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T.E.A.C.H. Early Childhood® NEBRASKA Newsletter

Find Your Senator

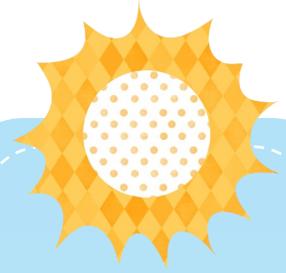
Nebraskalegislature.gov provides an easy tool for identifying your district and senator.

Enter your full address into the "Find Your Senator" search field on the right side of the home page. Your district number and a picture of your senator will be displayed, along with a link to their web page.

Senator web pages contact contact information and links to biographies and photos. Each page also provides a list of committees a senator serves on, bills they've introduced and coverage of them in the Unicameral Update. (The Unicameral Update is a free, weekly newsletter published during the legislative session. For print subscriptions, call 402-471-2788 or email uio@leg.ne.gov. Readers can sign up to receive email updates by entering an email address on update.legislature.ne.gov.

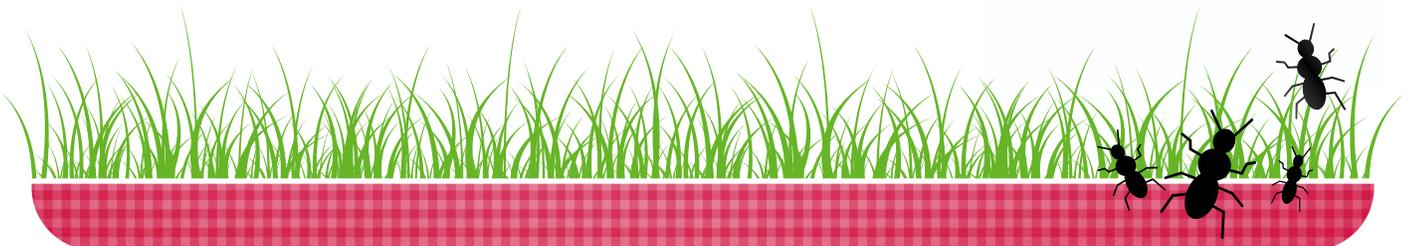
New Podcast Alert—"Finding Raffi"

Raffi Cavoukian is a magical musician. His songs, like "Baby Beluga" and "Down by the Bay", have wordplay and rhyme schemes that are as crowd-pleasing as they come—sweet, silly sing-alongs for kids and adults alike. But his work is anything but simple. Much like the folk singers who inspired him, a radical philosophy underscores all that he does. In "Finding Raffi", comedian, writer, and podcaster Chris Garcia takes us on a journey through a 10-part series tracing Raffi's life from aspiring folk singer to international kids' superstar to outspoken activist for climate action and a child-centric world. (Produced in partnership with Rococo Punch.)



INSIDE THIS ISSUE

Mindful Moments At Work.....	2
Bright by Text.....	2
Nebraska's Career Advising Guide for the Early Childhood Field.....	2
First Five Nebraska.....	2
Your Personal Reminder.....	3
Frequently Asked Questions (FAQs).....	3
20 Questions.....	4
Important Dates To Remember....	4



Mindful Moments at Work (From The Nebraska Association For Infant Mental Health)

Mindfulness is purposefully paying attention to the present moment and doing so with an attitude of openness, curiosity, and without judgment. Taking micro-moments every day to practice mindfulness can help reduce your stress and enhance your workplace engagement. Here is one way to identify a way to practice mindfulness at work:

TAKE A MINDFUL WALK— Getting outside for a mindful walk can help you restore, rejuvenate, and focus. This is particularly helpful when you feel stuck. Try and remove distractions, like your phone, and be present and aware during your walk. When you walk, notice how your breath feels. Notice how your body feels. Then, begin paying attention to your arms, legs, and feet with each step. Notice how it feels when your foot touches the ground. Pay attention to how your body moves with each step. If you get lost in thought, you can return your focus back to your steps. Then, notice what you see. Notice what you smell. Simply notice with curiosity and kindness your thoughts, what you feel and try and be present with each step.

Bright by Text

Nebraska Public Media has teamed up with Bright by Text to send FREE activities, games, and resources for children up to age eight right to your cell phone. These texts for parents and caregivers are targeted to the specific age of your children and include information on child development, early literacy, and health & safety. You'll also learn about Nebraska-specific resources from Nebraska Public Media and Step Up to Quality! To sign up, simply text the word "NEKIDS" to 274448. You can select to receive messages in English or Spanish.

Nebraska's Career Advising Guide for the Early Childhood Field

Research shows that the more education and training early care and education professionals have, the better the care and education children will receive, and this contributes to more positive short and long-term outcomes for children. Currently, Nebraska requires directors of early childhood programs to have a high school diploma or GED in order to work in licensed early childhood programs. Teachers/assistant teachers in child care centers must be at least nineteen years of age according to state licensing requirements. However, there are a variety of credentials and degree options available in Nebraska that can help prepare individuals to work with young children and their families and increase their earning potential. For anyone considering a career in the early childhood field, plan ahead and talk with others, including: colleagues in the field, coordinators at the Early Childhood Training Center, & an academic counselor and/or the chair of the academic department of the college you plan to enroll in, so that you select the career option that will work best for you.

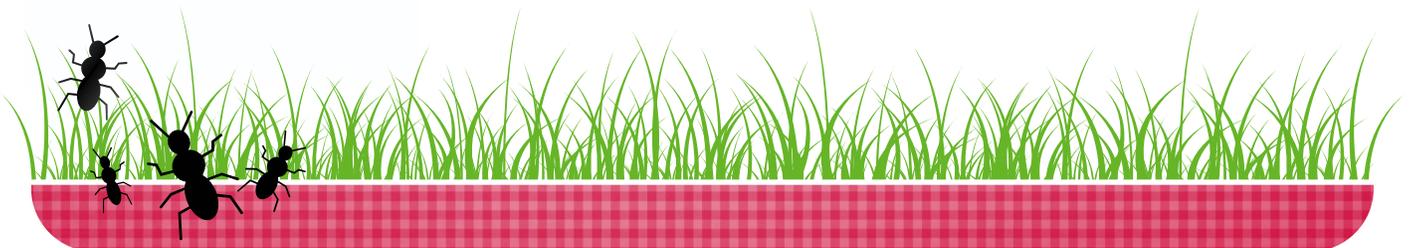
The Nebraska Department of Education, Office of Early Childhood, has developed a *Career Advising Guide for the Early Childhood Field!* The guide includes information on the various roles in the early childhood field, salary and income information, and options for increasing education (including the T.E.A.C.H. Early Childhood® NEBRASKA scholarship). To download a copy go to:

<https://www.education.ne.gov/oec/career-development/>

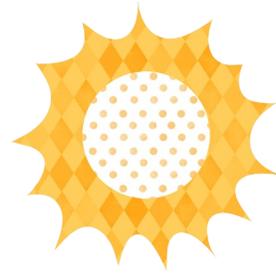
First Five Nebraska

First Five Nebraska just launched their Policy Priorities and Bill Tracker web pages:

- The Policy Priorities page is here: <https://www.firstfivebraska.org/policy-priorities/>. If you click on the bill, you'll be able to see a summary and any policy briefs and testimony First Five Nebraska has offered.
- The Legislative Tracker page is here: <https://www.firstfivebraska.org/track-legislation/>. It shows all the bills affecting early childhood and updates in real time as far as their status.



Your Personal Reminder



"Having this scholarship means I am able to achieve more tax credit, higher SUTQ rating, improve my childcare's quality, better build a strong foundation for the children in my care and learn the latest teaching requirements. It means I am a professional in my field and not just an underpaid babysitter. None of this would have been possible without the scholarship and the online classes offered through UNK." ~ 2021 Scholarship Recipient Survey Response

Frequently Asked Questions (FAQs)

1. Which colleges/universities partner with the T.E.A.C.H. Early Childhood® NEBRASKA scholarship program?

Community Colleges: 1) Central Community College, 2) Metropolitan Community College, 3) Mid-Plains Community College, 4) Northeast Community College, 5) Southeast Community College, 6) Western Nebraska Community College, 7) Nebraska Indian Community College, and 8) Little Priest Community College

Colleges/Universities: 1) Chadron State College, 2) Peru State College, 3) Wayne State College, 4) University of Nebraska—Lincoln, and 5) University of Nebraska at Kearney

2. What if I would like to pursue my early childhood education degree at a college/university that is not listed above?

If you would like to pursue your early childhood education degree at a college/university that isn't listed above, you would no longer qualify for a T.E.A.C.H. Early Childhood® NEBRASKA scholarship.

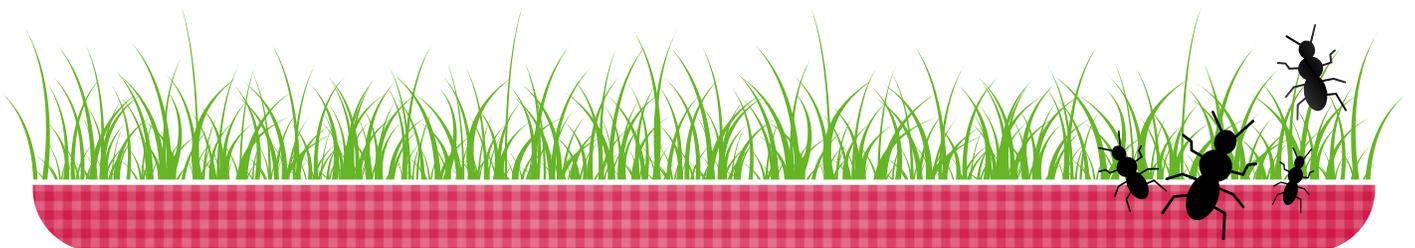
3. Once a recipient has been notified that they've been awarded a scholarship and they send in their signed contract, how do they proceed with registering for classes?

A. Arrange a time to meet with an advisor from the college/university's early childhood education program. They will help students with course selection and be able to answer registration questions that pertain to their particular college or university. Then, register for your course(s).

B. Contact the T.E.A.C.H. Scholarship Counselor with your course selection.

C. The T.E.A.C.H. Scholarship Counselor will then notify the college or university that the course(s) and required textbooks have been approved and can be billed to Nebraska AEYC.

D. Recipients will do this every term they take classes.

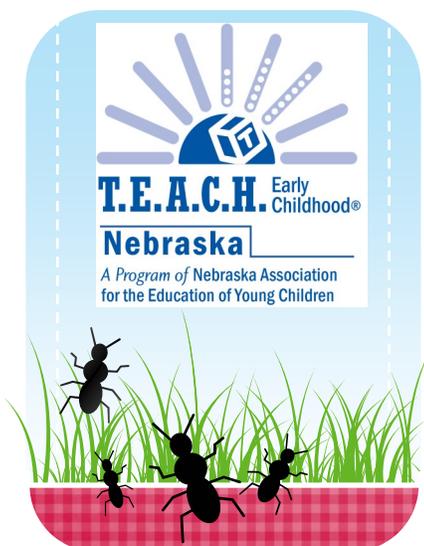


20 Questions

This month's section of "20 Questions" features Chrisy from Holt County. She is currently a family child care provider in O'Neill. She has been on a Bachelor Degree Scholarship since the Spring 2019 term. She will be graduating this May after completing her student teaching experience!

1. Where were you born? Atkinson, NE
2. What is something you are proud of? My four kiddos
3. If you could have one super power, what would it be? Clone myself
4. What's one place you really want to travel to? Italy
5. What is something you are afraid of? Snakes
6. What are your favorite TV shows? This is Us, Grey's Anatomy, A Million Little Things
7. What's your least favorite subject in school? Science
8. Do you have any pets? Dog—Hazel, Cat—Mittens
9. Do you have any brothers or sisters? Yes—Two younger brothers and one younger sister
10. What is your favorite season? Summer
11. Do you have a favorite holiday? Christmas
12. What's your favorite food? Italian
13. What kind of music do you like? I like everything, except maybe rap and very heavy metal
14. What do you like to do in your free time? Sleep!
15. What's one thing you can't live without? My family or the dishwasher
16. Would you rather live in a place that was always hot or a place that was always cold? Hot
17. What is something you wish you could do? Ride horses daily
18. What is your favorite movie? How To Lose A Guy In 10 Days
19. Do you prefer writing in pen or pencil? Pencil
20. What's your favorite subject in school? Math

Important Dates To Remember—Plan Accordingly!
Julie will be gone for many days in April for a variety of reasons.



- April 2nd-8th: Week Of The Young Child
- April 8th: Julie Out Of Office (SkillsUSA Early Childhood Education Competition Judge)
- April 14th-18th: Julie Out Of Office (Easter Holiday)
- April 19th-22nd: Julie Out Of Office (North Carolina For T.E.A.C.H. & WAGE\$ Conference)
- April 29th: Office Closed (Arbor Day)
- May 30th: Office Closed (Memorial Day)
- June 4th: Elevate Conference (Julie will be there!)
- June 20th: Office Closed (Juneteenth)
- June 28th-29th: Nebraska Young Child Institute (Julie will be there!)