



PRESCHOOL & LEARNING CENTER

APPLE
JUICE

www.appletreechildcare.com

August 2026

A note from the office:

Can you believe summer is almost over? August is like the Sunday of summer!

Hello Apple Tree families! I am Miss Whitney, the new Director here at Apple Tree! I have been working in the early childhood field for nearly 18 years and have had the privilege of working with children from the ages of 6 weeks old through 12 years old during that time. Before becoming the director, I served as the Assistant Director at one of our sister centers for almost four years, where I gained valuable leadership experience and built strong relationships with families and staff. Outside of work, I enjoy all things arts and crafts and I love getting creative with DIY projects. I also enjoy spending time at the dirt track races, making memories with my family & friends, and taking spontaneous weekend road trips. I look forward to getting to know all of the wonderful families at Apple Tree and being a part of your child's learning journey.

As we head into August, I have a few reminders for you to make the month run as smoothly as possible for all of us!

- Please remember to sign your child(ren) in and out each day on the clipboard outside of their classroom. This is a HHS licensing requirement and helps us track attendance in the center.
- In a few short weeks on August 24th, it will be time to send our Apple Corps kids back to school! Please sign your school-age child up for transportation to or from school, if they will be riding the vans in the fall. If they will be riding the vans, please make sure you have them to the center each day by 7:50a, as the vans will leave at 8:00a.
- Our center-wide move up will take place on Monday, August 24th. If your child will be moving to a new room, a note will be sent home with information on your new classroom.
- If your child will be absent for the day, please call the center and let us know. This helps us plan for staffing and meals.

It's time to trade our flip flops for sneakers! Have a wonderful month!

Miss Whitney

HAPPY BIRTHDAY

Sage
Evelynn

Important Dates:

8/24 - 1st Day of School / Sioux City Schools

8/24 - Apple Tree Move-Up Day

Stay in touch :



@AppleTreePreschoolLearningCenter



@appletree_siouxcity



appletreechildcare.com

Share
APPLE TREE WITH A
Friend

REFER A NEW FAMILY

\$100 TUITION CREDIT

Refer a new family and receive a \$100 tuition credit after their first 90 days of enrollment, while they enjoy free registration (\$50 value) when they enroll. It's our way of saying thank you for helping our community grow!

Apple Tree

Teacher Fun Fact

What was your favorite subject in school?

Miss Whitney: Art
Miss Car: Psychology
Miss Joshlyn: Language Arts
Miss Cassi: Home Economics

Miss Leah: Math
Miss Perla: Math
Miss Emonie: Science
Miss Libby: History

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!



Health & Fitness Tips:

Exercise with Your Child Week



National Exercise with Your Child Week takes place during the first full week of August (August 2-8). It encourages families to build healthy fitness habits, reduce screen time and enjoy physical activities together.

FUN WAYS TO GET ACTIVE

- **Dance Parties:** Turn on your favorite songs and move together with zero equipment.
- **Outdoor Adventures:** Visit local parks, try playground equipment or go for family bike rides.
- **Active Games:** Play tag, jump rope, hula hoop or set up a backyard obstacle course.
- **Family Walks:** Take a 15-20 minute walk around the neighborhood or a nature trail after dinner.
- **Card Game Workout:** Grab a deck of cards. Every suit represents a different exercise and the card value equals the number of reps. Example: You flip over a 10 of hearts... you do 10 push ups. All face cards represent a cardio move, and you do 20 reps of the move.

Homemade Fruit Roll-Up

Much healthier (and tastier) than store-bought, this homemade fruit leather is easy to make using your favorite fruit with just 2 ingredients.

DIRECTIONS:

- Preheat oven to the lowest setting, between 150F to 200F, with the top oven rack in the middle position. Line a baking sheet with parchment paper. Do not use wax paper.
- Add the fruit and honey into a blender and blend until smooth. Add the lemon juice to keep the fruit leather bright in color. To remove the berry seeds, pour through a sieve.
- Pour the mixture onto the prepared baking sheet and, with the back of a silicone spatula, spread the mixture into a thin, even layer. The middle tends to be thicker than the sides, spread this out to just as thin since the middle is the last thing to dry out.
- Bake for 4 to 6 hours, until the fruit leather peels away easily from the parchment and the middle is no longer wet.
- Once cooled, with scissors, cut the parchment paper from one end to the other, into strips. Roll them up, parchment and all.
- To eat, separate the fruit leather from the parchment as you go.
- Store the fruit leather rolled up in a zip bag or an airtight container in the fridge or pantry for up to 1 month.

Back to School Affirmations

1. I believe in myself
2. I am strong
3. I will have a good day today
4. I am ready to learn
5. I will ask for help
6. I am friendly
7. I am brave
8. I am unique
9. I will try new things
10. I am patient
11. I can and I will
12. I am helpful
13. I learn from my mistakes
14. I don't give up
15. Today is a new day
16. I am loved
17. I am smart
18. I stand up for myself and others
19. I love being me
20. I am smart
21. I love myself
22. I try my best every day
23. Mistakes help me learn
24. I am protected
25. I am perfect just the way I am

INGREDIENTS:

- 4 cups diced strawberries, any fruit
- 2 tablespoons honey, or sugar
- 1 tablespoon lemon juice, optional



How to Help Your Child Have a Successful Bedtime

Alyson Jiron, Brooke Brogle & Jill Giacomini

Infants and young children need 10 to 12 hours of sleep daily in order to support healthy development. Parents also need to feel rested in order to be nurturing and responsive to their growing and active young children. When your child does not get enough sleep, challenging behaviors are likely to occur. Your child might be moody, short-tempered and unable to engage well in interactions with others. Lack of sleep can also have a negative impact on your child's ability to learn. When a young child sleeps, her body is busy developing new brain cells that she needs for her physical, mental and emotional development. Babies and young children thrive on predictability and learn from repetition. It is important to establish a bedtime routine that you and your child both understand and helps everyone to feel calm and relaxed.



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.

Try This at Home

- Watch for and acknowledge your child's signs of sleepiness. She might pull on her ears, rub her eyes or put her head on your shoulder. For example, you can say, "I see you rubbing your eyes. You look sleepy. Let's get ready for bed." Teaching your child to label and understand her body cues will help her to use language instead of challenging behavior (e.g., whining, crying or temper tantrums) to communicate her needs.
- Use a visual schedule made with photos, clipart or other objects to help your child see the steps in her bedtime routine. A visual schedule can help her to understand the steps and expectations of the routine. To learn more about how to create a visual schedule, visit challengingbehavior.org and type "visual schedule" in the search box in the upper-right corner.
- Provide your child with activities, sounds or objects that help her feel calm and restful during the hour before bedtime. Make these activities part of your nightly routine. For example, reading books, listening to soft, calming music, and/or giving your child her pacifier, favorite blanket or stuffed animal will all help her to understand that it is time to calm down and prepare for sleep.
- Tell your child what will happen when she wakes up. She may be resistant to going to sleep because she does not want to miss out on an activity or have her day to come to an end. Reassure her that tomorrow will be filled with more fun and special time. You can also include tomorrow's activity on the visual schedule (e.g., provide a picture of her teacher or preschool).

- Give your child your undivided and unrushed attention as you prepare her for bed. Bedtime can be a positive experience filled with quality time for you and your child.

Practice at School

For children who spend the day at school, nap time is an important time to rest and prepare for afternoon learning and activities. Teachers use a consistent routine so that children know what to expect and can participate in the process. Children can select and set up a napping area, get pillows or blankets from cubbies and choose a book to read. Routines might include brushing teeth, using the toilet, stories read aloud by teachers, or audio books or soft music for a period of time. Children understand the steps they need to follow to get ready for the nap, how long they are expected to rest and what they can do when they wake up. When everyone understands the expectations and routine, naptime can be a relaxing and happy part of the day.

The Bottom Line

Bedtime is a daily opportunity for you to build and nurture a positive relationship with your child. Predictable routines make children feel safe and secure. When you provide a predictable bedtime routine, you are teaching your child the skills she needs to relax and transition from the busy activity of the day to preparation for sleep. When your child is able to get a restful sleep, you will also feel more calm and rested. A successful bedtime routine that you follow regularly will prepare you both for shared days of family fun and learning.



ChallengingBehavior.org



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This publication was produced by the Technical Assistance Center on Social Emotional Intervention (TACSEI) for Young Children funded by the Office of Special Education Programs (OSEP), U.S. Department of Education (H3268070002) and updated by the National Center for Pyramid Model Innovations also funded by OSEP (H3268170003). The views expressed do not necessarily represent the positions or policies of the Department of Education, July 2013/January, 2018.



Kittens

Adventure awaits...

In July, the Kittens learned how to play together and use nice words. This month, we will expand on playing together by learning how to share. Our theme this month is "Fantasy and Adventure". We will be reading books and creating art that falls in those categories. We will read excerpts from "The Wizard of Oz" and make ruby slippers. We will also read portions of "The Lord of the Rings" and "Harry Potter". The Kittens will make Hobbit doors and magic wands. Do you have a favorite fantasy book series? Tell Miss Sara for a special treat. We will also be using August to practice our "listening ears", including listening to stories and following directions.

Emersyn is very easy going. Her peers enjoy playing with her because she is always in a good mood. **Lucas** is making great progress in his vocabulary and language skills in both English and Spanish.

Take the road less traveled!

Miss Sara & Miss Joshlyn

Kangaroos

August is a gentle reminder that there is still plenty of time to change your dreams this year.

The Kangaroos are going to work on a new goal this month, waiting and taking turns. Last month, they worked on how to play together and they are doing so well at playing with their friends! We will be exploring through the themes of rodeo, pets and transportation. We will do fun art based on each theme and you will see them around the room, on our window and door! For science, we will do a rainbow swirl balloon experiment. For math, we will count how many fish there are by rolling dice. We will also paint shirts the first week of August before school starts. I am excited to learn about what kind of pets you have and how many pets are in your home. Let Miss Cassi know about your pets and you will get a prize!

We will spend extra time this month learning how to use our walking feet in the center! We will sing our transition song as we walk in the hallway and we will remind our friends to use their walking feet to stay safe in the center.

Anniston likes to play outside, look for dinosaur eggs, and make food and candy for the dinosaurs on the playground out of rocks. **Shalom** loves to play with her friends and she redirects when we need her to.

We are looking forward to another month of fun with our friends!

Miss Cassie & Miss Leah

Panda Bears

Happy August! We are wishing you a wonderful month ahead!

This month we will be learning about transitioning to Kindergarten, including classroom expectations, rules and responsibilities to help prepare for this exciting milestone. We also have fun themed artwork planned, along with a couple field trips to enjoy. We will be learning the parts of a flower and do a math activity to find the missing numbers! We will practice personal space and body control, and learn how to respect our friends' personal space and boundaries.

Please remember to send your child with a labeled water bottle and nap time items every week. Thank you for your continued support, we look forward to a great month together!

Tiffany is so excited to come see her friends and teachers each morning. **Brayden** comes to Apple Tree with a positive mood and he welcomes anyone to play with him!

Here's to a fantastic August!

Miss Emonie & Miss Perla

Apple Corps

Welcome to August!

This month we are getting ready to head back to school on the 24th and we will review the expectations that we have to follow when in school! We will practice following directions and how to use our listening ears. We will also try different ways of solving our classroom problems through the solution cards we have learned this summer. We will get crafty with our float or sink project! Students will work together and hypothesize, build and test materials to create a floating device. Through this experiment we will build our teamwork skills and we will expand on working as a team through a fun game of trashketball! In this game, the students will work in teams to solve math problems, then after they get the correct answer, they will crumple the paper into a ball and shoot it in the trash can to win the point! When building these skills, the teachers look for opportunities to teach problem solving and teach how to follow instructions.

Alex has been so helpful to all of the teachers in the room. **Liam** is always a good friend and a great helper in the classroom!

July was a great month, now we can get ready to head back to school!

Miss Libby & Miss Natalie

AUGUST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6 KANGAROOS Paint Shirts	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24 BACK TO SCHOOL 1 ST DAY OF SCHOOL Sioux City Schools	25	26	27	28	29
30	31	1	2	3	4	5