

March
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

Spring is in the air. Let us hope that winter is behind us and the warmer weather is here to stay. This is "Read Across America" week. Take some time to sit down and read one of your favorite childhood books to your child. Then read one of their favorite books. Maybe you can even go to the park and have a picnic.

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.

March is evaluation time for the children and the child care center. Your child's progress report will go home on Friday, March 12. Please review your child's progress report, sign it, and return it in the envelope provided. These are due by March 23, 2021. 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 will also be sent out in the envelope with progress reports. I will also be emailing a form to

everyone. Our goal is to have 100% family participation. A box will be provided at the front desk counter for you to return the surveys. These are due by March 26, 2021. 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 12 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.

April is also the time for the Preschool 2 Graduation and Center Wide Luncheon. Due to COVID-19 we will not be having the Center Wide Luncheon. However, we are working on getting permission to hold a smaller Preschool 2 Graduation for parents only and zoom it virtually for other family members, friends and the child care center to see. Once we have more details we will let everyone know.

The UNO Child Care Center will also be preparing to have our kitchen renovated this summer. The kitchen will be getting a

complete overhaul, including new appliances, cupboards/counters, a 3 compartment sink, flooring and paint. The cost of this renovation is being covered by the CCAMPIS Grant. While the renovation is done to the kitchen, the UNO Child Care Center will be moving to the Milo Bail Student Center, our second home. Once we have the confirmed dates and what area we will be located in the Student Center, I will let you know. Watch for further updates and details.

Finally, I will be out of the office on March 12, 17 and 23. If you have any questions or concerns during these times, 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 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



Happy Birthday!

4 - Gael J.

30 - Kai B.



Dates To Make Note Of...

March

- 2 - Read Across America Day
- 12 - Book Orders Due
- 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
- 23-24 - Preschool 2 Parent/Teacher Conferences

April

- 1 - April Fool's Day
- 4 - Easter
- 8 - Book Orders Due
- 11-17 - Week of Young Child
- 12 - Ramadan Begins at Sundown
- TBA - Preschool 2 Graduation
- 22 - Earth Day
- 30 - Arbor Day

May

- 1 - May Day
- 4 - National Teacher Day
- 5 - Cinco De Mayo
- 9 - Mother's Day
- 10 - Summer Session Starts
- TBA - Move to MBSC Building
- 24 - Summer School-age Program Begins
- 31 - Memorial Day, center closed

Cooking with Rick

For the chocolate lovers, I found a brownie recipe.

Ingredients:

- cooking spray
- 1 C. all-purpose flour
- 1/4 C. cocoa powder
- 3/4 tsp. fine sea salt
- 1 1/3 C. dark chocolate wafers, divided
- 1 C. granulated sugar
- 3/4 C. unsalted butter, melted
- 1/2 C. packed dark brown sugar
- 3 large eggs
- 1 tsp. vanilla extract

Directions:

1. Preheat oven to 350 degrees. Line a 13 x 9 inch metal pan with parchment paper leaving

about a 2 inch overhang on each side. Lightly coat the parchment paper with the cooking spray. Then in a small bowl sift together the flour, cocoa and salt--set aside.

2. Melt 1 cup of the chocolate wafers in a double boiler or microwave stirring often, until smooth.
3. Combine granulated sugar, melted butter, brown sugar, eggs, and vanilla in a bowl of a stand up mixer. Beat on medium high until frothy and light caramel in color (about 1 minute).
4. With a mixer running on low speed, pour in the melted chocolate into the egg mixture. Fold in flour mixture until well incorporated. Next transfer the batter into the prepared pan and smooth top.

5. Roughly chop the remaining 1/3 C of chocolate wafer and sprinkle over the top of the batter.
6. Finally bake in the preheated oven until a wooden toothpick inserted in the center comes out clean (about 18 to 20 minutes). Cool brownies in the pan on a wire rack for at least 2 hours. Using the parchment paper, remove brownies from the pan and cut into desired rectangles.

Enjoy. Mr. Rick

"What you do makes a difference, and you have to decide what kind of difference you want to make." --Jane Goodall



Book Orders

The University of Nebraska at Omaha Child Care Center continues 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 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.

March book orders are due

Friday, March 12, 2021.

Happy Reading!

Welcome March. We are looking forward to the warm weather and being able to go outdoors.

Please remember to provide an extra jacket for outdoor play.

This month, we will be talking about Health, the color Green, the Circle shape, the letters S, T, & U; and the number 8.

Parent/Teacher Conferences will be scheduled this month. Ms. Effie's Toddler 1 group times are on Monday, March 15 and Mr. Fred's

Toddler 2 group times are on Tuesday, March 16. Please see the conference sign-up book on the front desk to sign-up for a conference.

Parent Reminders:
Please remember to bring in diaper wipes for the month of March.

We are also in need of gently used boys pants, size 2T and 3T.

A child's laugh could simply be one of the most Beautiful sounds in the World.

Happy Spring!
Toddler Teachers



Time with Transition

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 and dry enough. We will be sending out sunscreen reminders at the end of March. If the temp is 65 or above, we will be applying sunscreen when we go out.

The first week of March is full of activities! We are excited to celebrate Dr. Seuss' birthday with lots of language and literacy activities. We will be having volunteer readers via Zoom. If you would like to sign up to read, please send me an email to ajohnson@unomaha.edu.

Be on the lookout for the sign up for parent teacher conferences on Wednesday, March 17 and Thursday, March 18. This is a great way to talk to me one-on-one and see how your child is progressing at school. If you cannot make it that week, let me know and I will set up a time to call or Zoom that works for you. Progress reports will be going out Friday, March 12 and will need to be signed and returned before your conference.

Here are the themes we will be focusing on this month: Land and Sea Animals; Different Kinds of Pets; Animal Habitats, and Animals Around the World. The colors for the month are black and white, the shape is star. The Letters are R, S, and T and the numbers are 16 and 17. Special themes for this month are St. Patrick's Day, Women's

Allison Johnson—Lead Teacher

History Month and Dr. Seuss' Birthday.

Happy Spring!
Transition Teachers



Points to Ponder with Preschool 1

Hello Parents.
Now that Spring is officially here, we would like to remind parents that we will play outside, and take our nature walks only if weather is permitting so please remember that coats are needed, and we also recommend closed toed shoes, boots, and tennis shoes for preschool play.

Sunscreen reminders will be going out this month. Please bring in new non-aerosol sunscreen for your child. Once the temperatures are above 65 degrees we will begin apply sunscreen.

Our themes for the month of March are: Lions and Lambs; Dr. Seuss; Leprechauns; It's Springtime, and Baby Animals. Our letters for the month are S, T, and U. The numbers

are 15 and 16. Our shape for the month is a diamond and the color is blue. Our nursery rhyme is "Twinkle, Twinkle, Little Star".

Parent Teacher Conferences will be this month! Conferences are on Monday, March 22 and March 23. Please see the Conference sign-up book on the front desk counter to schedule a conference time.



Ronita Bolton—Lead Teacher

Thank you and have a great March!

Ronita Bolton & the Preschool 1 Staff



Hello! We are marching into March and change is in the air!

I can not believe how short February has felt. It seems like only last week we had our Valentine's Day exchange and now we are heading full force into March.

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

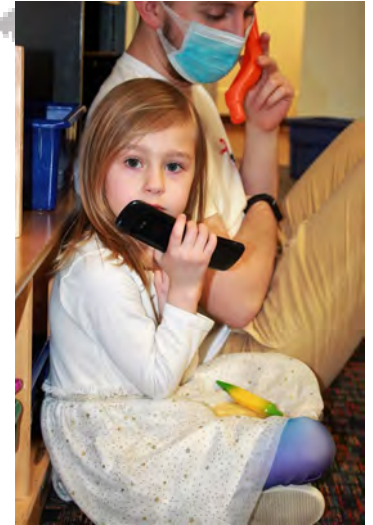
First, I need pictures for the graduation video. Each child must have an infant and toddler photo for the video. Please submit the photos for graduation in a hard copy format or in an email. The photos are due by Friday, March 12. For any questions please see me, Ms. Dawn, or Ms. Monica.

Second, summer school-age forms will be going out soon. If you are planning to have your child participate in our summer school-age program, please complete and return the forms with your conference materials.

Finally, Parent/Teacher Conferences will be Tuesday, March 23 and Wednesday, March 24. The conference sign-up book is located on the front desk counter. I look forward to talking with each and everyone.

If you have any questions or concerns, please email me at mmliu@unomaha.edu or call me at the center phone number. Thank you for all that you do!

Miss Megan and 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

Health and Safety Requirements

The following processes and procedures have been put in place to minimize the risk for all children, staff, and members of the UNO Child Care Center while at the UNO Child Care Center. Families must agree that they will not bring children to the UNO Child Care Center if (1) the child is displaying any symptoms of COVID-19, (2) anyone in the child's immediate family/household is displaying symptoms of COVID-19, or (3) the child or anyone in the child's immediate family/household has had a known exposure to COVID-19 within the last 14 days. Prior to sending a child to the UNO Child Care Center parent/guardian(s) must review and agree to the health and safety requirements below and sign the UNO Child Care Center COVID-19 Pandemic Policy for New or Returning Families.

Requirements for Sick Children – Sick children, **including non COVID-19 illnesses**, are not permitted to attend the UNO Child Care Center. Children with temperatures 100.4 F or above must remain home and be symptom free without the use of medication for 72 hours prior to returning to care. Fever reducers will not be given to children within 24 hours on any day of attendance, regardless of reason for fever reducer.

Children with symptoms consistent with COVID-19 including, but not limited to the following are not permitted to attend the UNO Child Care Center:

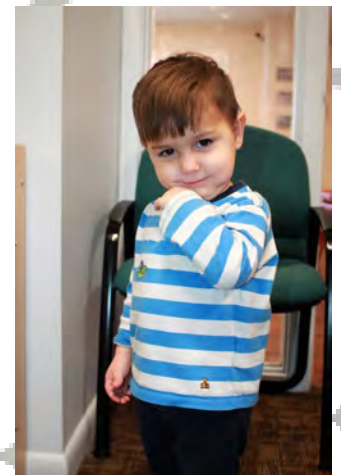
- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Children that become ill while at the UNO Child Care Center are required to be picked up within 30 minutes of notification. Children must remain home

and be symptom free without the use of medication for 72 hours prior to returning to care.

Children with a confirmed case of COVID-19 or living in a household with a confirmed case of COVID-19 may not return to the UNO Child Care Center until the [CDC conditions to return from COVID-19 isolation](#) are met. This also includes any probable positive cases of COVID-19.

As always, if you have any questions regarding these policies, please let us know.



Getting Ready for Kindergarten: What Early Care & Education Providers Need to Know to Support Nebraska's Children & Their Families

What do children need to be ready for school?

Children are born ready to learn, but when they have good health, and experiences that help build their knowledge, social and physical skills, they are prepared to be successful. Some of the most important skills children *should* have are:

- to be curious and enthusiastic about learning,
- able to control their reactions and not disrupt others,
- able to follow directions and pay attention.

However, the only requirement to go to kindergarten is to be five years old on or before July 31.

What do I need to know about kindergarten to support parents?

- Nebraska law entitles children to receive free public education the year that they turn five on or before July 31.
- Schools cannot test age-eligible children for kindergarten entrance, nor suggest delaying entrance. It is the responsibility of schools to be ready to meet the individual needs of every age-eligible child, regardless of their abilities.
- School districts are allowed to enroll a child who misses the cutoff date, but turns five between August 1 and October 15. Parents who are interested in enrolling their child early should contact their school as soon as possible to ask about their procedure for early entry assessment.
- Nebraska teachers plan their curriculum based on state standards, which are what children should know and be able to do by the end of the school year in: language arts (reading, writing, and communicating), mathematics, science, and social studies.
- Kindergarten programs have come under pressure to become more structured and academic. This may cause some parents to be concerned about their child's ability to be successful.
- Families should be encouraged to talk to the teacher or principal if they are unsure about their child's ability to be successful

How can I support families in deciding if their child is ready?

Children enter kindergarten with a wide variety of skills and knowledge. There is not just one thing, nor a list of skills, which results in a child being ready for school. Parents often seek the opinion of their early care and education provider so it is important to help them understand that school readiness is about more than just what children know.

- healthy, rested, and well fed
- able to pay attention, follow directions
- able to communicate their thoughts and needs without being disruptive
- curious and enthusiastic about new activities
- confident, cooperative & able to practice self-control

Parents may ask if you think their child would benefit from waiting another year to start. This practice, called "red-shirting," is a decision based on the individual abilities and needs of the child and family. You have an important role- to help them understand their options and support their decision. There are many things to consider when making the decision:

- Research shows that when red-shirted children start school, they may have more knowledge and skills than their peers, but by the end of kindergarten, and certainly by third grade, most children catch up to each other.
- When children are red-shirted, some may regress and act out because they are bored and their developmental needs aren't being met.
- What options are available in your community if their child will not be in kindergarten? Which option will help their child develop in the areas that they are concerned about?
- Public preschool is typically no longer an option once their child is eligible for kindergarten.
- State law requires that children begin school the year they turn six (known as "compulsory age").

What can I do to help children be ready?

Families, communities, and schools should work together to prepare children for school and to ensure that the school is ready to meet

children's individual needs. Parents and providers can:

◆ Promote Good Health & Physical Skills

- a balanced diet and plenty of rest
- regular dental and medical care, including immunizations
- active play outdoors
- large muscle activities: climbing, dancing, running, balancing
- small muscle activities: coloring, painting, drawing, cutting

◆ Encourage Attitude & Social Skills ☑

- learn confidence: make choices, try new things and hear praise for efforts
- work alone and with others to finish tasks, including putting away supplies
- take care of own things and needs: dressing self, using the toilet, and washing hands
- learn to problem-solve, share and cooperate by playing with others
- pay attention and follow simple 3-step directions
- communicate needs, wants, thoughts, and feelings, while not disrupting others
- express emotions in safe ways and learn to control reactions and behaviors

◆ Support Knowledge & Thinking Skills

- be read to every day and listen to stories in a group
- talk about letters and words they see, and connect with the sound they make ☑ ask and answer questions, and explore topics of interest together
- count, sort and classify things, noticing likenesses and differences, such as more and smaller
- practice drawing, writing, and recognizing numbers, shapes, colors, and letters in their name
- learn about the world by seeing and touching objects; hearing new sounds; smelling and tasting foods; and watching and making things move
- learn through play: children learn best when they're having fun, so use games, toys, natural events and routines to teach, rather than flashcards and worksheets



How can I help children and families transition to kindergarten?

A successful entry into kindergarten will help children have a positive attitude about school and learning. Parents, providers, and schools can work together to:

- Talk enthusiastically about school, and read books about starting kindergarten, discussing feelings the children may have.
- Learn about school and classroom expectations, routines, and rules that the children should know. Gradually incorporate those kindergarten routines and rules into children's daily lives.
- Arrange to visit the new classroom with the children and help them feel more comfortable and confident by knowing what to expect.
- Assist families in meeting with the kindergarten teacher to discuss any special needs or concerns they may have.
- Provide copies, or encourage families to download the free resource from Nebraska Department of Education, Office of Early Childhood: Ready for Success- What Families Want to Know about Starting School in Nebraska

Web-based supports for school readiness:

- First Connections with Families: Learning Begins at Birth <http://www.education.ne.gov/OEC/fcwf.html>
- The Nebraska Early Learning Guidelines (Birth-3 & 3-5 years) and Nebraska Kindergarten Early Learning Guidelines <http://www.education.ne.gov/OEC/elg.html>
- Kindergarten Position Statement: A Kindergarten for the 21st Century <http://www.education.ne.gov/OEC/kgn.html>
- Student-Friendly Language Arts Standards (K-12) <http://www.education.ne.gov/read/StudentFriendlyStandards/StudentFriendlyStandardsMain.html>
- Ages & Stages, What You Can Do <http://www.bornlearning.org/default.aspx?id=19>
- Play in the Early Years: Key to School Success, and Play: It's the Way Young Children Learn http://earlychildhoodfunders.org/#mp_play
- The Division for Early Childhood Council for Exceptional Children <http://www.dec-sped.org/Professionals>
- Ready for School, Ready for Life.1 in 8 Kids Isn't Ready. Is Yours? (Video) <http://www.youtube.com/watch?v=T-2ZQyVkBpA&feature=related>
- Families as Primary Partners in their Child's Development & School Readiness www.aecf.org/upload/publicationfiles/families.pdf
- Getting School Ready: How Adults Can Support Children's School Success <http://earlylearning.org/resources/publications/getting-school-ready>
- School Readiness: Preparing Children for

Kindergarten & Beyond <http://www.nasponline.org/resources/handouts/schoolreadiness.pdf>

- Texts for Teachers www.extensiontexts.unl.edu

Redshirting:

- What the Research Says... Are They Ready for Kindergarten? The Pros & Cons of Redshirting <http://www2.ku.edu/~kskita/Packets/ReadyForKindergarten-PDF/3WhatTheResearchSays2009.pdf>
- 60 Minutes Special (video) <http://www.cbsnews.com/video/watch/?id=7400898n&tag=contentBody;storyMediaBox>

Reading & Literacy:

- 10 Things You Can Do To Raise A Reader, Signs Your Child Is Ready For Kindergarten & mobile app <http://www.readingrockets.org>
- Reading tips <http://www.literacyconnections.com/index.php>
- Center for Early Literacy Learning- Providers Resources <http://www.earlyliteracylearning.org/pgpracts.php>
- Educational Games, Videos, and Activities <http://pbskids.org>

Social Skills:

- The Pyramid Model: Promoting Social/Emotional Competence- Resources for Early Childhood Professionals and for Families <http://liferaydemo.unl.edu/web/child/teachingpyramidresources>
- How parents and providers can support social skills <http://csefel.vanderbilt.edu/resources/strategies.html> & http://www.michigan.gov/documents/dhs/DHS-SocialEmotional_Health_and_School_Readiness_275234_7.pdf
- Teaching Tools for Young Children with Challenging Behavior http://www.challengingbehavior.org/do/resources/teaching_tools/tytc.htm
- Growing Ideas Tipsheets and Resources for Guiding Early Childhood Practices- Social Emotional Development <http://ccids.umaine.edu/resources/ec-growingideas/>
- Developing Self-Regulation in Young Children <http://www.scholastic.com/resources/article/developingself-regulation> & <http://www.education.com/reference/article/development-self-regulation> & <http://www.pbs.org/wholechild/providers/index.html> & http://www.naeyc.org/files/yc/file/201107/SelfRegulation_Florez_OnlineJuly2011.pdf
- Executive Function: Skills for Life & Learning (Video) http://www.youtube.com/watch?v=efCq_vHUMqs

Transitioning to School:

- Enhancing the Transition to Kindergarten: Linking Children, Families & Schools <http://bit.ly/qBxLOF>
- Tips on avoiding common anxieties & fears <http://www.extension.org/sites/default/files/w/3/3f/JITP5960mo.pdf>
- Countdown to Kindergarten Calendar (Lancaster County United Way) <http://bit.ly/SrqSkZ>
- Transition Tips: Practices & Strategies Toolkit <http://www.hdi.uky.edu/nectc/NECTC/practicerearch.aspx>
- Kindergarten Readiness Indicators & Activities; Transition Toolkit <http://www.getreadytoread.org/transition-kindergarten-toolkit>
- Terrific Transitions <http://center.serve.org/TT/p&kteach.html> & Back to School Time: Tips to Help Children Adjust <http://readyweb.crc.uiuc.edu/virtuallibrary/1996/bck2schl.html>
- Transitions from the Children's Perspective (Video) <http://eclkc.ohs.acf.hhs.gov/hslc/ttssystem/teaching/center/transition> & <http://www.youtube.com/watch?v=5ku4jXmiirA>
- Kindergarten Advice from Kindergartners (Video) <http://www.youtube.com/watch?v=vTE4snzXe0&feature=related> & <http://www.youtube.com/watch?v=DMf1mveot3I&feature=related>
- What children and parents can expect and how to prepare for Kindergarten (Video) <http://www.youtube.com/watch?v=ICNAX1JNQo&feature=related>
- Easing the Transition to Kindergarten: What Schools and Families Can do to Address Child Readiness <http://www.sedl.org/connections/resources/rb/rb6-readiness.pdf>
- Transition Plan Template & Activity Ideas <http://eclkc.ohs.acf.hhs.gov/hslc/ttssystem/teaching/center/transition/plan.html>
- Starting School Advice from PBS Kids http://www.pbs.org/parents/goingschool/starting_school.html

