

March
2022

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 be emailed out on Friday, March 4. The Lead Teachers will review your child's progress report at conferences and have you sign it then. If you have not scheduled a time for conferences, there is still time. Toddlers are on Monday, March 7; Transition are on Tuesday, March 8 and Wednesday morning, March 9; Preschool 1 is Wednesday afternoon, March 9 and Thursday, March 10; and Preschool 2 is Friday, March 11.

The Child Care Center Bi-annual Family Survey's will be emailed out on Monday, March 7. Please complete these and return them to the child care center by Friday,

March 18. These survey's will be used for our NAEYC re-accreditation process. We need 100% family participation. We thank you for your continued support and help with the NAEYC process.

March is Women's History Month. The children will be doing a variety of activities and learning about the various women who have made an impact here and across the world.

Sending Hugs to the Ukraine Children. The preschool 1 & 2 groups are doing a stuffed animal donation drive for the children of Ukraine from March 7 to 25. This is being sponsored through One Child, Inc. in Omaha. A donation box has been placed by the front door for you to place your stuffed animal donations. For more information, please see the flyer at the end of this newsletter.

Week of the Young Child is fast approaching and we have many fun activities planned for the week of April 4 that we will be doing in the classrooms with the children and at the child care center. One event will be that Chancellor Li will be here on Thursday, April 7 to read to the children. More information to follow closer to the date.

April is also the time for the Preschool 2 Graduation. Graduation will be held on Friday, April 29 at the Thompson Alumni Center beginning at 10 A.M. The event is for families and guests of Preschool 2. We will zoom it virtually for other family members, friends, guests and child care center children to watch. More information will be available in the April newsletter.

Finally, I will be out of the office on March 18 & 31. 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.
18 - Mckinley S.



19 - Miss Sydnie
30 - Kai B.

Dates To Make Note Of...

March

Women's History Month

1 - Mardi Gras
2 - Read Across America
2 - Dr. Seuss' Birthday
7 - Toddler 1 & 2 Parent/Teacher Conferences
8-9 - Transition Parent/Teacher Conferences
9-10 - Preschool 1 Parent/Teacher Conferences
11 & 14 - Preschool 2 Parent/Teacher Conferences
13 - Daylight Saving Time Begins
14-16 - Spring Break, center open
17 - St. Patrick's Day
18 - Book Orders Due
20 - Spring Equinox

April

National Autism Awareness Month

1 - April Fool's Day
2 - Ramadan Begins
2-8 - Week of the Young Child
11 - National Pet Day
15 - Book Orders Due
17 - Easter
22 - Earth Day
29 - Arbor Day
29 - Preschool 2 Graduation, Alumni 10 AM

May

1 - May Day
3 - National Teacher Day
5 - Cinco De Mayo
6 - National Nurses Day
8 - Mother's Day
9-13 - Final Exams
23 - Red Nose Day
30 - Memorial Day, Center Closed
31 - Summer School-age Program Begins

Cooking with Rick

Rick Jacobsen—Kitchen Tech

Chocolate Banana Muffins sounded like a good recipe for the month of March!

Ingredients:

1 1/2 C. all-purpose flour
1/4 C. unsweetened cocoa powder
1 1/2 tsp. baking powder
1/2 tsp. baking soda
1/2 tsp. salt
1/2 C. granulated sugar
1/2 C. canola oil
1 egg
1/4 C. milk
1 tsp. vanilla extract
2 large, very ripe mashed bananas
3/4 C. mini semisweet chocolate chips

Directions:

1. Preheat the oven to 350 degrees. Line a muffin tin with paper liners.
2. Combine flour, cocoa, baking powder, baking soda and salt together in a large bowl.
3. Whisk sugar, oil, egg, milk and vanilla extract together in separate bowl. Stir into flour mixture until just moistened. Fold in the bananas and chocolate chips.
4. Divide batter evenly among the muffin cups, filling each about 3/4 full.
5. Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 20 to 25 minutes.

"We March cause spring is almost in the air" —Anonymous
Mr. Rick



Books We Recommend..

March, a time for winter to change to spring! Warmer weather brings new opportunities to grow. March is also a time to learn about women in history. We have found some books that we thought you would like to share with your children!

- [Frida and her Animalitas](#) by Monica Brown
- [Shark Lady: The Story of Eugenia Clark](#) by Jess Keating
- [Malala's Magic Pencil](#) by Malala Yousafey
- [Mae Among the Stars](#) by Roda Ahmed
- [The Stuff Between the Stars](#) by Sandra Nickel

- [Singing in The Rain](#) by Tim Hopgood
- [Lola Plants a Garden](#) by Anna McQuinn
- [Splash, Splash, Spring](#) by Jan Carr
- [Worm Weather](#) by Jean Taft
- [Happy Springtime](#) by Kate McMullan

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](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 **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.

Book Orders will be due by Friday, March 18, 2022

Happy Reading!

Welcome to March!

Spring is just around the corner. We are planning to play outdoors more often as the weather allows. Sunscreen permission forms will be sent home March 28. Please return the permission form and a bottle of sunscreen for your child.

The theme for this month is Health. The letters for March are S, T, U and the number is 8. The color for the month is: Green.

Each week in March we will be making a healthy snack. If you have a favorite healthy snack to share, please see either

Ms. Effie or Mr. Fred.

Parent/Teacher Conferences will be held on March 7. Please see Dawn's newsletter piece for further information. You can sign up for a conference at the front desk and choose either a Zoom meeting or a phone call.

Parent Reminders:

Please bring in diaper wipes for the month of March

Children who grow up feeling loved deeply become adults who are prewired to love deeply. Karen Salmansohn

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.

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 anjohnson@unomaha.edu. Throughout the month we will be talking about animals, and our own pets specifically. Our parent activity will be about our pet at home or favorite animal. I will send home more

Information in your child's mailbox!

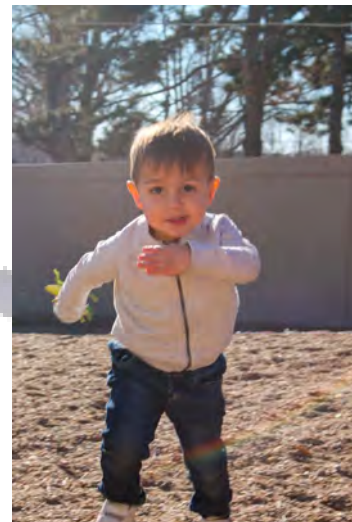
Be on the lookout for the sign up for parent teacher conferences on Tuesday March 8 and Wednesday morning March 9. This is a great way to talk to me one-on-one and see how your child is progressing at school. If you cannot make it that week, let me know and I will set up a time to call or Zoom that works for you. Progress reports will be going out Friday, March 4 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. This month, we will be learning about the letters R, S, T; the numbers 16 and 17; the colors black and white; and the star shape. Holidays and observances we will be discussing are: St Patrick's

Allison Johnson—Lead Teacher

Day, Women's History Month, and Dr. Seuss' Birthday.

Happy March! The Transition Teachers



Points to Ponder with Preschool 1



Happy March, parents! I cannot believe that we are already three months into 2022! We are SO excited for the nice weather, spending time outside, and getting closer to the summertime. Please make sure that your child has weather appropriate extra clothes in their tubby, as well as coming dressed for the weather (and possible outside time) each day.

In addition, March is Parent/Teacher Conferences time! Preschool 1's Parent/Teacher Conferences will be Wednesday, March 9 in the afternoon only, as well as all day on Thursday, March 10. Please stop by the front desk to sign up for a Zoom or phone call time slot for us to chat about your child's progress over the last few months! I look forward to talking with all of you!

This month, we will be having fun during Dr. Seuss week, then learning about the Zoo, Leprechauns and Luck (for St. Patrick's Day), Baby Animals, and Rainbow Colors! We will also be learning to write, sound out, and sign letters J through Q, as well as continuing to learn the differences between our

Ky Jackson—Lead Teacher

letters and numbers. We also will be working on counting to 30, 35, and 40!

Have a "lucky" month and enjoy the warm springtime weather!

Teacher Ky and the P1 Zookeepers



Hello!

We are marching into March and change is in the air! I can't believe how short February has felt. It seems like only last week we had our Valentine's Day exchange and now we're heading full force into March. There are a couple of 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 will be due by Friday, March 11. The Preschool 2 Graduation will be on Friday, April 29 at the Thompson Alumni Center beginning at 10 A.M. For any questions please see me, Ms. Dawn, or Ms. Monica.

Second, naptime is getting a little bit shorter, we will now be napping for 30 minutes from 1:30 to 2:00 PM every day. If you have a request for your child's naptime schedule or have questions about the changes in naptime, please see me, Ms. Dawn or Ms. Monica for details.

To help celebrate Women's History Month; All through the month of March we will be doing activities and talking about Women who have made an impact in lives of the people here and across the world.

If you have any questions or concerns, please email me at mmliu@unomaha.edu or call me during my desk time from 3:00 PM to 4:00 PM.

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 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 playground, front area, Alumni Center and campus area/walks are cleared and safe for children to play.

6. Children need to wear proper clothing and shoes/boots that is dry and layered for warmth of cold weather.
7. Children need to wear sun-protective clothing and/or hats, applied skin protection or both for warmer weather.
8. It is encouraged for children to have long sleeves or a light jacket for temperatures between 60 to 70 degrees.
9. It is encouraged for children to have a coat for temperatures between 32 and 60 degrees.
10. Children must have on proper fitting shoes for outside play, this includes tennis shoes or shoes (sandals) with backs. Flip flops are not encouraged.
11. Sunscreen or sunblock 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. Please see separate form.

12. The use of insect repellent containing DEET can be applied to children no more than once a day with parental permission. Please see separate form.



Enjoy Spring Cleaning with Your Kids

Spring can be such an inspiring, happy time for us. We love to see new life emerging. The warmer weather is welcome after the chill of winter. We feel inspiration to open the windows and air out our homes. And after several months of being at home, especially in this time of pandemic, we are ready to give our homes a good cleaning. But when you have kids at home, it can be hard to get them involved, and it can be hard to enjoy spring cleaning with your kids. Cleaning with kids around can certainly be a challenge. You have to work with the constant mess-making of little ones, the challenge of limited time, and the “help” that your kids offer. While we know that our kids need to learn how to clean and how to do their parts in our homes, we also strongly feel that this would be easier if we just did it ourselves.

So how can we accomplish a big spring cleaning AND involve our kids in the process? Can you enjoy spring cleaning with kids? Here are a few ways we can involve our kids and enjoy the process.

Take it in small chunks

If we could be alone in our houses for just a day, we could tackle a lot. But this is not the case when we have little ones in the house, or when your family is all home at once. So let’s adapt our thinking a bit. We can divide our big cleaning effort into several small jobs, and spread them out over a longer period of time. Wait, clean longer? Hang with me here. I don’t mean to clean all day every day for a week. I mean that we can tackle a few smaller jobs for an hour each day. It may take a week or even two weeks to finish, but it will be much easier overall. Working for

one hour each day, or taking on five of your smaller jobs each day, will give you and your kids a clear end point. Make sure several of your tasks are things that your kids can do, and encourage them to work as fast as they can. If you have really young children, then just hand them a sponge or a rag to wash the walls or baseboards “with you.” They won’t actually get much really clean, but it’s worth having them help for their own learning. Smaller jobs with less pressure will make it easier to enjoy spring cleaning with your kids.

Lower your expectations

There is a popular keep-your-home-clean plan that stresses progress over perfection. It’s easy for us to get caught up in perfection when it comes to a big cleaning job, but family life can make this very difficult. Lowering our expectations does not mean that we do a terrible job. It just means that a mostly clean bathroom is still better than a really dirty one. If we are splitting our living areas into smaller jobs (blinds, walls, baseboards, floor, ceiling fan, detail dusting, etc.), it’s likely that your shorter work session will leave something undone. Be willing to finish that area the next day, and allow yourself and your kids to be free from the pressure of perfection.

Make it fun!

Kids will have bigger buy-in and better attitudes if we find a way to make it fun for them. Are your kids competitive? See who can finish a wall the fastest and get it the cleanest. Or set a timer for 15 minutes and see how many jobs they can cross off the list in that time.

Another way to make it fun is to have a treat when you finish. It can be a food treat, a special activity, or even just a fun show or a movie (during which you can clean by yourself and get more difficult tasks finished).

You could play fun music while your family is cleaning, and even challenge each other to finish a job before the song ends. You could memorize a fun poem or get another learning task done, like going through multiplication tables or learning colors. What makes things motivating and fun for your kids? Find a way to use that in your spring cleaning efforts.

Get buy-in from your kids

Let your kids be part of the planning process. They can come up with jobs that need to be done, and they will be more willing to do the jobs they came up with. Your kids can also come up with some treats and rewards for participating in this big job. You, of course, have the final say, but they will appreciate your listening to their input.





Stuffed Animals for Children in the Ukraine

The UNO Child Care Center is currently collecting stuffed animals to send to the children in the Ukraine through One Child, Inc. here in Omaha. We will be collecting stuffed animals beginning Monday, March 7 and ending Friday, March 25. We are looking for NEW or GENTLY-USED stuffed animals. If you donate a gently used stuffed animal please make sure that it has been laundered before being donated. We may not be able to send hugs across the world, but we can sure try. For more information please call the center at 402-554-3398.

