



Apple
Tree

PRESCHOOL & LEARNING CENTER



APPLE
JUICE

www.appletreechildcare.com

A note from the office:

March 2026

You're off to great places! Today is your day! Your mountain is waiting, so get on your way!

What a busy month we have ahead of us!

Red Wheel Delivery Time: A BIG thank you to all of you who took part in our fundraiser and helped raise money for toys! Your children will love playing with the new toys we are able to purchase! Red Wheel will deliver all product at **1PM on Tuesday, March 17th**. Please be here to pick up at that time. We have no freezer space to store your products.

Preschool Graduation will be at 6PM on **Tuesday, May 12th, 2026**. Mark your calendars to come celebrate your preschooler!

Warm clothing is essential for the days that we go outside in the early spring months. Please make sure your child has weather appropriate clothing (jacket, hat & gloves) to wear when we head outside, as even in spring the days can be chilly.

NO toys from home should be brought to the center. We have toys here and are not responsible for lost, stolen or broken items that your child brings from home. This includes our school-age classrooms.

Classroom spotlight:

Our Koala classroom is our Sioux City Preschool Initiative classroom. Miss Bell is the teacher in this classroom. She is in our center on Monday, Wednesday and every other Friday. Miss Shannon and Miss Autumn are here daily reinforcing the lessons and supporting the children in their learning. They do fun and exciting studies as they prepare the children for Kindergarten. They work hard on all of the academic skills along with learning how to problem solve and work as a team. They are starting to practice songs for graduation in addition to their daily learning!

Let the March winds blow! (just not too hard!)

Miss Laurie & Miss Jenah

Love Our Center? **HELP US GROW!**

3 WAYS TO SUPPORT US ONLINE

- FOLLOW US ON FACEBOOK & INSTAGRAM
- LIKE, SHARE, COMMENT & SAVE OUR POSTS
- SCAN THE QR CODE & LEAVE US A REVIEW!

WE APPRECIATE YOUR HELP!



Stay in touch :



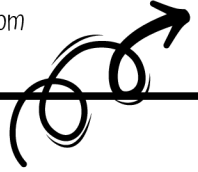
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Teacher Fun Fact

If you were to find a pot of gold at the end of the rainbow, what would you buy?

Miss Laurie: Going thrifting for weeks
Miss Jenah: Go on a cruise
Miss Kim: A house in the middle of the woods
Miss Lilly: A lot of land
Miss Veronica: Toys for kids in the hospital
Miss Jennifer: A cottage with a huge garden
Miss Madison: A farm in the middle of the country
Miss Ava: A new car
Miss Saige: More yarn
Miss Jenni: A car or house

Miss Cadie: A yacht
Miss Lola: All things Winnie the Pooh
Miss Dani: A car
Miss Alecia: A restaurant or bakery
Miss Mollie: New carpeting
Miss Zee: A house
Miss Bell: Buy a bookstore
Miss Shannon: Visit Australia
Miss Autumn: A house somewhere warm
Miss Myesha: My dream house

Important Dates:

3/2 - 3/6 - Dr. Seuss Spirit Week

3/8 - Daylight Savings Time - Spring Clocks Ahead

3/17 - Happy St. Patrick's Day / Red Wheel Food Pick - Up

3/26 - 3/27 - NO SCHOOL / Sioux City Community Schools

Photos of the Month






Backpack Connection Series

About this Series

The Backpack Connection Series was created by TACSEI to provide a way for teachers and parents/caregivers to work together to help young children develop social emotional skills and reduce challenging behavior. Teachers may choose to send a handout home in each child's backpack when a new strategy or skill is introduced to the class. Each Backpack Connection handout provides information that helps parents stay informed about what their child is learning at school and specific ideas on how to use the strategy or skill at home.

The Pyramid Model



The Pyramid Model is a framework that provides programs with guidance on how to promote social emotional competence in all children and design effective interventions that support young children who might have persistent challenging behavior. It also provides practices to ensure that children with social emotional delays receive intentional teaching. Programs that implement the Pyramid Model are eager to work together with families to meet every child's individualized learning and support needs. To learn more about the Pyramid Model, please visit ChallengingBehavior.org.

More Information

More information and resources on this and other topics are available on our website, ChallengingBehavior.org.



ChallengingBehavior.org

How to Help Your Child Recognize & Understand Frustration

Brooke Brogle, Alyson Jiron & Jill Giacomini

Frustration is a common emotion in young children and typically occurs as a child begins to discover the many things he would like to do, but simply cannot do yet. Frustration is a natural and healthy emotion and can provide a positive learning experience for a child. The feelings of frustration that occur when your child has difficulty communicating his needs or tying his shoes are his cue that he needs to try to do something in a different way or that what he is doing is not working. You can teach your child how to deal with frustration in a way that is useful for him. Most important, you must respond to frustration when it first arises before it changes into anger or becomes the dreaded temper tantrum. Two skills children must learn in order to deal with frustration are: 1) how to ask for help, and 2) know when to take a break!



Try This at Home

- Notice and label when you, your child or others are frustrated. Explain that everyone, including adults, feel frustration. You might say:
 - » About yourself: "I am frustrated. I have tried three times to fix the vacuum and it is just not working! I am going to take a break. I will come back and try when I am feeling calmer."
 - » About your child: "You are so frustrated! I see that you have been trying to build that tower and it keeps falling down! Let's have a snack and then try again together."
 - » About others: "That little boy looks frustrated. He can't climb up the ladder on his own. I wonder if he needs some help?"

- Teach your child appropriate ways to respond to frustration. You might say to your child, "You can ask Daddy. Say, 'Help please!'"
- Knowing when to take a break is a skill that can be taught to your child. You can say, "I see you are frustrated. Let's take a break. First, let's do five jumping jacks and get some water. Then we can come back and try again!"
- Puppets and toys are great tools for role playing situations that your child may be struggling with, such as trying to accomplish a task. "Wow, this train can't get up the hill. He has tried four times and keeps rolling back down. He looks like he wants to cry. I wonder what he can do?"

Practice at School

School is an opportunity for children to explore new concepts and try new skills. As a child attempts to become more independent, she often feels frustrated when she is not able to complete a task by herself. A teacher can help a child identify when she is feeling frustrated and prompt her to ask for help, try a new solution or take a break. "You have been working so hard to fit that piece in the puzzle. You sound frustrated. Would you like some help?" As the child learns new skills to manage frustrating feelings, she will become more confident in her abilities and eager to attempt new activities.

The Bottom Line

Childhood is full of frustrating moments. As young children explore their world they are faced with many challenges. There are numerous things they simply can't reach, can't buckle, and can't climb on their own. From the child's point of view, parents and other adults are always saying "No" to the activities and objects he wants. It is important to help your child learn how to deal with this common experience. As a parent, you have the opportunity to help your child learn how to recognize, understand and find solutions to his frustrations. Each time your child is able to work through a frustration, he is adding a very important skill he needs to be happy and successful in the world. Children who learn these skills are less likely to exhibit challenging behavior and are better able to navigate life's ups and downs with confidence.

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Health & Fitness Tips:

POISON PREVENTION WEEK - March 15th - 22nd

Did you know over 40% of calls received by poison centers involve children under the age of six? A poisoning can happen quickly and often happens in the child's home. Overall, the danger of poisons is higher for children because they are smaller in size and their bodies process things more quickly. This means they are not able to handle toxic chemicals as much as adults. Because young children explore using their senses of taste and touch, parents should take extra care to make sure all potential poisons and medicines in the household are out of children's reach.

Top Five Poisons Commonly Ingested by Children:

1. Medications (pill poisoning)
2. Household cleaners
3. Cosmetics and personal care products
4. Foreign bodies (coins, watch batteries)
5. Poisonous plants (Flowers, berries and mushrooms)

Tips to Prevent Poisoning

1. Put child-resistant latches on cabinets containing non-food products.
2. Store medications in a locked cabinet, out of children's reach.
3. Store poisons in cabinets away from food or drinks.
4. Keep products in their original containers, not stored in food or beverage containers.
5. Remove poisonous house and yard plants.
6. Program the poison control number 1-800-222-1222 to be ready in case of emergencies or questions.
7. Use child-resistant packaging for household products whenever possible.

Discover the Power of Nutrition

March is National Nutrition Month. It is a time to focus on helping kids build lifelong healthy habits through nutrient-dense foods. Key activities include promoting colorful, balanced meals, increasing hydration, and reducing added sugars and processed foods to support child development and well-being.

ACTIONABLE TIPS:

- **"Eat the Rainbow":** Encourage variety by eating colorful fruits and vegetables to get essential vitamins.
- **Power Up with Protein:** Include eggs, beans, chicken and fish to help muscles grow.
- **Whole Grain Energy:** Choose oats, brown rice and whole-wheat bread for lasting energy.
- **Bone Strengthening:** Offer milk, yogurt and cheese for calcium.
- **Hydration:** Emphasize drinking water for digestion and energy.



Kid-Approved Veggie Wrap

INGREDIENTS:

- ½ cup plain Greek yogurt, or sour cream
- 2 ounces cream cheese, softened
- 1 cup cheddar cheese, shredded
- 2 large bell peppers, diced
- 1 cup fresh broccoli florets
- 1 large English cucumber, seeded and diced
- 1 cup carrots, shredded
- 8 small soft wraps, or 4 large
- 1 tablespoon dried parsley
- ½ tablespoon dried dill
- ½ tablespoon garlic powder
- ½ tablespoon onion powder
- ½ teaspoon kosher salt
- ¼ teaspoon dried basil
- ¼ teaspoon pepper

DIRECTIONS:

- In a medium mixing bowl, cream together ½ cup plain Greek yogurt, 2 ounces cream cheese, and dried parsley, dried dill, garlic powder, onion powder, kosher salt, dried basil, and pepper together using a handheld mixer until creamy.
- Spread a thin layer of the ranch spread evenly on a soft wrap, leaving a ¼-inch border around the edges.
- Sprinkle about 2 tablespoons of shredded cheddar on each wrap. Add the prepared vegetables, to each of the wrap.
- To fold the veggie wrap, fold in the sides of the tortilla and then roll from the bottom up. Serve veggie wrap immediately or wrap tightly in plastic wrap store for up to 24 hours in the refrigerator.

Caterpillars

Happy St. Patty's Day!

This month we will be making cute St. Patrick's Day art! We will use our feet to make clovers and rainbows, so check the classroom door for these fun projects! We will be working hard on skills to help our friends get to their next milestone! **Lennox** is working hard at trying to roll over! We know he will get it any day now! **Archie** is practicing sleeping in his crib for naps and is doing so well.

Elizabeth started rolling around, but only in her crib! **Lennox & Archie** are new to our crew! We are so excited to watch you learn and grow!

The Caterpillars would like to wish everyone a happy March!
Miss Lilly & Miss Kim

Monkeys

Hello March! Hello warmer weather! Hello sunshine!

This month we will have a great month of storytelling (Dr. Seuss style, to start). Then we will find mischief with rainbows and St. Patrick's Day. We will wear rainbows and rock shamrocks, and we will learn about the color green and how many colors are in the rainbow. We will also make a rainbow in a jar! The last week of the month we will learn about puppies and bring pictures of our furry friends to share with the class.

Last month we worked hard on sharing and this month we will learn how to ask for a hug when we need it. We will also practice using nice touches with our friends and teachers.

Melody has started to recite *Brown Bear* when we read it in class! **Silas** can point out and say "cat" in *Where's That Cat* book. He also calls pop-up books pop-pops!

It will be a fun month celebrating Dr. Seuss and St. Patty!
Miss Jennifer, Miss Madison & Miss Ava

Giraffes

Hello March!

This month we are welcoming spring! We will be talking about the different weather we may see and how the weather changes during March. We will also learn the colors of the rainbow and use our math skills to count each color. During Dr. Seuss week, we will have fun dress up days and will make a striped hat and lorax mustaches. We can't wait to celebrate St. Patrick's Day! We will play with a themed sensory bin including kinetic sand, gold coins, rainbow pom poms and pots of gold.

We will continue to work hard at learning how to play with each other and how to keep our hands to ourselves. These are important skills to learn while we are making new friends each day!

Ivy is always doing the right thing and we see her helping her friends do the right thing, too! **Ava** is always such a great helper around the classroom.

Wishing you a month full of luck!
Miss Cadie & Miss Marah

Butterflies

Welcome March and hello spring!

This month we will celebrate St. Patrick's Day by making leprechauns with our little feet and green paint! Be sure to check the signs on the front door to see our Dr. Seuss Spirit week days! It will be so much fun to dress up and read the rhymes of Dr. Seuss.

We get so excited when our friends meet milestones and we plan to keep working on them! **Tucker** has taken his first steps and some of our other friends are so close! **Donovan** can pull himself up to stand and is going to be walking before we know it! **Hanna** is very talkative and has finally managed to sit up on her own. **Scotlyn** has started crawling using her hands and knees and she explores the whole room!

Happy St. Patrick's Day!
Miss Veronica & Miss Breanna

Froggies

Top of the morning! Happy March!

This month we will be celebrating Dr. Seuss week, along with continuing our alphabet! We will work on the letters K through R. We will make leprechauns and oranges for art and try pancakes and dried mango slices at afternoon snack. We will also do magnetic fishing and a snowball throw activity! We will be practicing how to ask for a hug when we need one and how to clean up our toys and gently place them in the buckets.

A few reminders:

- Please make sure your children are wearing pants without feet (no footie pajamas) even on PJ day, as your child cannot safely wear their shoes.
- We know it may be easier to set your child on the stacked cots or on top of the furniture when you arrive or are leaving, but we ask that you refrain from doing so in the future to avoid the fall risk.
- As it started to warm up, keep an eye on your child's mailbox, as we will send home a checklist of items needed for springtime.

Gianna's favorite song right now is *Here Comes the Firetruck*. She loves to sing the sirens. **Noah** has taken off! He started with a few steps here and there at first, but now he's walking all over the room! Great job!

"Look up to the sky. You will never find rainbows if you are looking down." -Charlie Chaplin
Miss Saige & Miss Jenny

Zebras

Hello Spring! Let's make this month bloom!

This month we will be learning about spring, St. Patrick's Day and the weather. For St. Patrick's Day, we are going to be making our own Lucky Charms Rice Krispies treats. Yum! We are also going to learn all about the weather during the springtime by making rain clouds with shaving cream. We will go on a number hunt while trying to find pots of gold around our classroom! We will be working on using kind words. We will read stories about the kind words we can say and we will celebrate the kind things we say to each other each day! We will also practice using our inside voices in the classroom. We will learn the difference between inside voices and outside voices and practice using them.

Ava has been working hard at using her words! She can say all of the animal sounds and is working on her colors! **Nova** has been such a good friend. We had a new student start in our room and **Nova** has loved to help her and play with her to make her feel welcomed.

Wishing you a sunny March!

Miss Lola & Miss Dani

Tigers

We are marching into spring!

This month we are finishing up our alphabet study and we will spend a lot of time refreshing on previous letters learned. We will really focus on name recognition, as well. We will eat a rainbow snack on St. Patrick's Day as part of our shamrock party. During science, we will make slime and describe how it feels in our hands. We will work on counting during a pot of gold math activity and see how high we can count as a class.

We will review how to ask for help when we need it and how to sit Apple Tree style at circle time. These skills will help us be the best learners and friends while in our classroom.

Alainna has done an amazing job learning to recognize her name. Great job! **Tate** is always offering Miss Alecia a helping hand. He is so kind! Thanks, Tate!

Have a great March!

Miss Alecia & Miss Molli

Kangaroos

Hello spring!

This month we will be learning about the letters W, X, Y and Z, and also review the letters we have already learned. For letter W we will be trying watermelon, making xylophone snacks for X, wearing yellow for Y and trying zucchini for Z. We will also be doing a walking water science activity and number correlation matching games for math.

We will spend time practicing how to wait and take turns with our friends when we all want to play with the same toy. We will also learn what words we can say instead of hitting and how to use kind touches.

Axel does a great job using a timer to wait for his turn with a toy. He does so well waiting patiently for the timer to be done and then asking for his turn. **Greer** is so kind and always asks friends to play with him. He wants everyone to be included.

Where flowers bloom, so does hope!

Miss Zee

Koalas

Goodbye winter, hello spring!

This month we will be continuing our pet study and even go on a field trip to the Siouxland Humane Society! We will also read Dr. Seuss books, complete with themed dress-up days the first week of March. We will try to catch the leprechaun as we celebrate St. Patrick's Day and create beautiful rainbow art. We will also use Skittles to do a fun science experiment and design a leprechaun trap during math!

When working on our social-emotional skills, we will learn how to use our words to communicate our needs and how to clean up our toys before leaving the center we are playing in.

We will send home info about preschool graduation soon as we prepare for this event in mid-May! As always, check the door and mailboxes for communication!

Catelaya hugged a friend who was hurt and asked if they were okay. **Talen** held the door for multiple classes.

Have a magnificent March!

Miss Bell, Miss Shannon & Miss Autumn

Apple Corps

I hope you are feeling lucky this month!

During March, we will be using our math planning skills to make leprechaun traps for St. Patrick's Day! The kids will get to choose what materials they use. We will also participate in Dr. Seuss Spirit Week the first week of March. During a rainbow milk activity, we will see how soapy water breaks the surface tension to interact with the fat in the milk to make dancing colors.

We will review how to share toys and take turns with our friends and how to follow the classroom expectations. These are such important skills to work on together!

Cora always follows directions and helps in the classroom. **Liam** is so kind to others and is always willing to help others.

Happy bloom month!

Miss Myesha

March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	<p>TIGERS Bring Something Yellow</p> <p>FROGGIES Make Lorax Mustaches</p> <p>WEAR SILLY SOCKS</p>	<p>ZEBRAS Bring a Book from Home</p> <p>KANGAROOS Make Green Eggs & Ham</p> <p>WEAR GREEN</p>	4	<p>FROGGIES Wear Orange</p> <p>WEAR WACKY CLOTHING OR HAIR</p> <p>WEAR YOUR MUSTACHES</p>	<p>GIRAFFES & ZEBRAS Show & Tell</p> <p>KANGAROOS Try Watermelon</p> <p>WEAR A HAT & STRIPES</p>	7
<p>8</p> 	9	<p>10</p> <p>FROGGIES Try Dried Mango</p>	<p>11</p> <p>MONKEYS Wear Rainbows</p> <p>GIRAFFES Bring a Book from Home</p>	<p>12</p> <p>KANGAROOS Xylophone Snack</p>	<p>13</p> <p>FROGGIES Go on a Nature Walk</p> <p>APPLE TREE Librarian comes to visit!</p>	14
15	16	<p>17</p> <p>Happy Saint Patrick's Day</p> <p>WEAR GREEN</p> <p>APPLE TREE Red Wheel Delivery</p> <p>ZEBRAS Bring a Book from Home</p>	<p>18</p> <p>APPLE TREE Picture Day</p> <p>FROGGIES Try Pancakes</p>	<p>19</p> <p>APPLE TREE Picture Day</p> <p>KANGAROOS Wear Yellow Shirts</p>	<p>20</p> <p>hello SPRING</p> <p>APPLE TREE Picture Day</p> <p>FROGGIES Trying OREOs</p> <p>GIRAFFES & ZEBRAS Show & Tell</p>	21
22	23	<p>24</p> <p>APPLE TREE PJ & Movie Day</p> <p>FROGGIES Try Red Peppers</p>	<p>25</p> <p>KOALAS Dental Screening</p> <p>GIRAFFES Bring a Book from Home</p>	<p>26</p> <p>FROGGIES Bring Something that starts with R</p> <p>KANGAROOS Try Zucchini</p> <p>NO SCHOOL Sioux City Community Schools</p>	27	28
29	30	<p>31</p> <p>FROGGIES Try Strawberries</p> <p>ZEBRAS Bring a Book from Home</p>	1	2	3	4