



NEBRASKA ASSOCIATION FOR THE EDUCATION OF YOUNG CHILDREN

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

October 5th, 2022

Volume 8, Issue 1

## Inside this issue:

Mindful Moments At Work	2
Foods For Stress Relief	2
FAFSA	2
Frequently Asked Questions	3
Podcast Idea	3
Your Personal Reminder	3
Important Dates To Remember	4
20 Questions	4



"I feel like I have become a better teacher / person after my scholarship. Forever grateful for the opportunity!"

-2021 T.E.A.C.H.  
Scholarship  
Recipient Survey

## Student Spotlight

Victoria (Chrisy) Yates graduated at the end of the Spring 2022 term with her Inclusive Endorsement in Early Childhood Education from the University of Nebraska at Kearney (UNK). Chrisy was first awarded a T.E.A.C.H. scholarship in the Spring 2019 term as a Bachelor Degree Gap scholarship recipient at Northeast Community College (NECC) in Norfolk. In the spring of 2021, Chrisy then started attending UNK on a Bachelor Degree scholarship model. Altogether, she completed 79 credits, including her student teaching experience, while maintaining her employment as a family child care provider in O'Neill.

Chrisy says, "I am Chrisy Yates and I have been an in-home provider for 13+ years. I love working with children, but as my children got older I knew that my passion lied in the pre-school and early school age years. Through several trainings, I had been introduced to the T.E.A.C.H. program, but hadn't thought it was the right time in my life to go back to school. Three years ago was the right time!

I contacted Julie and she has always been so helpful working with me through

applications and questions that I have had. I got accepted and began completing my education to obtain my Early Childhood Education Teaching Certificate. I worked through NECC and UNK to complete my courses and both schools were very helpful and worked with T.E.A.C.H. to ensure that my schooling was a success.

Without T.E.A.C.H. I would have never been able to financially be able to afford this. Since I already held a bachelor's degree, I was considered a grad student working towards certification. T.E.A.C.H. helped me to financially be able to hire subs so that I could have study time, as I was still fully employed as a provider during the entire process! When student teaching came around T.E.A.C.H. helped me cover the cost of subs so that I could finalize my certification while keeping my daycare open full time!

I never dreamed that I would be able to continue to work full time as a provider, being a single mom of four (three of which are teenage boys!), and be able to obtain my teaching certificate! Without T.E.A.C.H. I wouldn't have even considered the opportunity. I now have my teaching certificate and am

so excited to be opening up my own official preschool serving 3+ ages in O'Neill. I know there is a curve right now of proving myself as an educator and not just a provider, but T.E.A.C.H. has helped arm me for this challenge.

Through my experience I have not only obtained my teaching certificate, I have obtained more confidence in my position as a childcare provider and in myself as an individual. I feel equipped and valued as I am planning my lesson plans for the fall and setting up my preschool. Instead of feeling burnt out, as I was shortly before going back to school, I feel excited and have a spark that was revived by the opportunities now available to me. I can honestly say without the support of T.E.A.C.H., both financial and emotional, I would have closed up my in-home daycare and pursued a profession with my first Bachelor's in business outside of the home."



# Mindful Moments At Work

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

## Focus on Your Breathing

When you feel overwhelmed, tired, or frustrated, take a moment to focus on your breathing. Bring your attention to your breath with a regular, relaxed rhythm. Just notice how it feels when you breathe in and breathe out. Take another breath in and notice how it feels. Repeat ten times. This can help you feel more steady and less reactive.

*From the Nebraska Association for Infant Mental Health*



# Foods For Stress Relief



Some of the nutrients in these foods may help your body better balance stress.

- \* Dark Chocolate
- \* Oranges
- \* Tuna
- \* Greek Yogurt
- \* Tea
- \* Spinach
- \* Eggs
- \* Avocados

# FAFSA

It's time to apply for the FAFSA again! The Free Application for Federal Student Aid (FAFSA), is available at your college/university or by visiting [www.fafsa.ed.gov](http://www.fafsa.ed.gov). You must apply for any additional financial aid that you don't have to pay back each year as early as October 1st. If you haven't already, you will be receiving a letter in the mail with more details about this T.E.A.C.H. requirement. After you apply, forward your confirmation email to me. *If you did not qualify last year, and you feel that your financial situation has not changed, please let me know!*

**FAFSA®**  
Federal Student Aid  
An Office of the U.S. Department of Education

# Frequently Asked Questions

Q. What if a recipient is having trouble and is not sure they can complete the coursework at this time?

**A: All scholarship recipients should call their T.E.A.C.H. Early Childhood® NEBRASKA Scholarship Counselor first, if they are struggling for any reason.** Scholars should be familiar with the drop/add policies at their college or university. Students are encouraged to drop a class as early as possible, if they won't be able to complete the required coursework or are receiving a failing grade. Courses dropped or withdrawn from after the drop/add period will still require full tuition/book payment. Travel stipends will not be offered for dropped or withdrawn classes.

Q. What happens if a recipient fails a course?

A. T.E.A.C.H. Early Childhood® NEBRASKA handles these situations on a case-by-case basis. Typically, the T.E.A.C.H. program will pay for a course once, but will consider paying for a class a second time, if the scholarship recipient can explain how a special circumstance contributed to the failure of the class. Should T.E.A.C.H. decide to pay for the course to be taken a second time, the scholar will need to outline what additional supports will be put in place to ensure a grade of "C" or better is achieved. **However, if a recipient is ever having trouble with a class, the T.E.A.C.H. Early Childhood® NEBRASKA Scholarship Counselor needs to be notified immediately.** The Scholarship Counselor may advise the recipient to withdraw from their course rather than receive a failing grade. The Scholarship Counselor may also be able to let the recipient know what else they could do to improve their grade. Do not wait until the term is over to contract your T.E.A.C.H. Scholarship Counselor.



## Podcast Idea

If you...

- ⇒ Have a strong-willed child, age 1-7
- ⇒ Are stuck in a cycle of threats & bribes
- ⇒ Find yourself yelling more than you'd like
- ⇒ Have a deep desire to be a great parent

Check out more information at [parentingwholeheartedly.com](http://parentingwholeheartedly.com).

# Your Personal Reminder



**Nebraska Association for  
the Education of Young  
Children**

650 J St., Suite 23  
Lincoln, NE 68508

Phone: 402-858-5143  
Email: teach@nebraskaeyc.org



Find and follow us on  
Facebook & Instagram!

We're on the web!  
[www.nebraskaeyc.org](http://www.nebraskaeyc.org)

SCHOOL SCHEDULES 2022-2023													
FALL 2022	Central	Little Priest	Metro	Mid-Plains	NE Indian	Northeast	Southeast	Western NE	UNK	UNL	Chadron	Wayne	Peru
Term Begins	Aug 15	Aug 22	Sep 6	Aug 21	Aug 24	Aug 22	Aug 22	Aug 22	Aug 22	Aug 22	Aug 22	Aug 22	Aug 22
Term Ends	Dec 9	Dec 1	Nov 21	Dec 15	Dec 10	Dec 14	Dec 16	Dec 16	Dec 16	Dec 10	Dec 16	Dec 16	Dec 16
Reg. Begins	Apr 11	Apr 4	May 11	Mar 7	May 6	Apr 4	Apr 4	Apr 4	Apr 25	Apr 13		Mar 28	Mar 22
<b>WINTER 2023</b>													
Term Begins				Dec 1									
Term Ends				Feb 27									
Reg. Begins													
<b>SPRING 2023</b>													
Term Begins	Jan 9	Jan 9	Mar 9	Jan 15	Jan 18	Jan 9	Jan 9	Jan 16	Jan 23	Jan 23	Jan 9	Jan 9	Jan 9
Term Ends	May 4	Apr 27	May 25	May 11	May 13	May 10	May 5	May 12	May 19	May 13	May 5	May 5	May 5
Reg. Begins	Nov 14	Oct 31			Nov 1	Nov 7		Oct 31	Nov 14	Nov 9		Nov 7	Oct 25
<b>SUMMER 2023</b>													
Term Begins	May 22	May 22	Jun 6	Jun 5	May 31	May 15		May 30		May 30		May 15	Jun 5
Term Ends	Jul 27	Jul 13	Aug 15	Jul 27	Jul 22	Aug 4		Aug 4		Jun 16		Aug 10	Jul 28
Reg. Begins	Feb 27	Apr 3			Apr 8	Apr 3		Apr 3	Apr 24	Mar 6		Mar 27	Oct 25

## 20 Questions

This month's section of "20 Questions" features Angela from York County. She is currently a family child care provider in York. She has been on a Bachelor Degree Gap Scholarship Model since the Spring 2021 term.

1. Where were you born? **Payson, UT**
2. What is something you are proud of? **Myself, living like how I want, and my family**
3. If you could meet someone famous, past or present, who would it be? **Betty White**
4. What is your favorite book? **I enjoy all of Katherine Hannah's books.**
5. If you could have one super power, what would it be? **Absorbability (The ability to absorb other super powers as needed or wanted in different circumstances.)**
6. What is one of your biggest pet peeves? **People that are rude or inconsiderate**
7. What's one place you really want to travel to? **Australia**
8. What is something you are afraid of? **Heights & being in the pitch dark**
9. What are your favorite TV shows? **Friends, The Big Bang Theory, Orange Is The New Black, Shameless**
10. What's your least favorite subject in school? **Math (Never been good at it)**
11. Do you have any pets? **German Shepherd, Murek, and a salt water fish tank**
12. Do you have any brothers or sisters? **Four brothers**
13. What is your favorite season? **Fall or spring**
14. Do you have a favorite holiday? **Any that I get to celebrate with my kids and family. Love the traditions we have at Christmas time.**
15. What's your favorite food? **Anything I don't have to cook. Ha ha!**
16. What do you like to do in your free time? **What's that? Lol! If I had free time, it'd be running, crafting, or sleeping.**
17. Do you have a hidden talent? **If so, I haven't discovered it either, lol!**
18. Would you rather live in a place that was always hot, or a place that was always cold? **Hot**
19. What is something you wish you could do? **Sing or dance**
20. What is your favorite color? **Yellow**



**neaeyc**

Nebraska Association for the  
Education of Young Children

