



PRESCHOOL & LEARNING CENTER

# APPLE JUICE

[www.appletreechildcare.com](http://www.appletreechildcare.com)

## A note from the office:

*May 2025*

Welcome May! May your month be filled with the fragrance of spring and the joy of warmer weather!

### **Teacher Appreciation Week: May 5th-9th**

Help make our teachers' week special and show them how much they are appreciated! Look for the flyers located at the front desk and on the classroom doors for information on the themes for each day.

### **Muffins with Mom: Thursday, May 8th**

We want to celebrate the moms, grandmas, aunts, sisters and all who play an important role in the lives of our precious children here at Apple Tree. We look forward to seeing you on May 8th from 9:30-10:30am and Happy Mother's Day!

### **Spring Attire:**

Please do keep in mind mornings can still be a little chilly, so please send a jacket. Also, tennis shoes are best for playing on our playground-sandals and crocs are very troublesome with the pea gravel.

### **Preschool Graduation:**

Thursday, May 15th, 2025 @ 4:00PM  
Wesley Global Methodist Church  
3700 Indian Hills Drive  
Sioux City, IA 51104

### **Summer Program:**

Our Summer Program is quickly approaching. I am really looking forward to a great session! If you have not yet let me know your plans for summer, please let me know for enrollment and staffing purposes.

**Center Closed:** Monday, May 26th in observance of Memorial Day

"Bee thankful, bee positive, bee cool, but most of all bee kind."

*Mrs Tina*

## Important Dates:

5/5 - 5/9 - Teacher Appreciation Week

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

5/11 - Happy Mother's Day

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



## Teacher Fun Fact

### My favorite flowers are...

Miss Joshlyn: Gerber Daisies

Miss Alyvia: Pink Roses

Miss Alize: Sunflowers

Miss Kayla: Sunflowers

Miss Cassie: Sunflowers

Miss Anna: Roses



## Stay in touch :



@AppleTreePreschoolLearningCenter



@appletree\_siouxcity



appletreechildcare.com



Saylor  
Kato  
Nehemiah  
Ayla  
Eric  
Dylan

Dianella  
Skylar  
Ryder  
Brandon  
DJ  
Emryi

# 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...

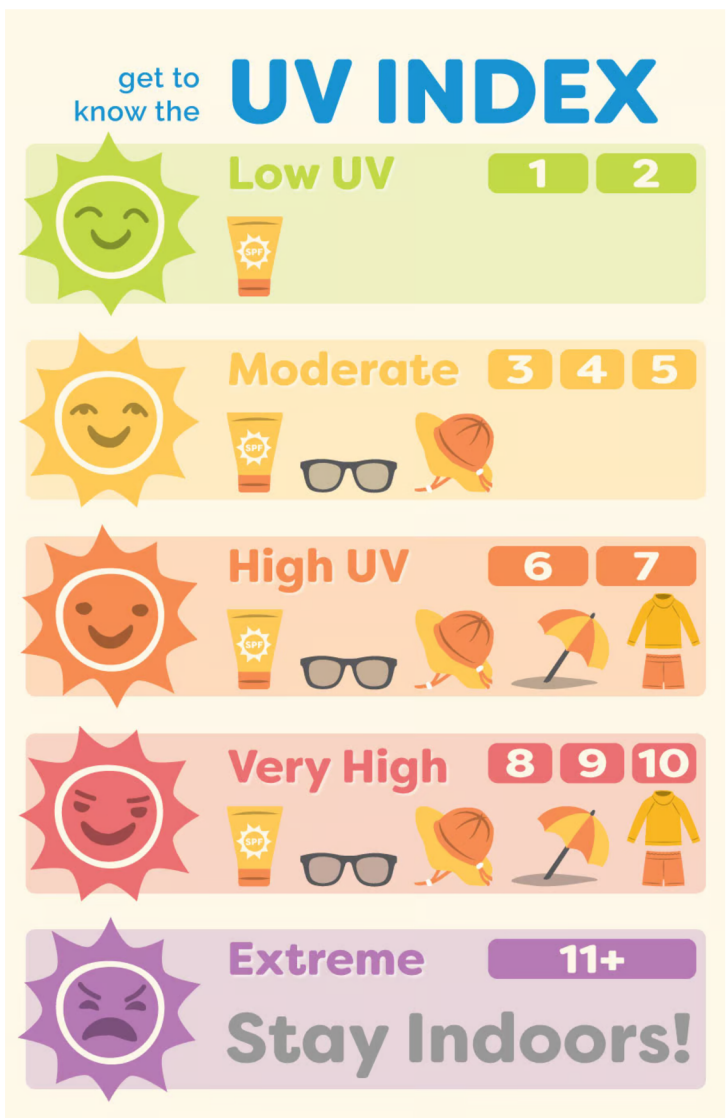
- **Read a Book** and give a report once finished (older kids)!
- **Play a Board Game**
- **Take a Walk** and go on a scavenger hunt!
- **Play with Water** by going to the pool, set up sprinklers or a water table.
- **Camp Out... or In!** Get out those sleeping bags and make some s'mores!
- **Go on a 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.







## 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](http://ChallengingBehavior.org).

### More Information

More information and resources on this and other topics are available on our website, [ChallengingBehavior.org](http://ChallengingBehavior.org).



National Center for  
Pyramid Model  
INNOVATIONS

[ChallengingBehavior.org](http://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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## Kittens

Hello Kitten families!

There are many birthdays in our room this month and we will celebrate them all! Happy 3rd Birthday **Nehemiah, Saylor & Kato**.

The Kittens will be making a Mother's Day craft with handprints that we know you will love. We will also be learning about different flowers and how they grow. Watch out for the sea creatures that the kids will bring home as we explore the depths of the ocean during Under the Sea week! During the week of Memorial Day, we will learn *The Little Captain America* song. It will be a month of fun and adventure in the Kitten room.

**Lana** is mastering her colors & shapes. We love seeing her clap after getting them correct. **Karsyn** is always a big help in the classroom. She loves taking charge when it is time to clean the room or start a new activity.

"Sea" you later..

**Miss Alyvia & Miss Joshlyn**

## Tigers

Welcome warmer weather!

To start off a great month, we will be making May Day baskets! If you would like to bring anything to put in the baskets, please feel free! When we learn about flowers, we will be counting flower stems and making a paper plate flower craft. We will sing *The Itsy Bitsy Spider* and read, "The Little Raindrop" to keep us busy!

Please remember to switch out your child's extra clothes for warmer weather clothing, just in case an accident happens!

**MyKolia** is such a great friend and loves to share with others! **Lainey** knows how to zip her coat all by herself!

Have a safe month!

**Miss Alize & Miss Kayla**

## Kangaroos

May is time to cheer, let's welcome summer near!

The class is going to learn about emotions in the classroom. We will also be learning about flowers and how they grow. We will use spoons to make butterflies and learn where they come from as we sing *10 Little Butterflies*. The class is going to learn what grows and what kind of animals live or grow in the spring. We will read the book, "Inch by Inch" and see how an inchworm measures items in the springtime.

**Reina** loves to play with her classmates outside and also loves playing babies with her friends. **Rylee** loves to play babies with her friends in the classroom. She also enjoys the time we spend outside.

Let's enjoy May before we greet June with open arms.

**Miss Cassie**

## Panda Bears

Welcome to graduation month!

Spring is in the air and we are ready for warmer weather! We will be making spring flowers with forks and practice number recognition by counting what we see in our room! This month we will finish our Reduce, Reuse, Recycle unit and jump into the Getting Ready for Kindergarten unit. We will learn about the differences between kindergarten and preschool, while we talk about what we are excited and worried for in kindergarten. During music & movement, we will be practicing our graduation songs and recite our poem to get ready for our program!

Pre-K Graduation will be **May 15th at 4:00pm**. We hope to see you there!

**Penelope & Saylor** worked together to color a picture; then they wrote their names on it! **Ollyver** helped his friends find where toys went and assisted them in cleaning up their mess.

See you at graduation!

**Miss Anna**

## Apple Corps

Welcome May! We are wishing you a fantastic month!

The class is going to make flowers to put on the window for decoration! We will also be making dream catchers with paper plates and coloring our own flowers. We will be working on special gifts for our moms for Mother's Day.

**Brandon** loves to help the younger children with their word searches. **Ethan** is always ready to help the teachers or to help the younger children play.

We are ready for the May flowers!

**Miss Cassie**

# MAY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	1 TIGERS May Day Baskets	2 APPLE CORPS Make Flowers	3
4	5 	6	7	8 Muffins with Mom 9:30 - 10:30am	9 KANGAROOS & APPLE CORPS Mother's Day Projects	10
11 	12	13	14	15 PANDA BEARS Pre-K-K Graduation @ 4pm	16 APPLE CORPS Make Dreamcatchers	17
18	19	20 KANGAROOS Make Spoon Butterflies	21	22	23	24
25	26  MEMORIAL DAY APPLE TREE is CLOSED today!	27	28	29	30	31