

September
2022



UNO CHILD CARE CENTER CHRONICLE



Feature Facts With Dawn

Director - Dawn Hove-Casart

As we welcome in September and the fall season, we hope that your semester is off to a great start. Please be patient as we navigate through the hiring of new student workers to fill our staffing gaps. We are still only running at half capacity and are hoping to hire enough staff to bring us back up to full capacity. Only time will tell.

As a reminder, the groups do go for walks on campus both in the mornings and the afternoons. In the afternoons, the groups are back at the child care center by 4P.M. If you know that you will be picking up your child earlier than 4PM, please let the teachers know, so that your child can stay back from the afternoon walk.

The UNO Child Care Center Annual Curriculum Night is Thursday, September 15 from 4:30P.M. to 6P.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. We will also have other information available in the multi-purpose room, as well as grab and go snack. Hope to see you there!

Here are a few reminders for the start of the semester:

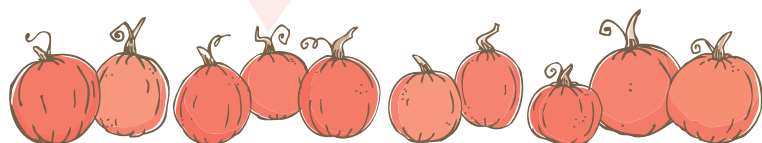
- We are continuing to do Book Orders each month- There is more information on how to order in the "Scholastic Book Orders" section towards the end of the newsletter.
- Tuition is due your first scheduled day of each week, unless you are UNO Staff/Faculty signed up for payroll deductions.
- For all families who are students, please make sure we have an updated class schedule.
- If your child has been to the doctor in the past year, please make sure you bring in an updated physical and/or immunization record for your child's file.
- If any of your contact information has changed, please make sure we have the updated information for our records.

Dates the UNO Child Care Center will be closed during the fall semester:

- Labor Day, September 5
- Thanksgiving and the Day after, November 24 & 25
- Winter Shutdown is December 23, 2022 through January 2, 2023

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



Important Dates

SEPTEMBER

HISPANIC HERITAGE MONTH

5 - Labor Day, Center Closed

6 - Read A Book Day

11 - Grandparent's Day

11 - Patriot Day

**15 - CCC Curriculum Day & Open House
(4:30 P.M. to 6 P.M.)**

16 - Mexican Independence Day

19 - Talk Like A Pirate Day

22 - Autumn Begins

25 - Rosh Hashanah Begins

26 - National Family Day

27 - National Chocolate Milk Day

**28 - Preschool Field Trip to Skinny
Bones Pumpkin Patch**

HAPPY BIRTHDAY

15 - VIRGINIA L.

21 - MS. EFFIE

22 - IVY J.

24 - ASHTON L.

26 - THEO J.

29 - OLIVIA B.

30 - ELLA K.

CONGRATULATIONS
TO MISS ALLISON
& MR. SPENCER ON
GETTING MARRIED
ON
SEPTEMBER 3,
2022!



OCTOBER

BREAST CANCER AWARENESS MONTH

1 - National Homemade Cookies Day

5 - World Teacher's Day

10 - Indigenous Peoples Day

12 - National Take Your Parents To Lunch Day

19 - 25 - Parent Teacher Conferences Week

**28 - Annual Costume Parade
(9:30A.M.)**

30 - National Candy Corn Day

31 - Halloween





MAVERICK BABY NEWS!

CONGRATULATIONS TO THE
ARCEO FAMILY (KATIE, JUAN,
SOPHIA & STONEY) ON THE
BIRTH OF...

SALEM EMERY
ARCEO
BORN AUGUST 14, 2022
8 POUNDS 6OZ, 22 INCHES



Book Recommendations

September marks the beginning of fall and all things leaves, pumpkins, and apples! Enjoy some books this month with your child that help them to love and explore this wonderful season!



- *"Goodbye Summer, Hello Autumn"* by Kenard Pak
- *"Leaves"* by David Ezra Stein
- *"Autumn Leaves Fall From The Trees"* by Lisa Bell
- *"In The Middle Of Fall"* by Kevin Henkes
- *"The Leaf Thief"* by Alice Hemming
- *"There Was An Old Lady Who Swallowed Some Leaves"* by Lucille Colandro
- *"Fletcher and the Falling Leaves"* by Julia Rawlinson
- *"The Biggest Pumpkin Ever"* by Steven Kroll



Scholastic Book Orders

Book Orders for this month will be due on Friday, September 16.

Books are an important part of a child's development and can help your child gain pre-literacy skills. When you order your child's books through Scholastic Book Orders (and through our center account), Scholastic also sends free books and educational materials to the center for use in our classrooms!

Please visit [scholastic.com/bookclubs](https://www.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 center's code: **GKXFX**. This is the center account under "Dawn Hove". Please make sure you are using this account, or your order will not be processed. You will be able to pay online using a card through Scholastic's website. Happy reading!

C.H.A.M.P.S

CHAMPS currently does not have any meetings scheduled for September, though we are planning a Parent Information Event for sometime in October- More details on this will be provided at a later time!

However, be on the lookout for details about a center-wide event where your family can take part in helping us to assemble all of our new outdoor play items and furniture that was recently delivered, proudly provided by the C.C.A.M.P.I.S. Grant!

Talks with Toddler 1 & 2

Toddler 1 Lead Teacher - Effie Swinarski

Toddler 2 Lead Teacher - Fred Abram

Toddler 2 Assistant Lead Teacher - Lizzie Parker



Hello Toddler Parents, welcome to September!

We have some fun things planned for the first full month of the school year. Our monthly themes are the letters A, B, C, the numbers 1, 2, 3; the color red, octagons, and we're exploring sense of self.

We'll be sending home "All About Me," posters at the beginning of the month. This is a fun activity for you and your toddler to do together. We will place the posters in the classroom to help the other toddler families and staff learn more about your child/family.

A few reminders for the start of the year: Please check both your child's mailbox and coat hook at the end of the day. Provide a refill pack of diaper wipes for the month of September, a change of clothes for your child and a drinking cup that can be used for water.

We're so excited to have your child in the toddler room- Here's to a great start to the semester!

-Miss Effie, Mr. Fred, Miss Lizzie, and the rest of the Toddler Staff!

Time With Transition

Lead Teacher - Allison Johnson

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 friends in the Transition room! Bellamie, Brett, and Ella have joined us from Toddler 2, and Sofia is a new friend we have welcomed as well.

This month we have a fun take-home activity. One of our themes in September is a 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 are due back the last week of the month. We will be displaying them in the room so we can get to know each child better!

On Thursday, September 15, we are having a center-wide Open House. This is a great opportunity to meet with me in person for the start of the school year, tour your child's classroom, and ask questions about our daily routines. More information on that will be coming soon, so stay tuned.

Please make sure you are checking your child's daily purple sheet that is sent home, so you can stay up to date on what is going on in Transition. As the weather begins to cool off, we will continue to apply sunscreen when we go outside. Please remember to be mindful of the extra clothes you are sending in your child's backpack to ensure they are seasonally appropriate. When the temperature (or real feel) reaches 60 degrees and below, we will need to wear jackets. As we transition into the unpredictable Nebraskan fall, keeping a light jacket in your child's backpack or on their hook is never a bad idea!

Lastly, I will be out of the classroom for my wedding and honeymoon from September 1 - September 12. Any questions or concerns you have during this time can be directed towards Monica or Dawn.

September - Learning About Ourselves & Others

- Welcome Back to School
- Getting to Know One Another
- Making New Friends
- Learning Classroom Rules
- 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 call me during my scheduled desk duty hours, or feel free to email me at anjohnson@unomaha.edu

-Miss Allison and the Transition Staff



Preschool 1 Pals

Lead Teacher - Ky Jackson



Hello Preschool 1 Families, and welcome to September!

We have a lot going on this month in Preschool 1! This month is the center's annual **Open House on Wednesday, September 15 from 4:30P.M. to 6P.M.** Please come and join us for a fun Preschool 1 Scavenger Hunt, plenty of information, and meeting your child's teachers and friends.

We will also be taking one last **Ice Cream Adventure on Wednesday, September 21 at 9:30A.M.** - Please bring Teacher Ky \$5 in order for your child to get ice cream . As always, parents are more than welcome to join!

We will also be taking our Fall Semester Field Trip to **Skinny Bones Pumpkin Patch on Wednesday, September 28.** We will be leaving the center at 9A.M. As the field trip gets closer, I will send out some more information!

September Learning Concepts

- Letters A, B, C
- Numbers 1, 2, 3
- Green
- Circles

September Learning Themes

- All About Me!
- My Family
- My Community
- Fall & Leaves
- Apples

As always, thank you!

-Teacher Ky & the P1 Wranglers



Preschool 2 News & Views

Lead Teacher - Megan Liu

September Salutations!

I cannot believe that the first two weeks of the new semester are over and we are heading into September. I have just a couple of announcements for the month of September.

First, the new Preschool 2 information packets have gone out, they should have come home in your child's backpack. In the packet you will find a Preschool 2 Interest Inventory for you to fill out about your child. Please fill the survey out and return it to me by Wednesday, September 12.

Second, I am looking for volunteers for virtual or in-person story times. I will be putting out a sign-up sheet with dates and times for September starting next week. There will be morning time slots between 10A.M.-11A.M. These weekly reading times will be occurring throughout the semester. Please see me for more information.

As we move into September, I am looking forward to all the activities that we will be doing in Preschool 2!

Thank you for all you do,

Miss Megan and Preschool 2 Staff



Cooking with Mr. Rick

Kitchen Technician - Rick Jacobsen

As fall begins, what better way to welcome it with than some Apple Cinnamon Pancakes?

Pancakes

- 3/4 cup milk
- 1 1/2 tablespoons vinegar
- 1 cup flour
- 3 tablespoons sugar
- 1 teaspoon cinnamon (or more if you love it!)

- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 egg
- 2 tablespoons oil

Apple Topping

- 2 tablespoons butter
- 2 apples (peeled, cored & diced)
- 2 tablespoons brown sugar
- 1/2 teaspoon cinnamon
- 1/3 cup maple syrup

Instructions

- Preheat a skillet to medium-high heat (275 degrees).
- Whisk together the milk and vinegar and allow to rest for 5 minutes.
- While milk is curdling, whisk together flour, sugar, baking powder, baking soda, and salt in a large bowl.
- Whisk egg and oil into milk. Add wet ingredients to dry ingredients and stir until combined (do not over-mix, it should still have some lumps).
- Spray skillet with cooking spray. Use a 1/4 cup measuring cup to pour batter onto skillet. Cook about 2 minutes until bubbles form and the edges start to look "dry". Use a spatula to flip the pancake and cook another 1-2 minutes on the other side. Set pancakes aside and repeat with remaining batter.
- Add butter, apples, brown sugar, and cinnamon to a medium sauce pan. Stir over medium heat 3-5 minutes until apples are very tender. Stir in syrup. Serve apple topping over warm pancakes.

The recipe author also provided these helpful tips!

- Make sure not to overmix the batter. Overmixing will cause the batter to lose its fluffiness factor, and that is something you do not want to miss!
- If you want your pancakes more on the buttery side, opt for buttering your skillet/pan instead of using cooking spray!
- These pancakes will store well in an airtight bag or container in the fridge for about a week, or freeze for up to 6 months! The topping, however, only lasts about 3-5 days in the fridge and cannot be frozen.



ALISHA

MAJOR:
BLACK STUDIES

HAS WORKED AT THE CCC SINCE:
AUGUST 2021

WORKS IN:
TODDLERS, PRESCHOOL 1

FAVORITE SNACK:
OREOS & MILK

● GET TO
KNOW THE
UNOCCC
STAFF!



JAYCI

MAJOR:
COMMUNICATION DISORDERS

HAS WORKED AT THE CCC SINCE:
FALL 2021

WORKS IN:
TRANSITION

FAVORITE SNACK:
APPLES & PEANUT BUTTER

Policies & Procedures

PERSONAL PROPERTY REMINDERS

While we do our best to protect your child's items, the UNO Child Care Center is not responsible for any items that are lost or broken.

NAPTIME ITEMS

Each day, time is provided after lunch for children in each classroom to nap or rest quietly. During this time, children are able to nap, or are asked to lay quietly & calmly on their cots for the state licensing required time of 30 minutes.

Children are able to bring in items such as a blanket and pillow, as well as a small stuffed animal to use during this time. Items may be stored at the center, or taken home each day- They will also be washed weekly with allergen-friendly detergent.

We do ask that children limit their nap time items to ONE pillow, blanket, and stuffed animal each day, labeled with your child's name or initials. Please sure that your child's personal stuffed animals fit into their respective classroom tubbies, or your child may need switch the item with another smaller one.

CLOTHING ITEMS

Please send your child to the child care center each day in comfortable, washable, and seasonally appropriate clothing (we play outdoors in all seasons!)

We ask that each child has at least one full change of clothing in their personal tubby (seasonally appropriate shirt, bottoms, underwear, socks)- If your child is potty training, please ensure your child has about 3-4 changes of clothing present in their personal tubby.

As a way to make sure your child always returns home with their own clothing, please ensure that any clothing brought into the center is either individually labeled or packaged together in a way (such as large Ziplock bag) that allows for your child's name or initials to be written on them!

CHILDREN'S PERSONAL ITEMS

Toys or non-naptime items that children may bring from home are often difficult to share and may become lost or broken. Due to this, we encourage you to remind your child to leave these types of items at home, and avoid bringing them to the center. Teachers may occasionally have special activities where children may bring in special items from home- Please make sure they are labeled before bringing them to the center!

The Child Care Center also asks you to monitor what types of jewelry your child may be wearing to the center- Items such as long or hoop earrings, long necklaces, or large bracelets are all items that may become caught on various objects during play and exploring that could pose a risk to your child. If your child wears these items to the center, they may be asked to put them in their personal tubbies until the end of the day.





Parent Corner

Is Napping Necessary?

Article Written by Donna Freiner, RN.

While a daily nap may sound like a dream to you, your 2-year-old won't go down without a fight. Is it better to give in or stand your ground?

Daily naps for children are essential for good days and good nights. Many parents believe their child will sleep better at night without a nap during the day. However, if your child is overly tired, they may become stressed and irritable, and their behavior may actually worsen. Often they become overactive, making it difficult to fall asleep at bedtime. Only after age 5 will eliminating afternoon naps help a child go to bed earlier in the evening.

Napping daily can be beneficial for your children, working wonders for both their mood and yours. Children who nap have longer attention spans and are less irritable than those who are not napping. Naps are valuable and when they are given up - usually sometime after 3 years of age - they should be replaced with a structured quiet time. Children need this time to re-group, as do their parents. This quiet time should be used for looking at books, working puzzles and play that is less active. This is not a time for TV, videos or games. All children need to learn to entertain themselves and quietly play alone.

So when are naps no longer necessary?

When his or her personality and behavior becomes consistent in the afternoon hours -- usually between ages 3 and 5 -- it's safe to forego the nap. But don't give up naps too soon, as you may pay a big price.

Sleeping Through The Night

Check out the research below to see just how much sleep your child should be getting throughout the night, but also in a 24 hour period with the help of a nap!

- **9 months - 12 months:** During this time, children should be getting 10 - 12 hours of sleep at night plus two naps per day on a regular schedule.
- **15 - 24 months:** Twice daily naps are eliminated (typically the morning ones) and children will normally only nap once each day for about one and a half to two hours.
- **24 months - 36 months (2 years - 3 years):** At this point, most children still benefit from an early afternoon nap. Children at this age typically require about 12 hours of sleep in a 24 hour period- If taking an hour to two hour nap in the afternoon, this means children will still need about 10 hours of sleep per night.
- **After 5 years:** After the age of 5, it becomes helpful to eliminate early afternoon naps in order to help your child get better quality sleep at night. However, be sure not to reduce or remove naps until your child is ready- Each one is different!

