



Apple Tree

PRESCHOOL & LEARNING CENTER



APPLE JUICE

www.appletreechildcare.com

A note from the office:

October 2026

I am hoping for a spook-tacular October!

A few reminders as we head into another month of fun:

- Mark your calendars for **Monday, October 12th** when our center will be closed for an all staff training day. We will spend the day building our skills as caregivers and this time will help us meet the requirements for training hours set by HHS. Care will not be available and school transportation will not be available.
- Please remember that tuition is charged weekly on Monday and ACH/Credit Card payments are ran Monday, as well. Your bank might not reflect the charge on your account until Tuesday. If you lock your card, please communicate that with me to avoid any additional charges for declines.
- If your child will not need picked up from school, please communicate that with the office staff. This helps cut down on confusion during an already busy time at the schools.
- Our center takes part in the food program and due to this, NO outside food can be brought into the center. Please make sure that any and all donuts, Happy Meals, and other outside food stays at home. This will help ensure our eligibility with the food program.

All classrooms will have sign-up sheets on their classroom doors for the Halloween parties. Please make sure to mark all parts of costumes with your child's name so that everything stays together!

We want to welcome our afternoon high school and college girls! Thanks for joining our team! Please say hi to Addisyn, Peyton, Regina, Ariana and Gabby!

Be safe this October!

Miss Laurie

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!



Important Dates:

10/7 - 10/9 - Picture Days

10/12 - Apple Tree is CLOSED for Staff Training

10/13 - PJ & Movie Day

10/30 - Classroom Halloween Parties

Stay in touch :



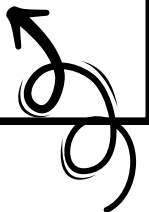
@AppleTreePreschoolLearningCenter



@appletree_siouxcity



appletreechildcare.com



Teacher Fun Fact

What was your favorite book to read with the kids?

Miss Laurie: Daisy Head Maize

Miss Kim: Baby Feels

Miss Lilly: Hop on Pop

Miss Veronica: Five Little Monkeys Jumping on the Bed

Miss Sarah: Diary of a Wimpy Kid

Miss Nicole: No Room on the Broom

Miss Haley: Llama Llama Red Pajama

Miss Madison: Banana Bop

Miss Saige: Doggies or Pout Pout Fish

Miss Elisha: Pete the Cat

Miss Sheila: Pop Up Peek-a-Boo Numbers

Miss Lola: Our Emotions

Miss Cadie: Don't Push the Button

Miss Zee: Pinkalicious

Miss Mairaki: Baby Alligator

Miss Bell: The 3 Little Javelinas

Miss Autumn: Alexander and the Terrible,
Horrible, No Good, Very Bad Day

Miss Shannon: Chicka Chicka Boom Boom

Miss Shelby: Llama Llama



Maclin

Molly

Hazel

Adonias

Abbie

Ecko

Milo

Dara

Sebrastian

Rhett

Monroe

Kalaya

Eleanor

Greer

Elara

Freddy

Rylen

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!





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 Transition Smoothly Between Places and Activities

Alyson Jiron, Brooke Brogle & Jill Giacomini

Transitioning, or moving, to new places, people and activities is something we do many times during the day. However, change can be overwhelming and seem unpredictable for your child, especially when she is not ready to move on to the next place or activity. Children make many transitions each day—from parents to teachers, from home to car, or from play time to the dinner table, for example. When and how often transitions occur are usually decided by an adult and children often act out with challenging behavior when they feel unable to control their routine. When you help your child prepare for transitions you are helping her to learn a valuable skill. The good news is that you can teach her this important skill while you are enjoying time together.



Try This at Home

- Use a timer, an instrument or a funny noise to give your child advance warning of routine transition events. If possible, ask him to help "alert" everyone to the upcoming event. For example, let your toddler bang a pot with a wooden spoon to let the family know it is time for dinner.
- Let your child pick out a special object or toy to transition with to the next activity or place. "Would kitty like to come with us to the grocery store? I wonder if she could help us find the items on our list?"
- Use a visual schedule to show your child the plan for the day. "First, you have school and then we are going to take Aunt Rachel's gift to the post office and mail it to her."
- Make the transition a game or activity where the child has the opportunity to move around. "I wonder if today we can use this big shovel to scoop the cars into the bucket while we clean up?" If possible, let him think of the game. "I wonder how we could get to the car today?" You might be surprised at his creativity and how much fun you have roaring like a dinosaur or hopping like a rabbit.
- Sing songs as you transition. Children love to hear songs as they move about their day. Make up silly songs together about what you are doing or where you are going. You are sure to get a laugh and likely a smooth transition.
- Give your child a job. Children are more cooperative when they can be part of the process. Perhaps he can help stir something for dinner, unlock the car doors with the remote or pick out a diaper before a diaper change.

Practice at School

Children transition from one activity to the next throughout their day at preschool. Teachers plan for transitions in advance by creating special routines. These routines help to prepare children for transitions, engage them in the change that is taking place and help them to move smoothly to the next activity. Teachers might use a special instrument or song to let children know it is clean up time. Teachers might read books to the children while they are standing in line waiting for a turn to wash their hands before snack or create an obstacle course or morning routine to help children and parents transition at drop-off. When children are able to participate in or lead the transition, they are excited and eager to move to a new activity.

The Bottom Line

The more a child can predict and participate in the schedule and activities of her day, the less likely it is that challenging behavior will occur and the more likely it is that she will eagerly engage in transitions to new people and places. Taking the time and making the effort to teach her what to expect, when it will happen, and what happens before the transition occurs can be a rewarding experience. Most importantly, it is also an opportunity for quality time that can help lead to smoother transitions.



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Health & Fitness Tips:



Halloween Toast



Mummy Toast

- 2 slices Bread
- 2 tablespoons Hummus
- 1 small Cucumber
- 1 Black Olive , pitted

Directions

- Toast the bread and then spread with the hummus.
- Use a peeler to form thin slices of cucumber. Cut each slice in half, lengthways to form strips.
- Place the cucumber strips on the toast, overlapping in areas and leaving small spaces in other areas.
- Slice the olives into rounds and place them on the toast to represent eyes.

Ghost Toast

- 2 slices Bread
- 2 tablespoons Peanut Butter
- 1 Banana
- 8 Chocolate Chips
- 4 Raisins

Directions

- Toast the bread and spread with peanut butter.
- Cut the banana in half lengthways, through the centre. Then cut each piece in half to form 4 pieces.
- Assemble two of the banana pieces on the toast, rounded side up. Add chocolate chips as eyes and the raisins to form the mouth.

Caterpillars

Boo!

This month we will be doing cute and spooky Halloween art! We will make ghosts and pumpkins that will be displayed on our door, so be sure to check out our cute footprints! We will be encouraging more tummy time with toys that are a little out of the way to help encourage the kids to get moving. We will also encourage the children to sit up independently by placing them in front of a teacher and helping them sit.

Tucker is officially crawling! He is moving all over and we are so proud! **Sefferson** is crawling and sitting up on his own! Way to go!

The Caterpillars would like to wish everyone a safe and spooky October.

Miss Lilly & Miss Kim

Monkeys

Boo! Happy October!

This month we will be working on using our words to say, "please stop" when we do not like something. We will also work on using gentle hands to play with toys instead of throwing them. We will learn about all things fall as well as numbers, safety and Halloween. We will make a spooky potion with baking soda and vinegar! In math, we will practice our counting during numbers week!

Callum, Jaycee and **Melia** have all gotten the hang of walking and are cruising around the room! **Oliver** and **Chase** are always the first to pick up toys at clean up time! Great job!

Have a spooky October!

Miss Madison & Miss Haley

Giraffes

We are busy exploring and learning new words and sharing new smiles every day!

We are going to be using our hands a lot this month creating art. We will make pumpkin patches, spiders and paper roll fall trees. We will also be doing a fall sensory bag with paint. We will look for leaves and sort them into different sizes from small, medium and big. We will make spooky bubbles with paint and water and do a pumpkin shape match. We will spend time practicing using gentle and helping hands, and how to use our listening skills to listen to teachers.

Harper is very independent and so helpful during clean up time. **Gianna** has so much energy and laughter. She makes her friends happy by giving them hugs and shaking hands!

Cheers to toddler milestones with hugs and high fives.

Miss Sheila & Miss Val

Butterflies

Welcome October! We are looking forward to a month full of cuddles, giggles, and exciting new milestones!

We are celebrating the beginning of fall with books, songs, art and fun hands-on activities. We will create boo-tiful Halloween bags using our little ones' hands and feet, decorated with fun Halloween colors. We will be working on helping the children learn to pull themselves up to a standing position. This will help work on their balance and learning to stand on their own. We will also be encouraging the children to clap and wave by singing action songs and modeling clapping and waving.

Maclin loves playing with his friends and teachers. He enjoys hugs and snuggles, and loves exploring the classroom. He also loves standing up and dancing all by himself. **Mateo** loves to smile, play and interact with friends and teachers. He loves moving around and exploring the classroom. Great job, Mateo!

Have a boo-tiful October! We look forward to another month of fun and learning together! Happy Halloween!

Miss Veronica, Miss Sarah & Miss Nicole

Froggies

Boo! It's already October!

This month, we will learn about Fall Harvest and Halloween! Keep an eye on the door for our Halloween party sign-up sheet! We will also learn about safety, stranger and 911 by making firetrucks and doing a "putting out a fire" activity. We will also practice counting by counting the number of friends in our room. We will practice using a timer to take turns with toys and how to use inside voices in the classroom.

Elanor joined our room not too long ago and she fits right in. She loves circle time! **Lennox** loves the song *Baby Bumblebee*! She requests it all the time.

Enjoy your spooky season!

Miss Saige, Miss Breanna & Miss Elisha

Zebras

Happy October! Grab a sweater and a warm drink! Fall is in full swing!

This month we will be learning about fall and safety. Our activities will include making spider oobleck, decorating our own pumpkins and making a paper leaf rainbow. We will continue learning our numbers by counting pumpkin seeds as well as learning how to stop, drop and roll. We will continue learning our PBIS skills and this month we will focus on how to play together and share with friends. We will also work hard to learn to clean up our center areas when we are done playing to keep our room looking tidy.

Annie just moved up and loves to play outside. She loves to go down the slide and has all of her friends go down, too! **Silas** wanted a car that a friend had and he decided to trade with that friend and give them a hug.

Wishing you a hauntingly good October!

Miss Lola

Tigers

Boo!

We have a month filled with spooky fun! We will be learning about fall harvest, safety, counting and Halloween. We also have fun dress up days and a class Halloween party planned. We will carve a pumpkin and set it outside for our friends and family to see. When we carve the pumpkin, we will look at what is inside and describe how it feels!

The PBIS skill we will be working on this month is asking nicely to take a turn with a toy when a friend is playing with it. We will also practice keeping our hands to ourselves and using gentle touches when playing together.

Gabe has done a great job using his words when he is upset. **Audrey** does such a great job cleaning up toys.

Have a spooky, safe month.

Miss Cadie & Miss Molly

Koalas & Pandas

Happy fall!

This month we will continue learning about trees and observe their changing colors by visiting the pumpkin patch! We will be carving a pumpkin and exploring the different textures of the inside of the pumpkin and skin. We will also count how many pumpkin seeds are in the pumpkin!

When we review our PBIS skills, we will learn how to ignore a friend if they are doing something we do not like. We will also practice how to use our walking feet to stay safe in the center.

Violet is really improving her numeracy skills and can count to 39! **A'Kiyrah** is a great friend and is always willing to share a toy or play with someone new!

Have a great month!

Miss Bell, Miss Shannon & Miss Autumn

Kangaroos

Hello fall!

This month we will be learning about fall harvest, safety, counting and Halloween! During our fall harvest theme, we will be doing a scavenger hunt for fall items! For safety week, we will learn who is safe to talk to and who is not, as well as what to do in an emergency. We will do a number game as a group to learn our numbers and count items in the room. At the end of the month, we will have a Halloween party and create jack-o-lantern picture mats.

All month we will continue to practice our PBIS and social skills by working on playing together and how to play cooperatively. We will practice how to use our walking feet in the center to stay safe, as well.

Hannah let a friend play with her when no one would play with them. **Rhett** helped his friends make their beds when they asked for help.

You are the pick of the patch! Have a great month!

Miss Zee & Miss Mairaki

Apple Corps Jr

Hello October!

This month we will be learning all about Halloween and creating spooktacular art including pumpkins and a mummy wrap. We will do a science experiment to learn why leaves change colors and for math we will have a pumpkin tower challenge. We will practice how to treat others the way we want to be treated and how to share with others this month.

Tinley took a friend's backpack to them when they forgot it on the bus. **A'Riyah** comforted a friend when they were feeling sad.

Happy Halloween!

Miss Shelby

OCTOBER




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	1 GIRAFFES Pumpkin Hand Painting KANGAROOS Make Dirt Cups	2	3
4	5 GIRAFFES ABC Leaf Hunt	6	7 APPLE TREE Picture Day Infants & 1 Year Olds KANGAROOS Make Eggs	8 APPLE TREE Picture Day 2 Year Olds & Tigers KANGAROOS Fall Scavenger Hunt	9 APPLE TREE Picture Day Kangaroos, Koalas & Pandas TIGERS Show & Tell	10
11	12  APPLE TREE is CLOSED TODAY for Staff Training	13 APPLE TREE PJ & Movie Day GIRAFFES Dot Painting TIGERS Bring Books from Home	14	15	16 GIRAFFES Scarecrow Painting KANGAROOS Make French Toast	17
18	19 GIRAFFES Bring Leaves from Home	20	21	22 KANGAROOS Carve Pumpkins	23 TIGERS Show & Tell	24
25	26 GIRAFFES Create a Monster Wreath	27 GIRAFFES Cotton Ball Ghost TIGERS Bring Books from Home	28 GIRAFFES Monster Art	29 KANGAROOS Make Halloween Trail Mix NO SCHOOL Sioux City Community Schools	30 APPLE TREE Halloween Parties NO SCHOOL Sioux City Community Schools	31 HAPPY HALLOWEEN