvus have been a nice addition to the Transition class. We look forward to watching them grow over the semester!

We have many fun activities planned for the month of January. Our monthly themes are: Nutrition and Exercise; Water, Snow and Ice; Setting Goals-Cause and Effect; Safe Choices and Helping Others. Our color for the month is Blue; the letters are L, M & N; the numbers 12 & 13; and the shape is Diamond.

Please make sure you are checking your child's daily sheet so you can stay up to date on what is happening in the Transition room.

If you have any questions or concerns, please feel free to contact me via email or during my scheduled desk duty hours at the center from 12 to 1 PM. each day.

Let's have a great 2020!  
Miss Allison and the Transition Staff



## Points to Ponder with Preschool 1

Ronita Bolton—Lead Teacher

Hello Parents, January is here!  
Now that Winter is officially here, we would like to remind parents that we will play outside and take our nature walks only if weather is permitting. We will go outside as long as the temperature, including wind chill, is above 32 degrees, so please remember that coats, hats, mittens/gloves are needed. We also recommend closed toed shoes, boots, or tennis shoes for preschool play.

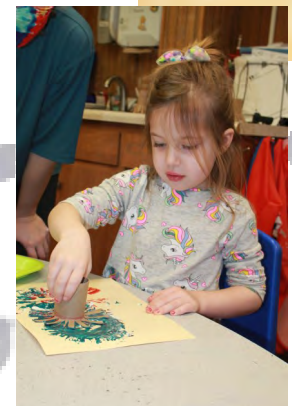
Our themes for the month of January are: Happy New Year; Animals in Winter; Snow and Ice; Polar Bears and Penguins; Letters M & N; Numbers 11 & 12; Shape is octagon and Color is white. Our song for

the month is "I am a Little Snowman".  
Our holiday is Martin Luther King, Jr. day.

Reminder, the UNO Child Care Center will be closed on Monday, January 18 in observance of Martin Luther King, Jr. Day.

If you have any questions or concerns, please feel free to contact me via email or during my scheduled desk duty time from 8:30 to 9:30 AM. each day.

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



Welcome back everyone!

I cannot believe we are already starting the new semester, and with the new semester will come more changes.

First, I would like to announce is that we will be taking shorter naps beginning at the end of this month. Starting on January 25, our class will begin laying down 15 minutes later at 1:15 PM. Naptime will still end at 2:00 PM. If you have any questions or concerns regarding our shorter naptimes, please see Ms. Dawn, Ms. Monica, or me.

Next, I would like to announce is that beginning the week of January 18, I will begin sending home lists of sight words to

practice at home. This can be done in addition to any sight word or other skills practice that are currently being done at home. I will be sending out a letter giving more detail about at home sight word practice towards the end of this week.

If you have any questions regarding the changes mentioned above or any other questions in regard to the beginning of the semester, please contact me at my email [mmliu@unomaha.edu](mailto:mmliu@unomaha.edu) or call me at the center number. My desk duty time for this semester will be from 9:30 to 10:30 AM. I look forward to another semester and a new start to the new year.

Thank you for all you do!

Ms. Megan and the Staff of Preschool 2



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

CHAMPS does not have any meetings schedule for this month due to health mandates. We are hopeful that we will be able to get together at some point.

We will continue to find new ways for our families to be involved in the program. This may include virtual events!

Until we can meet again, please continue communication with the staff and other parents!

We hope everyone has a great semester!

## Focus on Policies and Procedures

### CONFIDENTIALITY POLICY

All information you provide the University of Nebraska-Omaha Child Care Center about your child is kept confidential, unless you have given us verbal &/or written permission to provide it. This includes information in your child's file, assessment information, screenings, medical, allergies, etc. All children's files are kept in a locked file cabinet and are only accessed by the administrators and lead teachers.

Under the following circumstances the contents in each individual file is confidential, but is immediate assessable to:

1. Administrators or teaching staff who have consent
2. The child's parents or legal guardian that are on file or
3. Regulatory authorities, on request, such as National Association for the Education of Young Children (NAEYC) during accreditation visits, The Nebraska Department of Health and Human Services, food program audits or Nebraska Department of Health and Human Services Department of Licensing during visits.

### Consent For Sharing Information

The University of Nebraska-Omaha Child Care Center requires families to obtain written permission from the relevant service providers or programs asking the UNO Child Care Center to provide information to the provider or program that is relevant to the child or family.

Once the written permission is signed by the parent, provider or program and UNO Child Care Center, the information will be provided per the request. All information provided in a child's file is kept confidential. Unless otherwise written &/or verbal parental permission is given.





### Playing With Your Child

While children do need time to play alone and with other children without adult intervention, research shows that playtime with parents is also important.

Children crave time with parents. It makes them feel special. Parents are encouraged to find time to spend playing with their kids on a regular basis. This should include one to one with each child and group time with all of the adults and kids in the home. If you are a single parent or have an only child, occasionally invite family or friends over to play.

In pretend play, let the child develop the theme. Get into their world. Let them go with it. Ask questions. Play along. Be silly along with them and have fun. Avoid over-stimulation. Know when it is time to stop.

Also, when appropriate, parents can use stuffed animals or puppets to act out real-life situations that can teach problem solving or social skills. Let the puppet demonstrate the wrong way to handle a situation. Then, along with input from the child, act out a better way. Afterward, let the child do the same.

#### More Possibilities:

- Play outdoors.
- Throw balls. Push kids on swings.
- Make mud pies.
- Go on a hike around the neighborhood.
- Take a nature walk in your backyard.
- Play games – card games – board games – silly and wacky kids games. Help them learn to take turns, how to win and how to loose. Praise them. Encourage them. Laugh with them.
- Get involved in a craft project together.
- Build a jigsaw puzzle as a family. Bake

cookies. Paint a picture.

- Listen to music together. Sing along. Play rhythm instruments along with music. Get out the guitar or keyboard and make music.
- Read a book together. Ask questions. Ask them to change the story or make up a new one.
- Watch a movie together. Find out what they liked – how they felt.
- Discover the child's interests. Comment on and discuss any bothersome content either words or actions.
- Play kid games like: Follow the Leader – Guess What I Am? – Hide and Seek

Help kids when they show the need it or ask for it. Use it as a time to teach:

- patience
- problem solving
- social skills
- creativity

Playing with kids builds a bond that will last forever. It lets the child know he or she is loved and appreciated. It opens the door for sharing problems and concerns when the need arises. It helps the parent get to know and under the uniqueness of each child. It is also great stress reducer for overworked parents.

Family Activities are great for the whole family. They help develop strong family bonds which can last a lifetime. It can be said that a family who plays together stays together. They also are more cooperative, supportive and have open communication. These qualities pay off in big dividends by increasing self-esteem, social skills and a sense of connectedness that helps kids and teens use good judgment when confronted with difficulties and temptations.

### Family Game Night:

Here's a great tradition that is easy to start. Pick a night and make it family game night. Gradually add games that can be fun for the entire family. Take turns choosing the game to play. Make sure the games are appropriate for the youngest player. A great time to bond through friendly competition. Learn how to take turns and play fair. Learn how to be a good loser and well as a good winner.

### Encourage Outdoor Activities

Now is the time to stop the "Couch Potato" syndrome. Pediatricians find that most kids are not getting enough exercise. Parents can be good role models by going outside and playing along with their kids. Hey, it is good for adults as well. Encourage your child to be active. Help them develop motor coordination and learn good sportsmanship.

