



PRESCHOOL & LEARNING CENTER

# APPLE JUICE

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

## A note from the office:

*August 2025*

Wow! This summer has really flown by! We are having a blast and don't want the fun to end!

### A few reminders from Miss Laurie & Miss Jenah:

- **Absences:** Please call and let us know if your child will be gone for the day. This helps us plan for staffing.
- **Foam Party:** Please come join the fun on August 12th from 3pm-5pm at our foam party!
- **Last Day Reminder:** If your child's schedule will be changing during the school year, please make sure to let the office know when their last day will be as soon as possible.
- **Move Up Day:** August 25th will be our move up day for fall. Check your child's folder for move up letters.

### Staff Spotlight:

**Miss Cadence** is our Giraffe teacher and she has been with Apple Tree for 2 years! She is known for her love and compassion for her kiddos! Thank you Cadie!

**Miss Madison** has been with Apple Tree for a few months and she is our Zebra teacher. She is very enthusiastic and always has a smile on her face.

Enjoy the last days of summer break! We have had a great summer with a lot of exciting field trips! Thank you for sharing your children with us!

*Miss Laurie & Miss Jenah*

HAPPY BIRTHDAY

Silas  
Gianna  
Phoenix  
Hayzen  
La'Khiya  
Henry

Vaida  
Oliver  
Clark  
Malakai  
Kaliyah  
Lane

Kya  
Remi  
Harlem  
Lincoln  
CJ  
Rowan

Jacob  
Kelsey  
Melody  
Miss Saige

## Important Dates:

8/12 - Apple Tree Foam Party (3-5pm)

8/14 - Apple Tree Royal Ball (3:00-4:30pm)

8/18 - 8/22 - Wild Wacky Dress Up Week

8/25 - Apple Tree Move-Up Day / 1<sup>st</sup> Day of School

9/1 - Labor Day / Apple Tree is CLOSED today

## Stay in touch :



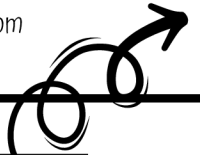
@AppleTreePreschoolLearningCenter



@appletree\_siouxcity



appletreechildcare.com



## Are you an Early Bird or Night Owl?

Miss Laurie: Night Owl

Miss Jenah: Early Bird (with coffee)

Miss Kim: Night Owl

Miss Lilly: Night Owl

Miss Veronica: Early Bird

Miss Haley: Night Owl

Miss Elisha: Night Owl

Miss Jennifer: Early Bird

Miss Ava: Night Owl

Miss Saige: Night Owl

Miss Lola: Early Bird

Miss Elena: Night Owl

Miss Marah: Night Owl

Miss Cadie: Night Owl

Miss Bella: Night Owl

Miss Madison: Night Owl

Miss Molli: Night Owl

Miss Amanda: Night Owl

Miss Myesha: Night Owl

Miss Zee: Early Bird

Miss Shannon: Early Bird

Miss Autumn: Early Bird

Miss Michelle: Early Bird (I swim at the Y before work)

Miss Abby: Night Owl

Miss Alycen: Night Owl

## Teacher Fun Fact



**OUR PRESCHOOL PROGRAM  
IS IN PARTNERSHIP WITH**



Apple Tree Preschool & Learning Center is partnered with the Sioux City Community School District Preschool Initiative Program.

### What does that mean for you?

We must follow & maintain the curriculum & staff certification requirements set forth by the Preschool Initiative.

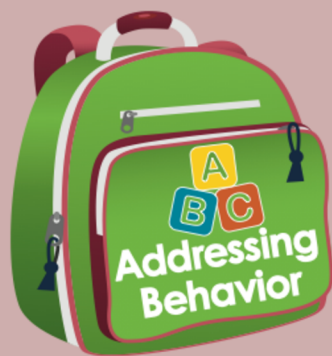
**In partnership with the Preschool Initiative Program, Apple Tree provides:**

- Certified teachers in every classroom
- Low student to teacher ratio of 1:10
- A set curriculum
- State verification that our program follows state standards
- Regular Assessment and conferences to monitor your child's progress

Qualifying children must be Iowa residents and four years old by September 15, 2025.

If you are interested in enrollment, call Miss Laurie or Miss Jenah for more information or to sign-up.





## 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).



**ChallengingBehavior.org**

# How to Help Your Child Stop Whining

Brooke Brogle, Alyson Jiron & Jill Giacomini

There are few behaviors that are more frustrating to parents than whining. Yet for children, whining can be a quick and easy way to get a parent's full attention. Children whine when they feel overwhelmed by an emotion or desire and do not have the vocabulary to express their feelings. They also might whine when they do not have the skills to complete a task or because they feel tired, hungry, powerless, or lonely. Simply put, children whine to ask for help. You can help your child figure out WHY he is whining and help him to find a better way to communicate.

Your child will continue to whine until you teach him a new skill. When you give into his whine for candy at the check-out counter, you are teaching him that his whining behavior is working and he should use it again. When you take away your son's favorite toy because he won't stop whining, you increase his feelings of insecurity and actually also increase the likelihood that he will whine more often. Instead, you can teach him to use his words to tell you about his feelings and, together, you can come up with a way to solve his problem.



### Try This at Home

- If your child often whines when she is tired, consider running errands before or after her nap time, when she is rested.
- If your child often whines when she is hungry or bored, hope for the best but be prepared for the worst. Carry a small snack, pack a coloring book and crayons, or have a special activity ready to go that is only for this type of occasion. For example, you could have a bucket of puzzles, books, or toys that you only take out when you are on the phone.
- Teach your child that his needs get met when he uses his words. If he is whining for milk, tell him, "You can say, daddy, milk please." When he uses those words, follow up by saying, "Of course I will get your milk! Thank you for using your words!"
- In a calm and happy moment, play with whining. Make a stop sign with "red, stop" on one side and "green, go" on the other. He can pretend to be the dad and you can pretend to be the child. Ask him for a toy using a variety of voices—whining, yelling, talking and whispering and after each request ask him, "Stop or go?" He too can practice using each kind of voice and when he whines, you can say, "No Way!" When he asks for the toy in a talking voice you can say excitedly, "Yes, yes! Here's the toy and you get a kiss too!"



### Practice at School

At school, children are encouraged to use their words either verbally, using sign language, or using other forms of communication. Teachers remind children when they whine to instead use their words to express their wants and needs. A teacher might say, "I don't understand what you want when you whine. You can use your words to tell me what you need and then I can help you." Often a child just needs a reminder to use words and if needed, the teacher can give the child an example of what to say. "You sound like you are still hungry. You can say 'more crackers please'." Or, the teacher can show the child how to ask for a cracker in sign language.



### The Bottom Line

Whining is a common way for your child to tell you that she needs help. Until she learns a new way to get your attention, she will likely continue to whine. You can teach and show your child how to use her words to clearly express her needs. Children who are confident talking about their emotions and feel heard by their parents are less likely to whine.



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# Health & Fitness Tips:

Back-to-school affirmations are positive statements that students can repeat to themselves to build confidence, focus and a positive mindset for the new school year. These affirmations can help students feel more prepared, capable, and motivated to learn and grow.

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

## Back-to-School Affirmations

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

## AFTER SCHOOL SNACKS BANANA PEANUT BUTTER TOAST

- 1 slice of whole-grain bread, toasted
- 1 banana, sliced
- 1 tbsp. nut butter of choice
- Toppings of choice (cinnamon, nuts, chocolate chips, honey)

Spread your child's favorite nut butter on a slice of whole-grain toast and top with banana slices for a sweet and satisfying snack that's full of fiber and protein.





# Caterpillars

Hello from the Caterpillars!

It's move up month, so please keep checking the cubbies for information if your child will be moving to the Butterfly room! We will be counting our toes and making footprint crayons to hang on the door. We will be going outside once per week (weather permitting), so please bring a hat and leave it in your child's cubby so we can stay safe in the sun!

**Lennox & Karsyn** mastered crawling! They may be slow but they get where they need to go! **Donavan** loves it when you talk to him! He will coo and smile!

The Caterpillars want to wish everyone a happy August!  
**Miss Lilly & Miss Kim**

# Butterflies

Welcome August!

At the end of the month, we will watch as some of our older friends take steps in their new rooms and we will welcome in some younger friends! We will practice our numbers by counting the number of friends that will be moving to the next room! During Make Believe week, we will use our hand and foot prints to create some unique creatures. We will also listen to Disney songs about princes and princesses.

**Natalie** has started walking unassisted. **Harper** has nailed crawling and enjoys exploring the world around her.

Enjoy the final month of summer!  
**Miss Veronica, Miss Haley & Miss Elisha**

# Monkeys

Hello August! Let's have a blast before school starts again!

We will be celebrating a lot of growth in the room! All but three of our friends are using big kid cups and they are all walking with little to no help! Woo Hoo!

We have a lot of fun planned for the month. We will create a mad scientist painting with ice and crazy hats! We will be hosting a foam party and a Royal Ball! We will make crowns for the Royal Ball. We will have fun with crazy dress up days toward the end of the month. We are ready for fun art, treats and celebrations.

**Gabe** is using a big boy cup! **Maeve** can say Ava, Ivy, Bo-bo, and Hiya when talking about her friends in the room.

August is the end of summer fun, but there is so much more to come!  
**Miss Jennifer & Miss Ava**

# Froggies

Hoppy August from the Froggies!

This month we will be making binoculars and taking them on a walk with us to look at birds! We will do a science project with oil and water in bottles and count the number of items floating in the bottles! In a fun sensory art project, we will paint with ice. We have Wacky Wild Week with fun dress up days the **18th-22nd** and we are looking forward to getting silly with our Froggy friends.

**Carter** is taking steps on his own! He can walk out to snack all by himself! **Cassidy** is incredibly kind to her friends. She is always giving them toys if they are upset.

Let's have a toad-ally awesome August!  
**Miss Saige, Miss Lola & Miss Elena**

# Zebras

Summer fun continues!

This month we will be making sensory bottles, crowns & tiaras, and rainbow volcanoes. When we make sensory bottles, we will count the number of beans in the bottles for a fun math activity. We will also be having a Royal Ball and a Foam party! We will be learning about fairytales and mad scientists. At the end of the month we will have our fall move-ups! We are excited to gain new friends on August 25th!

**Quinlynn** always helps her friends! **Scarlett** is starting to use the big girl potty!

See you next time!  
**Miss Madison & Miss Bella**

# Giraffes

Our summer fun isn't done!

We will start our month talking about mad scientists! We have science experiments planned including making oobleck and frankenworms. We will also be making puffy paint brains this week! Oh what fun! We will be moving onto our fairytales week next! We have our annual foam party on the **12th from 3pm-5pm** and a Royal Ball on the **14th from 3pm-4:30pm**. Finishing our summer themes, we have Wacky Wild Week! This week we will have fun dress up days and we will sing songs like, *Hey Diddle Diddle*. We will practice our math skills by making wacky shape people.

**Axel** has been doing such a good job recognizing his feelings and using his words. **Nash** shared his car when a friend asked for a turn.

Happy August!  
**Miss Cadie & Miss Marah**

## Tigers

Hello August!

This month is a little wild from the jungle all the way to school! We will be counting jungle animals in math and we will go on a lion hunt during music and movement. We will spend more time learning about science and experimenting with the world around us. There are a lot of special days this month, so keep an eye on the calendar!

**Megan** has started breaking out of her shell and meeting her new friends. **Ryan** is so fun to have in the class and makes the silliest jokes.

Happy back to school month!

**Miss Amanda & Miss Molli**

## Kangaroos

Hello August!

This month we will be learning through the themes mad scientist, fairy tales, wacky wild week and back to school. During mad scientist week, we will use salt to make beautiful artwork. During the week of fairy tales, we will make a fairytale mushroom snack. Be sure to check the calendar for the silly dress up days during wacky wild week. During the last week of the month, we will meet our new friends moving into the room and learn about back to school.

**Milo R** learned how to swing by himself on the swings! **Violet** is such a great friend and welcomed our new classmate.

Bring on the cooler weather!

**Miss Zee & Miss Myesha**

## Koalas & Pandas

Hello to the month of big changes!

This month we will be wrapping up our summer with a foam party, royal ball, spirit week, and a trip to the LaunchPad. Please take a look at the bulletin board or door for information on all of these fun activities! During the mad scientist week, we will be measuring liquids for math and we will make crowns during our royal ball week. As the summer ends, we are so excited for move-ups at the end of the month. If your child will be starting preschool, you will be receiving information soon. We know they will do amazing things!

**Kaleb** helped the teachers organize the outdoor toys. **Ellie** welcomed a new friend into the classroom.

Thanks for a fantastic summer!

**Miss Shannon & Miss Autumn**

## Apple Corps Jr.

Summer is in full swing!

August is very busy as we approach the end of summer. We have center-wide special snacks including watermelon and ice cream. We will have a foam party on **August 12th** and a center-wide ball on the **14th**. The week of **August 18th-22nd** is full of crazy dress-up days, so check your calendar! During calendar time, we will be practicing patterns and we will be doing science experiments during mad scientist week.

**Colton** is very patient and goes with the flow. He is always up for anything. **Everly** is so sweet and kind to all of the kids in the class. She made my day by taking time to make a personal art project and we love seeing it in the room.

Thank you for sharing your children with us this summer.

**Miss Michelle**

## Apple Corps Sr.

Hello August!

We will be talking about safari adventures, mad scientists, make believe, wacky week and then back to school! We will have a royal ball, foam party, watermelon snack, and sundaes! We will visit the library as a fun last field trip before school starts! We will be making rose wands during the fairytale themes and enjoying the Royal Ball! We will keep our math skills sharp with multiplication and division color by numbers.


**Hazel** was kind and helped our new friend adjust to the room. **Santiago** is always willing to help out teachers and his friends.

Goodbye summer and hello to the school year!

**Miss Abby & Miss Alycen**



# August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1 APPLE TREE Watermelon Snack  GIRAFFES Water Day	2
3	4 MONKEYS & FROGGIES Water Day APPLE CORPS Downtown Library	5 TIGERS Water Day  KANGAROOS Salt Painting  KOALAS & PANDAS Splash Pad	6 GIRAFFES Rainbow Volcano Project  TIGERS Splash Pad  KOALAS & PANDAS Water Day	7 KANGAROOS Splash Pad	8 APPLE TREE Ice Cream Snack  MONKEYS Ice Painting  FROGGIES Show & Tell  GIRAFFES Water Day / Show & Tell	9
10	11 FROGGIES Water Day  MONKEYS Make Crowns	12 TIGERS Water Day  APPLE TREE Foam Party 3-5pm	13 KOALAS & PANDAS Water Day  GIRAFFES Books from Home  KANGAROOS Field Trip to LaunchPad	14 APPLE TREE Royal Ball 3:00-4:30pm (Dress like a Prince or Princess)  KOALAS & PANDAS Field Trip to LaunchPad	15 CATERPILLARS, FROGGIES & TIGERS PJ Day  GIRAFFES Class Walk  TIGERS Trip to LaunchPad  MONKEYS Puff Corn Snacks	16
17	18 BACKWARDS DAY	19 MISMATCH DAY	20 BEACH DAY  GIRAFFES Class Walk	21 HIPPIE DAY	22 PJ DAY  GIRAFFES Show & Tell  FROGGIES Books from Home	23
24  ZEBRAS Jungle Books & Frozen Banana Snack	25 APPLE TREE Move Up Day  <b>BACK TO SCHOOL</b> 	26	27  GIRAFFES Books from Home  MONKEYS Hand Print Art	28	29  FROGGIES Show & Tell	30