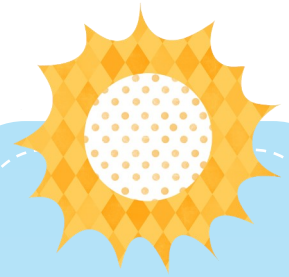
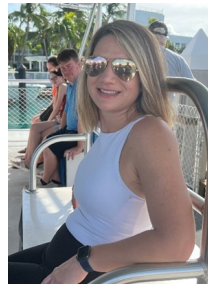


# T.E.A.C.H. Early Childhood® NEBRASKA Newsletter



## Student Spotlight

Kayla Schmittler will graduate at the end of the spring 2023 term with her Diploma in Early Childhood Education from Southeast Community College (SCC). She was first awarded an associate degree scholarship in the summer 2019 term. Kayla completed 43 credits and completed her coursework as a married parent of four while working more than full time as a family child care provider in Ogallala.



Kayla says, "I graduated high school in 2009. I always knew I wanted to work with children. I worked in a child care center from 2010-2012. When I got married in 2012, starting a family was on the horizon. I decided to take a leap into opening my own in-home child care. I joined Step Up to Quality and while doing that, my coach suggested getting my CDA in 2019. This is where it all began. I reached out to the T.E.A.C.H. program to help me get my CDA. Little did I know, I was applying to go back to college. At first, I was taken aback as it had been ten years since I was in school. I had two children at this point and working full time, but I took it as a sign that it was meant to be. I took another leap and decided why not give it a try. I found that Southeast Community College offered Early Childhood Education courses online. This made it easier for my busy lifestyle.

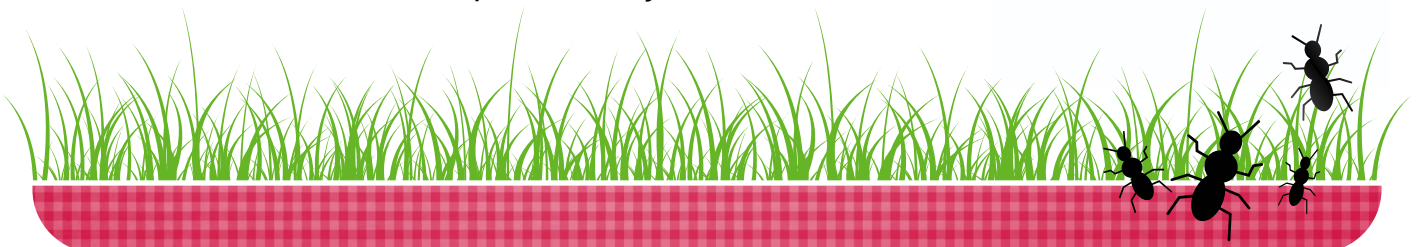
The support I received from Julie Warford from the T.E.A.C.H. program was unreal. When I would feel overwhelmed or hesitant, she talked me through it and gave me the confidence I needed to push through. I never would have went back to school if it wasn't for this program. It has opened new doors and showed me what I am capable of. I share with many others about the great things T.E.A.C.H. has done for me. It is more than just a program, it is a support system that opens up opportunities!"

***If you would like to be featured in our "Student Spotlight" section, please send an email to [jwarford@nebraskaaec.org](mailto:jwarford@nebraskaaec.org) and tell us about what the T.E.A.C.H. scholarship has meant to you!***

***97% of sponsoring programs would recommend T.E.A.C.H. to other programs.***

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### 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:

**MINDFULLY EAT**—Paying attention with curiosity and without judgement to how you eat can be helpful for your health. Practice mindfully eating by noticing how you feel when you eat. Notice if you are eating to nourish your body. Take a few deep breaths before eating to become more calm and set your intentions to not rush through your snack or meal. Chew your food slowly. Pause and notice if you are full. The brain can take 20 minutes to notice your body is full. It can also be helpful to eat without distractions. (e.g., not in front of your computer).

## 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 contain 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.)

During this session, 27 letters of support were submitted for LB319. Our Executive Director, Tracy Gordon, also testified in front of the Appropriations Committee in support of LB319. This legislative bill would direct ten million dollars to our Child Care WAGE\$® program. At their request, personal testimony from current WAGE\$ recipients was also submitted to First Five Nebraska as well as data from our annual report to be used in their outreach, too. [Keep using your voice to help our state senators understand why what you do matters!](#)

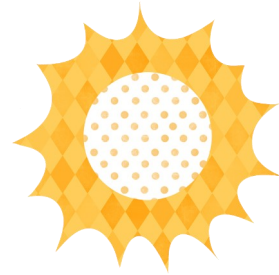
## CDA Scholarship Model

**We are now accepting applications for our new CDA scholarship model!**

- T.E.A.C.H. pays for the application packet and the college classes (with textbooks) required to obtain the CDA.
- These classes cover 120 clock hours towards the CDA and will transfer towards an associate degree in early childhood education.
- T.E.A.C.H. pays a \$250 bonus once coursework is complete.
- No sponsoring program needed.
- Please be patient as we begin offering this new opportunity!**



## Your Personal Reminder



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*What has the scholarship meant to you personally and/or professionally?*

*"It has helped me reach my goals. I am so satisfied with my job and the scholarship has taught me things I use every day." ~ 2022 Scholarship Recipient Survey Response*

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## Frequently Asked Questions

1. *Why do I have a bill?*

T.E.A.C.H. covers 80% of the cost of tuition and books. We pay the college/university 100% upfront for scholarship recipients each term. The recipient (and sponsoring program) portions due are billed directly from our office. For recipients, we will apply your travel stipend and/or sub reimbursement (family child care providers) before sending out an invoice. Any remaining balance on the recipient's account is the responsibility of the recipient.

Recipients (and sponsoring programs) are expected to make prompt payments of any fees owed to Nebraska AEYC for their T.E.A.C.H. Early Childhood® NEBRASKA Scholarship. T.E.A.C.H. will also withhold any bonuses to pay the recipient's portion of tuition and books. Payments must be made for the exact amount and we can only accept checks or money orders.

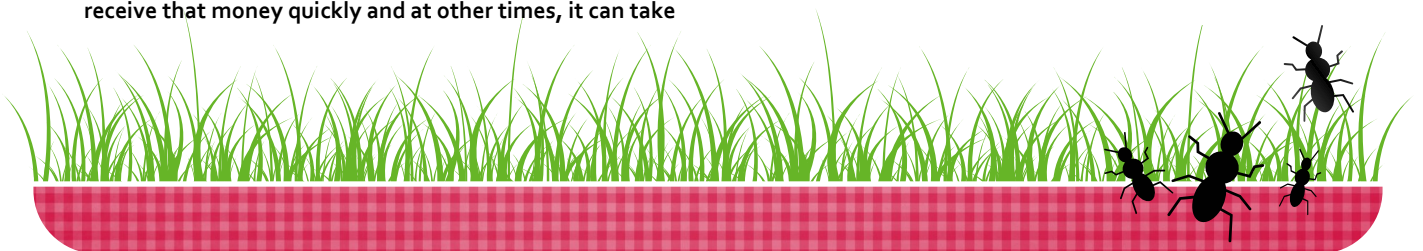
2. *I'm expecting a check from T.E.A.C.H. When will I receive it?*

**Before we can send checks, we must first receive our money promised to us by our funders. Sometimes we receive that money quickly and at other times, it can take**

**months. This is something that is out of our control. We are at the mercy of our funders, but we always send checks as soon as we can.**

3. *I'm currently a Bachelor Degree Gap scholarship recipient. After I'm done with my coursework at my community college, I will be going to my bachelor degree school. When should I apply at that university/college?*

You can apply to your bachelor degree school one term before you have completed all of the coursework at your community college that will transfer credit-for-credit to your bachelor degree school. You can't take any classes at your bachelor degree school until all of those classes are complete. However, if there is a class at the community college that requires a prerequisite, you can wait and take that class at your bachelor degree school.



## 20 Questions

This month's section of "20 Questions" features Christina from Douglas County. She is currently an infant teacher at a program in Omaha. She has been on an Associate Degree Scholarship since the Winter 2020 term.

1. Where were you born? Italy
2. What is something you are proud of? Being a mom
3. What is your favorite book? I Love You Forever
4. What is one of your biggest pet peeves? When people say, "Yeah, but..."
5. What's one place you really want to travel to? Italy
6. What is something you are afraid of? Snakes
7. What are your favorite TV shows? Grey's Anatomy & This is Us
8. What's your least favorite subject in school? Math
9. Do you have any brothers or sisters? Two sisters
10. What is your favorite season? Fall
11. Do you have a favorite holiday? Christmas
12. What's your favorite food? Pizza
13. What do you like to do in your free time? Spend time with family
14. What's one thing you can't live without? Chocolate
15. Would you rather live in a place that was always hot or a place that was always cold? Cold
16. If I weren't a teacher, I'd be... A therapist
17. What is your favorite movie? Sixteen Candles
18. What is your favorite color? Purple & green
19. Do you prefer writing in pen or pencil? Pen
20. What's your favorite subject in school? Psychology



### Important Dates To Remember—Plan Accordingly!

April 14th: Julie Out Of Office  
(SkillsUSA Early Childhood Education Competition Judge)

April 24th-27th: Julie Out Of Office  
(T.E.A.C.H. & WAGE\$ Conference in Chapel Hill, NC)

April 28th: Office Closed (Arbor Day)

May 19th, 25th, 30th, & 31st: Julie Off

May 29th: Office Closed (Memorial Day)

June 1st, 2nd, & 9th: Julie Off

June 19th: Office Closed (Juneteenth)



**\*Remember to submit your grades at the end of your spring term!**