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.

I would like to thank all the families that participated in Parent/Teacher Conferences. We had 77% participation rate. I would like to see this number at 100% for the spring semester conferences. So mark your calendars now. Conferences will be the week of March 4 - 8, 2019.

We had a great success with picture orders this year. We were able to raise $356. 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 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, such as replacing the playground fence and 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 5. 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 26.

Reminder: the UNO Child Care Center will be closed on Thursday and Friday, November 22 and 23 in observance of the Thanksgiving Holiday. Also, please make note that the child care center will be closed from December 22, 2018 to January 1, 2019 for the winter break. The center will re-open on Wednesday, January 2, 2019.

Thursday, November 1, 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 13 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 8, 2018 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. Dr. Shelly Cooper will be directing and producing the program this year. We will also include a Dance performance, directed by Kathy Gentile, for the children taking Dance Lessons. We are very excited to see what the children will be doing. The CHAMPS group will be sponsoring DVD sales of the program. Please watch for more details.

Finally, I will be out of the office on November 9 & 21. 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
Welcome to November

We would like to thank all our parents who were able to meet with Mr. Fred and myself for parent-teacher conferences. We appreciate your input.

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

Upcoming Events:
Thursday, November 1 Family Tree.
Friday, November 16 Snack Day. Please bring in a peanut free snack. A flyer will go home on November 9.

We will start practicing for our holiday program this month. A copy of the songs will go home with your child. If you have any questions, please see either Mr. Fred or Mrs. Effie.

Just a reminder to bring in a pair of gloves/ mittens and hat for your child. We still plan to play outdoors, weather permitting. Your child’s sunblock will be going home. Therefore, check your child’s coat hook.

Talk with Toddler 1 & 2

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

CHAMPS met on October 9 at 4:30 P.M. At the meeting, we discussed the need to elect a chairperson/people, secretary and treasurer. Volunteers for those positions would be greatly appreciated! We also talked about upcoming events for the semester and the need for volunteers at the Holiday Program. It was also decided that we would not do a Fall Fundraiser this year.

The next meeting will be held Tuesday, November 13 at 4:30 P.M. in the multi-purpose room. At this meeting, we will elect chair people, as well as discuss options for gift cards for teaching staff. We hope to see you at our next meeting!
Hello Parents,

We are off to a great start to the 2018-2019 school year! Last month the children focused on the letters D, E and F along with the numbers 4, 5 and 6. We also learned about the shape circle and the color orange. Some of our themes last month included the Horse, Cows and other farm animals. And the nursery rhyme “Five Little Pumpkins”. We had many fun activities with these themes and I think the children enjoyed learning about them.

This month we have several activities planned. On Tuesday November 13, 2018 is the preschool 1 & 2 field trip to Together Inc. We will be dropping off the food donations. We will leave the center at 9:15 A.M. and be back by to 11:30 A.M.

The November Themes are: letters G, H, & I, numbers 7, 8, & 9, the rectangle shape and the colors brown, black and grey.

Now that Fall is officially here we would like to remind parents that we will still play and eat outside and take our nature walks weather permitting, so please remember to bring in a coat or jacket as the days are getting cooler. We also recommend closed toed shoes for preschool play.

Thank you and have a great November!

Ms. Ronita & the Preschool 1 Staff

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For November’s recipe, I wanted something that sounded hearty and warm for those cool nights ahead. Therefore, I found a recipe for a “Slow Cooker Beef Stew” that looked easy to try.

**Ingredients include:**
- 3 1/2 lbs. of stew meat
- 3 tsp salt
- 1/2 tsp pepper
- 2 C chopped onion
- 4 C beef broth
- 2 C chopped carrots
- 1 bay leaf
- 1 tsp thyme
- 2 cubes beef bouillon
- 1 Tbsp. Worcestershire sauce
- 2 C frozen peas
- 2 Tbsp. tomato paste
- 4 cloves garlic, minced
- 1 tsp oregano

**Instructions**
1. Spray slow cooker with cooking spray.
2. Add all ingredients expect peas and stir.
3. Cook on low for 6 to 8 hours.
4. Remove bay leaf.
5. Add peas to stew 10 minutes before serving, for serving firmer peas. For less firm peas, add the peas 20 to 30 minutes before.
6. For thicker stew, combine 4 Tbsp. water with 2 Tbsp. regular flour in a small bowl. Stir in stew 10 minutes before serving.

“It is not happy people who are thankful; it is thankful people who are happy.” --unknown

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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. The November book orders will be due on Wednesday, November 14, 2018. Happy Reading.
Megan Liu - Lead Teacher

What We Need Parents To Do:

Any toys that go into a child’s mouth or other children.

Focus on Policy and Procedures

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 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 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.

Baby News

Congratulations to the Highland Family! Zoe, Saeth, and big sister Iris on the birth of a baby girl, Esme Alice Highland born on October 17, 2018; 8 lbs. 1oz and 19 in.
Preventing Holiday Stress and Anxiety in Children
By Katherine Lee

The holidays are a fun and joyous time but also a very busy one, and holiday stress and anxiety in children can and does happen. During the holidays, there are lots of fun activities and events going on, both at home and at school. And while that can be a good thing, the reality is that all that hustle and bustle means schedules are often out of whack, bedtimes get pushed back, and routines are disrupted. As a result, it’s inevitable that kids may feel some degree of holiday stress.

Set a Calm Example
The most important way parents can help ease anxiety in children during the holidays is by trying to keep things relaxed as much as possible. As with so many situations, the way parents handle an issue can set the tone for how their kids will behave. If you let holiday stress get to you, your kids will definitely pick up on it, and child anxiety is more likely to be a problem in your house. To minimize anxiety in children during the holidays, take steps to handle your own stress and anxiety.

Set Up Conditions for Good Behavior
Avoid taking your child to places such as the mall or holiday gatherings when he is hungry or tired. It’s hard even for grown-ups to deal with noise and lots of stimulation when they’re not feeling their best; kids get hungry more often and become tired more easily, and may understandably have a tough time being on their best behavior and are more likely to experience holiday stress when they’re exhausted or hungry.

Remember the Importance of Routines
The holidays can throw a big wrench into household routines, and that can play a role in anxiety in children. To minimize holiday stress in your kids, try to get routines back on track once an event or party is over. For instance, if a school holiday concert or a church gathering goes past your child’s bedtime, try to stick to quiet, calm activities the next day and get your child to bed on time the next night.

Watch What They Are Eating
Another thing that can fall by the wayside amidst the holiday hubbub is healthy eating. Between all the extra sugary holiday snacks and the lack of time to sit down to regular meals, it can be all too easy for kids to eat less healthy foods, which can contribute to holiday stress and anxiety in children. Try packing healthy snacks when you have to go shopping or run other holiday errands and try to minimize the number of sweet treats at home. Whenever possible, offer healthy snacks, such as air-popped popcorn or apple slices with cheese and crackers and limit cookies and candy to after-snack treats.

Get Your Child Moving
Fresh air and exercise are essential for boosting mood and re-setting the spirit, which can alleviate holiday stress and anxiety in children. Make sure you schedule some time to get your child outside to run around and play.

Avoid Overscheduling
As tempting as it may be to accept every invitation from friends and family, try to limit your holiday parties and activities so that you and your child are not overwhelmed. A couple of events a week may be fine, but having an obligation every day can lead to holiday stress and anxiety in children.

Have Your Grade-Schooler Help You
Big kids love to help mom and dad, especially if they get lots of praise for being responsible and helpful. If you have to shop, ask your child to help you look for an item at the store (fun stocking stuffers for cousins, for example). Giving your child a task will not only boost her self-esteem, it’ll distract her and help prevent any holiday stress and anxiety.

Schedule Some Quiet Time
Having some peace and quiet with your child is more important than ever during the busy holiday season. Find a quiet corner and read a book with your child or create holiday pictures for grandma and grandpa. Take a walk outside in nature, away from noise and crowds and obligations.

Remind Your Child and Yourself What the Holidays Are Really All About
A great antidote for holiday stress and the bloated commercialism of the season is helping others, whether it’s by shoveling an elderly neighbor’s sidewalk or by wrapping presents for needy kids at your local church. Helping your grade-schooler become a charitable child will help alleviate her holiday stress and anxiety.