HRG-UCLCC NEWS

Dear Families,

Greetings from the HRG-UCLCC! It is hard to believe the fall semester is over half over. The weather has made a change, and the leaves are almost all off the trees. The children have absolutely loved the pumpkins, raking and exploring leaves! Pumpkins have been cut up, colored, baked…you name it ☺

Winterim meals update: January 5-16, 2026 children's lunches (including milk) are to be provided from home, similarly to as done in the summer. Dining Services will be unable to provide our lunches over this two week period. Breakfast and afternoon snack will be provided by the center.

We continue to go outside daily so please dress your child appropriately to the day's weather. We all know that Wisconsin's weather can vary greatly throughout the course of one day, so please dress your child in layers in case it turns colder or warmer as the day progresses. ***Label, Label, Label*** everything including mittens, hats, boots, snow pants, etc.!!! Colder weather means more clothing. **Please label ALL items to prevent confusion or lost items**. If you have any UCLCC labeled clothing, please return after use so attire is available for other children as needed. Thank you!

Happy Thankgiving!

The center is closed November 27th & 28th for the Thanksgiving Holiday

Center Contact Information

Office Phone: 715-346-4370
E-mail: childcare@uwsp.edu
Web Page www.uwsp.edu/childcare

The UCLCC on Facebook!!

You can follow what we are doing here at the HRG-UCLCC by finding us on Facebook and liking our page. Also information on community events of interest. Just search for HRG UCLCC ☺

thecupboard

Monday, November 3rd - Wednesday, November 26th the UCLCC will be doing a drive to support UWSP's The Cupboard. This is a great opportunity to talk with the children about helping out others and giving back. It ties in nicely with the season of giving. A large box will be available by the parent sign in area for donations to be placed in.

The Cupboard is a student-run food pantry for UWSP students. The mission of The Cupboard is to support students' academic success by providing emergency and supplemental food. The Cupboard opened its doors on October 6, 2011. It is run by a student employee with staff oversight in SIEO. There has been an overwhelming response to The Cupboard, both in the number of students utilizing the service as well as the number of students and staff who want to help.

Contacting your Child's Classroom/Teacher

Many of the classrooms have a phone you can call direct to speak with your child's teacher. Keep in mind times they may be out of the room or it is naptime.

Starlight Room: 715-346-3441
Bunny Room: 715-346-2199
Playhouse Room: 715-346-2661
Rainbow Room: 715-346-2690

Materials Collection Cart

As you enter off the elevator and to your right you will find a small white cart labeled "Materials Collection Cart." Written on there are specific items the classroom teachers are requesting to complete various projects and activities in their classrooms. If you have any of these items that may otherwise find their way into the trash, we ask you to please bring them in and place on the cart. Items requested will change monthly. Your support is appreciated!!

This month's items are:

Winter Mittens/Hats & Baby Food Jar Lids

Family Board Area

In the same area as our Materials Collection Cart is the Family Board Area. This area contains things such as a hardcopy of the monthly newsletter, licensing information, community & center event happenings, & sign-up sheets for things such as potlucks, exam week hours of attendance, etc. The flower container next to this area are pens to utilize when these documents are posted. If there is an event you would like to share with other families, please bring the flyer to the office & we will get it hung in this location for all to see.

SIGN UP NOW FOR…

- **Exam Week:** **sign-up** if you are wanting to alter your child's schedule during the week of exams (Dec. 15th – 19th). The sign-up sheet is posted on the wall to your immediate right upon entering the UCLCC from the elevator. Deadline is the end of the day **Friday, November 14th** otherwise your regular contracted fees will be charged. If a family does not sign-up for exam week by the set deadline, regular semester fees will be charged regardless of if a two-week notice is given of any schedule changes or notice of withdrawal during these weeks. *The exception to the ability to alter your child's schedule is the starlight classroom; they remain full-time during exam weeks.*
- **Winterim Care** (Jan. 6-17) Register by **Friday, November 14th.** We will be closed for Martin Luther King Day, January 19, 2026.
- **Semester II** (Starts **TUESDAY**, January 20, 2026) All Families need to register for each individual session **IF your schedule is changing** from the fall semester.
- **If your schedule is the same for the FULL academic year or calendar year from when you initially registered, no action is required.**

Registration forms are available in the office, or online at www.uwsp.edu/childcare

If there are questions on if you should be completing this paperwork…PLEASE ask 😊

Family-Teacher Conferences

Family-Teacher Conferences are this month and required for all families to participate in (optional during spring semester). You should have received or soon will be receiving a sign-up poll from your child's teacher to select a meeting time. You can also email your child's teacher directly if needed.

Conferences are MANDATORY/REQUIRED for all families!!

~ ALL CLASSROOMS ~

Monday, November 17th

Each classroom will meet **Virtually or In-Person** and discuss your child's development, view their portfolio, and discuss together goals going forward. **Teachers will be emailing all families soon with a calendar reminder (zoom link if needed) that will also include the location the meeting is to occur.**

HOLDING FEE POLICY

If you choose NOT to enroll your child over the January Winterim session but would like to hold your child's spot while you are gone, a holding fee will be charged as follows:

January Winterim Holding fee ~ $200

January Winterim (January 5–16, 2026) – Payment due by the start date of spring semester

*More info. on pg.19 of Family Handbook on policy.

SPRING BREAK WEEK 2026 (March 16-20)

The UCLCC will be **CLOSED** the week of Spring Break in 2026. Families will NOT be invoiced for this week OR need to utilize vacation time to avoid any type of charges.

Families Helpful Tips Corner

More on Conscious Discipline…

We here at the UCLCC continue with our professional development and implementation of Conscious Discipline (CD). I would encourage you to find out more on CD by visiting https://consciousdiscipline.com/. Last month's newsletter touched on helpful words. Here is a reminder of what was covered and hopefully some of you have begun implementing at home.

"Helpful Words"; things that are helpful to say to children. Here are a few examples of some of the language we try to use:

1. Teaching a child to be more assertive sounds like this: "Did you like that? Tell your friend, 'I don't like it when you (insert hurtful action), Please (insert new skill)."
2. Encouragement sounds like this "You (describe in detail without judgement) so (how the action impacted others). That was helpful! Example: "You picked up the toy so Jill wouldn't step on it. That was helpful."
3. A positive way to deal with unwanted behavior is to tell the child what you want. "You can...". We try to notice instead of judge. Example "You wanted to go down the slide, so you pushed Jill out of the way. When you want Jill to move, say "Move Jill". Try it with me. Say "Move Jill".

It is beneficial to practice the desired behavior with an adult. When children are whining or yelling, we say "match your voice to mine". Lets shift our focus from "getting children to do something" to noticing why they are doing what they are doing.

"Love Rituals"; this month's focus is on making a connection with a child. Love Rituals are a great way to connect with all children. I Love You Rituals create neural connections in the brain because our brains are shaped by our loving relationships. I Love You Rituals are activities that provide unconditional acceptance, sensory integration, caring touch and messages of hope for children. They also decrease power struggles, and increase cooperation!

I Love You Rituals can be done when you are changing someones diaper for example. It can be as small as a bear hug or high five, or you can sing the Twinkle Twinkle song. "Okay Sue, We are going to change your diaper, but first would you like a bear hug or to sing the Twinkle Twinkle song?" Then do the activity and change their diaper.

https://www.youtube.com/watch?v=C3PtrlnUm4U

[I Love You Rituals - Your Guide For Meaningful Connections]

www.youtube.com

http://www.ConsciousDiscipline.com Create connections with 75+ activities designed to strengthen adult-child relationships. Each interaction is based on the latest in brain research. All activities help children increase their attention spans, reduce hyperactivity, build self esteem, and facilitate language development. The interactions teach ...

Important Dates

***School Picture Order Update** : please keep an eye on your email you listed on your photographer form as well as junk/spam box. Proofs should be coming sometime next week with a deadline to order provided.

***Friday, November 7:** Early Release Day (3pm)

***Monday, November 17:** UCLCC CLOSED
Parent Teacher Conferences
(Fall Conferences are MANDATORY for children in all classrooms)

***Wednesday, November 26:** No 4K

***Thursday, November 27 & Friday, November 28:** CLOSED -Thanksgiving Break

***Thursday, December 4:** UCLCC Winter Celebration 5:30pm-6:30pm

***Friday, December 5:** Early Release Day (3pm)

***Monday, December 15:** UCLCC Student Aide appreciation goodie bag distribution – more information to follow as date nears. This is an activity for student employees to thank them for their efforts & wish them well on finals!!

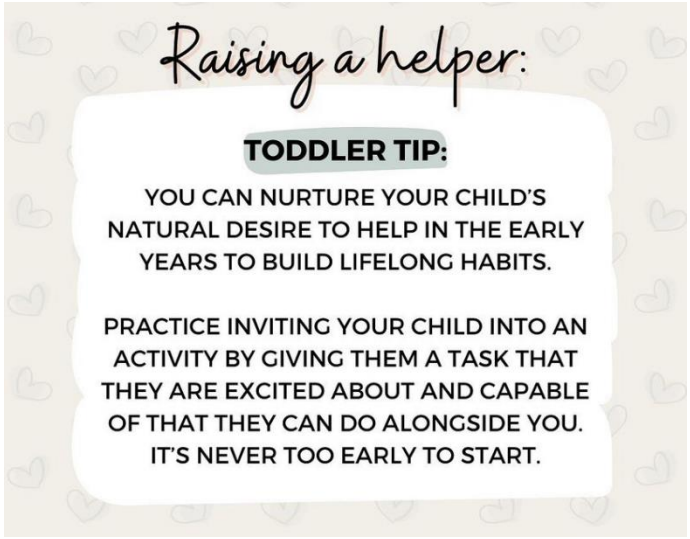
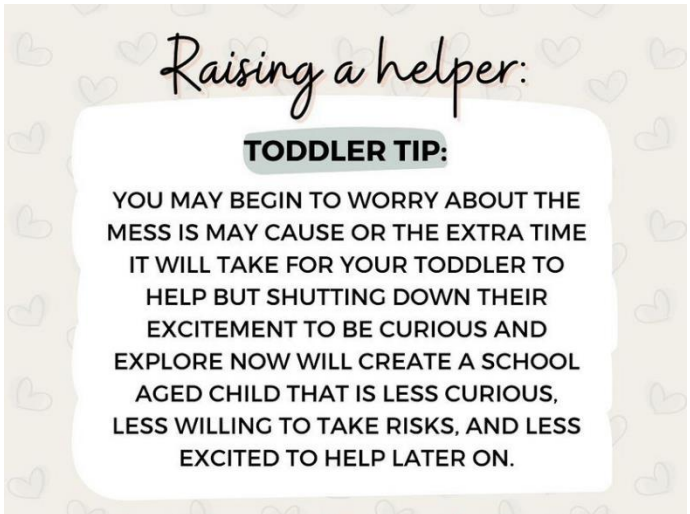
***Monday-Friday, December 15-19:** UWSP Fall Semester Exam Week

***Monday, December 22 – Friday, January 2:** CLOSED Holiday Break, UCLCC reopens Jan. 5, 2026

***Monday, January 19, 2026:** UCLCC CLOSED

***Tuesday, January 20, 2026:** Spring Semester Begins

***Monday, January 26:** No 4K

Home to School Connection

At school we are often focusing on fostering independence with the children. We want to try and encourage the children to try something before we jump in to help them or do it for them. An example of this is in the classrooms the children have job charts. Here are some thoughts on Raising a helper…