



UNO CHILD CARE CENTER CHRONICLE

JULY 2023

Dawn Hove-Casart - Director
Monica Dey - Assistant Director

Feature Facts
With Dawn

It does not seem possible that summer time is halfway through. There are still many more fun-filled activities left to do. We hope that you have had the chance to get outside and enjoy the sunshine.

The children may go for walks in the morning and afternoon. The groups are required to be back by 4 P.M. in the afternoon. However, if you require your child to be at the center to be picked up before this time, please notify your child's teacher that morning, so we can have them stay back with another group. Also, please note that some groups go for early morning walks, and they leave around 9:30 A.M. Thursday is Library Day, please remember the time your child needs to be here to participate, and plan accordingly. Also, if you have a child in the School-age and/or Preschool groups, please make sure your child is here prior to the bus leaving for field trips, which in most cases is 9 A.M. Your child may require a peanut/nut free disposal sack lunch and drink as well.

Annual Food Program forms will go out the week of July 3, 2023. Everyone must complete the new form. **ALL** families are required to have a form on file, even if you do not qualify. You will simply need to fill out the top of the form and then sign & date the form. If you qualify, please complete the entire form. If your child has allergies or special food requests, you will also need to update that form as well. These forms are due no later than Monday, July 10, 2023. Please see Dawn or Monica if you have any questions.

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...

"Take some time and make summer time memories! Go run through the sprinkler with your child or plan a day at the park. There are so many summer activities that you can do."



Happy Birthday!



August

Family Fun Month

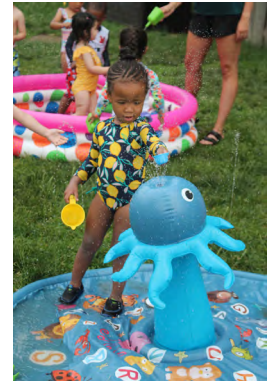
- 2 – National Coloring Day
- 6 – National Sister Day
- 9 – Book Lovers Day
- 11 – End Of Summer Event
- 21 – UNO Fall Semester Begins
- 22 – National Tooth Fairy Day



July

National Blueberry Month

- July 4 - Independence Day – **Center Closed**
- July 7 - World Chocolate Day
- July 11- Cow Appreciation Day
- July 18 - Nelson Mandela Day
- July 19 - Islamic New Year
- July 30 - International Day of Friendship



Books We Recommend

The Kindest Red: A Story of Hijab and Friendship by Ibtihaj Mohammad

Mary Can! by Mary J. Blige

WOW! Said the Owl! by Tim Hopgood

Granny's Kitchen: A Jamaican Story of Food and Family by Sadé Smith

Bloom by Julia Seal

I Need a Hug by Aaron Blabey

Very Good Hats by Emma Straub

How to Talk Like a Bear by Charlie Grandy

The Cloud Spinner by Michael Catchpool

Welcome to July Toddler families!

We have some fun Independence Day themed arts and crafts planned to kick off the month. During the month, we will also be experimenting with sounds and music, so be prepared for the volume to go up, Lol.

Don't forget all this month, water play is on Tuesdays, and we will continue to visit the Library on Thursdays. Please remember to have your toddler here by 8:45 AM on those days.

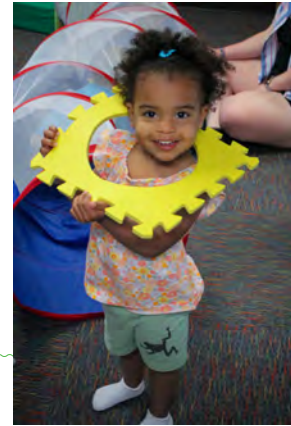
We will be having a toddler picnic in mid-July at the UNOCCC, watch for more details coming later!

Please remember to check both your child's mailbox and coat hook every day.

The UNO Child Care Center will be closed Tuesday, July 4. We will reopen on Wednesday, July 5.

Enjoy the summer!

Toddler Teachers



Happy July Transition Families!

This month is busy, as we are in the full swing of summer. On Monday, July 10, we will be enjoying a cold treat of popsicles or ice cream in the morning. On Friday, July 14, we will have our second Elmwood Park field trip. We will leave the center to walk to the park at 9:00 AM, and plan to be back by 11:30 AM. Please send a sack lunch for your child, that is free of peanut/tree nut products. Family visitors on the field trip are encouraged! In the case of bad weather, we will have a picnic in our classroom.

On Tuesday, July 25, we are having a sack lunch picnic at the Bell Tower on campus at UNO. Your child will need a peanut/tree nut-free sack lunch, as well as a drink. We will walk over to the Bell Tower at 9 AM to stay and play until it is time to eat lunch. We would love any grown-up volunteers! Please let Allison or Kenzie know if you will be joining us.

As a reminder, please check your child's mailbox and coat hook every day. "Please Bring" reminders may be present, indicating items your child might need at school. Additionally, please keep in mind that we do a lot of walking/ playing on the rock surface outside. The most comfortable option for footwear for your child is socks and closed-toed shoes.

July Learning Themes:

Dinosaurs

Outer Space

Recycling

The Wild West



Happy July, Preschool Parents!

This summer is absolutely flying by- We've hit our last full month of Summer, and boy, is it a busy one! This month, our themes will include Camping, Community Helpers, Transportation, "Let's Build!", and Outer Space! We will also begin to review our colors and shapes to prepare for August!

Please check out the important July dates below, as well as check your child's Daily Sheet and mailbox each day to make sure you stay on top of things! (As a reminder, we ask you to have your child here no later than 30 minutes prior to the listed start time of a Field Trip/Activity!)

- Tuesday, July 4: Center Closed for 4th of July
- Wednesday, July 5: Bounce-U Field Trip from 9:30 AM-11:30 AM (**See Teacher Ky to sign a waiver!); Sack Lunch needed to eat at school!
- Wednesday, July 12: Zoo Splash Pad Field Trip from 9 AM-2:30 PM; Disposable Sack Lunch Needed!
- Friday, July 14: Gene Leahy Mall Field Trip from 9:30 AM-1 PM (Disposable Sack Lunch Needed!) AND Ice Cream Trip to Milo Bail at 3:30 PM
- Tuesday, July 18: Godfather (Pizza) Reading at 10 AM
- Wednesday, July 19: Go! Kids Gym Field Trip from 9 AM-1 PM; Disposable Sack Lunch Needed!
- Wednesday, July 26: Elmwood Park Trip from 9:30 AM-11:30 AM
- Friday, July 28: Omaha Children's Museum Field Trip from 9 AM-1 PM; Disposable Sack Lunch Needed!

This month, we will also begin discussing our friends' "big move" to Preschool 2 that will be happening in August. At school, this will look like talking more about the expectations and routines of Preschool 2, encouraging your child to engage in more time-consuming and independent activities to build on their sustained attention skills, and tightening up expectations during everyday routines (such as sitting "criss-cross with a bubble" during group times, independently dressing/undressing themselves, or using appropriate strategies to get a teacher's attention) so they are prepared to enter Preschool 2 at the beginning of the Fall Semester. At home, please take some time to discuss this upcoming change with your child (Some anxiety is normal!) and take some time to ensure that your child is working towards more independence (such as dressing/undressing themselves, putting on their own shoes, walking into/out of school, etc.) and building greater expectations at home, as well!

This month is a busy one- Please do not hesitate to reach out to me via email or text (402-871-1506) with any questions, concerns, or just to chat! If you need any assistance with or have any concerns about your child's move to Preschool 2, please reach out to me or Miss Megan so we can best help you (and your child!) Enjoy July!

-Teacher Ky & the P1 Wranglers



Hello all~

I cannot believe how fast June has gone by, it seems like only yesterday it was May and now it's almost the fourth of July. I just have a couple of quick reminders for the month of July.

First, we will be having more Wednesday and Friday field trips during the month of July. Please make sure to check the field trip schedule for which days need sack lunches.

Second, we are planning to a trip to the student center to get ice cream for at the beginning of July. The cost will be \$5 per child, I will send out a permission slip the week before we go.

If you have any questions or concerns regarding summer activities or field trips, please email me at mmliu@unomaha.edu or text me at (402) 960-2416. I'm looking forward to all the fun-filled days to come in July.

Thanks for all you do,

Miss Megan and the staff of School Age



HEALTH POLICY

On Cold, Heat, Sun and Insect

The UNO Child Care Center encourages and participates in outdoor classroom play. It is a natural learning environment for children to explore, learn and be a part of. It is the UNO Child Care Center policy for children to be able to play outside, weather permitting, under the following conditions:

- 1) All children will participate in outdoor activities unless there is a medical reason with a physician's note stating otherwise.
- 2) Not raining, lightening, thundering or snowing.
- 3) Temperature above 32 degrees; including wind chill.
- 4) Temperature below 100 degrees; including heat index.
- 5) The air quality index must be below 100 AQI for children to be able to go outside. Air quality is monitored daily through airnow.gov website.
- 6) The playground, front area, and campus areas/walks are cleared and safe for children to play.
- 7) Children need to wear proper clothing and shoes/boots that is dry and layered for the warmth of cold weather.
- 8) Children need to wear sun-protective clothing &/or hats, applied skin protections or both for warmer weather.
- 9) It is encouraged for children to have long sleeves or a light jacket for temperatures between 60 to 70 degrees.
- 10) It is encouraged for children to have a coat for temperatures between 32 and 60 degrees. Mittens or gloves or hats for temperatures under 45 degrees.
- 11) Children must have on proper fitting shoes for outside play, this includes tennis shoes or shoes (sandals) with backs. Flip flops are not recommended.
- 12) Sunscreen or sun block with UVB and UVA protection of SPF 15 or higher is encouraged to be applied to children's exposed skin year round when outdoors. The UNO Child Care Center must have a signed permission slip to apply sunscreen.
- 13) The use of insect repellent containing DEET can be applied to children no more than once a day with parental permission.

The children and staff will stay inside during days when the air quality index is above 100. For more information about the air quality index, please refer to the chart on the next page.



Air Quality Index (AQI) Basics

What is the U.S. Air Quality Index (AQI)?

The U.S. AQI is EPA's index for reporting air quality.

How does the AQI work?

Think of the AQI as a yardstick that runs from 0 to 500. The higher the AQI value, the greater the level of air pollution and the greater the health concern. For example, an AQI value of 50 or below represents good air quality, while an AQI value over 300 represents hazardous air quality.

For each pollutant an AQI value of 100 generally corresponds to an ambient air concentration that equals the level of the short-term national ambient air quality standard for protection of public health. AQI values at or below 100 are generally thought of as satisfactory. When AQI values are above 100, air quality is unhealthy: at first for certain sensitive groups of people, then for everyone as AQI values get higher.

The AQI is divided into six categories. Each category corresponds to a different level of health concern. Each category also has a specific color. The color makes it easy for people to quickly determine whether air quality is reaching unhealthy levels in their communities.

AQI Basics for Ozone and Particle Pollution

Once the AQI reaches 100 or above the children and staff remain indoors.

Daily AQI Color	Levels of Concern	Values of Index	Description of Air Quality
Green	Good	0 to 50	Air quality is satisfactory, and air pollution poses little or no risk.
Yellow	Moderate	51 to 100	Air quality is acceptable. However, there may be a risk for some people, particularly those who are unusually sensitive to air pollution.
Orange	Unhealthy for Sensitive Groups	101 to 150	Members of sensitive groups may experience health effects. The general public is less likely to be affected.
Red	Unhealthy	151 to 200	Some members of the general public may experience health effects; members of sensitive groups may experience more serious health effects.
Purple	Very Unhealthy	201 to 300	Health alert: The risk of health effects is increased for everyone.
Maroon	Hazardous	301 and higher	Health warning of emergency conditions: everyone is more likely to be affected.

Five major pollutants

EPA establishes an AQI for five major air pollutants regulated by the Clean Air Act. Each of these pollutants has a national air quality standard set by EPA to protect public health:

- ground-level ozone
- particle pollution (also known as particulate matter, including PM2.5 and PM10)
- carbon monoxide
- sulfur dioxide
- nitrogen dioxide

[Using the Air Quality Index](#)

[Technical Assistance Document for the Reporting of Daily Air Quality – the Air Quality Index \(AQI\)](#)

Summer Field Trips 2023

Date	Location	Time	Cost for Parent Volunteer
Friday, June 2	Zoo	9:00 AM - 2:00 PM **Sack Lunch	\$10 or Zoo Pass
Friday, June 9	Morrill Hall	9:00 AM - 2:00 PM **Sack Lunch	\$5
Wednesday, June 14	OPPD Arboretum	9:00 AM - 12:30 PM **Sack Lunch	
Friday, June 16	Bellevue Berry Farm	9:00 AM - 12:30 PM **Sack Lunch	\$10
Wednesday June 21	Schramm State Park	9:30 AM - 12:30 PM **Sack Lunch	
Friday, June 23	Lauritzen Gardens	9:00 AM - 11:30 AM	\$9
Friday, June 30	SAC Museum	9:15 AM - 1:30 PM **Sack Lunch	\$10
Wednesday, July 5	Bounce-U	9:30 AM - 11:30 AM	\$7
Friday, July 7	Fontenelle Forest	9:30 AM - 12:30 PM **Sack Lunch	\$8
Wednesday, July 12	Zoo-Splash Pad	9:00 AM - 2:00 PM **Sack Lunch	\$10 or Zoo Pass
Friday, July 14	Gene Leahy Mall	9:30 AM - 12:30 PM **Sack Lunch	
Wednesday, July 19	Go Kids Gym	9:00 AM - 12:30 PM **Sack Lunch	\$8
Thursday, July 27	Dr. Oxygen	2:00 PM - 3:00 PM	
Friday, July 28	Children's Museum	9:00 AM - 12:30 PM **Sack Lunch	\$9
Friday, August 4	Maplewood Lanes	9:45 AM - 11:45 PM	\$8
Friday, August 4	Animals on the Go (Gifford Farms)	Toddlers: 9:15 AM - 9:30 AM Transition: 9:30 AM - 10:15 AM Preschool: 10:15 AM - 1:00 AM	\$6

School Age Fieldtrips	Preschool and School Age Field Trips	Center Activity
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****All sack lunches MUST be peanut free and tree nut free, in a disposable bag and the drink must be disposable as well. All components for the sack lunch will be disposed of before returning to the center. Also, please DO NOT put candy in the lunch.****

School Age Summer Activity Fee: \$110

Preschool Summer Activity Fee: \$65