



PRESCHOOL & LEARNING CENTER

APPLE JUICE

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A note from the office:

May 2025

Wow! Graduation season already! How time flies!

Preschool graduation will be at the Southern Hills Baptist Church at **6PM on Thursday, May 15th, 2025**. We would like to congratulate all of our graduates!

Our Pancakes with Parents event was a huge success. It was so fun to share time with you & your children. We loved reading "If You Give a Pig a Pancake" and doing art to go with our story. Thank you for joining us!

Thank you to all who participated in parent-teacher conferences. It takes a village!

Summer information will be posted soon. Please check your child's folders daily and watch for more information!

Please remember that tuition payments are due on Mondays for the current week.

Staff Spotlight:

Miss Shannon has been our preschool teacher since 2022. She has poured her heart and soul into her children and classroom. We thank her for the hard work and dedication.

Miss Autumn has been with Apple Tree since 2003. Autumn's love for children has been so evident over the years. We thank her for her dedication and love for children.

Let's get ready for summer fun!

Miss Laurie & Miss Jenah

HAPPY BIRTHDAY

Leonidas
Hayes
Rumor
Remmidy
Malok

Jakobe
Auden
Hadley
Tinley
Aiden

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Important Dates:

5/7 & 5/8 - Morningside Elementary Kindergarten Round-Up

5/8 - Muffins with Mom (9:30 - 10:30am)

5/11 - Happy Mother's Day

5/15 - Pre-K Graduation (6:00 - 7:00pm)

5/26 - Memorial Day / Apple Tree is CLOSED today!



Teacher Fun Fact

What is your favorite flower?

Miss Laurie: Bleeding Hearts

Miss Jenah: Roses

Miss Lilly: Lilacs & Lilies

Miss Kim: Sunflowers & Daisies

Miss Veronica: Roses

Miss Haley: Sunflowers

Miss Elisha: Carnations

Miss Jennifer: Daylilies

Miss Ava: Daisies

Miss Saige: Daisies

Miss Lola: Amaryllis

Miss Cadie: Baby's Breath

Miss Amanda: Delphinium

Miss Danielle: Chrysanthemum

Miss Marah: Tulips

Miss Emily: Red Roses

Miss Molli: Hydrangeas, Peonies & Sunflowers

Miss Zee: Lilacs

Miss Autumn: Ranunculus

Miss Shannon: Lilies

Miss Shelby: Tiger Lilies

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 Give Clear Directions

Brooke Brogle, Alyson Jiron & Jill Giacomini

"Why do I have to repeat myself time and again?" "Why won't she listen to me?" Listening and following directions are important skills young children must learn. There are many reasons why children do not follow directions.

- **The child does not hear the direction.** Parents often give directions from a distance or in passing. "Lauren, get your shoes on." Did your child actually hear what you said? Just as adults often don't hear what their partner has said to them because they are focused on reading, email or talking on the phone, children too often don't hear what a parent has said because they are focused on a task such as building a tower or drawing a picture.
- **The parent gives too many directions at one time.** When you give your child too many directions at one time, it reduces the chance that she will follow the directions and increases the chance that she will be confused. "Lauren, please go upstairs, brush your teeth and pick up your blocks while I finish the dishes." This multi-step direction is too long and complicated for your child to easily understand. Instead, try giving one direction at a time.
- **The child doesn't understand the direction or the direction is too vague.** Directions such as "Settle down," "stop," or "be nice" might be too vague and difficult for your child to understand. If she is throwing toys out of the bathtub and you simply say, "Lauren," you have not actually told her what you want her to do. If you say, "stop it," it may temporarily stop the behavior, but she still may not know what you want her to do. If what you mean is, "Lauren, toys stay in the tub," then you need to explicitly tell her so.
- **The direction does not tell the child what to do.** Parents often tell children what not to do, rather than what they should do. It is important to state directions positively in order to teach your child the expectation. Instead of saying, "Stop running!", state the direction positively by saying, "Use walking feet."
- **The direction sounds like a suggestion or question.** Daily conversation is filled with questions, suggestions and directions. When you say, "Will you put your shoes away?" you are not giving your child a direction—you are asking her a question. When you give your child a direction that needs to be followed, it is essential that you tell your child what to do rather than ask. For example, "Lauren, put your shoes by the door."



Try This at Home

- It is important to follow through when you give your child a direction. A technique you can use to make sure you do follow through when your child has difficulty complying, or following directions is Do-WAWP.
 - » Do—State the "do" direction.
 - » W—Wait for compliance (silently count to 5).
 - » A—Ask the child to restate the direction.
 - » W—Wait for compliance (silently count to 5).
 - » P—Provide encouragement or help (helping will ensure success).

- **Make sure that you have your child's attention.** Eye contact is a great indicator! When you state the "do" direction you



are teaching your child the desired behavior. For instance, "Lauren, go brush your teeth." When you count to five, you are giving her the opportunity to hear and process the direction. Parents often repeat the same direction over and over in that five second period. When you repeat the same direction to your child time and again, it teaches her that she does not have to follow the direction the first time. Instead, state the direction once and then have your child restate the direction back to you. This way you can confirm that she heard you and understood what you were saying. Finally, offering help may simply mean that you take her hand and lead her to the bathroom. Don't forget to encourage your child by saying something like, "Wow, Lauren, what great listening ears! Thank you for brushing your teeth."



Practice at School

In addition to verbal instructions, teachers use many methods to give directions and help children understand expectations. These methods may include using symbols or pictures, sign language or gestures, songs, puppets, instruments, sand timers, or other tools. The more opportunities children are given to see or hear the instructions, the more likely they are to complete the task. For example, when teachers need to tell the class that it is time to go inside from the playground, in addition to words they may use a sound (e.g., ring a bell) to alert the children about this event. Children know that the sound means that it is time to line up at the door, even if they do not hear the verbal instructions. When teachers pair words with other signals, they help children to confidently and successfully participate in activities.



The Bottom Line

Listening and following directions are skills that children learn through their daily interactions. When children do not follow directions, for any reason, it can be extremely frustrating for parents. You can increase the chances that your child will listen and successfully follow your directions when you make sure that your direction is clearly stated and you follow through.

An important consideration for parents when teaching their child to follow directions is to "pick your battles". You want to avoid insisting that your child follow directions that are not important or can escalate to a major struggle when the direction is not critical. Pick a few, very important directions that you will follow-through with your child.

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Health & Fitness Tips:

SCREEN-FREE ACTIVITIES FOR KIDS THROUGHOUT THE SUMMER

With summer break approaching, the need for screen-free activities is at a high! Here is a list of activities for all ages...

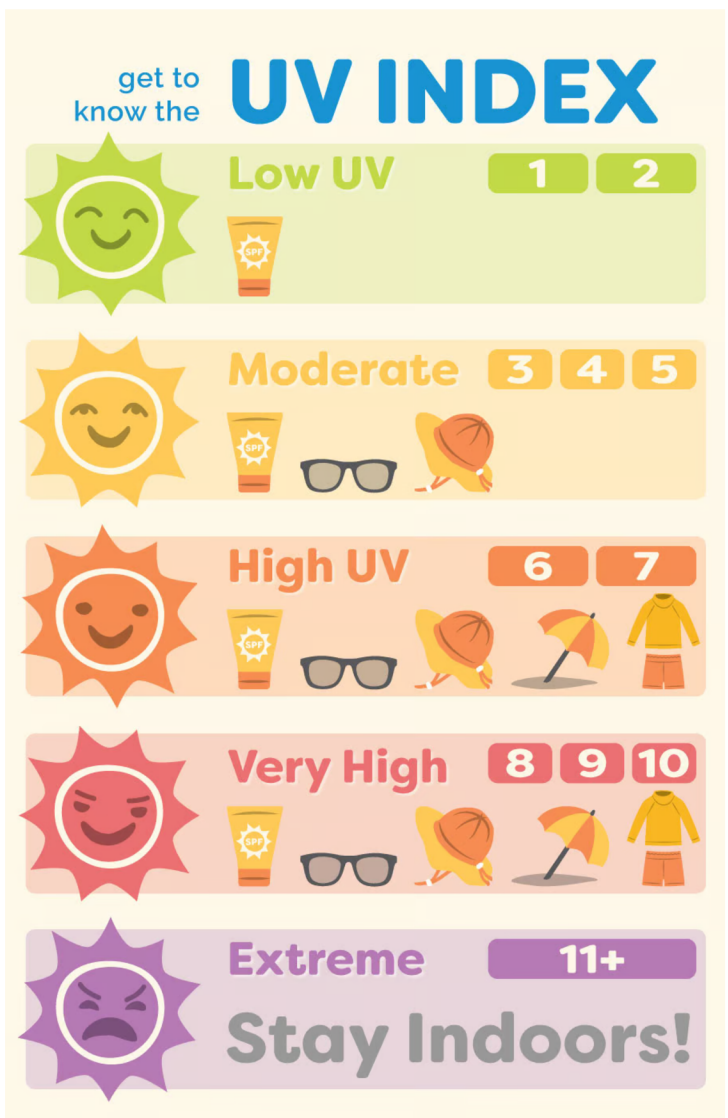
- **Read a Book** and give a report once finished (older kids)!
- **Play a Board Game**
- **Take a Walk** and go on a scavenger hunt!
- **Play with Water** by going to the pool, set up sprinklers or a water table.
- **Camp Out... or In!** Get out those sleeping bags and make some s'mores!
- **Go on a Picnic.** Either outdoors or keep it indoors on a rainy day.
- **Host a Backyard's Olympics.** Invite your friends & neighbors over for a fun afternoon of obstacles in the backyard.
- **Set Up a Bike Car Wash.**
- **Plant a Garden.**
- **Make Popsicles.**

WHEN TO COVER UP FOR YOUR KIDS SUN PROTECTION

To know when UV rays are strong, you can check the UV Index. Any time the UV Index is 3 or more, it is recommended to use sun protection, especially in the afternoon. It's not just sunny days either! The sun's rays can get through clouds, fog, and haze, so don't forget to protect your kids even if it doesn't look super sunny.

To effectively protect against all types of UV radiation, it's crucial to:

- **Use Sunscreen:** Broad-spectrum natural sunscreens with an SPF of 30-50 protect against both UVA and UVB rays.
- **Wear Protective Clothing:** Choose UV clothing and hats with a 50+ UPF rating, and polarized UV 400 sunglasses to shield your skin and eyes from UV rays.
- **Seek Shade:** Avoid direct sun exposure during peak hours and find shade when spending extended periods outdoors.



Caterpillars

April showers bring May flowers!

This month the Caterpillars will be making their mothers a very cute Mother's Day gift! We can't wait to show you what we make! We will introduce numbers and counting, when we count our fingers and toes and sing counting songs. We will sing and read, "You Are My Sunshine" as we enjoy the sunshine coming in through the windows this spring!

Melody thinks everything is very funny when she is super tired! She is constantly giggling! **Lennox** has mastered rolling from her back to her stomach!

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

Monkeys

May the flowers bloom!

We have a lot of favorites this month! We will start the first week celebrating mom, then we will work on our favorite colors, shapes and numbers. We will be doing art with shapes to make beautiful creations. We will be learning our body parts with the song *Head, Shoulders, Knees & Toes*, when we sing it daily!

Don't forget Apple Tree will be closed on May 26th for Memorial Day!

We will be collecting pop tabs for the Ronald McDonald House, so be sure to save them at home!

Quinnie can name all of her colors! **Bodie** can pull and hold himself up, and get back down!

As the flowers are blooming, so are our Monkey minds!
Miss Jennifer & Miss Ava

Zebras

Hello May!

This school year has flown by and we are so grateful for all we have learned. This month we will be learning about flowers, ice cream, camping & water. We hope to do more art & science activities outside to expand our learning. We will be making homemade ice cream and homemade s'mores. During water week, we will paint with watercolors and make beautiful creations! When we talk about camping, we will read, "LLama, LLama Goes Camping".

Please remember to send your child with a jacket/sweatshirt since spring weather can be unpredictable and we want to go outside as often as we can.

Clark & Kinsley have joined the potty trained club! Way to go guys!

Here's to warmer weather & outdoor fun!
Miss Amanda, Miss Danielle & Miss Marah

Butterflies

Goodbye frost, hello sun! May's sweet magic has begun!

May is such a fun month in the Butterfly room! We will be creating a beautiful gift for Mother's Day and make construction paper flowers. We will also make paper airplanes and watch them fly! We know the kids will love seeing them glide through the air. We will sing nursery rhymes and this month we will learn, *Twinkle, Twinkle Little Star*. We will be counting our fingers and toes and playing peekaboo as we read, "Baby Peekaboo".

Leonidas has started to crawl properly using his knees and arms. **Amelia** has been using her arms to crawl and move around the room.

Happy Mother's Day!
Miss Veronica, Miss Haley & Miss Elisha

Froggies

We are bloomin' into May!

This month we will be learning about baby animals, fruits & vegetable, our bodies, and desert animals. We are going to draw our bodies on big paper, make bottle cap printed grapes and potato masher baby turtles. We will also be painting with broccoli and counting fruits & veggies on a plate. We will read, "The Very Hungry Caterpillar" to see what fruits and vegetables the caterpillar ate.

Cassidy & Carolynn are so close to walking and will be running around in no time! We are so proud of them for how far they have come in the past few weeks!

We hope you enjoy the warm weather this month
Miss Saige & Miss Lola

Giraffes

We are ready for another a-May-zing month!

This month we are learning about flowers, bugs, ice cream and summer fun! Using our math skills, we will count flower petals all the way up to 10. We will also make flower wreaths to hang up and we will sing *5 Little Ducks*. During the week of Mother's Day, we will read, "Where's My Mommy" and we will talk about our favorite things about our own moms and what they do for us.

Tate has been so excited about using the big boy potty and he is doing great! **Vera** is always so helpful and loves to carry papers to the printer!

Happy May!
Miss Cadie

Tigers

May the warmth of the sun and the fresh breeze of May greet you with a warm hello!

Our themes this month are zoo, Mother's Day, healthy food and Memorial Day. We will be learning how big gorilla hands are with an art project and learning about all of the different animals at the zoo. We will count animal crackers in math during our zoo week. We will also be discussing how awesome our moms are this month! We will read, "The Best Mother" by Cynthia Surrisi and have our Muffins with Mom event!

Kamryn helped a friend get up when they fell on the playground. One of the kiddos was sad because they wanted a dot to stand on, so **Ryan** gave up his dot to make the friend feel better. We have so many caring kids in our class!

A mother's love endures through all. Happy Mother's Day to our Tiger Moms!

Miss Emily & Miss Molli

Koalas & Pandas

This month we will be learning all about plants, gardens, flowers and insects. We will learn about caterpillars and butterflies and at the end of the month we will observe metamorphosis first hand. We will create counting caterpillars and mirror image butterflies in art!

We have graduation this month and have been working hard preparing for that. Please watch for notes on the door and in mailboxes for more detailed information. We have had a great year in preschool and can't wait to celebrate our hard work.

Kaleb regularly helps a friend get their nap bucket down when they cannot reach it. **Remmidy** helped a friend stand up when they got hurt on the playground.

MAY the month be wonderful!

Miss Shannon & Miss Autumn

Kangaroos

Bring out the beautiful flowers!

This month we will be learning about rain, flowers, weather, the zoo & community. We will make q-tip flowers and plant flowers of our own. We will be making a sky-snack and during zoo week we will learn about all of the different zoo animals and make a zoo tracks cracker. We will continue to sing our good morning song and talk about how we are feeling to start our day.

Everly is such a great helper and helped a friend on the swings! **James** loves showing his friends how he can pump his legs on the swing.

Bring on the hot weather!

Miss Zee

Apple Corps

Hello May!

This month we will be making spring crafts and coffee filter baskets.

Morningside Kindergarten does not have school on **May 7th or 8th**.

Tinley is always kind to her friends. **Alaric** always has a funny story to tell.

Have a fun & safe Memorial Day!

Miss Shelby

MAY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	1 	2	3
4	5 	6 APPLE TREE PJ & Movie Day	7 GIRAFFES Books from Home MORNINGSIDE Kindergarten Round-Up KANGAROOS Plant a Flower	8 Muffins with Mom 9:30-10:30am	9 FROGGIES & ZEBRAS Show & Tell	10
11 	12 MONKEYS Wear Red	13 MONKEYS Wear Blue ZEBRAS Make Homemade Ice Cream KANGAROOS Books from Home	14 MONKEYS Wear Green ZEBRAS Books from Home	15 KOALAS & PANDAS Pre-K Graduation 6:00pm MONKEYS Wear Purple KANGAROOS Make a Sky Snack	16 MONKEYS Wear Orange GIRAFFES Show & Tell KOALAS & PANDAS Preschool Graduation Picnic	17
18	19	20 MONKEYS Shape Art KANGAROOS Bring an animal from home	21 GIRAFFES Books from Home ZEBRAS Make S'mores	22	23 FROGGIES Books from Home ZEBRAS Show & Tell KANGAROOS Animal Track Crackers	24
25	26  MEMORIAL DAY APPLE TREE is CLOSED today!	27 ZEBRAS Books from Home	28	29	30 MONKEYS Pop Tabs are Due GIRAFFES Show & Tell ZEBRAS Water Fun Day	31