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A note from the office:

November 2025

Happy November!

We want to congratulate **Miss Jess** on her new role as Director. We are all excited for her to begin her new position and love that she is a familiar face to all. We would also like to welcome **Miss Amanda** to our team. Please stop by the office and introduce yourself to her. She is eager to get to know all of your children.

A couple changes in phone numbers and emails to be aware of:

Miss Jess - director.ecc@appletreechildcare.com - 712-722-4336

Miss Amanda - assistantdirector.ecc@appletreechildcare.com - 712-722-4335

We hope everyone has a great Thanksgiving.

You can reach us at the telephone numbers/emails below or by stopping in to talk to us.

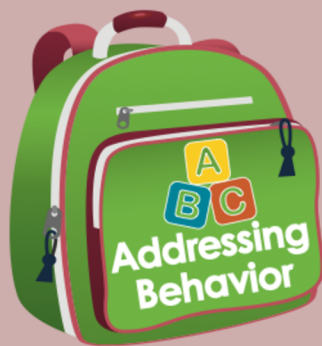
Jess - telephone number: 722-4336 email: director.ecc@appletreechildcare.com

Amanda - telephone number: 722-4335 email: assistantdirector.ecc@appletreechildcare.com



Malaki
Kolson
Rowan
Maebry
Brock
Sage

Shauna
Josie
KaMari
Johanna
Bryson
Miss Amy



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

Teachable Moments: How to Help Your Child Avoid Meltdowns

Brooke Brogle, Alyson Jiron & Jill Giacomini

Does this sound familiar? Your children are playing in the living room while you clean up the kitchen. You answer the phone, and a few minutes later, one child is angry and screaming because someone took her toy and the other is in tears because her sister hit her. It is in escalated moments like this that parents often find themselves trying to teach rules or give long explanations. Unfortunately, in moments such as this, your child usually is not even hearing your words let alone learning the rule. This is not a teachable moment.

There are countless teachable moments daily when skills can be taught and emotions discussed, such as during play time, in the car, at bath time or while reading together. As a parent, you can reduce challenging behaviors such as hitting, biting, pushing and whining when you 1) concentrate on calming your child during a challenging behavior incident and 2) wait until an appropriate teachable moment to actually teach your child.

Think again about the scenario when you are on the phone and your children are fighting. Below are several examples of how you could use teachable moments throughout the day to reduce the chance that the challenging behavior occurs in the first place.

- **Teachable Moment #1** – During morning reading time, read the book *Hands Are Not for Hitting* by Martine Agassi. For additional activities to do with this book, go to <http://csefel.vanderbilt.edu/resources/strategies.html#booknook>.
- **Teachable Moment #2** – During breakfast time, intentionally teach the skill of sharing by saying, "Thank you for sharing the syrup with your sister!"
- **Teachable Moment #3** – When your children are playing on the floor quietly, sit on the floor, make eye contact and say, "Wow, you girls have been playing for 10 minutes quietly! Tell me about what you are building." This teaches the desired behavior of playing quietly together.
- **Teachable Moment #4** – When the phone rings. Put the phone down, tap both girls on the shoulder and say, "I am going to be on the phone for 10 minutes. When this timer is done, come tap me on my leg and show me the timer."



Try This at Home

Find teachable moments throughout the day!

- **Play Time (responding to common challenging behavior):** "Oh, no! I see that your bunny is super sad. Her sister is trying to take her toy. I wonder what she can do?" You can teach appropriate ways of getting her needs met. She

can ask for help, get a timer or trade her sister for another toy.

- **Bath Time (teaching rules):** "The water stays in the tub. You can use the cup and pour water into another cup or you can pour water on your body."
- **Car Time (teaching friendship skills):** "I saw that your friend, Bella was sad at school today and you made her a picture. I bet that made her feel better. What a great friend you are!"
- **Story Time (teaching emotions):** "Wow, that little girl in this book is really angry! I saw that she asked her mom for a hug. That is a great way to feel better. I wonder what you can do when you feel angry?"
- **Meal Time (teaching expectations):** "Let's practice asking for more milk." Role play with whining, yelling or just banging your cup. Then, teach the expected behavior. "You can ask nicely, say, 'Mommy, milk please.'" When she does this, jump up and say, "I'm happy to get you milk!"



Practice at School

At school, teachers prepare students to solve social problems in appropriate ways before problems occur. Teachers use role playing, puppets or circle time to discuss emotions and possible solutions. Teachers provide opportunities to practice and reinforce skills during class. For example, children may practice how to trade a toy at circle time with a puppet. Later, teachers can compliment a child when they see him trade during play time. "Wow! You remembered that when a friend is using a toy, you can ask him to trade!" Teaching skills in advance gives children the confidence to successfully manage a situation and allows caregivers the opportunity to praise a child for making a wise choice.



The Bottom Line

Young children are learning in every moment. They are actively discovering the world around them. You are always teaching your child. Strolling in the park, reading books and giving her a kiss before bed all teach her about her world. You can use the many calm and happy moments in your day to intentionally teach expectations, rules and skills that will help your child be successful and reduce challenging behavior.



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Weekly Themes:

11/3 - 11/7	Opposites
11/10 - 11/14	We Love Our Veterans
11/17 - 11/21	Sports
11/24 - 11/28	Thanksgiving



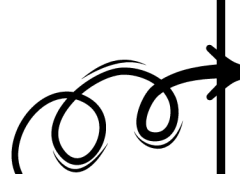
Teacher Fun Fact

What is your favorite Thanksgiving food?

Miss Jess: Broccoli & Cheese Casserole
 Miss Amanda: Green Bean Casserole
 Miss Anita: Sweet Potatoes
 Miss Connie: Pecan Pie
 Miss Emma: Cheesy Potatoes
 Miss Kara: Green Bean Casserole
 Miss Lois: Pie
 Miss Emary: Mashed Potatoes
 Miss Amy: Mashed Potatoes & Gravy

Miss Josalyn: Turkey
 Miss Maggie: Cranberry Sauce
 Miss Michelle: Ham
 Miss Rhonda: Stuffing
 Miss Journey: Hawaiian Rolls
 Miss Noelia: Turkey
 Miss Josie: Turkey

Stay in touch :



@AppleTreeECC



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appletreeecc.com

Health & Fitness Tips:

TIPS TO HELP YOUR KIDS KEEP THE FLU AWAY

Make sure they **WASH THEIR HANDS!**

Teach your children to wash their hands regularly during the school day, and make sure it is the first thing they do every day when they arrive home.



Teach your kids to
**AVOID TOUCHING THEIR
EYES, NOSE, OR MOUTH**
as these areas are most
susceptible to germs.



While sharing is an
important lesson to learn,
make sure your kids know
that sharing things like

**FOOD,
DRINK
& LIP
BALM
ARE OFF LIMITS.**



Be strict about

More sleep
will help your
body heal and
fight off any
germs that come its way.

**BED
TIME!**

**MAKE FLU
PREVENTION
FUN !**



Teach your kids to
**SNEEZE
& COUGH
INTO A
TISSUE.**

If one is not handy, then they
should sneeze or cough into their
elbow, and never their hands.



Dress up your kid's
hand sanitizer with
a cute or fun case.
They'll love carrying
it around and use it
more frequently.



Let them pick out a
reusable water
bottle that they love.
This will encourage
them to drink more
water, and staying
hydrated can help to
fight off viruses.



A fun-themed tissue
case will also make
it easier to enforce
your children to carry
around tissues at
school for when they
need to cough, sneeze,
or blow their nose.

PUMPKIN SPICE YOGURT BARK



Pumpkin Spice Yogurt Bark is a delicious fall-inspired treat. The yogurt is flavored with pumpkin puree and pumpkin spice, and is topped with granola and a drizzle of maple syrup for a crunchy, sweet finish.

INGREDIENTS:

- 2 cups plain or vanilla Greek yogurt
- ¼ cup pumpkin puree
- 1 tsp pumpkin spice
- ¼ cup granola
- 2 tbsp maple syrup

DIRECTIONS:

- Line a baking sheet with parchment paper.
- In a bowl, mix the yogurt with the pumpkin puree and pumpkin spice until well combined.
- Spread the pumpkin yogurt evenly onto the prepared baking sheet.
- Sprinkle the granola on top and drizzle with maple syrup.
- Place the baking sheet in the freezer and freeze for at least 4 hours or until firm.
- Once frozen, break the yogurt bark into pieces and serve.

Green

Happy turkey month! We are so thankful for our littles who we get to love on each day.

This month we will be singing songs about fall. A couple songs we enjoy are, *Leaves are Falling*, *Leaves are Falling, Down Down Down*, and *Hello Mr. Turkey, How Are You?*

Elliot loves when we talk to him and his smile is so sweet. **Nathanael** is really loving his tummy time spent with friends. We enjoy having both **Elliot and Nathanael** in the Green Room.

May you and your family have a blessed Thanksgiving!

Miss Anita & Miss Connie

Light Green

Gobble Gobble, It's November.

We are so thankful that **Kalmari** and friends like to play & laugh together. They are so cute to see engage with each other. **Rowan** has really been doing a lot of independent play the last couple of weeks. He is so sweet.

Just a reminder that it is sick season. Please make sure you are washing your child's hands as much as possible at home. We will be washing them at the center to help keep the germs & sicknesses away from the littles.

We can't wait to make a lot of memories in the Light Green Room.

Miss Kara & Miss Emma

Blue

Welcome fall!

This month we are working on how to wait and take turns. We will let our friends finish playing with a toy and then take our turn. We will also show kindness in the classroom by keeping our hands & feet ourselves. We will learn to use nice hands and touches to those around us.

Eliza has figured out how to take her coat off all by herself. She also loves to help her friends with their coats, if needed. Thanks Eliza for your helpfulness. **Bryson** is doing a great job sharing toys with his friends. Great job, buddy!

We are excited to learn about Thanksgiving & veterans.

From all of us in the Blue Room, Happy Thanksgiving!

Miss Amy

Light Blue

We are all enjoying this fall weather!

This month we are working on waiting & taking turns and using our walking feet in the room & hallways to keep safe. We will be having a scavenger hunt in the room this month looking for opposites. If you see us marching around the room with flags, it's because we will be learning about veterans and how to honor them.

Beckham is doing such a great job picking up toys and putting them away in the classroom. Thanks for all your help! **Jeriah** has been enjoying the nice weather outside and loves playing in the leaves.

We are thankful for so many things and look forward to all the fun Thanksgiving activities. Have a safe & fun Thanksgiving with your family & friends.

Miss Lois & Miss Emary

Yellow

Turkey month is here!

We will be learning & practicing a couple social skills this month. One is how to wait & take turns while playing nicely together, and also using our walking feet in the room and hallways to keep safe. We are practicing how to line up before going outside to play.

Leo really loves to play trucks and Paw Patrol with his friends. They are fun to watch as they engage with each other and the smiles are contagious.

We will be creating art for Thanksgiving & in honor of veterans.

Have a Happy Thanksgiving. I hope you and your family are able to spend quality time together being thankful.

Miss Josalyn



Refer a friend or family member to Apple Tree & if they enroll, (one month of attendance required) you will receive a \$50 gift card to a restaurant of your choice!

Red

Happy November to parents & friends of the Red Room.

This month we will practice taking turns while playing toys with our friends. We will also show kindness in the classroom by keeping our hands & feet to ourselves. We will learn to use nice hands and touches with those around us.

Katy is such a sweetheart. She is great at sharing and including others as she plays. **Benson** is a great finder. If you are looking for something, ask Benson. He has helped his friends and teacher find things in the classroom that are misplaced.

This month we will explore opposites in the sensory table, such as wet & dry, soft & hard, and warm & cold. We will read books about veterans and why we are thankful for their service to our country. We will do fun Thanksgiving art this month, as well.

A couple reminders, please make sure you have extra outfits for your little one as we are actively potty training. We know accidents happen. Please return any extra clothes you have borrowed from Apple Tree. We plan to go outside as much as we can, so please bring a jacket or sweatshirt for your little one.

Have a Happy Thanksgiving!

Miss Maggie

Purple

Greetings from the Purple Room!

We are teaching the solution card, how do we ask for help? Sometimes kids need to be taught it's ok to ask for help and HOW to ask. As a classroom, we are working on being a helpful friend to those around us.

Malakai loves to build and pretend in the block area. He also loves the outdoors. **Adeline** loves to do puzzles and make art projects & crafts.

This month we will continue learning letters, colors, shapes and so much more. I have activities and art projects planned for our themed weeks - opposites, Veterans Day, sports & Thanksgiving.

We plan to go outside even with the temps getting cooler, so please bring a jacket or sweatshirt for your little one to wear. Please make sure you label your child's belongings with their name to prevent things from getting lost.

Have a Happy Thanksgiving!

Miss Michelle

Dark Blue

Greetings from Dark Blue Preschool.

We are really enjoying learning our fall colors, as we review colors. As a group, we are focusing on using kind words and waiting our turn in the classroom. We are getting better at sitting nicely for circle time.

Kolson is a caring friend who loves to help others. He is so excited to learn new things, and I love that about him. **Logan** enjoys crafts and writing letters. She is very helpful in the classroom with her friends.

Have a blessed and Happy Thanksgiving!

Miss Rhonda

Gold

Turkey month is here! Gobble Gobble.

This month we are working on waiting & taking turns while playing nicely with our friends, and using our inside voices while in the classroom & hallways. We will also have fun doing Thanksgiving arts & crafts.

Sawyer is a great classroom helper. Thanks Sawyer for all your help. **Aurora** loves to color & draw. Craft time is one of her favorite times of the day. Keep being created Aurora.

Happy Thanksgiving!

Miss Noelia & Miss Josie

November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30 PRE-K Fall Party	31  HAPPY HALLOWEEN APPLE TREE Fall Party SIOUX CENTER COMMUNITY 1:20pm Dismissal	1
2 	3	4	5	6 PRE-K Visit from Twila with the Library	7	8
9	10	11  VETERANS DAY	12 PRE-K Sunday Ford Visit	13 PRE-K Sunday Ford Visit NO PRESCHOOL Stepping Stones	14 SIOUX CENTER SCHOOLS No School	15
16	17	18	19	20 NO PRESCHOOL Little Warriors	21	22
23	24	25	26 SIOUX CENTER CHRISTIAN No School NO PRESCHOOL Stepping Stones & Little Warriors	27  happy Thanksgiving APPLE TREE is CLOSED TODAY	28	29