



A note from the office:

September 2026

Welcome to September!

- Please mark your calendars for **Monday, September 7th** when our center will be closed in observance of the Labor Day holiday.
- As a reminder, if your child will not be attending Apple Tree for the day, please call to let the center know. This helps us plan for staffing and meals!
- Before we know it, cold and flu season will be here. Please remember to keep your child home until they are fever and symptom free for 24 hours. This helps reduce the spread of illness in our center.

We hope you have a great month and we look forward to another season of growth with your kids! Please don't hesitate to stop by the office if you have any questions.

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

HAPPY BIRTHDAY

Korbyn
Kaly
McKinley
Wesley

Stay in touch :



@AppleTreeECC



@appletree_earlychildcenter



appletreeecc.com



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 Have a Successful Morning

Brooke Brogle, Alyson Jiron & Jill Giacomini

Do you struggle with stressful mornings when you want to lay your head down and cry before 8:00 a.m.? Do you often leave the house in an angry, frantic rush? Mornings can be a particularly challenging time for parents. Getting your entire family up and out the door is no easy task! It is important to understand that your morning routine serves as the foundation for your family's entire day. You can create a morning routine that not only helps your day to begin more smoothly, but also teaches your child important skills that he needs to become more independent and confident. A morning routine can also reduce challenging behavior such as crying, whining and tantrums.



Try This at Home

- Use a visual schedule with items such as photos, clipart, or objects that shows your child the steps in his morning routine. This visual schedule can help him to understand the expectations of the morning routine. To learn more about how to create a visual schedule, go to challengingbehavior.org and search the site for "visual schedules" in the search box located in the upper right-hand corner of the screen.
- If your child has trouble waking up in the morning, it might be because he is not getting enough sleep at night. Set a consistent bedtime and stick with it. When a child's bedtime changes it can make it harder for him to wake up in the morning. For more information on bedtime routines, go to challengingbehavior.org and search the site for "bedtime routines" in the search box located in the upper right-hand corner of the screen.
- Plan ahead. Use your bedtime routine to plan for the next day together.
 1. Lay out the clothes your child will wear.
 2. Pack his backpack.
 3. Discuss the morning routine, show him pictures and talk about the day ahead.
- Give your child some power over his morning routine by offering reasonable choices. For example, "First, get dressed. Then, you get a choice! Would you like to have cereal or pancakes for breakfast?"
- Include bonding time in your morning routine. Time to read, bathe or snuggle will help your child feel loved and calm as he begins his tasks for the day.

- Encourage your child. When your child completes a task and follows the routine, provide positive and specific encouragement. For example, say "Wow! You got up and got dressed all by yourself! Now we will have a few extra minutes to play with trains. What a great way to start the day!"

Practice at School

Teachers use routines to provide a predictable structure to your child's day. When a child understands what she should be doing and what will come next, she feels less anxiety and more excited to participate. While the specific activities in the classroom might change, the routine does not. For example, while 10:00 may always be art time, the specific craft (painting, cutting, gluing) may vary from day to day. Children become eager to try new activities because they are confident and comfortable with the routine.

The Bottom Line

A morning routine is a daily opportunity for you to build and nurture a positive relationship with your child. When you follow a repetitive morning routine you allow your child to gain practice with important skills such as dressing, bathing and grooming and give him a feeling of confidence and success. A calm, loving morning routine at home sets the tone for the entire day for both you and your child.



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Health & Fitness Tips:

Immune Boosters for Kids

With school back in session, it's an important time to highlight healthy habits that can support a child's immune system.

Best Daily Habits

- **Good Hydration:** Drinking plenty of water keeps mucus membranes moist, creating a natural physical barrier against bacteria & germs.
- **Sufficient Sleep:** Rest gives the body time to recover and keeps the immune system working at its best.
- **Regular Exercise:** Physical activity keeps blood flowing and helps circulate immune cells through the body.
- **Handwashing:** Frequent scrubbing with soap and water stops germs from entering the body.

Key Immune-Supporting Foods

- **Vitamin C:** Found in citrus fruits like oranges, grapefruits, strawberries and bell peppers to help build white blood cells.
- **Vitamin D:** Found in fortified dairy, eggs and fatty fish to activate immune defenses.
- **Zinc:** Found in red meat, poultry, beans and nuts to help white blood cells function.
- **Probiotics:** Found in yogurt to support a healthy gut.

AFTER SCHOOL SNACK

Chocolate (Hidden) Veggie Muffins

If you are dealing with a picky eater or a child who doesn't like veggies, this may be the recipe for you. Hidden inside these chocolate muffins are zucchini, spinach & beans, making them a great (and healthy) after school snack.

INGREDIENTS:

- 1.5 cups oat flour
- 1/3 cup cocoa powder
- 1 tsp baking soda
- 1/2 tsp baking powder
- 1/2 tsp salt
- 1/3 cup chocolate chips plus some for topping
- 1/2 cup grated zucchini
- 1 cup spinach
- 1 cup chickpeas drained
- 1/3 cup maple syrup
- 2 eggs
- 1/3 cup olive oil or avocado oil
- 1/2 cup plain greek yogurt

DIRECTIONS:

- Preheat the oven to 350 degrees and grease a muffin tin or line with muffin liners.
- In a large bowl, mix dry ingredients (flour through salt; omit the chocolate chips for now).
- In a high speed blender or food processor, combine the wet ingredients (grated zucchini, spinach, chickpeas, maple syrup, eggs, oil and greek yogurt). Blend until it forms a uniform consistency and the spinach leaves are completely blended.
- Combine the wet mixture from the food processor into the large bowl with the dry ingredients. Gently mix, adding in the chocolate chips.
- Scoop the batter evenly into a muffin tin and top with chocolate chips and a pinch of sea salt, if desired.
- Bake for 20-24 minutes, or until a toothpick inserted into the center of a muffin comes out clean.



Weekly Themes:

8/31 - 9/4	Transportation
9/7 - 9/11	Feelings & Emotions
9/14 - 9/18	Colors
9/21 - 9/25	Shapes
9/28 - 10/2	Apples



Teacher Fun Fact

What is your favorite song to sing with the kids?

Miss Jessica: If You're Happy & You Know It
Miss Anita: Itsy Bitsy Spider
Miss Connie: Wheels on the Bus
Miss Kara: Miss Mary Mack
Miss Lois: Wheels on the Bus
Miss Amy: 5 Little Monkeys & Turtle Song

Miss Elena: Itsy Bitsy Spider
Miss Maggi: Hop Little Bunnies
Miss Michelle: Jesus Loves Me
Miss Amanda: Funky Monkey
Miss Pearla: ABCs
Miss Edan: Hello Song

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!

Green

Welcome to the Green Room! Make sure to enjoy the last of these summer days!

This month we will read books about the changing season and sing songs about fall. We will sing, "The Leaves are Falling, Down, Down, Down". We will help our friends that are close to crawling by placing toys just out of reach and encouraging them to crawl to that toy. We will also work on building our core muscles and neck strength through tummy time. We will also place high-contrast toys in front of the kids as they are on their tummies!

Please make sure to label your child's belongings (bottles, clothing, etc.) before you bring them to the center.

Sutton loves to roll to her tummy! **Lainey** has really mastered the pincer grasp.

Enjoy the last summer days of 2026!

Miss Anita & Miss Connie

Light Green

Welcome to the Light Green Room!

This month we are working on cruising around and walking with the assistance of one or two hands. We are also practicing sitting without support! We will be working on the skill of stacking toys! I will stack blocks and show them how to make a tower and we will see if they copy me. They love to play with blocks and the best part is the giggles when the towers fall! We will also be practicing our balancing, crawling, standing with assistance and getting up on their hands and knees to get ready to crawl!

Elliot loves to play ball! He will throw balls to the teachers and friends to play catch. **Aietzy** has learned the sign language for milk and is so close to walking!

I can't wait to make more memories with your kiddos!

Miss Kara

Light Blue

Come enjoy the last days of summer with us!

This month we will learn to share with our friends. We will practice this when we read books! We will also practice using our walking feet by singing songs as we walk along. We will learn about our feelings and emotions! We will learn that it is okay to be happy, sad and mad, and we will learn how to handle our emotions as they happen! When we talk about colors, we will learn basic colors and paint as we learn the names. We will learn shapes and point them out in the center when we see them. As we transition to fall, we will learn about apples! We will learn where they grow, the colors they can be and do an art project where we glue apples on a tree! For math, we will sing counting songs and during science we will watch the birds eat food from our bird feeder by the trees!

Ellie loves to pick out a book and sit on your lap as you read to her. **Hayes** loves to play with the toys in the room and really loves the animals and blocks.

See you in the fall!

Miss Lois

Blue

Welcome to fall in the Blue Room!

This month we will be doing a lot of exciting things. We will be learning about different feelings and emotions. We will learn about colors all around us and we will do a color mixing activity to see how colors can change if you combine them. We will also spend time learning the names of shapes and pointing out shapes around the classroom. We will count and sort cards in math to see how many of each color we have. As we welcome fall, we will learn about apples, including where they grow and different ways we can eat them! We will spend extra time learning how to play together with friends by using larger play sets to take turns and share. We will also learn the rule of using our walking feet in the classroom and in the hallway to stay safe.

Dylan has been starting to use his words more and says please when he wants something. **Shauna** is able to put on and take off her shoes all by herself!

From all of us in the Blue Room, we hope you have a great start to the fall season!

Miss Amy

Yellow

Happy September to the Yellow Room family!

We have so much fun planned this month! We will spend the whole month practicing sharing with our friends and how to take turns with toys. We will also learn to keep our hands to ourselves and how to use nice touches with others. During our feelings & emotions theme, we will make a feelings monster craft, do a scribble art feelings face, and talk about the different feelings and emotions we could have. Our next theme is colors and we will play I Spy with colors, mix colors, paint with cotton balls and identify colors when we see them! As we continue to the shape theme, we will make shape pets, paint with shapes, "cook" a delicious looking shape pizza and look for shapes throughout the room during a game of I Spy! At the end of the month we will transition into fall and learn about apples. We will paint with apples, do a paint squish apple craft, make a paper plate with apples and identify different apples as we taste them! It is going to be such a fun month in our room!

Tate loves to play tractors out on the playground and loves sharing tractors with his friends! **Penelope** loves playing in the house area and looking at books!

We hope you have a great month!

Miss Elena

Red

Hello to the parents and friends of the Red Room!

We have so much fun planned this month around our themes of feelings & emotions, colors, shapes and apples! During our feelings & emotions theme, we will read books about emotions to learn how to identify our feelings and practice self-regulation strategies. We will do paint mixing activities to learn about colors, as well as practice identifying them. We will learn about shapes by using them to build things and we will identify them in everyday objects around us. Finally, we will celebrate the beginning of fall with apple week! We will count apples with velcro trees and learn about the apple's life cycle.

Please make sure to send jackets with your child as the fall weather rolls in. We will continue to go outside even on the chilly days!

We will continue to practice our PBIS skills by learning to ask for things nicely. We will learn how to use our words to ask to play with others and to ask permission before we touch someone else's project. We will also learn how to use our walking feet and practice how to keep our feet on the floor when we are inside.

Olivia is a great helper at clean up time and loves talking to her baby dolls. **Amelia** loves to sing along at circle time and music time.

Thank you for partnering with us to help your child grow!

Miss Maggie

Black

Welcome to September!

As we transition into the preschool year, we will continue to learn in our room! We have activities planned every Friday for each of the themes! Our themes this month are: feelings & emotions, colors, shapes and apple harvest. We will learn how to use a timer to wait and take turns with our friends. We will work together to clean up after ourselves.

Calem loves to color and make pictures. It's awesome seeing all of the different things he creates. **Olivia** is so funny and always knows how to make someone laugh.

Happy fall!

Miss Pearla

Purple

Greetings from the Purple Room!

We are super excited to begin our preschool year! We are excited to learn and are ready for new friends to join our class. As we start our year, we will focus our learning around the themes of feelings & emotions, colors, shapes and apples. We will do color mixing activities and make graphs about the number of people in our family. We will practice taking turns and we will learn the rules: be kind, be safe, be helpful.

Jace loves pretend play with friends, playing outside and the color green. **Haven** loves arts and crafts, pretend play with friends and helping around the classroom.

Until next time...

Miss Michelle

Dark Blue

Hello September!

As we start the preschool year, we will be working on our alphabet and our names. We encourage you to keep an eye on the parent board for our focus, so you can ask your child at home or on your car ride! We will do fizzy letter science and look for the letters of our names as they change and fizz. We will use crayons to make patterns in math. We will learn how to wait and take turns. We will also practice using our walking feet in the center.

Please make sure to check your child's folder and cubby for their projects that they worked so hard on!

Kipton loves all things Paw Patrol and has really loved incorporating it into pretend play. **Kaly** has such a good time making sure she plays with all of her friends and always includes everyone.

Happy back to school!

Miss Amanda

Gold

Welcome to September!

This month the class will be focusing on working together as a class to be kind. We will practice how to ignore if a friend is doing something we do not like. We will do a craft or project every Wednesday on early outs. We will make fall slime and play a roll & cover game.

Hannah is so fun to play with in dramatic play. She always has a story that shows how wonderful her mind is. **Hazel** is so kind to all of her friends and is always quick to cheer up anyone who needs it.

Happy fall y'all!

Miss Edan

September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4 BLACK & DARK BLUE Show & Tell Sioux Center Community 1:20 Dismissal	5
6	7  APPLE TREE IS CLOSED TODAY	8	9	10	11 BLACK & DARK BLUE Show & Tell	12
13	14	15	16	17	18 BLACK & DARK BLUE Show & Tell Sioux Center Community 1:20 Dismissal	19
20	21	22	23	24	25 BLACK & DARK BLUE Show & Tell	26
27	28	29	30 Sioux Center Christian NO SCHOOL	1 Sioux Center Christian NO SCHOOL	2 Sioux Center Christian NO SCHOOL	3